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## “TREES FOR TROOP FAMILIES” AT MFRC



Photo: Joel Wiebe, Contact Staff

About 200 trees were donated to the Trenton Military Family Resource Centre on December 7, by Kriss Kringle Christmas Trees from Somerville Nurseries for the families of CF members serving overseas. The donation is the first of its kind, donated on behalf of the Canadian Christmas Tree Growers Association, whose members will be donating about 3,100 trees this year to military bases across the country. “It’s a way of showing our appreciation for what the troops are doing,” said Fred Somerville, president of Somerville Nurseries Inc. The company drove two truckloads of trees 260 km from Everett, Ont, to make the donation at the MFRC. The company is also trucking donations to Petawawa, Kingston and Ottawa. Pictured here, with the trees in the background, are Lieutenant-Colonel Debbie Miller, Wing Administration Officer, and some youngsters from the MFRC.

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## BEARING GIFTS



Photo: Joel Wiebe, Contact Staff

Carl McBride, his wife Wendy Morgan-McBride (not pictured) and nephew Bailey Moran recently brought a donation of 40 teddy bears to representatives of the MP Squadron. The donation is from CRS Transport, where McBride works. Since his wife sells Avon, she ordered the bears at a discounted price. The couple has supported the local OPP for a few years with donations of bears. This year, they heard the MPs were interested in it, and came to the base to make their donation. The bears are each individually packaged in sealed bags devoid of air to keep them clean and sanitary. The bears are for giving to children when the police arrive at a scene where a child may need to be comforted.

## WING SHOWS TRUE SPIRIT OF GIVING



Photo: Pte Isabel Lavallee-Raby, 8 Wing Imaging

The entire Wing Comptroller Branch would like to thank all those who supported them in the Quinte West Adopt-a-Child-Program. The winner of the 50/50 draw, who wishes to remain anonymous, has generously decided to donate the winnings back to the program. Through your support to both our silent auction and our 50/50 draw, we were able to raise \$625.30 which was presented on December 11 to Rick Kevan from Rock 107. To date, of the 1,100 children requiring clothes this Christmas, the needs of 900 have been met. Again thank you all for your support.

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## Wing Commander's Column

A message from Colonel Mike Hood



*The 8 Wing Mission: To provide responsive and flexible Air Mobility, Search and Rescue, and globally deployable, combat capable Expeditionary Forces serving Canada's interests.*

As many of you know, members of the 8 Wing Mission Support Squadron (MSS) are returning home following a very successful deployment to Camp Mirage in support of operations in Afghanistan. I would like to take this opportunity to recognize their work and offer you all a bit of information about what your friends and colleagues have accomplished during their six-month deployment in South West Asia.

First off, I want to thank you, the men and women of 8 Wing, for your patience and understanding as we all had to adapt to a reduced service support capacity here at 8 Wing while our colleagues were deployed. With MSS backfills picking up the extra workloads and 8 Wing personnel being tolerant when waiting for services, we have made it possible for them to concentrate on their very important task. So again, thank you.

Back to the MSS. For those of you who may not know exactly what the MSS is, it is a group of more than 90 highly skilled 8 Wing members that deployed to the Middle East this past June as part of the Theatre Support Element of Op ATHENA. While in theatre, the MSS personnel provided logistical and administrative support to Canadian Forces members deployed in Afghanistan

and the Persian Gulf region.

Here are but of a few examples of what the team accomplished during its tour: the two camp Chaplains played a key role in a total of 17 repatriation ceremonies that took place during their tour of duties. Their role was transitory, but the brief receiving and departure readings and prayers brought much needed comfort to those participating.

The Communications and Information Services (CIS) personnel ensured not only the proper functioning of operational communications systems, but also contributed to the morale of all camp personnel through the provision of Internet and phone services allowing members to stay in touch with their loved ones.

The Engineering Support Flight (ESF) took on several construction and engineering projects that were not only necessary, such as the construction of transient quarters, but also contributed to significant improvements to the efficiency of future camp operations.

The Logistics Flight, for its part, provided stellar support during the relief in place (RIP) by offering in transit staging, feeding and materiel support to more than 5,000 JTF-Afghanistan personnel.

Finally, the medical flight (UMS) contributed to the welfare of the camp personnel and ensured continuation of operations by providing such varied services as immunization, pest control duties and water testing, all this while screening almost 1,000 members for illness

and injuries during their six-month tour.

And these are but highlights of some of the tasks the men and women of our MSS accomplished while in theatre. As you can all imagine, it is with immense pride that we welcome them back home and I cannot help but be impressed by their professionalism and dedication – indeed, their work reflects well upon us all. When I couple their great work with that of the Tactical Airlift Unit that have been plying their trade in the skies of South West Asia since 2001, it proves to me that the entire 8 Wing team is truly an expeditionary force capable of meeting the challenges of today, and well positioned to adapt to future missions.

Indeed, our MSS members have proven that the 8 Wing Mission Statement is quite fitting as, in addition to our proven track record of providing responsive and flexible Air Mobility as well as Search and Rescue services, they have demonstrated that we are a globally deployable, combat capable Expeditionary Force that serves Canada's interests at home and abroad.

To you all, our MSS members who have just come home or who will soon be reunited with your loved ones, I want to say thank you on behalf of the entire 8 Wing team. We wish you all a warm welcome home. Enjoy some well-deserved time off to reconnect with your friends and families and may the Holidays Season bring you peace and happiness.

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Santa paid a visit to Wing Supply to wish all a very Merry Christmas and a safe and Happy New Year. Today also saw the promotion of Lt Tebbutt and the accelerated promotion of Capt McLaughlin, both presented their current rank by the Wing Logistics and Engineering Officer, LCol Carrie Fortier. The Squadron has been very busy this year with the deployment of MSS, CEMS boot issue, CC-177/429 Squadron stand-up along with the continued support to 8 Wing Trenton. Wing Supply would like to wish everyone a safe and happy holiday season. Merry Christmas and Happy New Year!

### New Year's Eve Party

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### Attention Readers

The Contact office will be closed for the holidays  
beginning December 24, 2007.  
We will reopen on January 2, 2008.  
Please note, there will not be a paper during this time.  
Thank you, and have a safe and happy holiday season,  
from our family to yours.



## SERGEANTS' SEMINAR AT 8 WING



Photo: Cpl David Hardwick, 8 Wing Imaging

A total of 53 Canadian Forces members from across 8 Wing, along with two from Petawawa's 427 Squadron and one from Rome, New York, attended the annual Sergeants' Seminar here from Monday, December 10 to Friday, December 14, 2007. The gathering, a five-day seminar designed as a professional development tool to further educate our Senior NCOs, was conducted by the Wing Chief Warrant Officer's office, and co-ordinated by Warrant Officer Russel Muir, of 426 (Transport) Squadron.

## 8 Wing's Poinsettias

by Ron Hadwen

The beautiful and hearty poinsettia grows aplenty in our own 8 Wing Construction Engineering (WCE) greenhouses located at 8 Voyageur Road. These plants lend sensational festive colour and decorum throughout the wing. Even today, a 25-year old poinsettia tree gives multiple cuttings as well as other poinsettias to help grow almost 1000 plants for the base.

Built in 1967 on the site of old drying beds for sewage treatment, the greenhouse survived many changes over the years. An in-vessel composter and yard waste compound were added. The compost is used in the growing medium at the greenhouse and is worked into flower beds each spring. This site has grown dramatically over the past 10 years, and now over 300 cubic yards is processed annually. In spite of funding cuts, the greenhouse shows its excellent ability to produce a wide array of plants and healthy shrubbery such as Christmas cactus, chrysanthemums, Easter Lilies, and annual bedding plants.

These plants are kept in ideal warmth and special conditions and closely watched by our Roads and Grounds personnel. The result of their efforts is grounds beautification for the base, and healthy greenery and colour for special social functions and holiday events.

There continues to be an increase of awareness and appreciation for the beautiful plants. For this holiday season, the poinsettia plants distributed throughout the base speaks to the hard work and dedication of our staff, and a benefit we hope people will continue to admire and enjoy.



## Search & Rescue UPDATE



424 Squadron had a relatively quiet week involving the tasking of two missions.

The first mission was for the Griffon to investigate the sighting of an orange and white object in the water off Chiefs Point, west of Wiarton, Ontario. The object turned out to be a channel marker. The crew refueled in Wiarton and returned to Trenton.

The next tasking was also for the Griffon. The crew was tasked to investigate an ELT near Downsview airport in Toronto. They flew their assigned search pattern but nothing was heard, so they returned to base.

Until next time, stay alert and stay safe.

Missions for 2007: 231

Missions for Dec.: 3

Persons rescued: 31

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## The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base — 8 Wing / CFB Trenton. We are the primary internal and external communications tool for 8 Wing / CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work. The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel M.J. Hood, CD, Commander, 8 Wing / CFB Trenton.

### The Contact Staff

**Managing Editor:** Andrea Steiner  
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### Guidelines for submissions: ARTICLES AND PHOTOS

The CONTACT delivers news and information about 8 Wing / CFB Trenton; at home and around the world. We depend on you and our military community for articles, personal stories and photos. We work hard, with a limited staff, to bring you a quality weekly newspaper. You can help considerably by following these guidelines on preparing your submissions for the paper:

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as Word documents on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.  
*Jpeg-Maximum (8X10), 300 dpi*
- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- **ARTICLES MUST BE RECEIVED BY TUESDAY AT 4PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

### Letters to the Editor:

Internet: [Steiner.AL@forces.gc.ca](mailto:Steiner.AL@forces.gc.ca)

Intranet: [Steiner.AL@CFBTrenton@Trenton](mailto:Steiner.AL@CFBTrenton@Trenton)

All letters and editorials must be signed and the name of the author will be published, unless otherwise requested. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. Mail, e-mail, fax or drop in person to the Contact office. Please refer to the information at the bottom of the page for how to reach us.



