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• March 2, 2007 •

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• Volume 42 Issue Number 09 •

CONGRATULATIONS 8 WING, ON A JOB VERY WELL DONE

Photos: Submitted



Col Tom Lawson, Commander, 8 Wing/CFB Trenton, proudly presents the proceeds of this year's Government of Canada Workplace Charitable Campaign to Rev. Dr. Hal Wilson, Chairperson for United Way of Quinte. The dollar amount of \$98,700 represents 132 per cent of the monetary goal that was set. Addressing the attendees at the presentation, held February 13 at Baker Island, Rev. Dr. Hal Wilson could not emphasize enough the significance of the Wing's contributions over the years.



Maj Dave Burley accepts the 2006 Spirit Award for best Public Service campaign on behalf of his team. Maj Burley, who was the 8 Wing Chairperson, took the opportunity to thank the Wing Exec Committee and Unit Reps for their outstanding work throughout the fundraiser. In a closing comment, Maj Dave Burley stated that this year's campaign far exceeded his expectations in many respects. "As a new comer to Trenton, I was inspired by the relentless dedication of the many volunteers."

International Women's Day to be celebrated at 8 Wing/CFB Trenton

by Lt(N) Pierrette LeDrew
A1 Programs 2

March 8, 2007 will mark the 30th anniversary of International Women's Day, and 8 Wing/Trenton will do its part to mark the event.

Held at the Astra Lounge from 08:00 to 15:00 hrs, the 2007 International Women's Day Conference will bring a number of guest speakers together to help participants celebrate the day and explore ways for "Self Preservation for Wellness," this year's theme for the Trenton conference. This fits in well with Canada's overall theme for 2007 – Ending Violence Against Women: Action for Real Results."

Topics of discussion will include physical fitness, operational stress injuries and violence against women, among others.

This year marks the sixth time that 8 Wing/Trenton has hosted this conference.

Anyone interested in participating is invited to contact Kym McClinton by e-mail at kym.mcclinton@rcinet.ca to register. Only the first 100 registrants will be accepted. Please note that admission is free, but a donation of toiletries for Three Oaks Foundation would be appreciated.

Established in 1977 by the United Nations, International Women's Day is all about women's rights – their advancements and the challenges that women face every day around the world in order to do so. According to the Status of Women Canada web site, International Women's Day "encourages us to consider steps to bring about equality for women and girls in all their diversity and to celebrate the collective power of women past, present and future."

By doing its part locally, 8 Wing/Trenton will contribute to the overall goal of achieving equality for all.

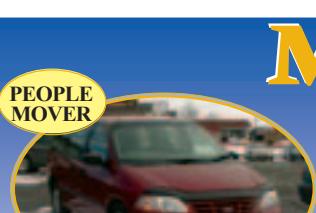
EXERCISE GYPSY WANDERER



Sergeant Greg White, Senior Radar Controller (left), explains to Colonel Tom Lawson, Commander, 8 Wing/CFB Trenton, the operation of the radar scopes inside the IFR shelter. 8 ACCS deployed a complete network-enabled controlled airfield for Exercise Gypsy Wanderer at CFD Mountain View from February 19-23, 2007. See Page 10 for more photos.



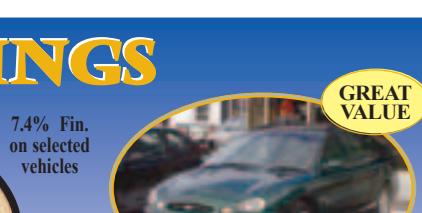
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A weather man as honorary colonel

by Captain Nicole Meszaros, 8 Wing Public Affairs Officer

Every evening for decades Ontarians have been getting their weather from the charismatic Dave Devall on CFTO and CTV Newsnet; every day at 436 (Transport) Squadron, the Canucks listen to the weather before flight in the venerable CC-130 Hercules. With the investiture of Dave Devall as the new honorary colonel of the air mobility squadron, a symbiotic relationship has been forged.

"I think it is appropriate to have a weather broadcaster as our honorary colonel," said Lieutenant-Colonel Rob Coulthard, Commanding Officer 436 (T) Squadron. "In the flying business we make decisions based on the weather. Weather is one of the most basic risks that we face."

Honorary Colonel Devall is himself a pilot with a military heritage of his own. During his Investiture Ceremony on February 16, he recounted that his father fought at the Battle of Vimy Ridge in 1917. "I remember him telling me that they would look up from the mud filled trenches at the aircraft flying overhead," said HCol Devall. The aircraft flying overhead brought them a sense of relief. By the



Photo: Pte Isabel Lavallee-Raby, 8 Wing Imaging

Lieutenant-Colonel Rob Coulthard, CO, 436 Squadron, presents new Honorary Colonel Dave Devall, CTV News Toronto's long time weather expert, with his scroll on February 16, 2007.

