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## They did it!

### MFRC Invisible Ribbon Gala sells out and first MFRC Online Auction a success

By Ross Lees

The Military Family Resource Centre's (MFRC) Invisible Ribbon Gala has already set examples for future events and it is not due to take place until this Saturday night.

Two weeks prior to the event, over 300 tickets were sold for the event, topping the 300 the organization had set for a goal to sell.

Monday night, the first Online Auction as part of the Invisible Ribbon Gala campaign was held with great success.

Hosted on Facebook, participants were able to browse and bid

on over 46 items generously donated by sponsors of the 11th Annual Invisible Ribbon Gala. By Monday night, when the auction closed at 9 p.m., over 260 individuals had requested to join the Facebook page. The Online Auction raised a total of \$2,419!

"This is the first time the Trenton MFRC has hosted an online auction," said MFRC interim Chair of the Board of Directors and Gala Committee Member Joanne Cronk. "All in all, I am extremely happy with the results. It's nice to see that the community is able to participate in the Invisible Ribbon Gala in more ways than one."

All money raised from the Online Auction and the Invisible Ribbon Gala is dedicated to supporting the essential programs and services offered to military families by the MFRC.

The Invisible Ribbon Gala is this Saturday evening at the National Air Force Museum of Canada. The MFRC is now expecting 312 guests at its annual major fundraiser. As promised, two lucky ticket holders will have the cost of their tickets reimbursed in a draw to celebrate the sold out event – the MFRC's way of saying 'thank you' to its supporters. The winner's will be announced the night of the Gala.

"We're thrilled that we've sold over 300 tickets and that the Gala gained enough momentum to launch an Online Auction, in addition to the silent and live auctions on May 9," said Tamara Kleinschmidt, Executive Director of the Trenton MFRC.

The Online Auction is not the only new addition to the Invisible Ribbon campaign. Celebrations by Linda May, together with Chef Michael Hoy, have been selected as the Gala's caterers and chef. The pair brings years of experience to the Invisible Ribbon Gala; Linda May has eighteen years of serving the entertainment needs of the

Quinte region and Chef Hoy is an award-winning chef, cooking delicious food in The County for many years. Their first time partnering together, the duo has designed an exciting and delicious menu inspired by seasonal produce and the Mediterranean.

The evening will be topped off with two special guests – (retired) Captain Jane Foster, one of the first two women fighter pilots in the world since WW II, and Terry Crossen, a former Quinte resident who has written and will perform a brand new song at the end of the evening honouring military families.

## The CAF Strategic Response Team on Sexual Misconduct reaches out to all military members

*The team will develop a performance measurement that didn't exist in the past and study the best practices of allies*

By Ross Lees

The findings of the recent report released by retired Supreme Court Justice Marie Deschamps on "endemic" sexual misconduct in the Canadian Armed Forces (CAF) was deemed by General Tom Lawson, the chief of the Defence Staff, to be "disturbing."

In a presentation to military members at a Town Hall meeting in Trenton May 1, Gen. Lawson noted, "The most alarming finding is the underlying sexualized culture that, if not checked, is believed to be conducive to inappropriate behaviour, including sexual harassment and, at its most extreme, sexual assault. Such behaviour is completely inconsistent with both our military ethos

and the national values the CAF exists to uphold and defend," he said in a filmed presentation at the Astra Lounge on the base. Canadian Forces Chief Warrant Officer Kevin West noted in a similar filmed segment that the result of this kind of behaviour had a devastating and corrosive effect on the unwavering trust

*Continued on page 2*



Maj.-Gen. Christine Whitecross addressed the members of 8 Wing/CFB Trenton at two Town Hall meetings May 1 concerning the CAF Strategic Response Team on Sexual Misconduct in the CAF.

Photo by Ross Lees



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# The CAF Strategic Response Team reaches out to all military members on Sexual Misconduct

*Continued from page 1*

and cohesion among Canadian military members.

"You have to be able to trust that your comrade-in-arms will have your back," he stated.

In response to the report, Gen. Lawson indicated he had "...accepted in principle all of the report's recommendations and had instructed the CAF Strategic Response Team on Sexual Misconduct, led by Major General (Maj.-Gen.) Christine Whitecross, Canada's highest ranking woman, to move quickly to develop the measures and action required to address the issue."

In closing his address, Gen. Lawson stated, "All CAF members must make themselves aware of this issue and its corrosive effect on both our members and our proud institution. Second, I expect

the full support and engagement of each and every military member in supporting and implementing the coming changes."

Maj.-Gen. Whitecross said the strategic response team had identified an action plan and was now in the process of connecting with every man and woman in the CAF through the Town Hall meetings to tell them what is expected of them as a member of the military.

She and her team emphasized this issue was not just about women, but about men, women, lesbians, gays and transsexuals – any victim of an inappropriate sexual comment or action.

"Many of you don't need to hear it," she stated outright. "That's reality. But unfortunately, there are a number that do and, as the boss said yesterday, those who have stood around and didn't do any-

thing about it are just as complicit as those that have."

Maj.-Gen. Whitecross noted at the Town Hall at CFB Trenton that never before had an organization been established by the CAF whose sole purpose was to discuss and action the recommendations on sexual misconduct in the CAF.

"We're going to develop a performance measurement that didn't exist in the past," she said, adding they would learn from the best practices of countries like the United States, Australia and France in dealing with similar problems.

This strategic response team wants to increase reporting of incidents and Maj.-Gen. Whitecross said they will address the recommendations in Mme. Deschamps' report and come back to the members of the military to see how

they were doing. She said the issue would not be swept under the rug for one good reason.

"I am leading this team and I am passionate about the men and women of the CAF because I want to see a change," she indicated. "It has nothing to do with the fact that I am a woman but everything to do with the fact that I am a senior member of the CAF and I am damned proud of our institution. It's worth the effort because a military representative of the Canadian public is well worth serving in."

She said she was angered by the report because there was a perception the chain of command either condoned or didn't care about the problem.

"I would say we are finally getting that message or a Lt.-col. From the Quebec region wouldn't be out of a job right now. Or we wouldn't have fired a particular one star general out of theatre a couple of years ago or we wouldn't currently have three court marshals on the go for sexual misconduct in Ontario alone," she stated.

Maj.-Gen. Whitecross said the under reporting of incidents by victims was a serious problem.

"People have got to feel confident they can go to their chain of command, their buddies, to their padre, social workers, health workers, the military police – they need to feel comfortable they can do what's right because someone will listen," she said.

Inconsistent support of victims of sexual misconduct was another area she felt the CAF must improve.

"You'll see in the action plan that one of the things we need to be much better at is the range of support for the victims," she stated.

Another concern of the report was policies that were unclear or inconsistently applied. She said everyone in the room and in the CAF had the right to expect a policy to be applied consistently, regardless of who, what or where they were. She noted, for example, that a sexual harassment policy in the CAF did not necessarily extend to the messes or homes on the bases.

"And it must," she said. "A military member is a military member 24/7."

Effects of rank and alcohol must also be considered in addressing the problem, she noted, adding that Mme. Deschamps had found that alcohol was related to many of the incidents. Issues concerning alcohol and its misuse were being addressed by the vari-

ous elements of the CAF but they did not want to take alcohol away from everyone nor to extend those restrictions to home life.

She said the goal of the strategic response team was to establish performance measurements, generate data and then assess that data.

Chief Warrant Officer Helen Wheeler said it is often hard for even proud professionals like members of the CAF to talk about topics like sexual misconduct, but that it is an issue now thrown into the glare of public scrutiny and that it should be discussed even if it is uncomfortable.

"In the CAF, we're family," she said. "We should never have to feel we should have to defend ourselves against a family member, against our battle buddies, our shipmates or our wingman. Everybody deserves the right to be treated with respect and dignity."

But changing the existing culture will take a long time, she noted, adding the team realizes it is probably going to be one of their bigger challenges.

Maj.-Gen. Whitecross said the mission of the team "...will endure over time but right now, our mission is to identify the action plan in order to implement all of the recommendations from Mme. Deschamps. We need to be able to respond to the victims and support the victims. We need to prevent the incidents from happening again. To do that we must acknowledge the problem, develop an action plan, get it out in the open and it needs to be talked about."

Maj.-Gen. Whitecross said the report recommended the establishment of an independent centre to address this issue "...because they do not trust us to have a centre within the CAF because we won't be honest about it. That's hurtful, but it's reality. This will be the genesis of that centre."

She implored everyone to look out for their military friends and colleagues, to insure that all members have the respect, trust and dignity they deserve.

"In the CAF, our job is to deploy and operate outside of Canada when the government tells us to. You cannot do that effectively and efficiently if some of your unit mates do not feel comfortable working with you. We reduce our efficiency and that, ladies and gentlemen, would be a real shame because we are good at what we do!"

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# LUSAR team gets first deployment experience

## Seven-man team responds to Nepal with HART team

By Ross Lees

They're trained to respond quickly in an emergency and that's just what they did on April 26.