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## message from the Editor

I received a call the other day from the MP Squadron, reporting the results of a recent RIDE program conducted at the southside gates. On December 7 and 8, a total of 122 vehicles were stopped, resulting in one driver being charged for impaired operation of a vehicle, and one other was given a 12-hour suspension.

It is truly beyond my comprehension that anyone was "caught." I really do not understand why drivers today still play russian roulette with their lives and livelihoods, not to mention the innocent lives of others. If you have a drinking problem, well that is unfortunate, but why would anyone want or need to drive while intoxicated? Our society has for years condemned the practice — everyone knows that drinking and driving do not ever mix. And we have so many other options available to the driver who has had too much to drink — taxis, designated drivers, and even Operation Red Nose, a FREE service during the holidays.

So I have come to the conclusion that these drunk drivers are either: a) fundamentally stupid or b) under the mistaken assumption that they are somehow invincible and/or simply above the laws that govern the rest of us.

I am fully aware that alcohol dependence is a sickness, but driving while impaired is not. It is simply a reckless choice made without any regard for the safety and well being of all others travelling our roads and highways.

Driving while under the influence is akin to waving a loaded gun around while intoxicated. Vehicles driven by drunk drivers become deadly weapons, and the legal consequences to these drivers should be commensurate with the very real danger they are posing to the rest of us.

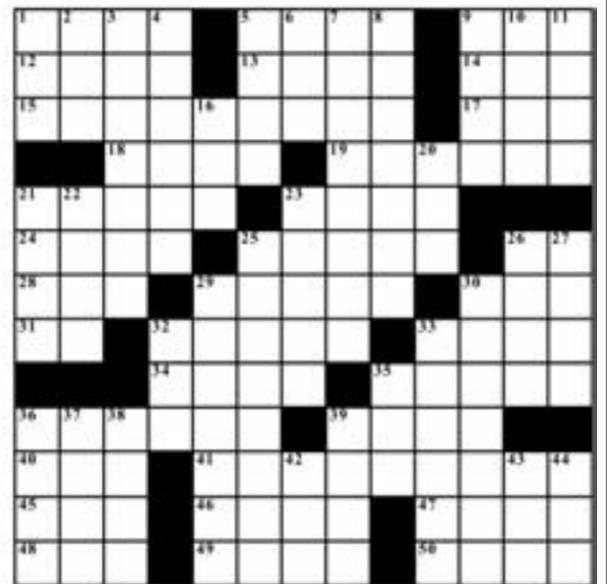
So drink if you want, but don't get behind the wheel. Just don't do it. For your sake and for ours.

## Canadiana Crossword

### Queens of Curling

By Bernice Rosella and James Kilner

- ACROSS**
- 1 Prefix denoting outer
  - 5 Explain
  - 9 Hair, sometimes
  - 12 Lop off
  - 13 Portent
  - 14 Accounting pro
  - 15 Colleen's second, Mary-Anne
  - 17 Swiss waterway
  - 18 At once
  - 19 Tillable
  - 21 World Champion curler Colleen
  - 23 Blackball
  - 24 State
  - 25 Tilt
  - 26 Compass pt
  - 28 \_\_\_ Boot
  - 29 Lake feature
  - 30 Crow cry
  - 31 \_\_\_ Toro
  - 32 Strongroom
  - 33 House of Commons figure
  - 34 Goes astray
  - 35 Marksman
  - 36 Lascivious
  - 39 Plunge
  - 40 Scrimp
  - 41 Lessors
  - 45 Number of Canadian Championships for Colleen Jones
  - 46 Lamb alias
  - 47 Ripped
  - 48 A Nobel invention
  - 49 Descry
  - 50 River feature
- DOWN**
- 1 Tikkanen, for one



- 2 Canadian Rlwy.
- 3 Herbal teas
- 4 Unwrapper
- 5 Horse hue
- 6 Flightless one
- 7 Colleen's lead Nancy
- 8 Commit
- 9 Strikebreaker
- 10 Libran birthstone
- 11 Nostril
- 16 Opposers
- 20 Hill dweller?
- 21 Libertine
- 22 Track
- 23 Befouls
- 25 Diaries
- 26 Wise
- 27 Vase
- 29 Probationer
- 30 Colleen's third, Kim
- 32 WW2 participant
- 33 Pirouettes
- 35 Be sickly
- 36 Go \_\_\_ young man!
- 37 Like
- 38 Queue call?
- 39 June 6, 1944
- 42 Piquancy
- 43 Arid
- 44 Observe

Answers found on Page 18



### This Week in Contact

1977 — Soldiers from the Canadian Forces NATO base at Lahr, Federal Republic of Germany, joined the residents of Knokke-Heist, Belgium, on November 1, to commemorate the liberation of the left entrance of the River Scheldt in the fall of 1944, by the Third Canadian Infantry Division. In 1974, the city of Knokke-Heist and the historical societies organized a 33-kilometre march from Hooplaat, The Netherlands, to Knokke-Heist and named it the Canadian Liberation March.

1987 — On Wednesday, November 18, 1987, CFB Trenton Disaster Response Team was exercised with a simulated-aircraft crash into the Base Control Tower. Twenty casualty-simulated patients were transported to Belleville General Hospital, by both military and civilian ambulances.

1997 — The Honourable Art Eggleton, Minister of National Defence, announced today that the Treasury Board has approved an improved pay and benefits package for reservists under the department's "Reserve Force Compensation Get Well Program" (RFCGWP). The RFCGWP is retroactive to April 1, 1997 and establishes a number of improvements to the compensation and benefits of reservists.

Created by Lt J. H. MacDonald,  
 Compiled by Joel Wiebe.



## Holiday Greetings from Wing Logistics and Engineering

HO HO holy cow! – the snow has already started to fly, and I cannot believe how quickly another year at this Wing have passed by – I am sure that most in the WLE Branch are expressing similar sentiment!

As I look back I am impressed with the number of things mem-

bers of the WLEO Branch have accomplished: making incredible strides in support for the newly arrived CC-177 aircraft; deploying a significant portion of our population as the MSS to Camp Mirage; paying respects to our fallen comrades on a far-too regular basis; energetically planning and

rejuvenating our aging infrastructure; and facing the challenges posed by manning shortfalls everywhere.

Yet despite the high pace of activity, I see smiles and hear laughter as folks are obviously enjoying what they do. The pride and professionalism in the work the members of WLEO

Branch perform is shining through every time – you have worked hard over the past year and for that I congratulate you all for a job well done indeed!

As we look to the New Year, I am sure there will be more than our fair share of issues to resolve, but I am confident that the every day

heroes I see within WLEO Branch are more than up to the challenge and we will tackle the job with the same incredible tenacity I have over this past year.

I know that each of us will choose slightly different ways to celebrate this season, but in whichever way you choose, as we embark

upon the holidays, I wish every one of you a safe, healthy, happy break and hope that you are able to celebrate with friends and family in your own special way. You work incredibly hard during the year, and deserve a well-earned respite to recharge your system.

Happy holidays, one and all!

## Christmas Wishes From Kabul

Seasons Greetings 8 Wing Trenton!

Major Kim Maynard and myself are the only two Wingers, make that 8 Wingers, presently employed at ISAF HQ in Kabul. We wanted to take the opportunity to wish all at 8 Wing a very Merry Christmas and all the best in the New Year. Life in Kabul has its challenges, but knowing we are helping in the cause to free the Afghan people and to allow them the human dignity all mankind deserves is worth the effort.

Believe it or not, yes we have snow, albeit in the distance at this point, covering the mountain tops surrounding the capital. We have yet to shovel, but apparently that will be a certainty, no snow blowers here.

Temperatures at this time of year range from minus 10 C at night to plus 15 C during the day. We are hoping for a white Christmas but only the weather gods know for sure. Rain, snow or sunshine, Santa will arrive. And he will be here before departing to God's country, Canada, as we are nine and a half hours ahead of you. Not sure if eight tiny little reindeer will be pulling his sleigh



or four enormous camels. Whatever, his jolly old self will be welcomed.

We do have a number of festivities planned for the season involving our NATO allies, ranging from nation-specific holiday decorating to a huge New Year's gathering. We have even put together an international band who are practicing daily. As Canadians, we are respected for our initiatives and all nationalities follow our lead. Who better to start all the fun than a bunch of Canucks?

Again, this is just a short note to you at 8 Wing/CFB Trenton to

thank you for your cards, letters, well wishes and most of all for your never-ending support. Kim and I would much rather be with our loved ones and friends over the holidays but knowing our families have the full support of 8 Wing makes being here in Kabul during Christmas and New Year's a little easier.

To All A Merry Christmas and a Prosperous New Year

God Bless

*C.E. (Charlie) Fleming*  
ISAF HQ

Can Element CWO

## Sending messages home

The following messages come courtesy of Lieutenant (N) Petie LeDrew, collected during her recent visit to Camp Mirage.

« A Christine, Stéphanie, Nicolas et Émilie et Missy Fortin: Je tiens à vous remercier de tout mon cœur pour votre support durant mon déploiement. Je vous aime plus que tout au monde et les 6 derniers mois n'ont fait que renforcer le fait que je ne puisse pas vivre sans votre présence. Je m'ennuie beaucoup et j'ai grand hâte de vous revoir. »

- Lieutenant-Colonel Mario Fortin,  
8e Escadre/Trenton

"I would like to say hello to my wife and kids. I hope they have a good Christmas while I'm away."

- Sergeant Keith Newman,  
8 Wing/CFB Trenton

"Thank you so much for being such an important part of this tour. You were a big part of my surviving here. I love you to death. Alyssa, do your homework!"

- Master Corporal Debbie MacNeil,  
8 Wing/CFB Trenton

"I love you and miss you and can't wait to go home."

- Corporal Angelo Galeazza,  
8 Wing/CFB Trenton

"I love you, I miss you, and I can't wait to see you...and the baby bear."

- Sergeant Mark Laroche,  
8 Wing/CFB Trenton

"Thanks to everyone for all the support."

