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New home for Joint Nuclear Biological Chemical Defence (JNBCD)



Photo: Pte Isabel Lavallee-Raby, 8 Wing Imaging

A ground-breaking ceremony was held to mark the commencement of construction on the new Joint Nuclear Biological Chemical Defence (JNBCD) building at 8 Wing/CFB Trenton, on April 3, 2007. Pictured above are, from left to right: Lieutenant-Colonel Debbie Miller, Acting 8 Wing Commander; 8 Wing Chief Warrant Officer CWO Tom Secretan; Master Warrant Officer Michel Bezeau, JNBCD Sergeant-Major; Colonel David Barr, Commander, Canadian Special Operations Forces Command (CANSOFCOM); and Major Stéphane Boucher, JNBCD Commanding Officer.

by: 2Lt. Jennifer Jones
8 Wing Public Affairs

Although Colonel (Col) David Barr, Commander of the Canadian Special Operations Forces Command (CANSOFCOM), joked about the connotation of laborious, trench digging, he and acting 8 Wing Commander Lieutenant-Colonel Debbie Miller took golden shovels to a large pile of fresh spring dirt for an entirely different reason on the morning of April 3.

This long-awaited event, over which Col Barr presided, was the ground breaking ceremony held at the new Joint Nuclear Biological Chemical Defence (JNBCD) building site on the ATESS ramp, where the unit will relocate as early as June of next year, if all goes according to plan.

Those assembled included most of the unit's dedicated personnel, and members of the Royal Canadian Mounted Police (RCMP), Defence

Research and Development Canada (DRDC), Public Health agencies, and the architecture and construction companies working industriously to coordinate the upcoming construction.

In his address, the unit's commanding officer, Major Stéphane Boucher, expressed his and his unit's appreciation of the fact that 8 Wing has accommodated JNBCD since the lodger unit's arrival. He feels enthusiastic to see that the hard-working unit will get a facility equipped to handle the unit's technical requirements and busy operational tempo.

Col Barr expressed extreme gratitude for the hard work of all those present who are making this happen. This state-of-the-art building will house a unit, which, although small, plays a key role in the nation's security. Honoured to take part in this event, Col Barr looks forward to returning as a guest at the Ribbon Cutting Ceremony next year.

424 Squadron on the move for three-day TIGER EX

by 2Lt Jennifer Jones
8 Wing Public Affairs

On March 27, 2007, more than 50 members of 8 Wing's 424 Transport and Rescue Squadron, accompanied by members of support units, deployed to London, ON, for "TigerEx"; a three-day-long search and rescue (SAR) exercise at the London International Airport.

The purpose of the exercise was to evaluate the performance of the designated "Searchmaster" (SM), the individual tasked to take charge of the search. Capt Pierre Lamothe, a SAR pilot at the squadron, wore that hat and spent three days coordinating a whirlwind of activity. A SM must be capable of identifying and employing available SAR assets, and coordinating a search with

multiple crews and aircraft, local authorities and volunteer organizations when a SAR mission's headquarters is deployed closer to the rescue site for logistical convenience. Near constant communication with the family of the victims is crucial as is employing the media to request information related to them from the public. Though thoroughly and deliberately executed, the entire process can be a race against time.

Those running the simulation make sure to bombard the SM with all of these demands, observing and evaluating his/her behaviour when the pressure is on, when lives are at stake and when there is little time to rest.

The Civil Air Search and Rescue Association (CASARA) assisted in last week's exercise, supplying five light aircraft and

several pilots who work with National Defence on a voluntary basis.

CASARA trains regularly with 424 Squadron and offers its services during real searches, deploying aircraft to relieve the squadron aircrews of parts of the search area, or sending out search parties by foot. On training with 424 Squadron, John Queenan, CASARA unit director for the London region, says, "Working with professionals such as [the squadron] is an absolute pleasure."

After many training exercises and a helping hand during actual SAR launches, the squadron's sentiments on working with CASARA certainly mirror John's.

Conducting a major SAR is no easy task. 424 Transport and Rescue Squadron is comprised of

See Tiger, Page 3



Photo: 2Lt Jennifer Jones

Searchmaster Capt Pierre Lamothe (centre), a SAR pilot with 424 Transport and Rescue Squadron, briefs air crew during the three-day Tiger Ex, held at London International Airport.

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POSTED?

See My Flyer Inside

Gen Hillier: Fonds du CEMD pour les familles des militaires

le 2 avril 2007

OTTAWA – Le Général Rick Hillier, Chef d'état-major de la Défense, a annoncé aujourd'hui la création du Fonds du CEMD pour les familles des militaires, en réponse au soutien extraordinaire que manifestent les Canadiens aux militaires. Ce nouveau fonds vient s'ajouter aux ressources destinées à aider les familles des militaires.

« Lorsque nos familles lancent un appel à l'aide, nous devons être en mesure de répondre à cet appel immédiatement et de façon efficace », de déclarer le Gén Hillier. « Nos familles nous soutien-

nent depuis toujours, au fil de notre enrôlement, de notre formation, de nos déploiements jusqu'à notre retour. Or, les exigences associées à la vie militaire sont énormes. Elles n'ont pas choisi de 'servir', mais elles le font avec une grande distinction. C'est à notre tour maintenant de les soutenir. »

Le Fonds du CEMD pour les familles des militaires est un mécanisme souple et adapté aux besoins des familles des militaires. Les commandants des bases, en partenariat avec les Centres de ressources pour les familles des militaires (CRFM) de partout au Canada, pourront ainsi venir en

aide aux familles des militaires à peine quelques heures après avoir entendu leur appel.

Ce fonds prendra de l'ampleur à mesure que s'y ajouteront les contributions versées par des citoyens et des entreprises. Les contributions sont acceptées par téléphone et par courrier, et des activités de collecte de fonds seront annoncées plus tard durant l'année. Pour toute question au sujet de ce fonds ou pour verser une contribution, il suffit de composer le 1-877-445-6444.

L'Agence de soutien du personnel des Forces canadiennes (ASPF), l'organisation des Forces canadiennes (FC) qui

fournit des programmes et des services visant à rehausser le moral et le bien-être de la communauté militaire, administrera le Fonds du CEMD pour les familles des militaires.