Told they would need to depart with the Humanitarian Assistance Reconnaissance Team (HART) when it left for Nepal, the seven members from the Light Urban Search and Rescue (LUSAR) team were ready and on the aircraft in nine hours, according to Master Warrant Officer Rodney Boskovitch, 8 Wing Deputy Fire Chief at CFB Trenton.

"This is the first deployment of our National LUSAR response since its formal inception post-Haiti," wrote Capt. Robert Sloan, 8 Wing Fire Chief in a brief email message to the Contact on April 29. "This is their coming out mission and they are some of the first Canadian boots

to enter the area for rescue/assessment operations."

You can be forgiven if you know little about the LUSAR team because you are not alone.

"Hopefully, this mission will change all that," said MWO Boskovitch.

Forged after Haiti, LUSAR team members were trained in Brandon, Manitoba and now that training has expanded to other agencies to be able to respond in emergency situations with necessary assets to reconnoitre and rescue people in situations like those in Nepal after the recent earth quake. Their toolkit is placed with the kit for the Disaster Assistance Response Team (DART) of which the HART team

is a part.

"Our first priority is recce," noted MWO Boskovitch. "The team will take a checklist and do drawings of buildings showing their size, the numbers of people which might be inside depending on the time of day, like a school, the damage and indicate something like the best way to get in."

The team would then report back to the command post, give their assessment and designate a priority to the building and any advice as to how to approach any rescue.

While out in the field, if they came across any injured people, they would render assistance



In this exercise called Spirited Phoenix in February 2011, the construction of a floor shore is demonstrated.

and treat as well as possible immediately, which is part of the secondary priority Surface Rescue, according to MWO Boskovitch.

Should medium or heavy teams then be tasked to respond to those sites, the LUSAR team could also

be tasked with supporting them as required. MWO Boskovitch said time is of the essence when the LUSAR team responds to an emergency, noting that the first seven days are critical in any rescue mission.

*Continued on page 5*

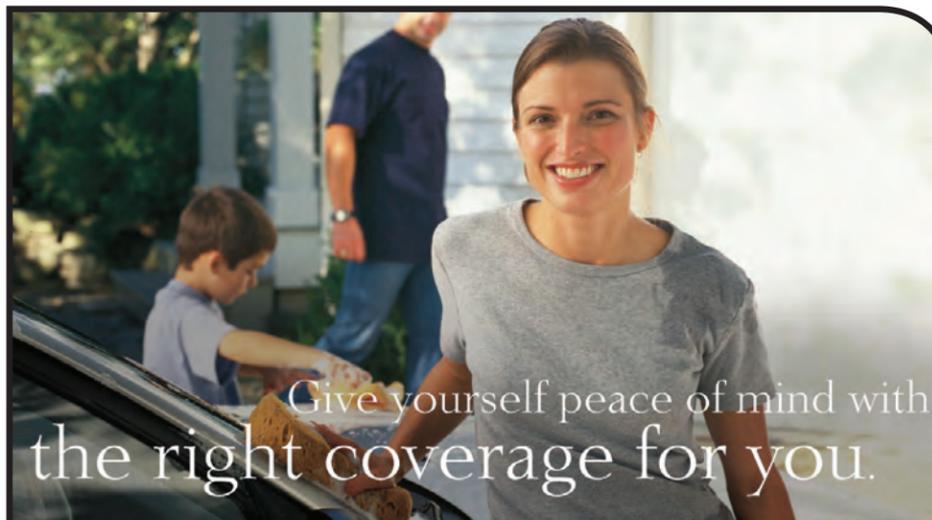
This image is of the same course as above, but demonstrates the construction of a wall shore.



Submitted photos



This image is the first course in Brandon MB at the Manitoba Emergency Services College (MESC) in November and December of 2010 and shows some of the firefighter students performing rope rigging work.



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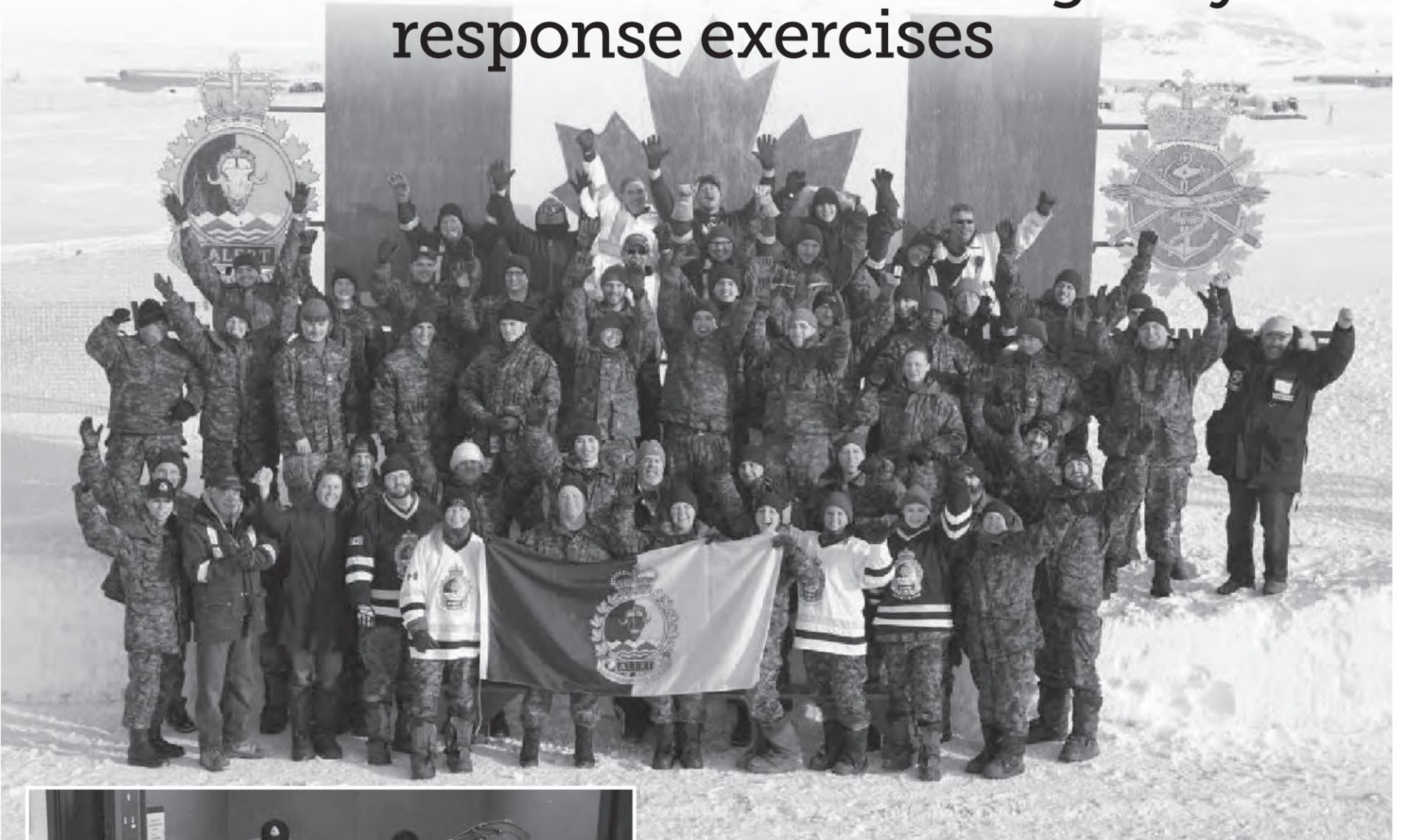
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# CFS Alert cheers their Stanley Cup teams and remains alert with emergency response exercises



(above) Members of CFS Alert cheer for the Stanley Cup Playoffs, wishing the best to our Canadian teams.

*Photos by Cpl. Raymond Haack*



(Left) Members of CFS Alert, featured in the picture: MCpl. Shaun Clausen, Cpl. Brandon Terry, LS. Bradley Holt, Cpl. John Howard-Smith (clockwise) and Sgt. Jocelyn Gladu (casualty), partake in an emergency response exercise in order to maintain readiness of the Emergency Medical Team, Firefighters and the Command Post.

## 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 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, MSM., 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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## 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 Monday 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



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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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# Deployment experience for LUSAR team

*Continued from page 3*

He said people can survive up to 10 days or even a little longer without food or water, but after that it becomes a recovery mission and that is not generally the mission of the LUSAR team.

There are two LUSAR teams located in Canada, one in Trenton and one in Comox, British Columbia. Two locations mean if a disaster struck one of those locations and disabled the team, another would still be available to respond.

While teams normally consist of five members, seven were dispatched on this mission.

Twenty-one firefighters are trained for LUSAR in Trenton, making up three teams of five with some spares for deployment purposes and to cover shifts when a team is away. MWO Boskovitch is the senior qualified NCM for LUSAR in Canada and he noted that the LUSAR duties are secondary to firefighting duties of the team members.

LUSAR teams are made up of firefighters, however, and these teams are not a separate entity, he said.

"It would work a lot better if we were," he said, noting it takes a lot of training and work to keep the LUSAR teams ready

and available for emergency callouts. He would even like to see it established as a standalone trade linked to the firefighters and able to support firefighters during emergencies.