- Corporal Jay Paterson,  
8 Wing/CFB Trenton

"I am glad that I am home. Congratulations to my husband on his promotion."

- Master Corporal Debbie Armstrong,  
Supply, 22 Wing/North Bay

"I am looking forward to seeing you all. We'll have a good winter."

- Captain Bill Swales,  
8 Wing/CFB Trenton

"You are the most patient and kind kids and supportive spouse there is. I couldn't have done it without you. I love you, miss you, and can't wait to be home."

- Captain Lee Marwhinney,  
8 Wing/CFB Trenton

"I would like to take this opportunity to express my most heartfelt thanks to the Regional Cadet Support Unit Detachment at 8 Wing/CFB Trenton for their support during my tour in Camp Mirage. On both a professional and personal level, I appreciate the time you all gave in responding to my weekly letters, the care package, and the bedtime story. You have provided me with encouragement, and some good laughs, which at times, were really needed. I have no doubt in my mind that your support helped me succeed in my job for the mission."

- Master Corporal Lisa LeRoy,  
8 Wing/CFB Trenton

« Je vous aime et vous me manquez beaucoup. Mon chum mérite ma médaille autant que moi, après avoir passé six mois avec deux petits enfants. »

- Corporal Sandra Pagé,  
8 Wing/CFB Trenton

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# VIEW FROM THE PINE



As we move closer and closer to Christmas, I am still waiting for Santa to bring me my pre-Christmas gift. So far it has been all coal, all the time.

Boston keeps plugging along and Toronto pulled out of their nose-dive to carry out a modest winning streak. Meanwhile, Montreal has tanked, dropping from fourth to eighth place in the Eastern Conference as they begin their annual December spiral into the toilet.

I would love to say that the Habs have struggled on the road but instead they've been absolutely brutal at home.

Suddenly, time away from La Belle Province doesn't seem like such a bad deal with the Montreal faithful mercilessly booing the team off the ice every game.

Montreal is only a few more losses away from some sort of shake-up and my guess is the first player made to walk the plank by Bob Gainey will be Michael Ryder.

I would love to see a trade with the Sharks

who may or may not be shopping Marleau or Cheechoo but the Habs do not have enough bait to land one of those big fish.

Big news at the start of this week was Tampa's John Tortorella's assertion that Vinnie Lecavalier is the best player in the NHL.

I pretty much agree with him, too. Yes, I know that Crosby is a superstar and has done pretty much all he can in his first few years in the league to justify his "next Gretzky" label.

But, you have to love Vinnie's complete game. He can score the high-light reel goal or dish out the picture perfect assist. Heck, he can lay out a beauty of a body check and drop the gloves to defend himself or a teammate. Crosby is a playmaker but don't expect him to lay either a big hit or put on the foil anytime soon.

In Crosby's defence he has brought more points and skill to the game in a much shorter time than Lecavalier's first few years in the league. Ovechkin, Semin, and Malkin also

all fit into this category.

I guess it really boils down to the type of player you like and would be willing to build a team around.

Gretzky or Messier, all things being equal and both players in their prime? Guy Lafleur or Marcel Dionne? Gordie Howe or Maurice Richard? Stevie Yzerman or Mario Lemieux?

Me, I'm definitely a meat and potatoes type of guy. When you grow up calling Ryan Walter, Brian Skrudland, Mike Keane and Kirk Muller your heroes, you are definitely not watching the game for the flash and dash.

Vinnie definitely has the flash, and the dash, but he gives his team so much more on the ice that he would be my pick to construct a winning team around.

### Charlie Potatoes

Scott Niedermayer (enough already, I don't care. He could have made this decision back in September. I don't buy the "burnt out" argument either. When you get paid millions to play eight to nine months a year and

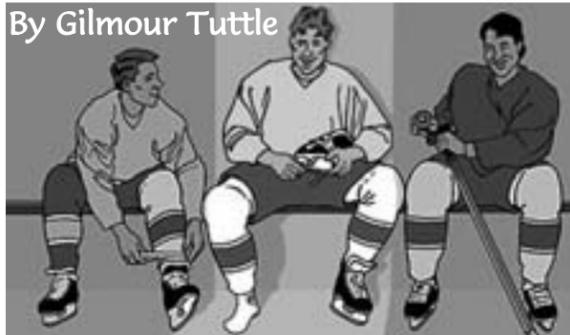
get the summer off you don't get to be "burnt out"); Steve Moore Saga (I really, really don't care. I understand that the Moore camp probably believes that by trying to get media spotlight on this case again that they will get a bigger payday but enough is enough); Pittsburgh Penguins (handled the Recchi affair very poorly. I am pretty sure he has something left in the tank but was shoved out of the way by the Pittsburgh youth movement); Buffalo Sabres (I really thought that they would have pulled out of their funk by now. Their top line is showing signs of life but they cannot find any consistency); Tampa Bay Lightning (how can a team with Lecavalier, St. Louis and Richards be

this mediocre?).

### Meat and Potatoes

Teemu Selanne (placing his family first and not making any indications that he is coming out of retirement. Good for him); Boston Bruins (Slow and steady. 5th place in the Eastern Conference and playoff bound); Dustin Byfuglien (Coming out of nowhere to light it up. His defence and winger eligibility are a nice plus for poolies); Anze Kopitar and Dustin Brown (L.A. young guns leading the charge. The Kings won't make the playoffs but these two will contribute to the end of the season); Alex Auld (Outstanding games in Toronto and Buffalo after coming over from Phoenix).

By Gilmour Tuttle



Any responses can be sent to the Editor at [steiner.al@forces.gc.ca](mailto:steiner.al@forces.gc.ca)

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# Fitness, Sports & Recreation

## Power Skating for Kids

Power skating provides coed instruction covering power development, power strides, starting, stopping, lateral mobility and power drills.

This program will benefit kids who play hockey. Skaters must be at least five years old, be able to skate forwards, backwards and come to a stop without running into the boards.

Skaters will be broken up into groups depending on age, skill and ability.

Power Skating for Kids

will run from January 7 to March 24, 2008, each Monday from 5 to 5:50 p.m. for a total of 10 weeks. Please note: no classes will take place on February 4 and March 10 (March break).

Cost is as follows: \$55 for military and CRA members; \$60 for military community non-members; and \$70 for the general public.

Full hockey equipment is required, including sticks and mouth guards.

## Twaddlers on Ice program

This program is designed for pre-school children, to give them the basic skills of skating in a fun and safe environment. Please note: A helmet is recommended for all participants.

Twaddlers on Ice will take place on Tuesdays from January 8 to March 25, 2008, for a total of 10 weeks. There will not be

a class held on February 5 and March 11)

Ice times for the program are from 10 to 11:20 a.m. with lessons times running from 10 to 10:20 a.m., and from 10:30 to 10:50 a.m.

Cost is as follows: \$55 for CRA members; \$60 for military community non-member; \$70 for the general public.

## Learn to Skate for Youngsters

This program is divided into four levels. Skaters are evaluated weekly by their coach. There are no formal "testing sessions" for Learn to Skate.

The program will take place on Fridays from January 25 to April 4, 2008, for a total of 10 weeks. Please note, there will not be any classes held on March 14.

Ice times are from 5 to 5:50 p.m. with lesson times running from 5 to 5:25 p.m. and from 5:25 to 5:50 p.m.

Cost: \$55 for CRA members; \$60 for military community non-members; and \$70 for the general public.

## Bronze Medallion and Emergency First Aid

The Bronze Medallion course teaches an understanding of lifesaving principles embodied in the four components of water rescue education: judgement, knowledge, skill and fitness.

Bronze Medallion is the first step toward a National Lifeguard Certification and is a prerequisite for the Bronze Cross Award. Participants must be 13 years of age or older.

The course will take place on Saturdays from January 5 to March 8, from 1:30 to 4:00 p.m. for a total of 10 weeks.

The exam date is scheduled for Saturday, March 8.

Cost is as follows: \$175 for military and CRA members; \$185 for military community non-members; and \$205 for the general public. *Manuals are included in this cost.*

## Bronze Cross/Standard First Aid

Bronze Cross is designed for lifesavers that want more advanced training, including an introduction to safe supervision in aquatic facilities.

Bronze Cross teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures and teamwork. It is also a prerequisite for NLS.

Participants must be 14 years of age or older and have completed the Bronze Medallion and Emergency First Aid course.

Bronze Cross & Standard First Aid will take place on Thursday evenings, from January 10 to March 20, from 5 to 7:30 p.m. for a total of 11 weeks. The exam will be held on Thursday, March 20.

Cost is as follows: \$130 for military and CRA members; \$140 for military community non-members; and \$150 for the general public. *Manual Fees (if required) are \$40 for the life-saving manual, and \$15 for the First Aid manual.*

## Learn to Skate from 8 to 88

Ever wanted to learn to ice skate? Haven't laced up the skates in a while and are feeling a little rusty? Why not come out and give it a try.

This is a great time for parents and children to learn to skate together. This program will take place on Sundays from January 20 to April 13, from 3 to 3:50 p.m. Please note, there will not be any classes held on March 9 and 16 (March Break) and March 23 (Easter).

Cost: \$55 for CRA members; \$60 for military community non-members; and \$70 for the general public.

## Evening Aquafit classes: RecPlex

Evening Aquafit will take place Tuesdays and Thursdays, from January 8 to March 13. The majority of these classes will be taught in the warm-up pool, from 7 to 8 p.m. In order to add variety to some classes, it may be taught in the main pool (deeper water) using floatation belts.

Cost is as follows: \$40 for military and CRA members; \$45 for military community non-members; and \$55 for the general public. A drop-in fee option is available, space permitting, at a cost of \$4/class for military community with ID; and \$5/class for the general public. Register now at the RecPlex.

## March Break Kids Kamp

Are you ready? It's coming! The March break will be here before you know it and we want your kids.

Our program is a high energy, fun-filled week with a new adventure each day. Remember to bring a lunch, snacks and to dress for playing outside.