Les chèques ou les mandats doivent être libellés à l'ordre de « FCFC – Fonds du CEMD pour les familles des militaires » et envoyés à l'adresse suivante :

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CDS launches new Military Families Fund

OTTAWA, ONTARIO— (CCNMatthews - April 2, 2007) - The Chief of the Defence Staff (CDS), General Rick Hillier, in recognition of the outpouring of support from Canadians, announced the creation of the CDS Military Families Fund today, adding a new vehicle to support military families.

"When our families call out for help, we must be able to answer that call immediately and substantially," said Gen. Hillier. "Our families have been here for us through our enrollment,

our training, our deployments, and our homecomings. The military life places significant demands on our loved ones. They did not volunteer for service - but serve they do, and with great distinction. It is our turn to be there for our families."

The CDS Military Families Fund will be an agile and responsive means to provide support to military families. Base Commanders, partnered with Military Family Resource Centres across the country, will be able to assist military families

within hours of being advised of the need.

The CDS Military Families Fund will grow through the contributions of private citizens and corporations. Contributions can be accepted by phone or mail, as well as through participation in upcoming fundraising events that will be announced later this year. For inquiries about this fund or to make a contribution, please call 1-877-445-6444.

The Canadian Forces Personnel Support Agency (CFPSA) - the

morale and welfare arm of the CF that provides programs and services for the well-being of the CF community - will administer the CDS Military Families Fund.

Cheques or money orders should be made out to CFCF - CDS Military Families Fund. The mailing address is as follows: CDS Military Families Fund c/o Canadian Forces Personnel Support Agency 4210 Labelle Street, Ottawa, ON, K1A 0K2

Please do not send cash.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Sgt Cahoon of Wing Foods moves a load of fresh produce to fridges for preparation and consumption. This process is repeated several times a week, and during the times when he is not storing produce he is receiving meats, frozen prepared items, and dry goods. On a monthly basis he will order between 600-800 items used to prepare meals daily at the kitchen. With the increases to base infrastructure comes an increase in personnel enjoying the hospitality of the Yukon Galley and ultimately an increase to amounts of food stuffs ordered.

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Contact

Tiger Ex tests searchmaster

Continued from Page 1

dedicated, hard-working, and diligent members who embrace training opportunities such as TigerEx to hone their SAR skills. A great advantage to these exercises, squadron members say, is that although they are primarily designed for the SM, the entire squadron benefits from the training time. If those things controllable in a search, such as the skills of the entire SAR team, are regularly tested and practiced, the greater the chance a SAR mission is going to be a success.

“Regular deployment is extremely important to us to make sure that we are prepared,” Capt Lamothe explained during his evaluation. “You have to have a good

search plan and then explain to the family of the missing person(s) that it is the best possible plan to carry out. Someone who isn't familiar with SAR wouldn't know.” Capt Lamothe believes that the greatest challenge a SM faces is how to distribute an overabundance of work out amongst staff members so that the needs of the missing person(s)'s family can be met without impeding the search efforts.

SM candidates first complete the six-day Canadian Forces Search and Rescue Training Searchmaster Course in Sydney, Nova Scotia, and then ideally serve as an assisting SM during an actual major search. The

SM of the search recommends whether or not the assistant qualifies to be tested for SM. If so, an exercise is facilitated and the squadron trains for SAR with the SM candidate at the helm. Guidelines state that candidates should also have a minimum of two to three years of operational SAR experience on primary or secondary SAR aircraft.

Currently, 424 squadron houses eight qualified SMs. True to their name; they have mastered the art of handling this challenge and confidently coordinate rescues across Canada, year round. The squadron will deploy for Timmons, ON, for the next SAREX this May.

Search & Rescue UPDATE



424 Squadron Tigers had two missions this past week. Both were on March 30 and were flown by the CH-146 Griffon. The first callout was an ELT search near Hanover airport, and after an hour search, with nothing heard, the tasking was cancelled. The second mission was later the same day for an ELT near Toronto City Centre. The ELT was located at the Fed Ex Company where a dinghy was transmitting the signal. It was turned off and Rescue 493 returned to Trenton.

Until next time, stay safe.

Missions for 2007: 22 Missions for Apr.: 0 Persons rescued: 1

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8 Happy Easter Baster	9 Easter Monday	10 	11	12 TGIT Soft Taco	13 Sandwich Bar 1130hr 1315hr	14 Yuk/Yuk's \$17.00 for mbr/spouse and \$20.00 per guest
15 	16	17 	18	19 TGIT Steak Galley	20 Sandwich Bar 1130hr 1315hr	21
22 	23	24	25	26 TGIT Lasagna Galley	27 Sandwich Bar 1130hr 1315hr	28
29 	30	<p>Upcoming Events 3 May 2007 TGIT will be Cinco De Mayo (Mexican fare) free salsa, marengue and cha cha dance lessons. For more information please call Mess Office loc. 2205 or the Mess Manager loc. 3457</p>				

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 T.J. Lawson, CD, Wing Commander, 8 Wing / CFB Trenton.

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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:

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- Articles may be mailed, e-mailed (leblanc.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) or as "text only" on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
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• Please label all disks and hard copies with article name, contact person and phone numbers, date.