Since firefighters are now being taken off Canadian military ships, he thinks there would be a natural supply of firefighters for the LUSAR teams and their training would just enhance their firefighting training.

He also feels it would make sense to establish a training centre in Trenton at the home of Air Mobility, where the DART, HART and LUSAR teams are launched from. Having the CC-177 Globemaster based in Trenton means it makes sense to have this light, mobile, responsive and well-trained team and the training facilities in Trenton to replenish the teams.

MWO Boskovitch remains in frequent contact with the team in Nepal but, at the time of the interview, was unsure how long the team would remain over there.

"The search and rescue component of the operation is over now, so they could be home at any time," he said.

And they will be home with some valuable experience to pass on to their LUSAR team members.



In this image, the students are shown on the wall shore they have constructed on the course in June 2013.



On the course in January of 2011, these students are shown building shoring during the collapsed HUSAR phase of the course.

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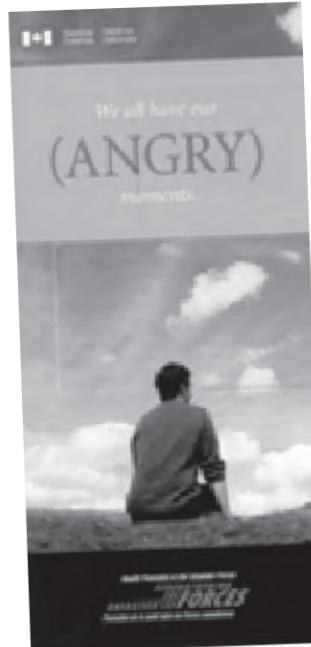
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### Ingredients

1 apple (use a crisp variety such as Empire or Spartan)  
1 medium orange  
1 plum  
½ cup (125 mL) seedless green grapes  
½ cup (125 mL) strawberries  
½ cup (125 mL) blueberries  
1 small banana

### Topping

¼ cup (50 mL) slivered almonds  
¼ cup (50 mL) raisins  
¼ cup (50 mL) unsalted pumpkin seeds  
2 tbsp (25 mL) sweetened shredded coconut  
6 dried apricots, chopped

### Directions

1. Wash, peel (if necessary), de-pit or core all fresh fruit. Cut in bite-size pieces and place in a mixing bowl. Mix together.
2. In a separate bowl, mix together almonds, raisins, pumpkin seeds, shredded coconut and apricots. Spoon over fruit mixture before serving.

*Note: You can make this salad up to one day in advance, but add the banana and topping just before serving.*



### Nutritional information per serving (½ cup)

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## Who put training wheels on my motorcycle?

Captain Sandor Gyuk got a surprise May 5 when he came back from the gymnasium to find what appeared to be an extra wheel on the rear of his motorcycle. The wheel had apparently dislodged from grass-cutting machinery as it passed by the rear of the Headquarters building and lodged under the exhaust of Capt. Gyuk's motorcycle. *Photo by Ross Lees*

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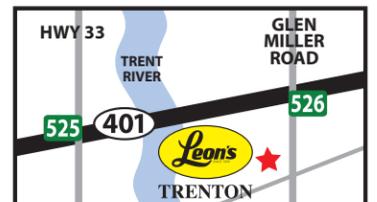
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*Wing Logistics and Engineering  
Picture of the Week*

# Keeping us between the lines at CFB Trenton



Mr. Ryan Rivers from the Wing Construction Engineering (WCE) Paint Shop confirms operation of equipment used for line painting on May 4. Every year the WCE Paint Shop spends the majority of the summer repainting traffic and parking lot lines including runway markings using over 5,000 gallons of paint base-wide.

Photo by Cpl. Gosselin

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# Planifier une fois, déployer plusieurs fois :

Mettre l'accent sur l'alimentation saine dans les nouvelles Forces armées canadiennes Menu rotatif normalisé national

Lynn Capuano, Affaires publiques de l'Armée

Nourrir une armée évolue avec le temps. Les membres de l'équipe de la Défense chaque jour, contribuant ainsi au succès de la mission. Est-ce que cela signifie, par exemple, que si nous sommes mercredi de la semaine, il y a du pâté chinois au tofu pour souper dans toutes les salles de mess au pays? Oui et non. Les convives ont toujours un choix, selon Jay Rached, adjudant-chef à la Direction des services d'alimentation (D Svc Alim). Les cuisines des FAC préparent trois services de repas par jour, 365 jours par année; au dîner et au souper, deux des entrées sont tirées de la base de données de recettes santé et végétariennes du Menu rotatif normalisé national (MRNN). Le troisième choix est laissé à la discrétion de l'équipe locale des services d'alimentation, tant qu'elle respecte les limites de coûts. Cela permet d'ajouter une touche régionale appréciée par les convives et permet aux cuisiniers des FAC de faire preuve de créativité, de mettre en valeur les racines culturelles de l'endroit et peut-être d'intégrer des ingrédients régionaux, que ce soit du poisson sur les côtes, du gibier dans le Nord ou du bœuf en Alberta.

retrouve aujourd'hui dans les FAC, tout en répondant aux besoins en matière de soutien des opérations militaires.

« Dans les FAC, nous devons demeurer en bonne condition physique pour mener les opérations. Les services alimentaires jouent un rôle central dans l'atteinte de cet objectif, » dit-il. « Mais si les cuisiniers préparent et servent seulement des aliments riches en lipides, en calories et en sodium qui ne favorisent pas l'adoption de choix de vie plus sains, on entrave cet objectif. Il est fort probable qu'il y aura des effets néfastes à long terme. »

L'Adjudant Rached fait remarquer qu'avec le temps, la population générale a acquis de meilleures connaissances sur la saine alimentation et, par conséquent, de nombreux membres des FAC sont plus que disposés à essayer de nouveaux aliments. Le nouveau menu rotatif de trois semaines vise à reconnaître et appuyer la diversité culturelle croissante au sein de la population militaire et la proposition d'un menu végétarien respecte la plupart des restrictions alimentaires religieuses ou spirituelles. Deuxièmement, il permettra d'améliorer les pratiques de gestion générales des services alimentaires des cuisiniers et officiers des Services d'alimentation des FAC, qui doivent respecter des normes de mesure du rendement. La formation à venir des nouveaux cuisiniers et des officiers des Services d'alimentation peut être optimisée pour répondre aux exigences particulières du MRNN.

« La beauté du menu rotatif est qu'il offre le contrôle nécessaire sur des aspects comme les normes et la gestion des approvi-

sionnements et des stocks. Si vous respectez bien les pratiques d'inventaire et d'approvisionnement, vous ne devriez jamais avoir de surplus, mais vous ne devriez jamais non plus avoir à utiliser le dernier article sur votre étagère, » explique l'Adjudant Rached. « Il s'agit de mieux rendre compte, non seulement des fonds, mais de la qualité et de la valeur nutritionnelle des repas offerts. »

« Pour l'instant, le menu rotatif est en vigueur uniquement dans les bases au Canada, » dit l'Adjudant Rached. Il ajoute qu'ils sont toujours en train de mettre au point les féculents, les salades, les desserts et les plats du déjeuner.

« C'est extraordinaire d'avoir un comptoir à salade, mais s'il est rempli de salade de pomme de terre, de macaroni et de salade de chou à la mayonnaise, cela va essentiellement à l'encontre du but, » dit-il.

Lorsque l'Adjudant Rached s'est enrôlé comme cuisinier de l'Armée il y a 31 ans, le menu rotatif était la norme. Il y avait des menus normalisés et des livres de recettes approuvés qui étaient constamment utilisés.

« Le menu rotatif a commencé à être mis de côté, » ajoute-t-il, « parce que nous nous sommes diversifiés en faisant ce qu'on appelle un restaurant de style marché ou autres tendances du genre. Nous avons essayé de tenir compte des préférences de notre base de convives – ce qui n'est pas une mauvaise chose – mais le problème est qu'une fois que vous commencez à offrir un bar à sushis ou des stations de cuisine thaïlandaise, vous vous engagez sur une voie qui s'écarte des opérations militaires et ne les appuie pas vraiment. »



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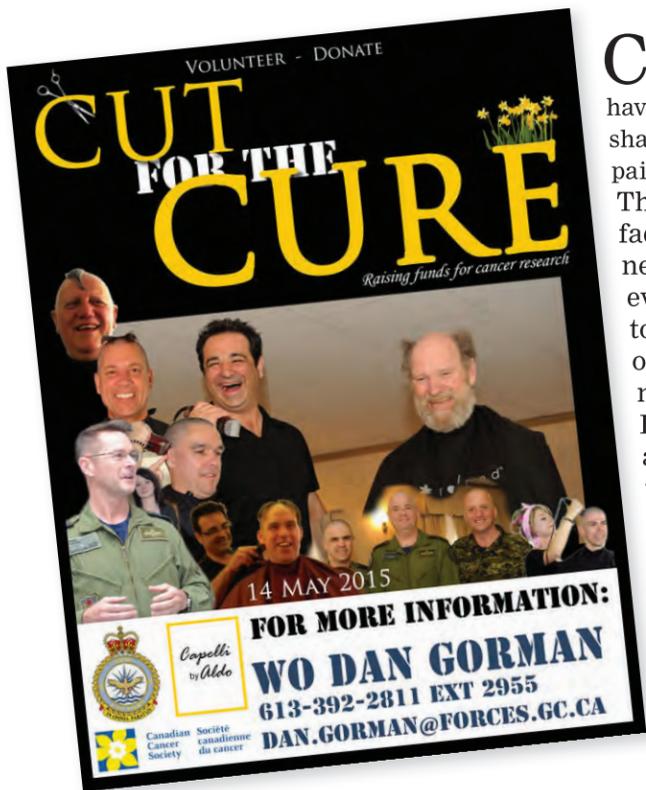
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# Last call for the Cut for the Cure



Cut for the Cure happens May 14. As it stands now we only have three people willing to shave their heads for the campaign.