The Kids Kamp will take place at the RecPlex (21 Namao Dr East), from Monday, March 10 to Friday, March 14, from 8:00 a.m. to 4:00 p.m.

Before and after care is available from 7 to 8:00 a.m. and from 4 to 5:00

p.m. at a cost of \$2 per hour, per child.

Registration for military community begins on Monday, January 14, 2008. Registration will open to the general public on Monday, February 11, 2008.

Cost for military community is as follows: \$85 for one child; \$155 for two children and \$200 for three children.

Cost for the general public is as follows: \$90 for one child, \$165 for two children and \$215 for three children.

## HOLIDAY FITNESS CLASS

Join us on Monday, December 17, at 0730 hrs, for a Master Fitness class. The whole team will present a Cardio class, full of variety and dynamic energy. Please bring a non-perishable food item for the local food bank as PSP will be donating on behalf of this special event. All units are welcome so come and help us kick off the holiday season for the health of it!

## 2008 Skills and Drills program

Skills and Drills is a newly designed program for hockey players to practice drills and develop new skills.

The program will focus on individual skill, body checking, angling, passing, shooting, scoring, and defending.

This program is not a power skating or learn to skate program, and participants must be between nine and 16 years of age and have complete command of their balance on skates.

An evaluation of

skating ability will be done on the first class by the instructor.

Skills and Drills will take place at the RCAF Flyers Arena on Mondays for 10 weeks, running from January 7 to March 24, from 6 to 6:50 p.m. There will not be any classes held on February 4 and March 10.

Cost is as follows: \$55 for CRA members; \$60 for military community non-members; and \$70 for the general public.

## MILITARY LANE SWIM CANCELLATIONS

The 1200 to 1300 hrs Military Lane Swim will be cancelled from December 24, 2007 through to, and including, January 4, 2008. We will resume regular routine on January 7, 2008. Happy Holidays and Happy New Year!

## EXPRES Testing

The Fitness and Sports Flight is pleased to offer EXPRES testing right through until December 31, 2007. To book your appointment, please email +PSP Expres Bookings @ forces.gc.ca

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December 31: 0600 hrs to 1400 hrs

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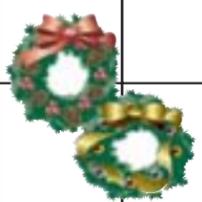
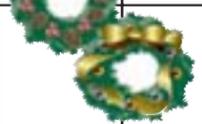
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## Santa visits staff at CFB Trenton

Santa and his wife made their way through the headquarters building at the base on Wednesday, December 12. The pair went around inside the building, stopping in at various offices to spread Christmas cheer. **Above:** Santa greets MWO Brian Doggett. **Left:** Mr and Mrs Clause pose with the Christmas tree in the main entrance of the headquarters.

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	24 	25 Merry Christmas!	26 BOXING DAY	27	28 TGIF food & Sports Cancelled	29
30	31 New Years Eve Dance	01 Jan 08 New Years' Levee (hosted by WO/SGTS)				

**December 2007**



## BREAKFAST WITH A SMILE FOR 8 AMS



Photo: Pte Tina Miller, 8 Wing Imaging

Personnel from 8 Air Maintenance Squadron enjoyed a holiday meal at 10 Hangar, in 2 Bay, on December 6. Shown serving is Lieutenant-Colonel A. Agnew, Commanding Officer, 8 AMS, Major T. Chalovich, Chief Warrant Officer S. Evans and Major A. Wedgewood. The annual event is held by 8 AMS to thank personnel for their hard work and dedication.

**Contact**

**2008**

Check out this week's issue for your copy of the 2008 Calendar!



Photos: Joel Wiebe, Contact Staff



# Model donated to museum brings back memories

by Joel Wiebe, Contact Staff

Skimming treetops at a few hundred miles per hour, clipping the occasional branch in the dead of night, the de Havilland Mosquito zipped across the European landscape, its crew straining to spot German aircraft.

It's been more than 60 years, but Russ Bannock remembers his role in the Second World War quite well.

These memories were rekindled by a model built by Mark Etherington. The diorama consists of a model of the airplane set on some terrain (complete with bushes, people, and a ravine) accompanied by a model of a German V-1 rocket. The airplane itself was completed in immaculate detail to replicate the one flown by Bannock.

There was a ceremony to honour the generous donation of the diorama held at the National Air Force Museum of Canada on December 6.

"It's interesting to see how the history of a model comes about," said Etherington.

He read an article in 2004 on Bannock, and was interested in Canada's second highest scoring ace of the Second World War.

"I decided I wanted to build the aircraft," he said. "So we went and found the kit, and we found the kit of the V-1, and we found a company out in Calgary that did the markings for this specific aircraft."

He recounted the story of how he met Bannock. One day a man asked him what kinds of things he does, and he told him of his love for building model aircraft and cars. The man asked what kind of aircraft and what his current project was, to which Etherington replied he worked with Canadian planes from the Second World War to present, preferably fighters, and was working on a Mosquito. When he told the man who the pilot was, he asked Etherington if he would

like to meet him.

"And that's how I was introduced," Etherington said.

Bannock vividly recounted to those gathered in the 418 squadron section of the museum his story of shooting down V-1 rockets.

One night while crossing the English Channel, he saw the flame from the back of a rocket. When he asked what it was, he was told it was Hitler's new weapon. The Germans were launching the rockets from the French coast.

"We tried to attack them from a couple thousand feet, but found them pretty hard to catch, because these V-1s were flying at pretty close to 400 mph," Bannock recounted.

The Mosquito was one of the fastest planes of its time, able to reach about 450 mph on a dive. This left the Mosquito to cruise at 10,000 feet, until they spotted a rocket. At that point, they would try to catch it in the dive.

"You could actually see them being launched on the French coast; you could see a big flash," he said. "Once we saw the launch, we had to set an intercept course over the English Channel... go into a dive, and get the speed up to 450 mph. At that speed, we had 30 or 40 seconds to shoot them down."

The rockets were unmanned and unguided: they were simply pointed in the right direction and would dive to the ground when they ran out of fuel. Because they carried a 2,000 lb bomb, the explosion from shooting one down could throw a lot of shrapnel at the fighters. Bannock explained the Mosquito had an exposed radiator, and if a piece of shrapnel hit it, the engine would soon overheat and burst into flames.

Bannock took up skeet shooting in his spare time, which helped him try and attack the rockets from an angle, allowing him to better avoid the debris.

Etherington said what he enjoys most about building models is the history and research. He also enjoys the opportunity to meet people like Bannock, which he noted people

**Pictured above (left to right), Museum Board chairman LCol (Ret'd) Peter McCulloch, Mark Etherington, and Russ Bannock pose with the diorama.**

will not be able to do for much longer due to the age of the veterans.

"I didn't get really serious about doing stuff in detail until about 15 years ago," he said.

When he met with Bannock and showed him the original model, he asked the retired ace if there were any improvements he could make. There were things Etherington said no one other than the pilot would know.

"I didn't realize Mosquitos that flew at night had shrouds over their exhaust," he said. "He told me that the first aircraft version I had done was too neat."

Etherington went back and built a new one with Bannock's suggestions in mind. This included putting more scratches on the front of the wings, since they often clipped trees and birds while skimming the tree tops. He knew the guns on the nose of the airplane left a rust-like colour on the paint because of their exhaust.

"I took it back and Russ said, 'My squadron was never allowed to have a dirty aircraft.' As soon as they landed, they had to clean off the noses," Etherington said.

Etherington presented the second model to Bannock, who said he could not accept it. Instead, he told Etherington he knew of a museum that could make good use of the diorama.

Bannock doesn't know of any restored Mosquitos that are able to fly at any museums in the world, and likes the idea of preserving the history he participated in.

"It's a thrill to see models like that," he said.

The idea of putting the model in a museum appealed to Etherington, a first for one of his projects.

"It's an opportunity for us to recognize a hero," he said.

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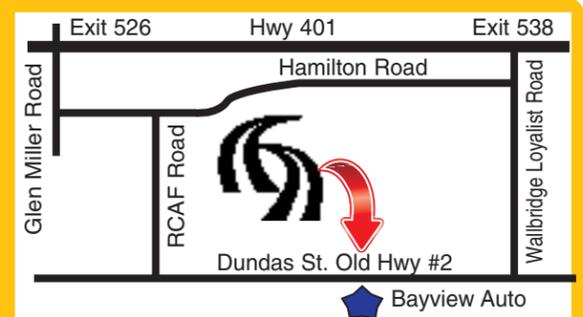
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# HOROSCOPES

Weekly Astrology by Christine Davison

December 16 - December 22

**ARIES** (March 21-April 19): You may find that other people automatically understand your point of view this week. You will be popular after Friday; there may be changes with how you deal with others in relationships around the weekend. You may wish to act in a conservative manner as the days go by, to get the best results.

**TAURUS** (April 20-May 20): This could be a highly sensual and romantic week for you. You may wish to make decisions after Friday or before Tuesday. If you could have something or someone that you desire, who or what would it be? This may be your time to make a plan to pursue your dreams. If you can imagine it, then it can be made a reality!

**GEMINI** (May 21-June 20): A relationship or an issue of the heart may not have gone exactly as you had hoped. If you fight for what you love and believe is right and true, then you may be able to win back the love you have lost; be patient and hopeful, as there may still be something left. A judgement may come out in your favour on the 19th.

**CANCER** (June 21-July 22): You will be granted whatever your heart desires most this week. This is the sort of time, where Cancer could fall in love. Any success over the next little while will last for quite awhile to come. Judgements come on Wednesday. You may form new and lasting friendships after Friday. Things are going your way!

**LEO** (July 23-Aug. 22): You may fall head over heels in love this week. This may be an emotional and passionate time. If you follow your heart then all things will fall into place for you and your potential love. You may become swept away by warm thoughts and feelings, though it'll be important to focus and buckle down when work needs to be done.