• **ARTICLES MUST BE RECEIVED BY TUESDAY AT NOON PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

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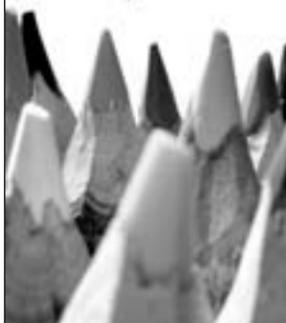
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Canadiana Crossword

An Easter Prayer

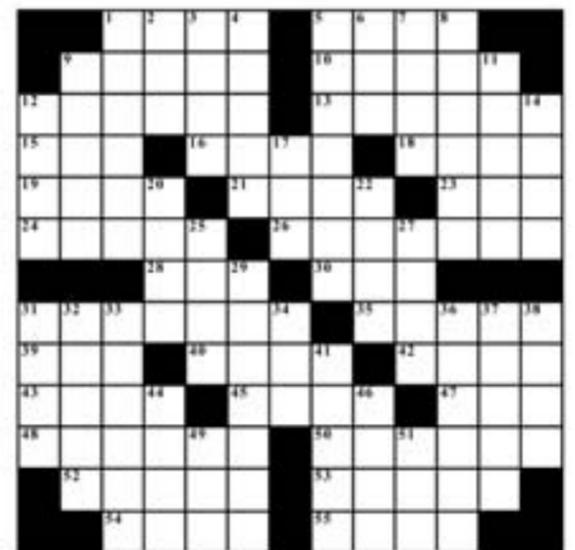
By Bernice Rosella and James Kilner

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This Week in Contact

1977 – Arriving by Falcon from Ottawa, the Honourable Barnett J. Danson, Minister of National Defence, made his first official visit to CFB Trenton. Since his appointment to the office, Mr. Danson has been on a learning tour of his new domain. He was met by Colonel J.C. Henry, Base Commander, Brigadier-General L.V. Johnson, Commandant CFTS, Brigadier-General D.C. Mackenzie, Commander ATF, and a fifty-man Guard of Honour.

1987 – An underdog Trenton team surprised spectators by demolishing CFB Borden in the finals of the Ontario Region Volleyball Championships in three straight games. The CFB Trenton Men's Regional Volleyball Champions won the final match to conclude a well-run tournament, which featured a very high quality plays and several excruciatingly close games.

1997 – The CC-130315, a Canadian Forces Hercules aircraft based at 8 Wing/CFB Trenton, surpassed 40,000 flying hours, a world record for C-130 Hercules in military operations. Air Maintenance Squadron (8 AMS) hosted a reception for those affiliated with the Hercules aircraft. In addition to the men and women from 8 Wing who fly and maintain the Hercules, representatives from the manufacturer, Lockheed of Georgia, USA, and from maintenance organizations, CAE of Edmonton and Standard Aero of Winnipeg, were in attendance.

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



426 Honorary Colonel Binnie takes to the skies

by Major Dave Holden

On March 29, 2007, Justice Ian Binnie of the Supreme Court of Canada, the Honorary Colonel of 426 (T) Training Squadron, had the opportunity to accompany members of the squadron on a training trip to London, Ontario.

Mr. Binnie, Honorary Colonel for the past three years, had never flown in a Canadian Forces CC-130 aircraft and was thrilled to finally experience the challenging and demanding regime that is expected of all Thunderbird aircrew instructors. During part of the three-hour round-trip mission, HCol Binnie was invited to

occupy one of the pilot seats during the enroute flying phase, enjoying a pointy end view of the surrounding Ontario landscape. Following the mission, the crew's navigator, Lieutenant-Colonel D. Cochrane, Commanding Officer of 426 Squadron, accompanied HCol Binnie to the Officers' Annual Air Force Mess Dinner, held that evening at the Officers' Mess.

The remainder of the Thunderbirds flying on the trip included Major D. Holden (aircraft commander), Capt S. Ilijanic (co-pilot), CWO D. Hancock (flight engineer) and Second Lieutenants D. Epescu and C. Darrell (crew members).



Photo: Submitted

426 Squadron's Honorary Colonel Ian Binney in the cockpit of the CC-130 Hercules.

437 (T) Squadron's strategic transport missions

by Capt Sylvain Collard and Capt Jacques Garand

Twice a year, aircrews from 437(T) Squadron fly strategic transport missions for the troops in Kandahar in support of Op Archer, the Canadian contribution to the war against terrorism. Here is an account of what went on during the conduct of our latest rotation, which took place between 29 Jan and 11 Mar 07.

To expedite the flow and ensure that the aircraft spends the least amount of time (90 minutes for a fuel stop and a crew change) on the ground, a location in Europe is selected in order to pre-position our crew. This type of forward basing of crews has been used for a long time, dating back to when we still had airbases in Germany, and is still utilized on occasions. This allows the troops traveling to Camp Mirage to get to destination without having to spend a night enroute.

After staging out of Zagreb for many years, the locations have recently been changing. Last summer, we operated out of Prestwick, Scotland and, for the rotation just completed, Koln-Bonn was selected because of its loca-

tion (approximately halfway between Camp Mirage and Trenton) and the excellent facilities the largest cargo airport in Europe has to offer. Koln (or Cologne), located on the River Rhine, has a rich history where one can find numerous museums and churches to visit. Of particular interest is the Dom cathedral, which beautifully dominates the city skyline; some had the courage to climb to the top through a tiny spiral staircase and enjoy the view of the city, but the 300+ stairs discouraged most.

In order to support this operation, 437 always deploys squadron members to act as Operations Officers (referred to as Husky Ops). In addition to providing flight planning and weather (information) for our crew, the Husky's role is also to liaise with various local agencies and coordinate all required services for our aircraft such as for ground handling, fuelling, catering, crew transport, accommodation, etc. Husky Ops also files arrival/departure messages and daily sitreps, and provides assistance to the crew for any unforeseen situations that may arise, such as delays or itinerary changes. Open lines of communication between Winnipeg, 8 Wing, Camp Mirage and

the Huskies is essential to mission success and a lot of time is spent making sure the information travels in a timely manner.

On the evening of Jan 26, just a few days prior to the official start of the rotation, Capt Sylvain Collard and Capt Jacques Garand departed Trenton on one of our sustainment flights to Camp Mirage to set up Husky Ops. Since this was the first roto to stage out of Koln-Bonn, the decision to send two Ops O was made and proved to be extremely beneficial. Although some contacts were made via email/phone prior to our departure, the first few days were quite busy meeting with the various agencies and trying to put in place a system that would be efficient. Once a good routine had been established, it was possible to keep only one Ops O on location.

A standard itinerary would see our aircraft depart Trenton at noon, stop in Fredericton to pick up some of the troops (or Edmonton, on a few occasions) then arrive at Koln-Bonn in the middle of the night where a crew change would take place. After approximately 1.5 hours on the ground, a new crew would fly the next phase of the mission into Camp Mirage. The troops

would then board the Hercules for the final leg of their journey into Afghanistan. Our crew would remain overnight at the camp, waiting for the Hercs to return with outgoing troops. The next morning, they fly back to Koln via Larnaca, the decompression site selected to allow the troops some well-deserved time off before coming home. Following another crew change in mid afternoon, the flight would be on its way to Canada where it would be escorted by two F-18s from Bagotville flying in formation with the Airbus and welcoming our troops back home. In all, it would take approximately 55 hours for the a/c to complete one complete circuit, or chalk, back to Trenton.