The interest seems to have faded away. Cancer isn't new and I am sure each and every one of you has been touched in one way or another by this deadly illness.

I implore you to step up and help eradicate this terrible disease. Contact WO Dan Gorman at local 2955 or email at Dan.Gorman@forces.gc.ca to register and obtain your pledge sheets.

By WO Dan Gorman

# Un dernier appel pour des Participants Coupe de Cheveux pour la Cause

Coupe de cheveux pour la cause est le jeudi 14 mai. À venir jusqu'à maintenant nous n'avons que 3 personnes désireuses de se raser la tête pour la campagne.

L'intérêt semble avoir diminué de beaucoup. Le cancer n'est pas nouveau et je suis sûr que chacun d'entre vous ont été touchés d'une manière

ou d'une autre par cette maladie mortelle.

Je vous conjure de vous porter volontaire et d'aider à éradiquer cette maladie terrible.

Contactez Adj Dan Gorman 2955 ou par courriel Dan.Gorman@forces.gc.ca pour vous inscrire et obtenir votre feuille de dons.

## You are invited to an information session.

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home of the Canadian Armed Forces only high readiness, self-sustainable expeditionary air traffic control detachment. Its mission is to support Royal Canadian Air Force operations through the provision of a network enabled, controlled airfield, regardless of conditions.

8 ACCS' task in Alert is to deploy the Squadron's MPN-25 deployable radar system and provide a precision radar approach and an ATC management service for aircraft arriving and departing CFS Alert during Operation BOXTOP. Op BOXTOP is a replenishment operation which supplies CFS Alert with all the necessities to maintain daily living within the station.

For 8 ACCS, Op BOXTOP preparations commence weeks in advance. The Squadron's Aerospace Telecommunications and Information Systems Technicians (ATIS) led by the deployment's Senior Radar Technician, MCpl. Dale Ogilvie, complete preventative main-

tenance inspections ensuring that the MPN-25 radar is serviceable for the harsh arctic environment.

Simultaneously, the Squadron's Aerospace Precision Approach Radar Controllers led by the Senior Radar Controller Sgt. Tex Young and training coordinator MCpl. Todd Hopkinson carry out ATC simulation training and study Alert's local operating procedures.

On April 9 after an approximately eight-hour flight, the team arrived in Alert at 6 p.m.. The sun was still high in the sky and would be until sometime in early October. Once settled in and fed, the team was ready for the long night ahead. They had to commence with preparing the radar for the flight check scheduled in a day and a half in order to maintain their tight schedule. It was -35 C and windy so tasks that would normally take minutes seemed to drag on. At 1:30 a.m., WO Wade Dominie, the team's Detachment Commander called it a day, or is that a night?

Over the following two days, the team worked diligently and remained on schedule to complete the radar flight check. As the CC130J Hercules aircraft being used for the flight check departed, it was all hands in. Radar Controllers WO. Isabelle Paradis, Sgt. Young, and MCpl. Hopkinson were joined by Technicians Cpl. Daniel Arguin and Cpl. Darrel Alberts on the runway and set-up the theodolite preparing to provide approach instructions to the Hercules. Meanwhile Radar Controllers WO. Wade Dominie and MCpl. J.S. Lanoue were working in the Instrument Flight Rule's shelter with Technicians MCpl. Dale Ogilvie and Cpl. Jamie Reynolds compiling the radar data and ensuring that the alignment was within the strictly enforced tolerances. The hours of hard work and commitment paid dividends. Within an hour, the MPN-25 was declared operational,

8 ACCS was once again ready to show the way in the north.

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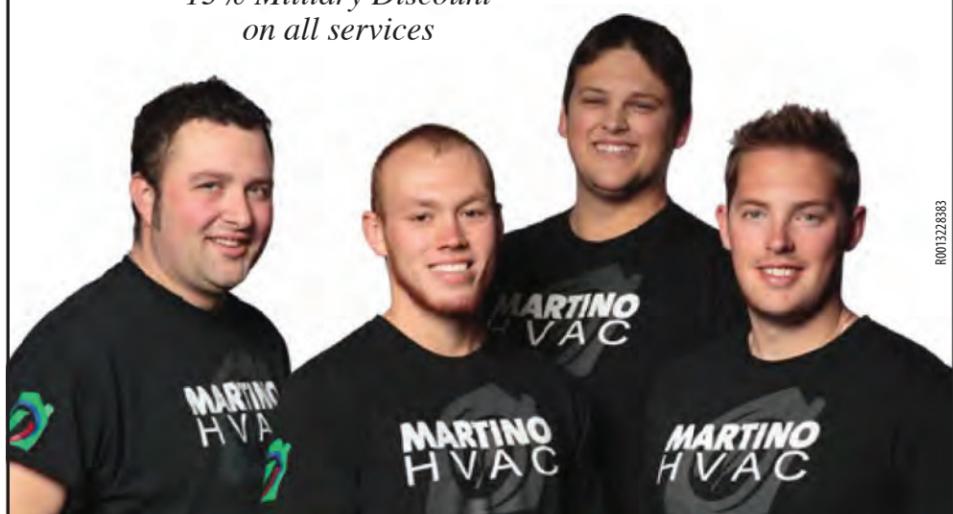
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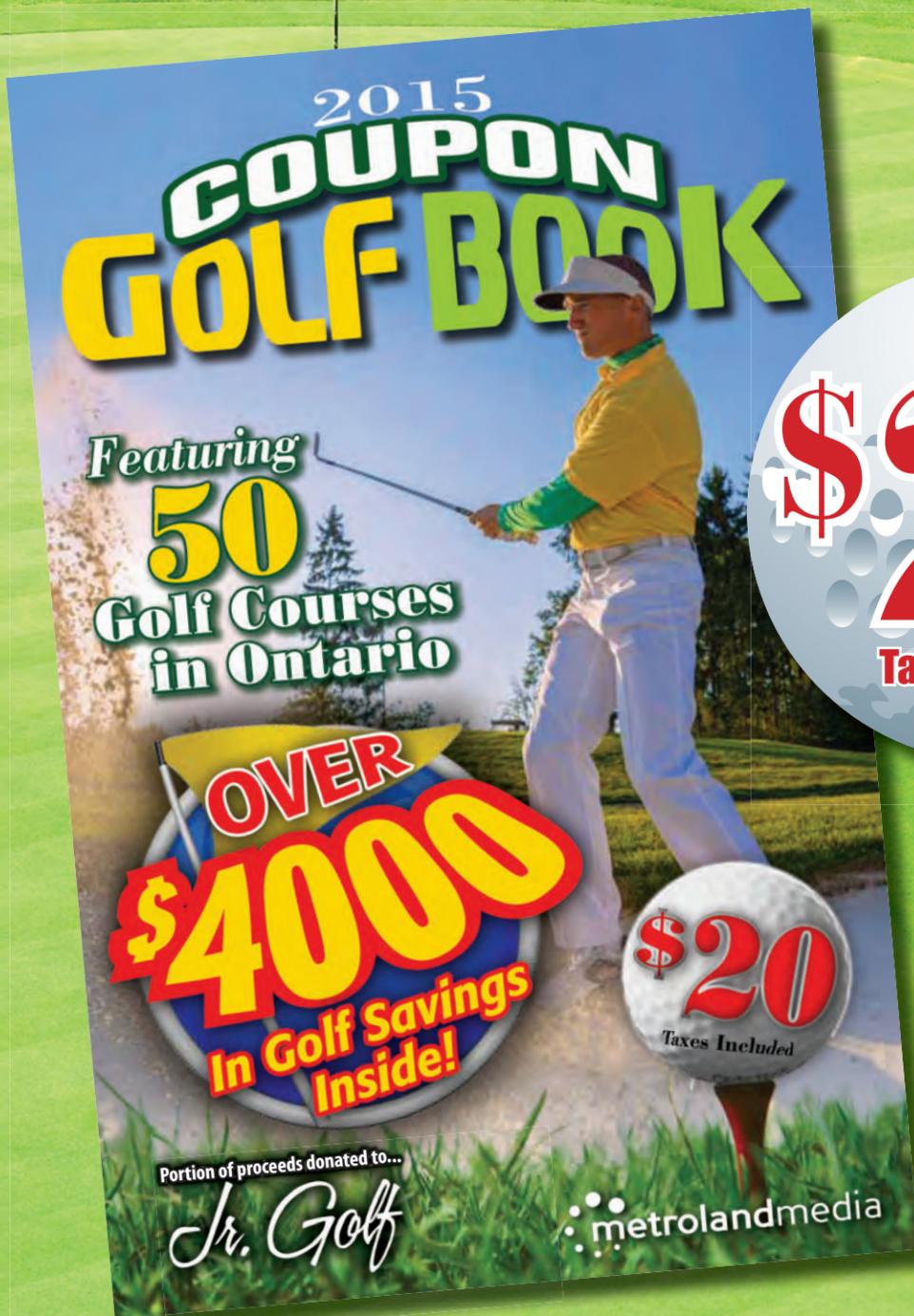