**VIRGO** (Aug. 23-Sept. 22): It has been said before and will be said again, but it is true that time can truly heal all wounds. Let go of the situation at hand, this week. Sometimes things are simply out of our control. Focus on the positive and surround yourself with jovial, supportive and empathetic friends. It's time to get on with your life.

**LIBRA** (Sept. 23-Oct. 22): Stay away from gossip or half-truths this week; listening to lies may lead you to unpleasant circumstances. Try to focus on the positive and go with the slow-and-steady and the tried-and-true. If you work hard this week, while listening to your conscience, then the weekend can be a time to relax and have some fun!

**SCORPIO** (Oct. 23-Nov. 21): You will have a beautiful and highly successful week. This may be an excellent time to look into proposals that involve your professional or romantic life. Recent problems will seem like a thing from the far distant past. You may complete projects or studies on either the 19th or the 21st. You will achieve your goals.

**SAGITTARIUS** (Nov. 22-Dec. 21): Hard work this week will be well rewarded. You may become recognized for your efforts and abilities. This is an excellent time to develop closer ties with potential business partners. You may receive a promotion after Wednesday or Friday. The weekend will be a fun, busy, flirty and social time.

**CAPRICORN** (Dec. 22-Jan. 19): Happy Birthday Capricorn! Someone may wish to throw you a party or surprise you with a night out on the town this week. People will pay extra special attention to you this weekend. You will become more clever, charming, social and graceful after Friday. A judgment may turn out in your favour on Wednesday.

**AQUARIUS** (Jan. 20-Feb. 18): Your luck and innocence may help to serve you in some fashion. Wednesday may bring judgments in your favour. You may wish to hang out with friends after Friday and have some fun. Don't worry about plans or future events this week, as things will fall into place despite whatever you do. Take things as they come.

**PISCES** (Feb. 19-March 20): You will have earned a well deserved rest this week. This is the perfect time to travel or get away from it all. Students may be pleased with their performance upon papers and exams. There may be a celebration occurring in a far-off place this weekend. The next seven days will be filled with love and harmony.

Astrological queries can be directed to Christine at [www.moonsignastrology.ca](http://www.moonsignastrology.ca)

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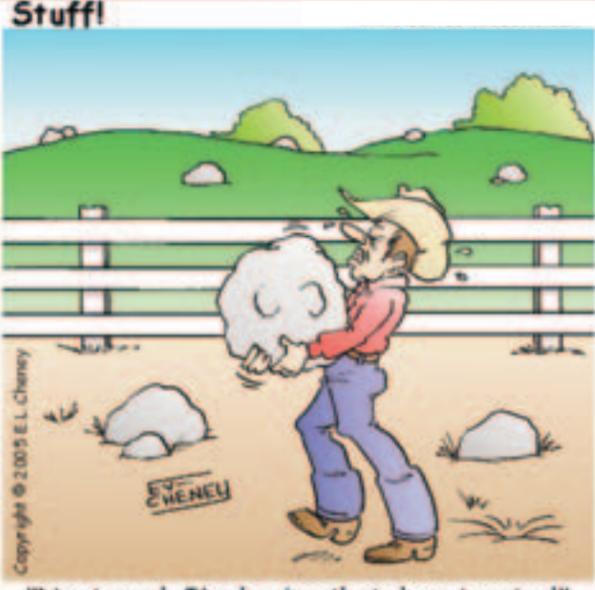


The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of The Contact Comics.

Syntax Errors by Damon Riesberg



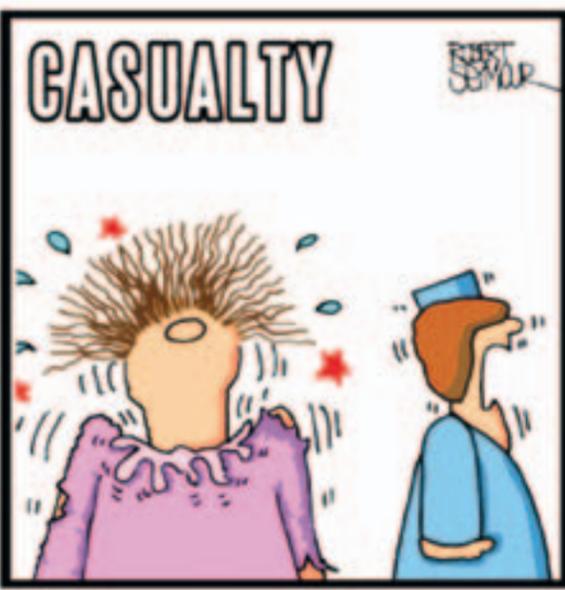
Stuff!



"Next week I'm buying that darn tractor!"

DuJour

# GASUALTY



Christmas shopping season started

Not In My Backyard! by Dale Taylor







# Community Events

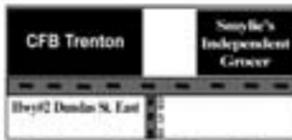
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YOUR INDEPENDENT GROCER



President's Choice



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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 613-965-7490 or email to [steiner.al@forces.gc.ca](mailto:steiner.al@forces.gc.ca), at least 10 days prior to your event. Call 613-392-2811 Ext. 7005 for more information.

## Join Trimettes

Join Trenton Trimettes, a support group that encourages weight loss through healthy eating and exercise. Guest speakers and exercises are offered.

The Trimettes meet Mondays at St. Clements Astra Chapel on Namao Drive from 7 - 8:30 p.m.

For more information, call Sue at 613-394-3992 or Shiela at 613-392-0353.

## LET'S MAKE A JOYFUL NOISE

Come and join the throng at our Christmas concert at Brighton Fellowship Christian Reformed Church

Main and Percy Streets  
Friday, Dec 21 from 7:30 to 9:15 p.m.

Come prepared to sing favourite Christmas carols and hymns accompanied by organ, piano, violin, guitar, and flute, under the direction of Giles Bryant – organist and choirmaster extraordinaire. Your vigorous vocals will be punctuated with solos – both vocal and instrumental. The entire evening will wrap up with egg nog, hot cider, and cookies.

A free will offering to express the level of your enjoyment would be appreciated. All monies collected will reduce the building debt so that this venue can continue to be a blessing in this community.

For more info, call Robert de Lint 705-653-4925 or the church office 613-475-3401.

## 8 Wing Chapel – Christian Churches Celebrations

Dec. 16, 2007 – Jan. 1, 2008

### Chapelle 8e Escadre – Horaire Des Célébrations Liturgiques Chrétiennes

16 Déc. 2007 – 1er Jan. 2008

Dec 16 déc. – 3rd Sunday of Advent

3<sup>ème</sup> dimanche de l'Avent

0900 hrs – Sunday Worship (P)

1015 hrs – Sunday Mass (RC)

11h30 – messe dominicale (CR)

Dec 17 déc. – 1200 hrs – Daily Mass

(RC) – messe du jour (CR)

1900 hrs – Advent Penitential

Celebration (RC) – bilingual – Liturgie du pardon de l'Avent (CR) – bilingue

Dec 19 déc. – 1200 hrs – Daily Mass

(RC) – messe du jour (CR)

Dec 20 déc. – 1100 – 1300 hrs –

Sacrament of Confession (RC) – individual – sacrement de confession (CR) – individuelle

Dec 23 déc. – 4th Sunday of Advent

4<sup>ème</sup> dimanche de l'Avent

0900 hrs – Sunday Worship (P)

1015 hrs – Sunday Mass (RC)

11h30 – messe dominicale (CR)

Dec 24 déc. – Christmas Eve

Veille de Noël

1700 hrs – Family Mass (RC) – bilingual

– messe familiale (CR) – bilingue

1930 hrs – Christmas Eve Service (P)

21h00 – messe de la nativité du Seigneur (CR)

2230 hrs – Nativity of the Lord Mass (RC)

Dec 25 déc. – Christmas – Noël

1015 hrs – Nativity of the Lord (RC) –

bilingual – messe de la nativité du Seigneur (CR) – bilingue

Dec 30 déc. – Holy Family Sunday

dimanche de la Sainte Famille

0900 hrs – Sunday Worship (P)

1015 hrs – Sunday Mass (RC)

11h30 – messe dominicale (CR)

Jan 1 jan. – New Year's Day – Jour de l'An

Mary, the Mother of God

Fête de Marie, Mère de Dieu

World Day of Prayer of Peace

Journée mondiale de prière pour la paix

1015 hrs – Liturgy of the Day –

Celebration of the Word (RC) – bilingual

– Liturgie du Jour – Célébration de la

Parole (CR) – bilingue

## Operation Red Nose

Last Call before you hit the road for 2007!



Operation  
Red Nose.

Call a friend, a cab or  
Operation Red Nose

Hours of operation: 9 p.m. to 3 a.m.

Dates of Operation for 2007: Dec. 14,  
15, 20, 21, 22, 27, 28, 29, 31

Service from Belleville, Quinte West, Frankford, Stirling, Tyendinaga, Deseronto, Shannonville, Madoc, Tweed, Wellington, Carrying Place, Trenton, Ameliasburgh, Consecon and Brighton.

All rides must start or end in  
Belleville or Trenton.

## SACRAMENT OF BAPTISM

1- The sacrament of Baptism is celebrated once a month, most of the time on the last Sunday (the 4<sup>th</sup>), in early afternoon. There could be an exception to the rule for military on duty. The following are scheduled for the next few months: December 30, 2007, and January 27, 2008.

2- A pre-baptismal session is mandatory for both parents; however, godparents (one of them at least must be RC) are invited to participate. Proxy might be an option if godparents cannot attend.

3- Parents can come to the following preparation session: January 9, 2008. Time of the pre-baptismal class is TBD.

4- For liturgical reasons and the baptism sacramental theology, there is no baptism celebrated in Lent Liturgical Season.

5- Registration form and pick up info envelope: resource documents must be picked up about two weeks prior the pre-baptismal class. Please call ASAP the Wing Chap's Office Assistant at local 2490 to begin the process and to meet with the chaplain and fill out the registration form first.