1950s, his dad had passed away but the young man had not forgotten about the Air Force. "I went into the kitchen to proudly announce that I was going to join the Air Force. My mother said, 'your dad would be so proud.'"

"I wish I could find the words to express the pride I feel in putting on this uniform. A lifetime should be filled moments like this," said HCol Devall.

During his time in the Air Force as younger man, he explained that he had become part of a family. "I also learned a little bit of meteorology. This lead to a long career," said HCol Devall, who began fore-

casting the weather on television in 1961 as part of the CTV family.

Now, as a member of the World Meteorological Organization, HCol Devall hones his forecasting skills by regularly attending weather conferences throughout North America. He is always working to further his understanding and knowledge of meteorology and climatology in areas such as severe storm forecasting, ozone studies, UV interpretation and air, land, and sea pollution.

Here at 8 Wing/CFB Trenton as a new honorary colonel, he has set two goals for himself to achieve during his tenure.

"I want to get to know as many members of 436 as I can. I want to know about your jobs so I can understand all you do." HCol Devall's second goal is most certainly in keeping with his new office as honorary appointments carry responsibilities, which may include but are not limited to, fostering esprit de corps, promoting the unit's interests in the local community and developing community support for the unit. "As my second goal, I want to raise awareness of this squadron. I am aware of the squadron history and I want to raise the awareness of Canadian Forces (members) serving in the world," he said.

Le Projet de modernisation du régime de retraite des Forces canadiennes

Bulletin du Personnel des FC du BPFC

À compter du 1er janvier 2007, toutes les périodes de service dans la Réserve seront couvertes par le Régime de pensions du Canada (RPC). Ainsi, si vous êtes membre de la Réserve et que votre revenu annuel est supérieur au montant d'exemption annuel de base fixé aux termes du RPC (qui s'élève actuellement à 3 500 \$), vous cotisez main-tenant au RPC sur la même base que les autres travailleurs canadiens dont le revenu est supérieur au montant d'exemption de base, peu importe la nature ou la durée de la période de service dans la Réserve.

Visitez le site Web du Projet de modernisation du régime de retraite des Forces canadiennes à

www.forces.gc.ca/hr/dgcb/cfpmp/frgraph/home_f.asp ou à http://hr.dndhq.dnd.ca/dgcb/cfpmp/frgraph/home_f.asp afin d'obtenir de plus amples renseignements sur les cotisations des membres de la Réserve au RPC. Vous pouvez aussi soumettre des questions précises au commis à la paye de votre unité.

Le Directeur - Traitement des comptes, soldes et pensions (DTCSP) avisera tous les membres de la Réserve qui ont atteint le seuil d'admissibilité pour participer au régime de retraite des FC. Si vous êtes membre de la Réserve, on vous préviendra également lorsque vous pourrez décider de racheter vos périodes de service précédentes au sein de la Réserve aux fins du régime de retraite. Vous pourrez utiliser des calculateurs sur le Web pour estimer les coûts de rachat des revenus antérieurs et prévoir les

prestations futures.

- Consultez le site www.admfinances.forces.gc.ca/pension/intro_f.asp afin d'avoir les dernières nouvelles sur le rachat des périodes de service antérieures pour les réservistes.

Enfin, des centres d'appels sont mis sur pied pour recevoir vos questions d'ordre général sur la retraite et vos demandes de renseignements sur l'admissibilité et les options possibles. Nous vous communiquerons les numéros de téléphone de ces centres une fois que les initiatives de modernisation du régime de retraite auront reçu l'approbation finale.

- Consultez les messages généraux des FC (CANFORGEN) 176/05 et 060/05 à http://vcds.dwan.dnd.ca/vcds-exec/pubs/canforgen/intro_f.asp pour obtenir de l'information générale.


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Forces Pension Modernization

CF Personnel Newsletter From CFPN

As of January 1, 2007, all Reserve Force employment will fall under the Canada Pension Plan (CPP). So, if you are a member of the Reserve Force whose annual earnings are more than the annual basic exemption set under the CPP (currently \$3500), you are now contributing to the CPP on the same basis as any other Canadian worker earning more than the basic exemption, regardless of the nature or the length of your Reserve service.

- Check out the CF Pension Modernization Project website at www.forces.gc.ca/hr/dgc/b/cfpmp/engraph/home_e.asp or at http://hr.dndhq.dnd.ca/dgcb/cfpmp/engraph/home_e.asp for more information on Res Force personnel CPP contributions. You may submit specific questions to your unit pay clerk.

chasing previous earnings and forecasting future benefits.