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| Bowmanville Golf & Country Club     | Lakeridge Links Golf Club          | 4 Seasons Country Club               |
| Briar Fox Golf & Country Club       | Lindsay Golf & Country Club        | Shelter Valley Pines Golf Club       |
| Canterbury Golf Club                | Lakeridge Links Golf Club/Jr. Golf | Stonehenge Golf Club                 |
| Carruthers Creek Golf Club          | Little Sticks Driving Range        | Trillium Wood Golf Club              |
| Cedarhurst Golf Club                | Loyalist Golf & Country Club       | The Ridge at Manitou Golf Club       |
| Columbus Golf & Country Club        | Newcastle Golf Course              | Warkworth Golf Club                  |
| Crestwood Golf Club                 | Olivers Nest Golf Course           | Wellington on the Lake Golf Course   |
| Dalewood Golf Club                  | Oshawa Airport Golf Club           | Whispering Ridge Golf Course         |
| Deer Run Golf Course                | Pickering Golf Club                | Winchester Golf Club                 |
| Eldorado Golf Club                  | Pickering Playing Fields           | Whitetail Golf Club                  |

# Plan once, deploy many times:

## Emphasis on healthy eating with the new Canadian Armed Forces National Standardized Cycle Menu

By Lynn Capuano, Army Public Affairs



Island Spiced Pork Tenderloin, Baked Butter Beans and Cheese Pasta (Canadian Armed Forces assortment from Week One of the new National Standardized Cycle Menu)  
Photo by Warrant Officer Trudy Grandy, Wing Foods, Annapolis Mess, 14 Wing Greenwood

Feeding an army takes precise planning, in-depth food science savvy and creativity as food trends and nutritional knowledge evolve. The Canadian Armed Forces (CAF) is continuing its roll-out of a standardized, three-week cycle menu to support optimal performance and the long-term health of more than 10 000 Defence Team members each day, contributing to mission success.

Does this mean, for example, if it's Wednesday of week three, it's Tofu Shepherd's Pie for supper in every mess hall across the country?

Yes and no.

Diners always have a choice, according to Chief Warrant Officer Jay Rached at the Directorate of Food Services (D Food Svcs).

CAF kitchens prepare three meal services a day, 365 days a year. At lunch and dinner, two of the entrées are from the Healthier Choice and Vegetarian recipe database of the National Standardized Cycle Menu. The third option is at the discretion of the local food services team, within cost boundaries. This allows for a regional touch appreciated by diners and lets CAF cooks display creativity, cultural roots and perhaps incorporate regional ingredients, whether it is fish on the coasts, game in the North or beef in Alberta.

"Dietary patterns are continuously changing across the Canadian population, and the CAF is no different as we are a cross section of our society," said CWO Rached. "The standard North American diet is evolving from what it was many years ago."

He noted the CAF Choice and Quantity Standards, which dictate the number of choices available at each meal along with portion sizes, are designed with the ideal nutrition in mind to support optimal performance while conducting military operations. One of the goals of the NSCM is to be more appealing and responsive to the diversity in dietary habits seen today in the CAF while meeting the support needs of military operations.

"In the CAF, we must remain fit in order to conduct operations. Food Services has a critical role to play in achieving this goal," he said. "But if the cooks prepare and serve nothing but high-fat, calorie-laden or high-sodium foods that do not support

healthier lifestyle choices, it hinders that goal. There's a good possibility that there will be adverse long-term health effects."

CWO Rached notes that knowledge of good nutrition has increased in the general population over time, and as a result, many CAF members are more than willing to try new foods.

The new three-week cycle menu is intended to recognize and support the CAF's increasingly diverse cultural population, and the provision of a vegetarian diet meets the needs of most religious or spiritual food restrictions. Secondly, it will improve the overall food service management practices of CAF Cooks and Food Service Officers, who must meet performance measurement standards. Future training of new Cooks and Food Service Officers can be optimized to the specific requirements of the NSCM.

"The beauty of the cycle menu is that it provides the necessary controls on such things as our standards, procurement and inventory management. If you're following it properly with your inventory and procurement practices, you should never be overstocked, but you should never be down to your last item on the shelf, either," said CWO Rached. "It's about being more accountable not only for the funds but for the quality of and the nutritional value of the meals provided."

For now, the cycle menu is in effect only on bases across Canada, said CWO Rached. He added they are still developing starches, salads, desserts and breakfast items.

"It's great to have a salad bar but if it's full of mayonnaise-based potato salad, macaroni and coleslaw, it's going to essentially defeat the purpose," he said.

When CWO Rached joined as an Army cook 31 years ago, the cycle menu was the norm. There were standardized menus and approved recipe books that were in constant use.

"The cycle menu started to fall by the wayside," he said. "Because we diversified by doing what they call a marché-style eatery or other similar trends, we tried to cater to the preferences of our diner base - which isn't a bad thing. But the problem is, once you start offering such things as a sushi bar or Thai food station, you head down a path that strays away from and does not necessarily support military operations."

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**Passes for the Toronto Science Centre**

We have received new community passes for the Science Centre, valid until June 30. With these passes, adults pay only two dollars for their admission and children, youth and seniors get free entrance. Please come to the MFRC reception to pick them up.

**Laissez-passer pour le Centre de science de Toronto**

Nous avons reçu de nouveaux laissez-passer pour le Centre de science (Science Centre), valide jusqu'au 30 juin. Avec ces laissez-passer, les adultes paient seulement deux dollars pour l'admission et les enfants, les jeunes et les personnes âgées entrent gratuitement. Ces laissez-passer vous sont offerts à la réception du CRFM.

**Five Principles of Better Borrowing**

Are you preparing for a major purchase this year? A new house, a new car, a new addition to the family or are your kids heading to university/college? Are you wondering how to make the best borrowing decisions to ensure a financially stable future? Join Darran Leaker, a retired military member and current accounts manager as he shares practical advice on how to improve and maintain your credit rating to ensure you qualify for the credit you need at the rate you want! When: May 19, 9:30 a.m. to 11 a.m. or May 26, 6:30 p.m. to 8 p.m. Where: Trenton MFRC. Cost: Free. To register please contact the MFRC Reception at 613-965-3575 or email Amy AmyL1@cogeco.net

**Cinq principes pour mieux emprunter**

Vous préparez-vous pour un achat majeur, cette année? Une nouvelle maison, une nouvelle automobile, une addition à la famille ou vos enfants partiront pour le collège/l'université? Vous demandez-vous quelles sont les meilleures options pour assurer un futur stable? Joignez-vous à Darran Leaker, un militaire retiré et gérant des comptes courants, il partagera des conseils pratiques pour améliorer votre crédit pour vous qualifier le crédit que vous avez besoin au taux que vous désirez. Quand: le 19 mai de 9h30 à 11h ou le 26 mai de 18h30 à 20h. Pour vous inscrire, contactez la réception du CRFM au 613-965-3575 ou Amy à AmyL1@cogeco.net

**Monthly Mindfulness Group**

"Mindfulness is 'paying attention, on purpose, in the present moment, and without Judgment' (Kabat-Zinn, 1990)" Open to those (military community and general public) who are interested in developing their mindfulness practices as a way to reduce stress and anxiety, increase awareness of thoughts, emotions and behaviours, and improve choice when responding to difficult situations. Sessions take place Thursday from 12 p.m. to 1 p.m. or 1 p.m. to 2 p.m. (April 30, May 28, June 25, and July 30). Kara Gaucher will be facilitating the group but for information or to register contact Ashlee Allen 613-392-2811 ext. 5541 or aallen3@cogeco.net

**Groupe Mensuel de Pleine Conscience**

« Pleine conscience signifie : Porter intentionnellement attention aux expériences internes (sensations, émotions, pensées, états d'esprit) ou externes du moment présent, sans porter de jugement de valeur. (Kabat-Zinn, 1990) Offert à ceux (communauté militaire et grand public) qui sont intéressés à développer leur pleine conscience pour réduire le stress et l'anxiété, accroître la sensibilisation aux

pensées, aux émotions et aux comportements, pour aider à faire face aux situations difficiles. Le dernier jeudi du mois de midi à 13h00 ou de 13h00 à 14h00 Le 30 avril, 28 mai, 25 juin et le 30 juillet. Kara Gaucher animera le groupe mais pour information ou pour vous inscrire contactez Ashlee Allen au 613-392-2811 poste 5541 ou aallen3@cogeco.net

**Military Life with LegalShield Protection information session**

When: Thursday, May 21 at 7 p.m. at the MFRC. Cost: Free. To register, please contact the MFRC reception at 613-965-3575 or email Amy at AmyL1@cogeco.net Affordable legal protection for you and your family.