During this last rotation 437(T) Squadron flew one VIP mission, 20 personnel chinks and six cargo chinks and in the process moved well over 4,000 troops in/out of the theatre of operations. Beyond these impressive numbers and although some delays were encountered on a few occasions because of bad weather in Trenton and Fredericton, or because of some aircraft unservicabilities, the rotation was completed on time without any major incidents. This speaks highly of our crews, engineers and aircraft.

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**April is Daffodil Month:
Cancer awareness**

According to the Canadian Cancer Society, risk reduction is taking action to reduce or "cut down" your individual risk of developing cancer. Risk can be increased or decreased by the lifestyle choices you make or the kind of environment you live and work in. However, even a person at low risk may get cancer, just as a person at high risk may not.

There is no single cause of cancer but some factors appear to increase the risk of developing it. These are known as risk factors. There are some risk factors that you cannot change such as age and family history of cancer. There are some risk factors related to everyday choices that you can change.

To decrease your risk of developing cancer

choose to

- Be a non-smoker and avoid tobacco smoke
- Eat a healthy diet
- Be physically active every day
- Maintain a healthy weight
- Limit your alcohol intake
- Reduce your exposure to UV rays from the sun or artificial tanning equipment
- Know your body and report any changes to your doctor or dentist
- Follow health and safety instructions when using hazardous materials at home and at work

Source: *The Canadian Cancer Society*

For more information contact: Health Promotion: Kendra Lafleur HPD, local 3767, or Lisa Pitt, HP AA, local 3768, 177 Hercules St., Bldg 119

Diet and cancer risk

NC)-It's never too early for a woman to start thinking about what she can do to prevent breast cancer. And, according to new research, it could be as simple as watching what you eat, especially during your teenage years.

Foods such as flaxseeds, multigrain bread, hummus and tofu are rich in phytoestrogens, which may protect teenage girls from developing this devastating disease later in life.

Phytoestrogens are estrogen-like chemicals produced by some plants. Canadian Institutes of Health Research-funded researcher Dr. Michelle Cotterchio looked at two types of phytoestrogens: lignans and isoflavones. Lignans are found in foods such as flaxseeds, grains, hummus, sesame seeds and dried apricots. Isoflavones are commonly found in soybeans and soy products, black bean sauce, alfalfa sprouts and protein bars.

Cotterchio says researchers have found that among Asians, who eat diets traditionally high in phytoestrogens, the risk of breast cancer may be lower. The key question now is whether there are common North American foods that have the same impact.

"Two previous studies looking at the amount of phytoestrogens eaten during adolescence by Asian women, who have high isoflavone intake, showed protection against breast

cancer," said Dr. Cotterchio. "However, lignans are more common in North American diets."

Dr. Cotterchio and her colleagues surveyed more than 6,000 women in Ontario, about half of whom had recently been diagnosed with breast cancer. According to the study's results, the women who had eaten high levels of lignans or isoflavones during their teen years had a lower rate of breast cancer than women who had phytoestrogen-low diets.

But before you start feeding your teenage daughter alfalfa sprout sandwiches on flaxseed bread, keep in mind that this study is just the first step in investigating the connection between consumption of phytoestrogens during adolescence and the risk of breast cancer.

"These findings need to be replicated before any public health recommendations can be made," said Dr. Cotterchio. "A study that records the amount of phytoestrogens consumed by teenagers and then monitors their health over many decades should be the next step."

In 2006, an estimated 5,300 Canadian women died of breast cancer. If further research confirms Dr. Cotterchio's findings, eating adequate amounts of phytoestrogens during adolescence may prove to be an important weapon in the battle against this all too prevalent disease.

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Fitness, Sports & Recreation

Canadian Swim Patrol Course

If your child is level six (6) or higher and has an interest in lifesaving, they may want to try Canadian Swim Patrol as a break from, or an add-on, to regular classes.

The Lifesaving Society offers this "on-ramp to life-guarding", a pre-Bronze training course for young people interested in

going beyond just learning how to swim.

This course will take place on Tuesdays, from April 10 to June 12 from 4:30 to 5:15 p.m.

Cost: \$35 for CRA members; \$40 for military community, non-members; \$60 for the general public.

Gear up for the Amazing Race

Awe, you can't go to school today! Well don't sleep in, come to the RecPlex for the great Amazing Race.

A treasure hunt that will surely be a lot more fun than school. Be sure to pre-register or risk not getting your team into the race.

This event is open to those ages 12 to

18-years-old, and will take place on April 27 (PA Day) with a 10 a.m. start time from the RecPlex.

There is a \$10 fee for team of two. Pre-registration is required!

Register at the RecPlex reception desk, located at 21 Namao Dr., or at the MFRC reception desk, located at 50 Rivers Dr.

2007 Summer Kidz Kamp

Summer is coming...are you ready for fun? The Community Recreation Association is already planning for a high energy, fun-filled summer of adventure and fun.

If you are between 6 and 12 years of age and enjoy swimming, playing sports and making new friends, this is the place to be this summer.

The Kidz Kamp will be held at the RecPlex (located at 21 Namao Drive), Monday to Friday, beginning on Tuesday, July 3 and running through until Friday, August 24, from 8 a.m. to 4 p.m.

Registration for military community begins on Monday, April 23.

Registration for the general public will be on Monday, June 4.

Cost for CRA members is as follows: \$78 for one child, \$141 for two children, \$184 for three children.

Cost for military community non-members is as follows: \$83 for one child, \$151 for two children, \$199 for three children.

Cost for the general public is as follows: \$88 for one child, \$161 for two children, \$214 for three children.

Before and after care is available in the morning from 7 a.m. to 8 a.m. and again in the afternoon from 4 p.m. to 5 p.m. Cost is \$2/hour/child or part there-of.