6- For civilian parents, who wish to have their child baptized at our military facility, must contact first their civilian parish (being active or not) prior to calling our military chapel secretariat or any Wing Chaplains. 8 Wing Chapel Community, Our Lady of Peace belongs to the Military Diocese of Canada. A letter of canonical jurisdiction from your civilian pastor giving the reasons supporting your request will be needed.

## SACREMENT DU BAPTÊME

1- Le sacrement du baptême a lieu une fois par mois, en général le dernier dimanche du calendrier (4<sup>e</sup>), et ce au tout début de l'après-midi. Il peut y avoir exception à la règle pour militaire en devoir. Voici donc les dates des célébrations pour les prochains mois : le 30 décembre 2007 et le 27 janvier 2008.

2- Une rencontre pré-baptismale est obligatoire pour les deux parents (père et mère), tandis que les parrains sont invités à y participer. Au moins un des parrains doit être Catholique romain. Il est possible de désigner des mandataires si les parrains ne peuvent être présents.

3- Les parents ont le choix de l'une des rencontres pré-baptismales suivantes: le 9 janvier 2008. L'heure de la rencontre: AED.

4- Pour des raisons liturgiques et de théologie sacramentelle, il n'y a pas de baptême célébré durant la période du Carême.

5- L'inscription de l'enfant au baptême doit être complétée et le dossier préparatoire à la rencontre doit être ramassé à nos bureaux environ deux semaines avant la date de la session pré-baptismale. SVP communiquez avec notre Assistante de bureau le plus tôt possible, au poste 2490 pour entreprendre les démarches. Une rencontre est nécessaire avec le padré pour faire l'inscription.

6- Pour les parents civils, qui souhaitent faire baptiser leur enfant à la chapelle de l'Escadre et de faire appel aux services des aumôniers militaires, doivent contacter leur paroisse civile (étant pratiquants ou pas) avant de communiquer avec notre secrétariat ou avec tout aumônier de l'Escadre. La communauté de chapelle Notre-Dame-de-la-Paix de la 8<sup>ème</sup> Escadre appartient à une juridiction différente qui est celle du Diocèse militaire du Canada. Une lettre de délégation canonique de la part du prêtre de votre paroisse civile appuyant votre démarche auprès de cette chapelle militaire devra être envoyée à l'aumônier catholique de l'Escadre.

## Squadron Updates

## 426 Squadron News



## The festive pace continues at 426 (T) Squadron

by Sgt G.W. Marin,  
Loadmaster Instructor

As the holidays approach and everyone is scurrying to fulfill all the remaining tasks on their wish list.

426 (T) Squadron has been busy graduating several courses, starting new ones and winding up others. These courses include CC-130 Propulsion, CC-130 Combat Ready

(CRC), QL5A Basic Flight Engineer (FE), and CC-150 Flight Attendant/Flight Steward (FA/FS) to name just a few.

On December 4, 2007, 12 students graduated from the QL5A Basic FE Course 0702. This completes Phase 1 of their training, taking them from qualified aviation technicians to operational FEs.

With their new qualification and postings in hand, they are heading to various operational squadrons across the country for the start of their aircraft type training.

Also, graduating on December 5, 2007 from the Technical Instruction

Flight (TIF) were four students on the Propulsion Course 0702. This very challenging 65-day course includes a theoretical and practical phase, which once completed gives the graduates a course qualification and Performance of Maintenance (PoM) authorization. Cpl Danylo Mykeyev from 435 Squadron achieved the highest course average.

Combat Ready Course (CRC) 0702, has finished Phase 3 (academic phase) and is well into Phase 4 (flying phase). These two phases encompass the tactical portion of the new CRC.

This demanding schedule ensures that the

aircrew are proficient in operating at low level in a threat environment and performing such tasks as: Combat Off Loads (COFs), and aerial dispatch of equipment, whether it is by Light Equipment (LE) or Container Delivery System (CDS) method.

These essential and valuable skills will be utilized when deployed in support of our troops. CRC 0702 is scheduled to graduate on December 17, 2007, at 426 (T) Squadron after a very extensive course.

As CRC 0702 is getting ready to leave the nest, CRC 0703 is eagerly working to complete Phase 1 (academic phase)

of the conversion portion the course. This includes pilots, navigators, flight engineers and loadmasters. All aircrew positions go through numerous classes, statics and SIM's (Simulator) to gain the knowledge of the characteristics and capabilities of the CC-130 Hercules related to their field of expertise.

426 (T) Squadron not only instructs CC-130 Hercules-related courses, but also teaches loadmasters (LM), flight attendants (FA) and flight stewards (FS) for the CC-150 Polaris Airbus. Presently in house is FA/FS Course 0702, which is in Phase 2, the flying phase of the course.

Of notable mention from the staff, congratulations to Sgt Gene Henry, an instructor with the Conversion Training Flight (CTF) CC-130 Loadmaster section for receiving the MCpl A.C. Allen Woodham Memorial Award. This award is presented to the Outstanding Student from the Traffic Technician QL6A course held in Borden.

As 2007 draws to a close, 426 (T) Squadron is preparing for the new challenges and tasks the new year brings with optimism and open arms. Hope everyone has a safe and happy holiday season.

ON WINGS OF FIRE!

## 8 AMS Squadron News



## Aerospace Engineering (AERE) Officer Phase IV Training at 8AMS

by Lt J.K. Nickerson, 2Lt J.G. Jefferies, and 2Lt F.J.A Parenteau

In late August 2007, Lt Nickerson, 2Lt Jefferies and 2Lt Parenteau arrived at 8 Air Maintenance Squadron

(AMS) to commence 4 months of phase IV training.

An integral part of the AERE Officer Basic Course (AOBC), phase IV training has seen some significant changes since the inception of "Project Empennage" in August 2005.

Project Empennage is a comprehensive review of Aerospace Engineering Occupation training. Its goal was to align the delivery of training to the Airworthiness Program, an updated Aircraft Maintenance Policy, the evolving needs of flight

line operations and those of other supporting organizations, principally Director General Aerospace Equipment Project Management (DGAPEM).

Until recently, the manner in which AERE Officers received their basic training was based on a "collective" rather than "individual" approach. This approach stemmed from the ideologies of the Cold War. Project Empennage identified that the Aerospace Engineering Officer Basic Training (AOBT) did not produce, in a rigorous and a

determined fashion, Aerospace Engineers who did not have a solid operational understanding of the fleet to which they were assigned. Due to the large number of deployed operations since the early 1990s, on-scene engineering and technical leadership in an isolated and perhaps hostile environment have devolved to senior Captains and junior Majors.

AERE phase IV training is a program of mentoring, whereby Lt's and 2Lt's are assigned to a fleet AMS under the watchful eye of a senior

Capt or Major. Phase IV training falls in between part 1 (hard engineering requirements) and part 2 (soft skills requirements) taught at 16 Wing Borden. A phase IV coordinator in each AMS is responsible for developing a rotation schedule for each trainee. During this rotation period, the trainee completes the fleet Maintenance Managers Course as well as the AMP level II and Director Technical Airworthiness packages on-line. The inclusion of this training during phase IV enables the graduate to hit the ground running

upon return to the fleet.

By comparison, AERE students in the past received exposure to fighter, transport and maritime fleets during their phase training and were not assigned to a specific fleet until completion of AOBC. Though better-rounded officers, they were short on fleet-specific training and required a period of 6-12 months OJT.

Collectively we have enjoyed working with the fine Officers and NCM's of 8 AMS and look forward to returning to the CC-130 fleet upon graduation in May 2008.

## 437 Squadron News



## Prime Minister attends CHOGM

by Capt Gerry Dubig

The annual Commonwealth Heads of Government Meeting (CHOGM) was held in Kampala Uganda on November 23-25, 2007.

The Commonwealth comprises 53 member states that account for approximately one third

of the world's population. National leaders regularly get together to formulate policy, which promotes political, economic and human development amongst the Commonwealth member states. The key thrust of this year's conference was to develop common strategies to combat global warming.

Queen Elizabeth II opened the event. Most national leaders, including our own Prime Minister Stephen Harper, and his counterparts from the United Kingdom, Australia, New Zealand and South Africa were in attendance.

437 Squadron had the privilege of transporting Prime Minister Harper, his delegation and media representatives to this important event. Logistically and operationally this was a significant operation. Three crews comprising approximately 30 personnel were required and were led by the Mission Commander, Major Mike Thornley. Two crews were pre-positioned; one in Nice, France, the other in Dar es Salaam, Tanzania. This enabled the Prime Minister to travel there and back with minimum delays, having stops for fuel and crew changes

only. Still, the flight over (Ottawa to Kampala), took approximately 17 hours, and the flight back took about 20!

VIP transport is an important task of 437 Squadron. Much effort goes on behind the scenes to ensure seamless travel. As well, timings are critical and communications, flight strategies and exceptional cabin service are paramount to mission success. It is during these flights when the spotlight on the squadron shines a bit brighter and on this mission, the professionalism of its personnel came through. All squadron members relish the



Major Michael Thornley salutes Prime Minister Stephen Harper as he exits the plane in Entebbe.

opportunity to participate in VIP missions. The next on the schedule is a Governor General flight to Southeast Asia early in the new year.

437 Squadron wishes to announce the retirement of Cpl Rob Hillier.

Cpl Hillier spent six years and two months as a 437 Squadron Flight Attendant. During this time he amassed approximately 3,000 flying hours. Cpl Hillier will be retiring to the North Bay area. All the best, Rob!



# The many faces of 8 Wing/CFB Trenton personnel deployed overseas

by Lt(N) Pierrette LeDrew, CFAWC UPAO 2

In November, I had the pleasure and the honour of spending two weeks in Camp Mirage with the men and women who have made the camp their home away from home for the past six months. And what a profoundly rewarding experience it was!

I had been tasked to go to Mirage to bring some long-overdue, and well-deserved, Public Affairs coverage to the camp's staff and the work that they do. Like most people not directly involved with the deployment, I had limited knowledge of what goes on

there. So I decided to immerse myself in the camp the moment I arrived and to learn as much as I could in the short time that I would spend there.