**La vie militaire avec la protection LegalShield**

Quand : Le jeudi 21 mai à 19h au CRFM. Coût : gratuit . Pour vous inscrire, contactez la réception du CRFM au 613-965-3575 ou Amy à AmyL1@cogeco.net De la protec-

tion légale à un coût abordable.

**Triple P Parenting Program**

Small changes, big differences ! The Positive Parenting Program takes place at Trenton MFRC Saturday, May 30 from 9 a.m. to 4 p.m. For information or to register, please call 613-968-1144. This is a free program for every parent.

**ASD support group**

For caregivers of a person on the Autism Spectrum, the next meeting is May 21st from 6 p.m. to 7:30 p.m. Childcare is available. Contact Kelly Briggs 613-392-2811 ext. 7917.

**Trouble du spectre Autistique (TSA)**

Groupe de soutien pour les aidants naturels d'une personne atteinte du spectre de l'Autisme. Prochaine rencontre le 21 mai, de 18h00 à 19h30. Contactez Kelly Briggs 613-392-2811 poste 7917.

Continued on page 16

**Home of the Week**  
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Plan No: 1-3-608

Compact and snug, this delightful three-bedroom home includes all the features demanded by today's families — and on a single floor. The double-height foyer is reached via a covered entry. To the right is Bedroom No. 3, which could easily double as a den or home office. Beyond the foyer, which contains a coat closet on the left, is the family area, comprising an open-plan great room, dining area and kitchen. The kitchen features

a raised seating bar and prep island, as well as an L-shaped counter configuration, for maximum efficiency. An extra-wide window sill over the sink will make the perfect spot to display plants and collectibles. Two pantries and a linen closet are located nearby. The dining room features an optional built-in buffet, and has access to a large sundeck, where family members and guests alike will enjoy summertime meals and relaxation. The great room, with ac-

cess to the sundeck, boasts a dramatic double-height ceiling. The fireplace tucked into one corner will not only provide cozy warmth during the cooler months, it will also serve as a magnet for family activities. The master suite, with its own private sundeck, includes a roomy walk-in closet, as well as a well-appointed four-piece bath, where a shower and soaker tub occupy a bayed-out nook with a window. The second bedroom

shares a three-piece bathroom with Bedroom No. 3. The laundry room includes a two-way cupboard, ideal for storing off-season gear. Access to the double garage means the laundry room can double as a mud room. Exterior features include decorative wooden touches under the front window, as well as cross-bracing in the gables. Stone accents on either side of the garage and under the corner pilaster underscore the home's aura of solid comfort.

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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.

### Have some spare time?

The Kente Kiwanis Club of Trenton is looking for people who love to help the kids in our community. Our club meets weekly, from September through June, on Thursdays at 10 a.m. at the Quinte West City Hall in Trenton. If you are interested in joining our club, please contact "JP" Latt at 613-475-5537, VP of the Kente Kiwanis Club.

### May 9 - AOTS Men's Club Luncheon Buffet

The AOTS Men's Club luncheon buffet takes place at Trenton United Church, 85 Dundas Street East, Trenton, on Saturday, May 9 from 11 a.m. to 1 p.m. Build your own sandwich form a variety of choices, delicious soup, desserts and beverages. Adult: \$7, children: \$4. Tickets available at the door. Everyone welcome! Come and enjoy!

### May 9 - 11th Annual MFRC Invisible Ribbon Gala

The 11th Annual Invisible ribbon Gala, hosted by the Trenton Military Family Resource Centre (MFRC) will take place at the National Air Force Museum of Canada. This year's theme is "Families First." Guest speaker is Capt. (Ret.) Jane Foster, one of the first two female fighter pilots in the world since World War II. Those wishing to support the MFRC and military families can do so by donating an auction item, sponsoring the event, or attending the gala dinner. For more information about the Invisible Ribbon Gala, please visit [www.InvisibleRibbon.ca](http://www.InvisibleRibbon.ca) or call event planner Stefanie Wolf at 613-661-3431.

### May 14 - 8th Annual Cut for the Cure

The 8th Annual Cut for the Cure will take place on May 14 under the supervision of Warrant Officer Dan Gorman. This important annual event raises funds for cancer research and has to this point raised \$55,000. To register or to get more information, contact WO Dan Gorman at 613-392-2811, local 2955 or [Dan.Gorman@forces.gc.ca](mailto:Dan.Gorman@forces.gc.ca). Register soon to help make this event a success.

### May 15 - CFB Trenton Blood Donor Clinic

The next CFB Trenton blood donor clinic takes place on May 15 at the RecPlex at 21 Namao Dr., in the gymnasium from 10 a.m. to 2 p.m. All regular and new blood donors are encouraged to come out and help replenish depleted blood supplies.

### May 16 - Frankford Riverfest Car Show

Frankford Riverfest Car Show will be held in the Frankford Tourist Park on Saturday, May 16 from 10 a.m. to 3 p.m. A fun day for everyone, this rain or shine event features all years, makes and models of cars, including special interest vehicles. The event includes a Rock 'n Roll band on stage during the day, children's activities and midway vendors and fireworks at dusk. Those interested in more information regarding the car show, contact 613-398-1214 or for more information on other events, contact 613-392-2841, Colleen Vickers at Quinte West.

### May 16 - Quinte Branch of Ontario Genealogical Society

Quinte Branch of Ontario Genealogical Society will feature a presentation by Shannon Millar on the Topic "Archeology: How can we preserve our Heritage?" -the

presentation takes place at the Quinte West Public Library, 7 Creswell Drive, Trenton, from 1 p.m. to 3 p.m. Everyone welcome and bring a friend! For more information visit [www.rootsweb.ancestry.com/~canqbgbs/](http://www.rootsweb.ancestry.com/~canqbgbs/)

### May 20 - 8 Wing/CFB Trenton Aboriginal Awareness Day

8 Wing Trenton, will be hosting an Aboriginal Awareness Day on May 20 at the Aboriginal Gardens celebrating the theme "Self-Confidence." This year, the National Defence Aboriginal Advisory Group (DAAG) in Ottawa is celebrating its 20th anniversary. In recognition of this historic benchmark, they will be holding an Aboriginal Awareness Week May 19 to 22.

### May 20, 27, June 3, 10 - Career Transition Workshops - 9 a.m. to 12 noon

Considering transition to a new job? Preparing a resume and ready for an interview? Career Transition Workshops can help: Modules: Self Assessment, Resume Writing, Job Search, Interview Techniques Designed to assist CAF personnel planning to release for civilian employment. Space is limited to 10 seats per module; reservations may be made by contacting the WPSO office either by email to [+WPSO@forces.gc.ca](mailto:+WPSO@forces.gc.ca); or by calling 613-392-2811 extension 7638. Appropriate civilian attire.

### May 20 & 27 - Middleton Park Spring Leaf Pickup

Canadian Forces Housing Agency will be conducting a spring leaf pick up for the occupants of Middleton Park. Leaves must be placed in biodegradable brown paper bags only. \*\*\*Leaves placed in plastic bags and or raked into piles will not be collected\*\*\* Tree branches/twigs etc. should be bundled in a manner that allows for them to be physically placed at the side of the road. Please place the bags of leaves at the curb by 7 a.m. on the above dates. Please note that the Middleton Park spring leaf pick up will be carried out on May 20 and 27 only.

### May 23 - 15th Annual Spring Sprint for the Canadian Brain Tumour Foundation

Please join us Saturday, May 23 for our 15th annual Spring Sprint in support of the Canadian Brain Tumour Foundation and our Belleville Support Group. The event is a 2.5k or 5k walk/fun run at Zwicks Centennial Park. Registration begins at 8:30 a.m. for the 10 a.m. start. Donate on line at Belleville Spring Sprint [http://www.springsprint.ca/site/TR?fr\\_id=1201&pg=entry](http://www.springsprint.ca/site/TR?fr_id=1201&pg=entry) or at the park. Enjoy fun festivities, fabulous music, face painting and food! Help raise awareness and funds in our community for those 27 Canadians per day who hear the words... "You have a brain tumour."

### May 23 & 24 - Community Yard Sales

The PMQ Community Council is promoting the community hard sales taking place in the PMQs on the May 23 and 24 weekend beginning at 8 a.m. Yard sales take place at 1 McEwen Dr., where there is a yard sale and barbecue to raise funds for the Tanzania Club; 58B Rivers Drive yard sale; 28B Rivers Dr. hard slae, barbecue and lemonade stand and Royal Kids Consignment; 21A Lawrence Dr., yard and refreshment sale; 24 Johnson Dr., 2nd annual fundraising garage sale for Breadner Elementary School and the Food for Learning Program. For more information or questions, contact Cpl. Dion Ward at 613-392-2811, local 2884.