DJ Youth Dance

Dance to a great DJ and light show on April 14 at the RecPlex Gym. Wired for Sound will keep you hopping all night long. Bring your friends. Admission is \$5, paid at the RecPlex Gym. The dance will open to youth ages 9 to 12-years-old from 5 to 7:15 p.m. The dance will then open to youth ages 13 to 16-years-old, from 7:45 to 10 p.m.

Kayaking: Wet exit and re-entry course

If you tip over in open water, do you know what to do? This course will give you the confidence to paddle in open water. Learn what to do when you tip and how to get back into your kayak.

Some of the skills you

will learn include sweep, reverse, draw, rescue, and more. This two-hour course will be held at the RecPlex Pool.

Two courses will be offered: Saturday, April 14, and Saturday, May 5, from

3:30 to 5:30 p.m.

Cost: \$30 for military personnel and CRA members; \$35 for military community non-members; \$45 for the general public. Space is limited so register now at the RecPlex.

Pleasure Craft Operator certification

As of September 2002, if you drive a powered boat under 4m in length (including dinghy and personal watercraft like Jet Skis or Sea-Doos), you need to get the Canadian Coast Guard Pleasure Craft Operator (PCO) card, regardless of what age you are.

GET CARDED: You earn the PCO card by scoring 75 per cent on a test of basic boating safety knowledge.

The Community Recreation Association (CRA) is a proctor site

for the Boat Course. Simply purchase a BOAT Study Guide and study at home.

Make an appointment to take the test when you're ready, which takes an hour.

The Pleasure Craft Operator card is good for life and must be carried at all times while operating a powerboat.

This service is offered to adults and youth 12 to 16 years of age.

Manual fee: \$15. Proctor service: \$25.

New Class: Kickin' Cardio

Kickin' Cardio is the newest class added. Join the additional class on Thursdays from 6:45 to 7:45 p.m. Pre-register at the RecPlex.

Pre-School Stomp and Romp

A joyful exercise and dance class full of rhymes, songs, rhythm, movement and instrument games for you and your preschoolers.

This assisted-play program for parents and little ones will take place on Thursday mornings from 10:30 to 11:30 a.m., at the RecPlex, beginning April 19 and running through until June 21, for a total of eight weeks.

Cost: CRA members, \$15; military community non-members, \$20; general public, \$25. Drop-in fee: \$4.

Bronze Medallion and Emergency First-Aid

The Bronze Medallion and Emergency First-Aid Crash Course will take place on Saturday, April 14, 2007, and Saturday, April 21, 2007, from 9:00 a.m. to 4:00 p.m. and on Sunday, April 15, 2007, from 9:00 a.m. to 4:00 p.m.

The exam date is scheduled for Sunday, April 22, 2007, from 9:00 a.m. to 12:30 p.m.

Pre-requisite: Must be 13-years-

old. Please note that 100 per cent attendance at all classes is mandatory.

Cost is as follows: \$175 for military and CRA members; \$185 for military community non-members; \$205 for the general public.

Please note that all manuals are included in the total cost of the course.

8 Wing/CFB Trenton Women's Soccer Team

The 8 Wing/CFB Trenton Women's Soccer Team is looking for players to enter the Belleville league and in preparation for the Ontario Region Women's Invitational Soccer tournament held in Kingston from July 23 to July 27, 2007.

Practice will commence on Tuesday, April 17, 2007 at 1600 hrs at the Gymnasium.

All interested players are to contact the Military Sports Coordinator at local 3373.

8 Wing/CFB Trenton Amateur Radio Club

The 8 Wing/CFB Trenton Amateur Radio Club will be holding a course from its Club Room every Monday and Wednesday evening from 7:00 p.m. to 9:30 p.m. The course will begin on April 16, 2007 and finishes on June 11, 2007.

Cost is \$75 per person and includes a study guide, handouts and club membership for one year. For more information, please feel free to contact Mike Papper by phone at 613-969-1774 or via email at ve3vmp@sympatico.ca.

8 Wing Flying Frogman Scuba Club

The Flying Frogman Scuba Club is open every Thursday night at 1900 hrs at the RecPlex Pool (located at 21 Namao Drive).

The SPLASH on May 3, 2007, allows anyone 12-years-old or older to try SCUBA in a fun and relaxing atmosphere.

All you have to do is bring your swimming gear and a \$2.00 donation.

Our knowledgeable staff will give you a 30 minute "dry land" theory

course and then take you down in the depths of the pool for another 30 minutes of fun.

The next basic scuba course starts May 3, 2007.

To check out special events, charters and training dates, please visit our new website at www.flyingfrogmen.ca.

Founded in 1958, the Flying Frogmen Scuba Club promotes a safe and fun learning environment for both the military and civilian community.

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8 WING TRENTON CELEBRATES AIR FORCE ANNIVERSARY



Photo: MCpl Chris Connolly, 8 Wing Imaging

Colonel Tom Lawson, Commander, 8 Wing/CFB Trenton, delivers his opening remarks during the Officers' 83rd Annual Air Force Mess Dinner on March 29, 2007, while Major-General (Ret'd) Lionel Bourgeois (right), and Colonel James Cottingham (left), Commanding Officer of the Canadian Forces Aerospace Warfare Centre, look on.



Photo: Cpl Simon Duchesne, 8 Wing Imaging

Members of the head table at the 8 Wing Senior NCMs' 83rd Air Force Anniversary Mess Dinner on March 30, 2007 at the Astra lounge, included, from right to left: Mr. John Williams, Mayor of Quinte West; CWO Tom Secretan, 8 Wing Chief Warrant Officer; CWO Roger Bouchard, Air Command CWO; Mr. Doug Comeau, renowned local artist; and Master Corporal Susan London.