The things I learned and saw could fill a book. I spoke with as many people as I could, most working on the camp, but others either on their way back from Afghanistan, or on their way there. I also spoke with people from other nationalities. Everyone had a story to tell, and I was glad that they trusted me enough to share those stories with me.

The following eight profiles are of some of the men and women deployed from 8 Wing/CFB Trenton. Look for more profiles in next week's issue of The Contact.



## Captain Terry Muldoon

Deployed to SW Asia in June 2007, returning home in December.

Stationed at 8 Wing/CFB Trenton

Hometown: Whitney Pier, NS

Time in: 37 years

MOC: Airfield Engineer

Section: Engineering Services Officer

"I was the OPI (Offices of Primary Interest) for the next-of-kin visit. It was a very emotional time, but it was fantastic. It was a great experience. It's been a good tour. It's been hard, the environment was harsh, but we did it. We can hold our head up knowing that we did a good job and supported the mission as best as we could."



## Captain Bill Swales

Deployed to SW Asia in October 2007, returning home in December.

Stationed at 8 Wing/CFB Trenton

Hometown: Peterborough, ON

Time in: 1 year

MOC: Flight surgeon

Section: Medical Services

"Going on deployments was one of the reasons I joined, so I've enjoyed this. It's challenging. We have significantly less equipment and staff [than at home]. But my staff is very strong and motivated, so we've done great work. It's very rewarding to work here. There's a small group atmosphere, so you develop closer relationships, more interaction with patients and you get better compliance from them as a result."



## Captain Lee Mawhinney

Deployed to SW Asia in June 2007, returning home in December.

Stationed at 8 Wing/CFB Trenton

Hometown: North Vancouver, BC

Time in: 4 years

MOC: Administration Officer

Section: Headquarters

"I have a great staff here. They all stepped up to learn each other's job to facilitate everyone taking breaks once in a while. The tempo, combined with the heat, made this mission very challenging. Still, I loved this deployment. It has been a fantastic experience. What we do here is very important. What we provide to the mission is outstanding."



## Corporal Jay Tanguay

Deployed to SW Asia since June 2007, returning home in December.

Stationed at 8 Wing/CFB Trenton.

Hometown: Labrador City, NL

Time in: 7 years

MOC: MSE Ops

Section: A/C Refuelling

"This entire tour has been rewarding. There have been lessons learned in every aspect: personal, team work, experience and knowledge. It's been great. This is a great place for a first tour. Our job is to get the aircraft off the ground, so that's what we concentrate on. The support from home has been overwhelming. It comes from everywhere. It is amazing."



## Sergeant Mark Laroche

Deployed to SW Asia in June 2007, returning home in December.

Stationed at 8 Wing/CFB Trenton

Hometown: Niagara, ON

Time in: 22 years

MOC: ATIS Technician

Section: CIS

"This place is a transit station for some people, so we appreciated those generals who took the time to talk to us. We all feel that the mission is important. I have been involved in every repatriation ceremony since I have been here, as a bearer commander. These ceremonies put everything in perspective." *This is Sgt Laroche's third tour since 2001.*



## Corporal Jean-François Crépeau

Deployed to SW Asia since June 2007, returning home in December.

Stationed at 8 Wing/CFB Trenton

Hometown: La Baie (Saguenay), QC

Time in: 7 years

MOC: MSE Ops

Section: A/C Refuelling

"This is my first deployment. This place has a great culture and I have enjoyed it. It is fun to know that we support Afghanistan directly, and we see the reason why we are here first-hand. It is really important to be here. It is rewarding to do our job and to make things happen. But I am looking forward to going home."



## Sergeant Keith Newman

Deployed to SW Asia in November 2007 for 56 days. *Third such tour this year.*

Stationed at 8 Wing/CFB Trenton

Hometown: Englee, NL

Time in: 17 years

MOC: Aviation (AVN) Technician

Section: Aircraft Maintenance

"I have had nothing but a good experiences here. It's been great working with others to make things happen. This mission has been the best experience of my career. In KAF, we get the big picture. We really get what's going on. Here, it feels good to get the guys in and out as quickly as possible. Our most important job is to support the guys in Afghanistan and get them where they need to be when they need to be there."



## Corporal Evan Jacques

Deployed to SW Asia since November 2007, returning home in January 2008.

Stationed at 8 Wing/CFB Trenton

Hometown: Sherbrooke, QC

Time in: 8 years

MOC: Aviation technician

Section: Aircraft Maintenance

"I've been here eight times since 2004, so it's starting to feel like home. My wife is in Algeria for a year, so I do this to help out. I'm here right now so that someone else can spend Christmas with family. This will be my third Christmas here. [In KAF], you get to see why you're here. There's a lot of satisfaction in getting aircraft fixed so that soldiers can go home. The biggest reward is doing your part."

*Health and Safety*

# Drugs are a real killer



Submitted by  
Don Heans,  
Wing General Safety  
Officer

Drug use on the job is a highly hazardous practice.

Drug impairment is the cause of many serious workplace accidents, motor vehicle accidents, falls, fires and even violent incidents.

Making a decision to

stay straight and sober at work is a decision to stay safe and to protect your fellow workers and the public.

Here is a quick review of common drugs and their harmful effects:

**Alcohol.** It's legal but it's lethal. It impairs your judgment, mental abilities and physical co-ordination. Your inability to think straight and perform physical activities can put you and your co-workers in serious danger. We all know drinking and driving is a dangerous combination, but so is drinking and working.

**Marijuana.** This drug also impairs your co-ordination and concen-

tration, and affects your memory.

**Cocaine.** This drug stimulates the brain and alters the mind. The user engages in risky behaviors and is subject to mood swings including violent behavior. Crack is a form of cocaine which is smoked.

**Barbiturates.** These drugs are also known as downers. They slow the body functions and cause extreme drowsiness as well as lack of balance and co-ordination.

**Amphetamines.** Also known as uppers, these drugs are powerful stimulants. They speed up the person's behavior, sometimes to the point of violent and bizarre

behavior.

Use of these drugs endangers your safety at work, and the safety of everyone around you.

If someone else is using drugs at work, he or she is putting your life on the line. If you are having trouble with drugs or alcohol, get help.

There are many recovery programs available to help you learn how to live straight and sober.

Check the Yellow Pages or ask the company's employee assistance officer.

A drug-free workplace is a safer workplace. Make a decision today to keep it that way.

## Health Promotion is offering: Stress: Take charge

This course is beneficial to anyone who encounters stress in their lives, either personally or in those around them. It will help individuals increase performance and decrease stress. Combined, this can increase productivity and decrease absenteeism.

Four Sessions beginning Jan 10, 2008.

Please call the Health Promotion Office at 3768 to register or online at [www.cfbtrenton.com](http://www.cfbtrenton.com)



# Ensure a fire safe holiday

### Watch children:

See that matches and lighters are out of their reach. Teach them to stay away from candles, fireplaces, fireworks, and space heaters (Give them flashlights or light sticks, not candles, for Halloween).

### Choose toys wisely:

For Christmas, Hanukkah, Thanksgiving, and Birthdays: Pass up those toys that could be highly flammable. Make sure electric toys are labelled for fire safety, and keep them away from your tree.

### Give space heaters space:

At least three feet from any combustible surface. Never use gasoline or diesel fuel; only kerosene fuel goes in a kerosene heater. Make sure the type of heater is legal in your area.

### Party safely:

New Years, Hanukkah, Christmas, Halloween, and Birthdays, make sure every festive occasion is fire safe. Costumes and decorations must be flame-retardant or non-combustible. Smokers must be given large, deep ashtrays that are watched at all times. Check for cigarette butts in upholstery and trash cans. Always cool ashtrays before emptying. Keep matches and lighters away from small children.

### Check out lights:

Make sure all Christmas and Hanukkah lights are labelled by a testing laboratory. Replace any worn sets or those with loose connections. Outside, use labelled outdoors lighting. Inside, do not overload outlets. Never put lights on a metal tree. And always unplug everything before you leave your home or go to bed.

### A fire safe fireplace:

Have your chimney professionally inspected (and if necessary, cleaned) at least once a year to clear out

soot and creosote that can ignite and burn. Always use a fire screen. Only burn materials designed for a fireplace – never paper, which can fly out your chimney. Put ashes in metal containers and never store them in your home. Good idea: Have a spark arrester on top of your chimney.

### Care with candles:

Always put candles in candleholders before you light them. Do not use them in decorations or displays. Keep candles away from curtains or other combustible materials. Never put them in windows or near exits. Never leave candles in the reach of small children.

### Choose a fresh tree:

Look for one without shedding needles. Trim its trunk at an angle before you put it in a non-tip stand. Make sure it is watered constantly and placed away from all exits and sources of heat. All man-made trees should have fire-retardant labels.

### Install smoke detectors:

Install smoke detectors on every level in your home. Check their alarms according to the manufacturer's directions, and change their batteries at least once a year. It could mean the difference between waking up to a small, smoldering fire or one you can't escape.

For a safe enjoyable holiday, follow these firesafe tips:

1. Be watchful of dangers to children.
2. Buy only safe toys.
3. Choose a fresh tree.
4. Check out lights.
5. Take care with candles.
6. Make your fireplace firesafe.

Drs John and Sue Marinovich and staff have been serving the dental community of Quinte since 1994. We offer complete dental care for all ages. *We are now accepting new patients at our office at the M&M's plaza.*

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# FAMILY

The Contact would like to introduce our latest feature page: FAMILY

## UTVOPIA: What to watch

by Capt James Smith

Well, there are a few movies out in the-  
atres right now; however, the fall has  
been a pretty boring one to date. Still,  
a couple good movies are coming out in  
the next couple of weeks. So, in the  
meantime, how about I recommend  
some good rentals?