MFRC continued from page 15

### "What about me"

Is a deployment support group for children ages five to 12 that runs every Wednesday night. This program offers support to children who are or who will be experiencing separation from a loved one due to the military lifestyle providing them with fun hands on activities to develop coping skills. It is not mandatory for children to attend every session but they must pre-register by calling Kelly the week of by 12 p.m. on Monday at 613-392-2811 ext. 4527.

### Et moi alors (What About Me)- Mercredi de 18h00 à 19:30

(de 5 à 12 ans). Ce programme offre un appui aux enfants qui vivent ou vivront une séparation avec un être cher dû au mode de vie militaire. Il n'est pas obligatoire d'assister à chaque rencontre mais vous devez inscrire votre enfant. Pour inscription et information pour ce programme contactez Kelly: [kbriggs@cogeco.net](mailto:kbriggs@cogeco.net) ou le poste 4527

### Dance with France

Spring mini-session. Have you ever wanted to learn how to ballroom dance but didn't quite have the time? Our spring session is perfect for you! Come join the amazing and talented France as she teaches in six short weeks how to wow an audience on the dance floor! Date: Wednesdays from May 6 to June 17. Beginners: Time 6 p.m. to 7:15 p.m. Cost: \$67.50/couple. Dances: Cha-Cha and Salsa. Intermediate: Time: 7:30 p.m. to 9 p.m. Cost: \$75.00/couple. Dances: Samba and Tango. Payment will be accepted via cash or cheque during the first class; please arrive 15 minutes early! For more information or to register, please call 613-965-3575 or email Amy at [AmyL1@cogeco.net](mailto:AmyL1@cogeco.net)

### Danse avec France

Mini-session printanière. Avez-vous toujours eu le goût d'apprendre des danses sociales, mais n'avez jamais le temps? Notre mini-session printanière est parfaite pour vous! Venez joindre la talentueuse et sensationnelle France qui enseignera, en 6 semaines, comment épater une audience sur le plancher de danse! Débutants: Heure: de 18h à 19h15. Coût: 67,50\$/couple. Danses: Cha-Cha et Salsa. Intermédiaire: Heure: de 19h30 à 21h. Coût: 75,00\$/couple. Danses: Samba et Tango. Les paiements acceptés sont argent comptant et chèque et sont dûs à la première classe, svp arrivez 15 minutes à l'avance. Pour plus d'information ou pour vous inscrire, contactez le 613-965-3575 ou Amy à [AmyL1@cogeco.net](mailto:AmyL1@cogeco.net).

### Monthly Afternoon Chatter Social Gathering

Summer skin care and make-up gathering on Sunday May 24 from 1 p.m. to 4 p.m. As happy as we are that the summer months are around the corner, the hot and humid weather can be challenging for our skin. Maura-Jo, Arbonne International Regional Vice-President, will show us how to take care of our skin and have a fresh look during the warm summer months. For more information, to register or to access subsidized childcare for this event, please call the MFRC reception at 613-965-3575. You need to reserve by May 20 for the childcare.

### Rencontre sociale Jasette de l'après-midi mensuelle

Soins de la peau & make-up pour l'été le dimanche 24 mai de 13h à 16h. Nous sommes excitées que les mois d'été soient à notre porte, mais la température chaude et humide peut causer des difficultés à notre peau, Maura-Jo, Vice-présidente régionale de Arbonne International, expliquera comment prendre soin de notre peau et garder un air de fraîcheur durant la chaleur. Pour plus d'information, vous inscrire ou pour réserver de la garde d'enfants subventionnée, SVP téléphonez à la réception du CRFM au 613-965-3575. La dernière journée pour réserver la garde d'enfants est le mercredi 20 mai 2015.



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### Adults Programs

Morning Aquafit – Monday, Wed., Fri., mornings – April 8 to June 19, 8:30 a.m. to 9:20 a.m.  
 Evening Aquafit (Jogging) – Tuesdays and Thurs. – April 14 to June 4, 6 p.m. to 6:50 p.m.  
 Senior Lane Swim – Monday, Wednesday, Friday mornings – April 8 to June 19, 7:30 a.m. to 8:20 a.m. or 8:30 a.m. to 9:20 a.m.  
 Piyo – combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements – Mondays – April 13 to June 22, 6 a.m. to 7 a.m.  
 Boot Camp Fitness – Mondays – April 13 to June 22, 4:30 p.m. to 5:15 p.m.  
 TRX – Kick Start Your Fitness Program with TRX Suspension Training  
 Mondays – April 13 to June 22, 5:30 p.m. to 6:15 p.m. or Thurs. – April 16 to June 18, 4:30 p.m. to 5:30 p.m.  
 Boxercise – Total body tone and sculpt and ultimate fat burner provides a fast-paced, cardio-intensive, total body workout that tones flab and strengthens muscles.  
 Mon. – April 13 to June 22, 6:30 p.m. to 7:30 p.m.  
 Yoga – Challenge your spirit, mind and body as you move through a series of yoga postures and stretches.  
 Tues. – April 14 to June 16, 5:40 p.m. to 6:40 p.m.  
 Spin-Fusion – Wonderful mix of yoga, strength training and spinning.  
 Tues. – April 14 to June 16, 5:40 p.m. to 6:40 p.m.  
 Zumba – Is a Latin inspired dance fitness program – Wednesdays – April 15 to June 17, 5:30 p.m. to 6:30 p.m. at the RecPlex Gym with Crazy Jen.  
 Tai Chi – Is a slow moving, gentle exercise perfect for all ages and levels of fitness.  
 Tues. – April 14 to June 16, 5:35 p.m. to 6:35 p.m.  
 Piyo/Insanity noon hour class – Will help you keep moving during your Wednesday lunch hours.  
 Wed. – April 15 to June 17, 12 noon to 1 p.m.  
 Pilates/Core Fitness – Improves muscle tone, balances musculature and corrects posture.  
 Wed. – April 15 to June 17, 4:40 p.m. to 5:40 p.m.  
 Spin Class – Each week participants can look forward to a workout that will push them to improve their personal fitness level.  
 Wed. – April 15 to June 17, 5:40 p.m. to 6:40 p.m.  
 Circuit Training – Strike, punch and kick your way through calories to superior cardio fitness.  
 Wed. – April 15 to June 17, 6:45 p.m. to 7:45 p.m.  
 High Intensity Interval Training – Physical training that involves a series of low-to high intensity exercise workouts interspersed with rest or relief periods.  
 Thurs. – April 16 to June 18, 5:40 p.m. to 6:40 p.m.  
 Butt, Abs and Thighs – Come work out those key areas as our instructor leads you through different exercises each week.  
 Thur. – April 16 to June 18, 6:45 p.m. to 7:45 p.m.  
**Insanity** – This workout is a live cardio-based high intensity total body interval training interval program.  
 Fridays – April 17 to June 19, 6 a.m. to 7 a.m.  
**\*Upcoming: Fitness 4 two (Parent and Baby)**  
**\*\*No fitness classes will run on Victoria Day Monday, May 18.**

### Child, Youth and Teens Programs

Summer 2015 Kidz Kamp - Registration: Military Community online and in-person after 1:30 p.m. at the RecPlex. General Public starts Wednesday April 8 at 1:30 p.m. at the RecPlex.  
 Youth Aquatic Club for youth six to 16 years of age, focusing on fun and fitness but not competition.  
 Mondays, Wednesdays, Fridays – April 13 to June 19, 4:45 p.m. to 6 p.m.  
 Underwater Hockey age eight to 12 years – Thur., April 16 to June 4, 6:15 p.m. to 7:15 p.m.  
 Aqua Basketball age eight to 12 years – Tuesday, April 14 to June 2, 6:16 p.m. to 7:15 p.m.  
 Water Polo for Kids age eight to 12 years – I love Water Polo (ILWP) is Water Polo Canada's introductory, grass roots water polo program for boys and girls.  
 Wed. – April 15 to June 3, 5 p.m. to 6 p.m.  
 Gym N' Swim – Leave your kids with us and make use of either the workout facilities or perhaps one of our workout classes.  
 Mondays – April 13 to June 22, 5 p.m. to 7 p.m.  
 Basketball for Kids – Come join us each week on Mondays where we will practice a few skills and then play games to practice the skills learned with the main goal being to have fun!  
 Monday – April 13 to June 22, 5 p.m. to 6 p.m.  
 Drop-in Youth Basketball - Youth can play and practice their skills. Supervised environment where youth can get some practice and receive instruction. Each week will start with a few drills followed by organized games. Ages 13 to 17. Every Monday until June 22 from 7 p.m. to 8 p.m. at the RecPlex.  
 Tyke Terrain – Come make use of our indoor toys and slides.  
 Tuesday and Thursday – April 14 to June 16, 9 a.m. to 11 a.m.  
 Triathlon Training for youth nine to 13 years – A triathlon is just another day to do the three things kids love most (swim, bike and run).  
 \*Equipment required: bicycle, swimsuit, running shoes.  
 Wednesdays – April 15 to June 17, 4:45 p.m. to 6:15 p.m.  
 Dash 'n' Splash ages two to six years – Start in the gym where different stations and activities will be set up. At 9:30 a.m., the class transitions to the pool and will make use of the small pool.  
 Fri. – April 17 to June 19, 9 a.m. to 10:30 a.m.  
 Indoor/Outdoor Soccer – The soccer season is approaching and indoor/outdoor soccer night is a great way to practise your basic soccer skills, while meeting new friends!  
 Thursdays – April 16 to June 18 for youth six to eight years, 5:30 p.m. to 6:30 p.m. and nine to 12 years, 6:30 p.m. to 7:30 p.m.  
 Summer Kidz Kamp 2015 – June 29 to Aug. 21 (eight weeks). Registration – Military Community starts Wednesday, April 1 at 1:30 p.m. at the RecPlex. General public starts Wednesdays, April 8 at 1:30 p.m. at the RecPlex.