JR RANKS MESS

SUN MON TUE WED THU FRI SAT

1 Astra Reg Cadet Det Honours & Awards	2 Astra Scuba Club Lab Lounge WG Formation Merit Board	3 Lab Lounge WG Formation Merit Board	4 Lab Lounge WG Formation Merit Board	5 TGIF-PIZZA Sports - POOL Lab Lounge WG Formation Merit Board	6 GOOD FRIDAY (Office Closed)	7 Lab Lounge WG Formation Merit Board	
8 HAPPY EASTER	9 Easter Monday (Office Closed)	10 Lab Lounge WG Formation Merit Board	11 Lab Lounge WG Formation Merit Board	12 Lab Lounge WG Formation Merit Board	13 TGIF-Lounge Sports-Eachure Astra Firecell to Mission Support Lab Lounge WG Formation Merit Board	14 Games Room Pool Tournament Lab Lounge WG Formation Merit Board	
15 Lab Lounge WG Formation Merit Board	16 Lab Lounge WG Formation Merit Board	17 Lab Lounge WG Formation Merit Board	18 Lab Lounge WG Formation Merit Board	19 Lab Lounge WG Formation Merit Board	20 TGIF Fish & Chips Sports-Pool M Bar ATESS BBQ Lab Lounge WG Formation Merit Board	21 Franco-Phare Comedy Night	
22	23	24 Lab Lounge CFPU Tech Board	25	26 Lab Lounge CFPU Tech Board	27 TGIF- Subs Sports - Eachure Lab Lounge CFPU Tech Board	28 Lab Lounge CFPU Tech Board	
29 Lab Lounge CFPU Tech Board	30 Lab Lounge CFPU Tech Board	TGIF's Start 1700 hrs Mbrs - No Cost Guests - \$3.00 TGIF Sports start 1800 hrs					

APRIL 2007

WO & SGTs' MESS

SUN MON TUE WED THU FRI SAT

1 Mixed Darts Games Room 1330hrs	2 Conference Room Per Board Capt Henning 02-16 April 07	3	4	5 Soup & Sandwich 1130-1330 hrs TGIF Fish & Chips 1700 hrs	6 GOOD FRIDAY (Office Closed)	7 Main Lounge Pancake Breakfast & Easter Egg Hunt Starting at 0830 hrs	
8 Easter Sunday No Darts	9 Easter Monday (Office Closed)	10	11 Main Lounge Conference 0900-1100 hrs	12 PMC Coffee Break 1000 hrs	13 Soup & Sandwich 1130-1330 hrs TGIF Roast Beef & Gravy 1700 hrs	14	
15 Mixed Darts Games Room 1330hrs	16	17 Conference Room CPO2 Dockrell 17-20 April 07	18	19	20 Soup & Sandwich 1130-1330 hrs TGIF Lasagna 1700 hrs	21	
22 Mixed Darts Games Room 1330hrs	23	24	25 Main Lounge General Mess Meeting 1400 hrs	26	27 WCWO Lunch 1130-1330 hrs TGIF 14 Chicken Dinner 1700 hrs	28 FireSide Lounge Private Function 1800 hrs - closing	
29 Mixed Darts Games Room 1330hrs	30	Bar Hours: Monday - Thursday 1130-1330 & 1500-1900 hrs Friday 1130-2100 hrs Saturday & Sunday 1200-1500 hrs Office Hours: Monday - Friday 0800-1600hrs For Bookings:(Wed Receipt/Conferences/Private Parties) Call 613-392-2811 Locals 2438/2768					

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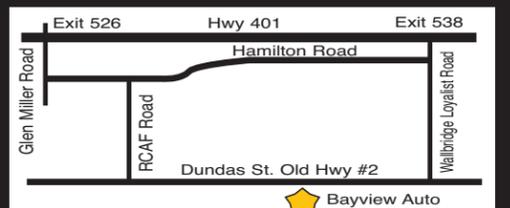


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Offices can actually be dangerous



Submitted by
Don Heans,
 Wing General Safety Officer

Offices are deceptive when it comes to safety. They look much safer than they really are. Many office workers receive injuries and permanent disabilities in accidents each year.

While many different kinds of accidents contribute to office injuries, falls cause the most. Typically, these falls are caused by slipping and tripping. Follow these guidelines to prevent falls in the office:

Keep offices tidy and free of clutter. Boxes of

materials and supplies should be stacked away from traffic areas. Clean up any spills immediately, and keep garbage off the floor.

Cords and cables from electrical equipment and phones should be routed away from traffic areas. If they must cross traffic routes, tape them down or use special ducts made for this purpose.

Keep chairs and stools in good repair. Damaged chairs should be removed from service so they will not be used inadvertently.

Keep the drawers of desks and filing cabinets closed so no one will trip over them.

Report slipping and tripping hazards such as spills and loose flooring.

Use stepladders and stepstools if you have to climb. Never use makeshift climbing devices such as stacked boxes or chairs on desks.

Here are some suggestions for preventing fire injuries and deaths in offices:

Know how to find and use fire extinguishers. Different extinguishers are used for different kinds of fires.

Know how to locate emergency phone numbers, such as those for the fire department. Know the evacuation procedures for your work area.

Back injuries from incorrect lifting account for a surprising number of days lost from work in offices. Here are some tips for correct lifting:

Plan your lift first. Make sure you can handle the load alone, or get help from another person or a device such as a hand truck.

Don't try to lift heavy awkward loads alone and get help moving things such as office furniture and equipment.

Get close to the load

before you try to move it. Bend at your knees rather than your back to pick it up.

Do not twist your back. If you must turn, move your feet around instead.

Filing cabinets can be deadly. Follow these tips for safety:

Load the cabinet from the bottom up. If you fill the top drawer first, the cabinet may fall over.

Open just one drawer at a time. Opening more than one drawer may cause the cabinet to fall.

Never stack filing cabinets on top of one another, even small ones. It is too easy to pull the top cabinet over on yourself.

These are ways to prevent just a few of the hazards to be found in offices. Use the same kind of safety sense you would in any other work situation to prevent office accidents.

Your tools: Safe and sound

(NC)-One of the major elements in the successful performance of work around the home, both inside and outside, is the proper choice and use of tools.

In this respect, the seal of the Canadian Standards Association is a reference, because it indicates that the tools bearing the seal respect the Canadian Standards of manufacturing and safety, and are equipped with a

ground wire or double insulation. This is very practical.

Here are a few tips to help you use your tools safely:

. The Power cord: Do not handle the tool by its cord. This tends to damage the cord (and the damage is not always visible).