- Keep an eye on www.admfincs.forces.gc.ca/pension/intro_e.asp for information updates on Prior Service Buybacks for Reservists.

Finally, call centres are being readied to receive your general pension questions, and queries about eligibility and elections. You will be advised of call centre telephone numbers once the pension modernization initiatives receive final approval.

- Consult Canadian Forces General Messages (C A N F O R G E N's) 176/05 and 060/05 at http://vcds.dwan.dnd.ca/vcds-exec/pubs/canfor-gen/intro_e.asp for background information.

Search & Rescue UPDATE



424 Squadron Tigers had a very quiet week last week with no SAR callouts.

Until next time, stay safe.



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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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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 or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) and 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 #.
- 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 NOON
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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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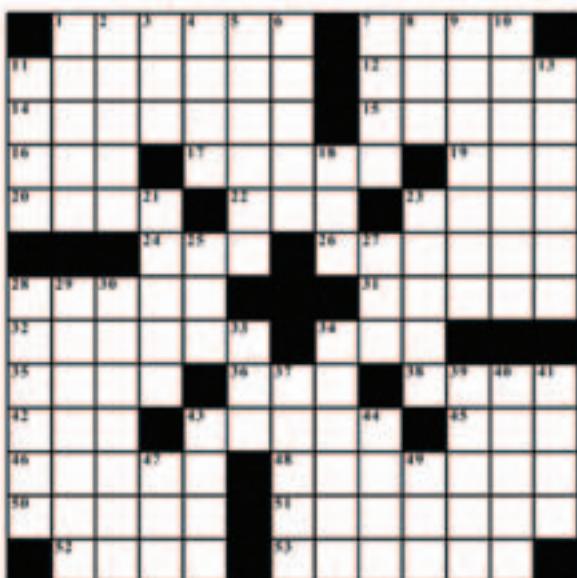


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Canadiana Crossword

The Greatest One

By Bernice Rosella and James Kilner



ACROSS

- 1 Wayne's 1st professional team
- 7 War Lord?
- 11 Prepare an invoice
- 12 Solo
- 14 Cold Lake, say
- 15 Wayne's 3rd professional team
- 16 Roman 1051
- 17 Number of NHL Allstar MVP awards won by Wayne
- 19 Scrap
- 20 Nestling hawks
- 22 Civil defence org.
- 23 Opera solo
- 24 Knockouts, slangily
- 26 Thoroughfare
- 28 Kept the boat moving
- 31 _____ and when
- 32 Icons
- 34 Serpent
- 35 Camera feature
- 36 Mature
- 38 South seas veggie
- 42 Work unit
- 43 Wayne's 4th professional team
- 45 Number of Art Ross Trophies won by Wayne
- 46 German city
- 48 Shell fish
- 50 Brush
- 51 Prompts
- 52 Confused maybe
- 53 Grabs
- 54 Israeli port
- 55 Hurries
- 56 Seed
- 57 Food fish
- 58 Caliph
- 59 One who is lauded
- 60 More incensed
- 61 Subdue
- 62 Property
- 63 Goddess of the dawn
- 64 Rudder supports
- 65 Buddhist Saint
- 66 Poem of praise
- 67 Number of Conn Smythe Trophies won by Wayne
- 68 Wayne's 2nd professional

DOWN

- 1 Turbid
- 2 Courtyards
- 3 Taxi

- | | |
|------|----------------------------------|
| team | 29 Continent |
| 29 | 30 Wayne's 5th professional team |
| team | 33 Salt, in San Sebastian |
| 33 | 34 Pellet |
| 34 | 37 Legumes |
| 37 | 39 Make amends |
| 39 | 40 Rips |
| 40 | 41 Aces |
| 41 | 43 Sponge cake |
| 43 | 44 Lappish |
| 44 | 47 Seek justice |
| 47 | 49 Elizabeth, breezily |



This Week in Contact

1977 – According to an Associated Press report, the Soviet Army newspaper Krasnaya Zvezda says that recent measures to strengthen the Canadian Forces "go against the positive changes in the current international situation." Citing Canada's decision to purchase 18 long-range patrol aircraft from Lockheed Corp and the proposed purchase of 128 Leopard tanks from West Germany, the paper accuses Canada of fueling the arms race. They must be kidding! According to RAF Air Chief Marshall Sir Andrew Humphrey, the Russians are building 1,800 military aircraft each year. Well over half that number are high-performance combat aircraft.