### PA Day Program:

All of our PA Day Programs include a variety of age appropriate games. Children will make use of the pool and participate in games, crafts and more from 8 a.m. to 4 p.m. Before and after care is available 7 a.m. to 8 a.m. and 4 p.m. to 5 p.m., May 22, June 5 and June 26.

## 8 Wing runner overcomes deployments and race day weather to finish Boston Marathon

By 2Lt Jennifer Howell



Capt. Isabelle Rochon picks up her race bib for the Boston Marathon.

For 8 Wing Food Services Officer, Captain (Capt.) Isabelle Rochon, an eight-month deployment wasn't going to get in the way of running the Boston Marathon. "The Boston Marathon is so mythical, it's the dream of every runner," said Capt. Rochon. Capt. Rochon qualified for Boston at the Philadelphia Marathon in November 2013 with a time of 3:33:09. In June of 2014, she was off to Romania as part of Op REASSURANCE. During the deployment, she was moved to Lithuania and then Germany. "I started my training specifically for Boston in January," she said. "There was quite a good group of Canadians that were running there. They pushed me to run." But she adds the operational tempo during deployment was

very high and it wasn't always easy to find time for training. Luckily, Capt. Rochon seems to be a natural, only picking up running a few years ago. "I started in 2012 when I was based in Saint-Jean-Sur-Richelieu," she said. "When I moved to Trenton, I joined a local running club and there were a couple of girls that really pushed me to try for Boston." Fast forward to race weekend – Capt. Rochon said the scene of 33,000 runners converging on Boston was like nothing she had ever witnessed. "The whole city is only breathing for the marathon," she said. "There are signs everywhere to support the runners. You don't go 100 metres on the course without seeing supporters," something she says was especially appreciated as the weather was windy, rainy and cold. "It was the worst weather conditions I've had in a race so far. It's not the result that I hoped for," she said of her 3:53:11 time. "But with the weather conditions, I am still happy to have finished it." Although physical training is important for marathon running, mental toughness plays a massive part in reaching the finish line. "I hit the wall every time at 34.5km," said Capt. Rochon with a chuckle. "I have to talk to myself. I hyperventilate and I cry a little bit and I just tell myself not to stop and that I'm almost done." The internal conversation changed a little bit as she moved closer to the finish line at 42.2km. "In those final kilometres, I'm telling myself I'm never going to put myself through this again. But I know that's a lie."



Capt. Isabelle Rochon poses for a post-race group photo with friends, Madonna Powell-Howell and Nancie Gibson.

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# Safety

## Defensive driving necessary in today's multi-tasking world



Not everyone drives well. Some people speed aggressively. Others wander into another lane because they aren't paying attention or they're multi-tasking (e.g., talking on the phone, texting, checking messages, or eating).

Aggressive drivers can cause road hazards to themselves and others sharing the roads. Drivers may follow too closely, make sudden turns without signalling, or weave in and out of traffic.

The length, width, and weight of large trucks can create hazards for drivers of both small and large vehicles. Many fatal collisions between cars and trucks are caused by the car driver's error.

Follow these tips to make the highways - and your next drive - a lot safer.

- Consider stopping distances. Trucks need a much longer braking distance than cars. Don't cut in front of a truck. If you do that, it reduces the truck's braking distance and limits the evasive action a truck driver can take.
- Pass carefully. When passing a truck, do not drive alongside it for too long. Pass as quickly

and safely as possible, and don't cut too closely in front of a truck when re-entering the lane.

- Be aware of your surroundings. Check your mirrors frequently and scan conditions 20 to 30 seconds ahead of you. Keep an eye on pedestrians, bicyclists, and pets along the road.
- Drive defensively. Do not assume another driver is going to move out of the way or allow you to merge. Presume that drivers will run through red lights or stop signs and be prepared to react. Be considerate of others but look out for yourself. Have an escape route.
- Maintain an optimal position. In all driving situations, the best

way to avoid potential danger is to position your vehicle where you have the best chance of seeing and being seen.

- Follow the two-second rule. Since the greatest chance of a collision is in front of you, use the two second rule to help you establish and maintain a safe fol-

lowing distance that provides adequate time for you to brake to a stop if necessary.

- Keep your speed down. Posted speed limits are meant for ideal driving conditions. It's your responsibility to ensure that your speed matches the actual conditions.

• Eliminate distractions. A distraction is any activity that diverts your attention away from the task of driving. Driving deserves your full attention. Stay focused on the driving task.

Defensive driving makes everyone a better driver and keeps our roads safe.

### Back health sustained with basic lifting safety

Some jobs involve a lot of manual lifting, so back, neck, and shoulder injuries are common when completing some tasks. Manual lifting in cramped or awkward conditions increases the risk of injury.

**Here are some tips:**

- Avoid lifting above shoulder height. This causes your back to arch and puts a lot of stress on your shoulder and on the small joints in your spine.
- Don't try to catch falling objects. Your muscles may not have time to coordinate properly to protect your spine.
- Push rather than pull. Pushing lets you maintain the normal curves in your back and puts less stress on the spine.

**Safe lifting starts with planning. Here are a few pointers:**

- Size up the load.
- Make sure the path is clear.
- Get help if you need it.
- Use a dolly or other materials handling equipment whenever you can.
- Get as close to the load as possible. This is very important. Our lifting capacity is reduced the further away we are from the load.
- Put yourself in the best possible position for the lift. Try to avoid twisting from the waist, reaching out, and leaning over material or equipment when you lift.
- Use a well-balanced stance with one foot slightly ahead of the other.
- Tighten your stomach muscles as you start to lift.

- Keep your lower back in its normal curved position and use your legs to lift.
- Pick up your feet and pivot to turn. Don't twist your back.
- Lower the load. Maintain the curve in your lower back. You can hurt your back just as easily lowering a load as lifting it.
- Partners should be roughly the same height when lifting material. Before the lift, both partners should agree on:
  - the type of lift (waist-high, shoulder-high, etc.)
  - who will take charge
  - how they will lower the load.
 Remember, always protect your back while working by yourself or with a partner.

# CONGRATULATIONS!

## to our Easter Colouring Contest Winners

Age 4 and under  
Elizabeth Boutin



Ages 5-8  
Sierra Allwood



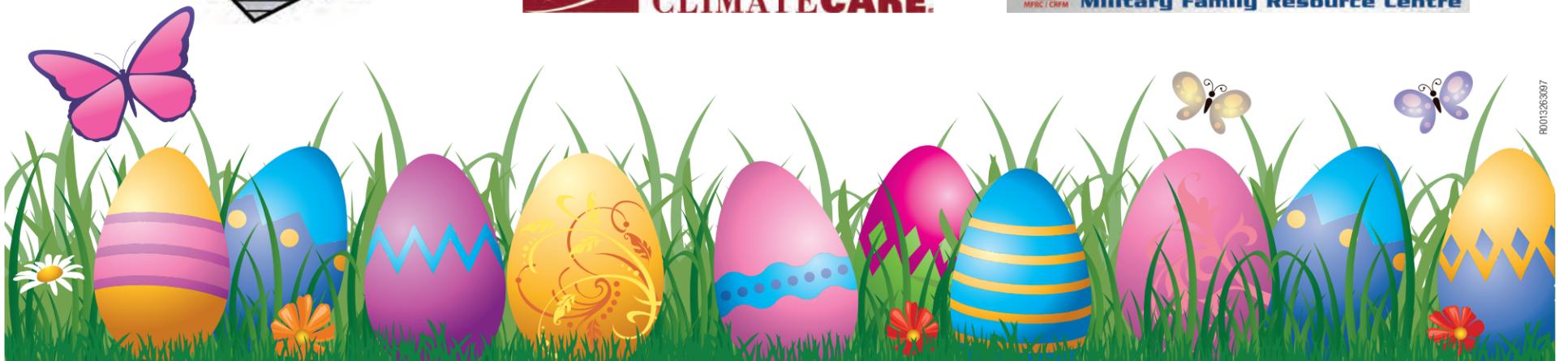
Ages 9 and up  
Cédric Piché



### And our four Draw Prize Winners

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