. The plug and the handle: Grip the plug (not the cord) to disconnect the tool and use the handle to move it about.

. Damaged Tools: Never use a tool if the electric cord has been damaged or if the ground wire is twisted or cut. Likewise, never use a damaged extension cord.

. Three-pronged plug: Never cut or fold the rounded ground prong of this part of the tool.

. Power cord: When using an electric saw or drill, keep the electric cord behind you to be certain that you do not accidentally cut into it.

Protecting your family doesn't end after your military career.

SISIP RARM
 Services financiers

A Division of the Canadian Forces Personnel Support Agency
 Une division de l'Agence de soutien du personnel des Forces canadiennes

Vous pouvez encore protéger votre famille après votre carrière militaire.

Transferring your existing SISIP Financial Services term life insurance plan to the **Insurance for Released Members** plan is easy. Contact your insurance representative to transfer within 60 days of your release (medical or voluntary) and you won't need to answer health-related questions.

C'est facile de transformer votre couverture d'assurance vie temporaire des Services financiers du RARM en **Assurance pour membres libérés**. Si vous communiquez avec votre représentant d'assurance dans les 60 jours suivant votre libération (pour motif médical ou volontaire), vous n'aurez pas à répondre à des questions d'ordre médical.

1-800-267-6681 • www.sisip.com • Trenton: (613) 965-7033

HOROSCOPES

Weekly Astrology by Christine Davison

April 8 - April 14

ARIES (March 21-April 19): You act as a confidante to many who love you and trust in your advice. During the holiday you may counsel a family member while needing some emotional help yourself. Friends would be honoured if you opened up to them and shared your feelings. A trip or conversation on the weekend may lead to flirtation and romance.

TAURUS (April 20-May 20): There may be upsets within your group of friends this week. Take a deep breath and try to let others wield power on occasion. You'll find yourself motivated to act on behalf of someone else; like a knight in shining armour. This weekend sees you being more open and trusting with those you love. Romance finds a way.

GEMINI (May 21-June 20): There may be hurt feelings with co-workers. If you haven't something nice to say, then it may be best not to say anything at all. Remember Gemini that many of us will never be as quick and clever as you are, so try to act patient while we attempt to catch up. Many will find you unusually attractive and charming.

CANCER (June 21-July 22): Many of you may be finally ending your field of studies. Diplomas earned now will bring an important sense of pride and accomplishment for years to come. Midweek brings a debate and a game of challenge. Materialistic ways will seem less important; you may discover the true value of your friends and family on the weekend.

LEO (July 23-Aug. 22): You may find yourself uniquely able to help someone you care for. Your positive and energetic attitude towards business and investments will gain you financial success. Don't take unnecessary risks with your money. Spend intimate moments with your lover and express how beautiful they are to you.

VIRGO (Aug. 23-Sept. 22): You have a new sense of direction and purpose that accompanies your new relationship. Try to find time to spend with family members and friends who miss you and have been curious about you and your new lover. The weekend is the perfect time to travel; whether it's to social events or going on romantic journeys.

LIBRA (Sept. 23-Oct. 22): You'll be able to accomplish anything you put your brilliant mind to, Libra. You are a hard and determined worker and you can get the job done like no one else where you work. Minor ailments will be gone as soon as they began. The weekend is a blur of social activities. Feel free to flirt as much as you like.

SCORPIO (Oct. 23-Nov. 21): You may find yourself surrounded by children this week, Scorpio. You make an imaginative and energetic playmate and mentor to your own and to other's children. Creative projects may turn out surprisingly well, even if they lack focus at times. There is a strong chance that you'll find romance this weekend.

SAGITTARIUS (Nov. 22-Dec. 21): This is the perfect week to engage in some spring cleaning and repairs around the house. It's a great way to spend time with the family and have friends over as well. Renovate, rearrange and redecorate until your heart's content. Plan to throw a party this weekend thanking those who helped and to show off your work.

CAPRICORN (Dec. 22-Jan. 19): Be careful that your words do not come across as unnecessarily harsh when speaking with others. You feel a great amount of affection for your siblings, though may find yourself quarrelling more often than you are hugging. The upcoming weekend will be the perfect time to socialise and have fun with those you love.

AQUARIUS (Jan. 20-Feb. 18): After Monday you may want to put a greater emphasis upon your current financial situation. You have the energy and drive to get where you want to be and improve the way you earn money. You will discover that you know the true value of something when it matters most. Relationships will come into focus this weekend.

PISCES (Feb. 19-March 20): The week ahead will see you full of energy and with a new zest for life. Shake off the cobwebs and involve yourself in fun activities. The upcoming weekend may bring a heartfelt conversation with a loved one. Friday night may be the perfect romantic moment to flirt with someone you've long been attracted to.

Astrological queries can be directed to Christine at www.moonsignastrology.ca

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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our newest feature, **The Contact Comics**.

Not In My Backyard! by Dale Taylor



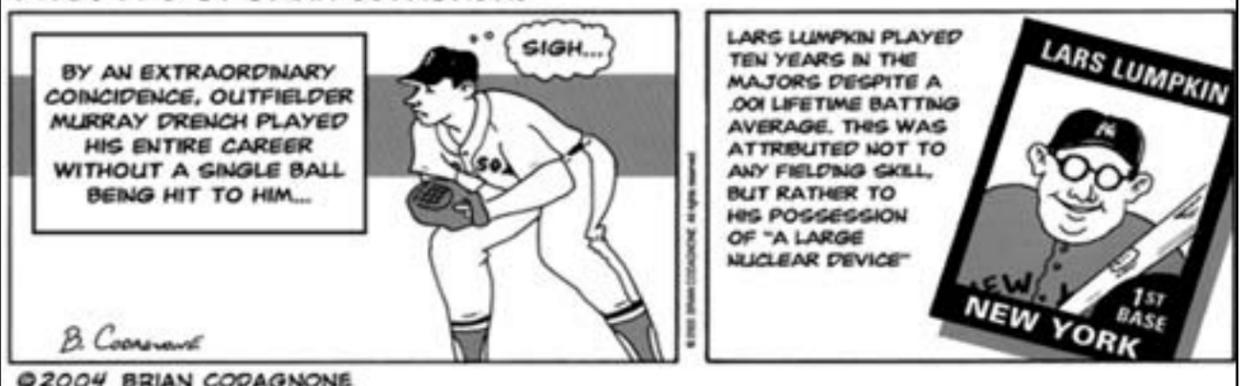
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

Family Deployment Information Session
Join us on Wednesday, April 11 or Tuesday, April 24, 2007 at 7 p.m. at the Siskin Centre

What are the resources available to families of deployed members? Parents, spouses, siblings, sponsors all are welcome. Come and find out what services are there for you! The MFRC will host two Deployment Information Nights at the Siskin Centre. There will be short presentations by: Military Taskings, Judge Advocate's office, Base Social Worker, the MFRC, SISIP, the Chaplain's office, the Mission Support Squadron and others. Presenters will have handouts and information packages. Childcare will be available. Please register for childcare by calling 613-965-3575. Refreshments will be served.