**Stardust:** I've read all of Neil Gaiman's  
books. He's an incredible writer.  
Needless to say I'm pretty happy to see  
that his books are starting to get the  
movie treatment. I'm even happier to  
say that this movie is a resounding suc-  
cess. It's a simple story of a man who  
sets out to find a fallen star and give it to  
the woman he likes. Except the star isn't  
a star. It's a person! What ensues is  
romance, adventure, fantasy and lots of  
other cool things. All told, probably one  
of my favourite movies of the year. A lot  
of people compare this to the perfection  
of "Princess Bride" and I don't blame  
them. Every once in a while, a movie is  
made that captures the awe and mystery  
found in fantasy. This film does it, and  
does it right. Like Harvey's hamburgers,  
only better. (Out on Dec 18th). 5/5

**Die Hard 4:** I'm a huge Die Hard Fan.  
I've loved every single one. The fourth is  
great. John McClain is back, this time  
trying to keep a computer hacker alive  
while battling an evil computer genius  
bent on destroying an American system  
too reliant on computers. What's not to  
like? Real action, hardly any CGI. This  
is a hard-core reminder of the great  
action films of the 80's with awesome  
one-liners, tonnes of explosions and a  
creepy but deadly bad guy. 4/5

**Pirates of the Caribbean 3:** Yawn. If you  
like the Pirates movies, you'll probably  
like this one. Me, I just felt that the

movies go on and on. The characters  
don't really make much sense and I just  
get confused. So, it's ok. I guess. I'm not  
going to say: 'Go out and rent it,'  
though. I just find the whole series very  
tedious. 3/5

**Sunlight:** In film circles Danny Boyle is  
quite well-known: He made a little film  
called Trainspotting and helmed the  
successful 28 Days Later zombie flick as  
well as its well reviewed sequel. Well,  
he's done it again with this seamless  
Sci-Fi flick about a team of scientists on  
a mission to restart our dying sun and  
bring life back to earth. The special  
effects are great. The storyline is engag-  
ing. And the acting is incredible. This  
truly is a metaphysical journey that asks  
a lot of questions. Simply awesome. 5/5

**Superbad:** So the guy who made  
Knocked Up and The 40 Year Old  
Virgin is hot in Hollywood right now.  
He's had a string of hits and this one is  
another success. It's rude, it's got a lot of  
coarse language, but this film is ALL  
about the dialogue. It's a movie about  
two guys and their attempt to get some  
action (hint hint). It's really crass and it's  
really, really funny. Not suitable for chil-  
dren or immature young men who  
might think that these guys are cool and  
try to emulate them. 4/5

**The Bourne Ultimatum:** My mom says  
I look a lot like Matt Damon. Did I tell  
you that I love my mom? She's very cool  
and wise. Anyways, I think Matt  
Damon's Bourne Trilogy has been  
exceptional. It's smart, fast moving and  
well acted. I've read all the books and  
the films don't even come close. Still, I  
like this movie. It was a great story and  
bravo to all. 4/5

## Mealtime.org Mom's Beef Stew

**Ingredients:**

- 1 1/2 pounds lean beef, cut into 1-inch pieces
- 1/3 cup all-purpose flour
- 3 tablespoons vegetable oil
- 1 can (28 ounces) Italian-style stewed tomatoes, undrained
- 1 can (14 1/2 ounces) beef broth
- 1 medium onion, coarsely chopped
- 1/2 teaspoon black pepper
- 1/2 teaspoon dried thyme leaves
- 3 medium potatoes, peeled and cut into 1-inch pieces
- 2 cups baby carrots or 2 cups sliced carrots, 1-inch thick

**Preparation Time:** 15 minutes    **Cook Time:** 110 minutes

**Preparation:** Toss beef with flour. Heat oil in a large, heavy saucepan or Dutch oven over medium-high. Heat until hot. Add the beef. Cook for 5 minutes or until browned, turning occasionally. Add tomatoes, broth, onion, pepper and thyme; bring to a boil over high heat. Reduce heat to low and cover. Simmer for 45 minutes or until the beef is just tender. Add the potatoes and carrots; return to a boil. Reduce heat and cover. Simmer for 45 minutes or until the beef and vegetables are tender. Serves: 8

*Nutritional Information Per Serving: Calories 280; Total fat 9g; Saturated fat 2g; Cholesterol 45mg; Sodium 510mg; Carbohydrate 28g; Fibre 3g; Protein 23g; Vitamin A 90%DV\*; Vitamin C 25%DV; Calcium 6%DV; Iron 15%DV \*Daily value*

## WHAT'S THE DIF ?

PIERRE C. ARSENEAULT



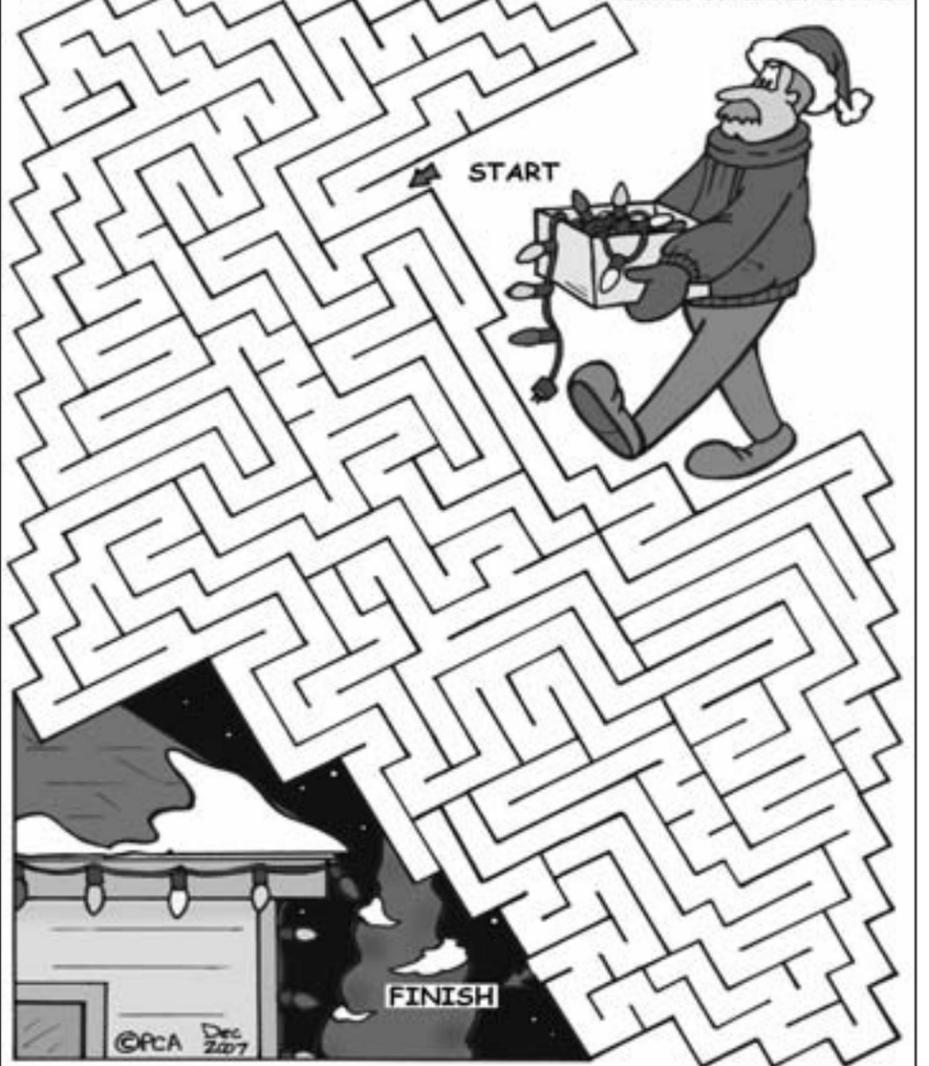
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## DEAD END ?

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From the Management and staff of Personal Support Programs

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**In Memory**



**Corporal K.J. Trainor, RMS Clerk**  
25 July 1961 – 28 November 2007

Kim, after a valiant battle with leukemia, passed away the way she wanted to, and surrounded by loved ones. Kim leaves behind Tom, Johnny and James Trainor and a host of other family and friends.  
*Gone but certainly not forgotten...*

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*Attention Readers*

The Contact office will be closed for the holidays beginning December 24, 2007. We will re-open on January 2, 2008. Please note, there will not be a paper during this time. Thank you, and have a safe and happy holiday season, from our family to yours.

**ADVERTISE IN THE CLASSIFIED SECTION**  
Call Adriana at 613-392-2811 ext 3976

Check out this week's issue of The Contact for your copy of the 2008 Desktop Calendar



**Crossword Answers**

E	C	T	O		R	E	D	E		S	O	N
S	N	I	P		O	M	E	N		C	P	A
A	R	S	E	N	A	U	L	T		A	A	R
		A	N	O	N		A	R	A	B	L	E
J	O	N	E	S		S	H	U	N			
A	V	E	R		J	O	U	S	T		S	E
D	A	S		P	O	I	N	T		C	A	W
E	L		V	A	U	L	T		P	A	G	E
			E	R	R	S		A	I	M	E	R
W	A	N	T	O	N		D	I	V	E		
E	K	E		L	A	N	D	L	O	R	D	S
S	I	X		E	L	I	A		T	O	R	E
T	N	T		E	S	P	Y		S	N	Y	E



# Blood drive brings opportunity to save lives



Photos: Joel Wiebe, Contact Staff



**Clockwise from top left:** Cheryl Kerr-Edwards draws blood from Cpl Matt McCormack; Evelyn McCracken helps Pte Jaymie Jakubiec keep a smile on her face while she gives blood; Sgt Todd Eldershaw donates his blood while McCracken monitors it.

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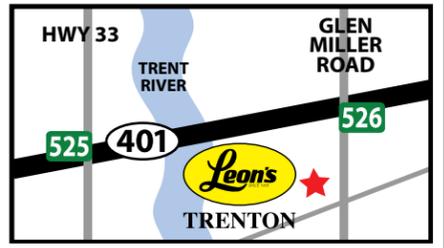
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