Trenton Lioness Chili Luncheon
Join us on Friday, April 13 from 11 a.m. to 2 p.m. at the Trenton Lions Hall, located at 77 Campbell Street. Admission is \$6 per person.

La famille et le déploiement - Scéances d'information
Le mercredi 11 avril et le mardi 24 avril à 19h au Centre Siskin

Quelles sont les ressources disponibles pour les familles des militaires déployés? Parents, époux/épouses, frères et soeurs, parrains, vous êtes tous les bienvenus. Venez découvrir les services qui existent pour vous! Le CRFM est l'hôte de deux soirées d'information sur le déploiement au Centre Siskin. Les présentateurs sont; des représentants du détachement arrière, du bureau du juge-avocat, travailleurs sociaux de l'escadre, du CRFM, de SISIP, du bureau des aumôniers, de l'escadrille de soutien aux missions et d'autres. Ils auront tous de la documentation à offrir. Un service de gardiennage est disponible. S'il vous plaît, téléphonez au 613-965-3575 pour l'inscription au gardiennage. Des rafraichissements seront servis.

ITALO-CANADIAN QUINTE CLUB LUNCHEON

Join us on Saturday, April 15, 2007, at the Knights of Columbus Hall, located at 57 Stella Crescent in Trenton, at 1:30 p.m., for the Italo-Canadian Quinte Club Luncheon. The menu is as follows: Antipasto Misto, Rigatoni, Chicken Parmigiana, Parisienne Potatoes, Mixed Vegetables, Caesar Salad, coffee, tea and sweets. Tickets may be purchased by calling 613-966-1603 or 613-968-6328. Tickets are \$25 per person.

Garden, Art and Wellness Show
July 14-15, 2007

We are looking for vendors with great products to showcase at the Garden, Art and Wellness show in July. Arts and crafts, organic and wellness products are welcomed. For a copy of the application which is required to be completed by all interested vendors may be viewed and printed by visiting www3.simpatico.ca/wildblueyonder. For more information, please feel free to contact Debbie at 613-473-1725.



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SERVICES OFFERT PAR L'AUMÔNERIE
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Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490
UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS

Padre Jim Craig
Padre Julien Beaulieu

WORSHIP SERVICES

OUR LADY OF PEACE (RC)
NOTRE-DAME-DE-LA-PAIX (CR)
Chapel Life Co-ordinator/Responsable de la communauté
Padre Frank Pellerin
MASS
Sunday Mass (English) 0900 hrs
Messe Dominicale: 1015 hrs
CONFESSION
At all times
PARISH ORGANIZATIONS
Parish Council third Thurs 1900 hrs
Knights of Columbus first Thurs 1900 hrs
CWL second Tues 1900 hrs
Chorale Merc 1900 hrs
Choir Tues 1900 hrs

ST CLEMENT ASTRA (PROTESTANT)
Chapel Life Co-ordinator
Padre Mike Adamczyk
WORSHIP SERVICE
Sunday Divine Worship 1130 hrs
Holy Communion 1st Sunday of the month
PARISH ORGANIZATIONS
Chapel Guild Last Tues 1930 hrs

DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR
After working hours, for emergency only, please call the base operator at 613-392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 613-392-2811 et demandez l'aumônier en devoir.

NOTICE/AVIS
It is now possible to have the Club Xtra points that are earned on all your purchases at CANEX go to the Chaplain Emergency Fund. Simply ask to have the points placed on the Chaplains' card. The Chaplain Emergency Fund is used to assist our military families during times of family crises. / Vous pouvez dès maintenant, lors de vos achats au Canex, donner vos points Club Xtra au Fonds d'urgence des aumôniers. Vous n'avez qu'à mentionner que vous désirez donner vos points sur la carte des Aumôniers. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales.

"But Dad...there's nuthin' to do!"

With your donation you can give your pre-teenage children a place to happily spend the summer and hopefully you'll never hear that phrase again. A group of local volunteers are putting the finishing touches on a \$330,000 fundraising drive to build a children's splash pad and playground equipment at Centennial Park in Trenton. The splash pad park will provide children with a free, parentally supervised, safe place to run through fountains and have water cannon fights. The project will officially open Saturday, June 2, 2007, at 11 a.m...thanks to grants from the Ontario Trillium Foundation and Ronald McDonald House Charities. If you'd like to make a donation, contact Bill Hollett of the Quinte West Community Development Council at [Hollett MCpl WC@CFB Trenton] Donations can be given or placed in specially marked buckets seen throughout the Base. If you require a receipt for tax purposes place it in a envelope with a return address and I will mail it to you. All donations will be consolidated and presented on behalf of "8 Wing/CFB Trenton".



Above is a virtual illustration of the Quinte West Splashpad.

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613-392-2811 ext: 3976

business • for sale • wanted • equipment • automobiles • child care • for rent • employment

Information

CLASSIFIED

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Word ad: 20 words \$3.00 per insertion. GST included. Cash or cheque to be paid at time of insertion.

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All advertising must be dropped off at The CONTACT, 142 Yukon Street, Room 26, before noon Wed. for the next edition and payment should be made at that time. In the event of a statutory holiday all deadlines are advanced by one day.

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Crossword Answers

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O	W	E	S		A	W	L		I	D	L	Y	
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