1987 – The Federal Budget will have minimal impact on the long term plans of the Department of National Defence. Although \$200 million in Defence spending was put off until the next fiscal year, this can be handled largely by deferral to next year of some payments and dates of military commitment and supplies.

1997 – To commemorate the disbanding of Fighter Group, the release of a comprehensive history book entitled "A History of the Air Defence of Canada" took place. The hard cover "coffee table" book has a coloured dust jacket and contains over 200 photographs (with bilingual captions), many of which have never been published before. The photos cover all aspects of air defence including at least one shot of each of the long serving Pinetree radar sites.

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



Raising money, offering hope and granting wishes

February 14 was more than a day of candy-grams, Valentines and chocolates for a group of Murray Centennial Public School students in Quinte West.

Students, parents, 8 Wing personnel and community partners put their efforts together to hold the first local St. Valentine's Day Hair Massacre event, outside of Edmonton, the originating location of the event itself. This was the first year the program was launched nationally.

The hair massacre, a head shaving event, helps raise money for children's hospitals and the Make-a-Wish Foundation,

which grants the wishes of children with life-threatening illnesses — to enrich the human experience with hope, strength and joy.

This year's efforts raised more than \$22,000, shaving just over 50 heads during the four hour event. Local sponsors included Dr. Thomas McDowell's dental practice and Lorraine O'Quinn from Royal LePage in Trenton.

The money raised by students locally will remain in the community, and surrounding area, to help grant wishes to local children battling numerous illnesses.

Photos: Submitted



Corporal R. Davis smiles ear-to-ear as his son begins to shave his head at the Quinte region's St. Valentine's Day Hair Massacre held at Murray Centennial Public School.



RCAF Flyers Arena Manager Bryan Pearce looks on during the final stages of his head shave.



Captain H. Haytaoglu was one of many participants in the Quinte region's first St. Valentine's Day Hair Massacre, which was held on February 14, 2007.



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8 Wing welcomes new Fitness and Sports Director

by Amber Gooding
Contact Staff

Denis Gaboury, the new Fitness and Sports Director at 8 Wing/CFB Trenton, is excited to lead his team of fitness and sports professionals well into the new year with plenty to look forward to.

Born and raised in Quebec City, Denis is a graduate of Physical Activity Science at Laval University. He has spent the last 10 years working in the athletic department at the Royal Military College (RMC) in Kingston, ON, where he still currently resides with his wife Sonia, and two daughters, Émie and Lori-Ann.

During his time at RMC, Denis occupied numerous positions, including physical education (PE) teacher, evaluation coordinator, sport collective coordinator and acting PE manager.

It was his experience as PE manager that led him to his current position here on base.

"I enjoyed my time in Kingston but the last year was quite revealing in terms of management," said Denis. "I loved my experience as PE manager, where I learned a lot. But with the imminent return of my supervisor, I had to look for other opportunities to continue at that level."

And that's exactly

what he did. He set his sights higher and on January 8, 2007 he assumed the position of Fitness and Sports Director, formerly held, for many years by Manny Raspberry. In this new environment, Denis has aspirations of growing both individually and as a part of a team.

"The first month was a period of adaptation for me," he said. "RMC is much different than an operational base. I'm focusing on understanding the way things are done here and am evaluating the procedure already in place."

Denis has thoroughly enjoyed the past couple of months on base and is already working closely with members of his team to help maintain the high-level of physical fitness that is required by our serving members of the Canadian Forces.

The Fitness and Sports flight are in the planning stages of implementing further developments, and more fitness classes, to accommodate personnel as it relates to their individual fitness regimens.

Some additions that personnel on base have to look forward to this year include a new spinning room, cardio theatre and cybex circuit, to name just a few.

The ultimate goal is to ensure the Fitness and Sports vision coincides with the Wing



Denis Gaboury
Fitness and Sports Director

Commander's Mission, as it relates to physical fitness.

The Chief of Defence Staff's directives on physical fitness are clear, Denis says, and the fitness and sports personnel will do everything to ensure that they follow these directives while maintaining their mandate.

"Our mandate is to provide our customers with the opportunity to participate in safe and healthy activities that will improve personal fitness as well as contribute to an enhanced quality of life," said Denis.

He notes that the military community here is very dynamic group, and the personnel working in the

Sports and Fitness flight are very competent, which has only made his job that much easier.

Denis is also a certified coach in a number of areas, including as broomball, volleyball, weight lifting, climbing, rappel and pressure points control tactics.

He is still involved with the volleyball program at Queen's University in Kingston and serves as the National Military Coach for Canada (CISM) since 2000.

His experience, motivation and expertise in the field of physical fitness will stand him in good stead in the months and years to come here at 8 Wing/CFB Trenton.

Sports

Fitness, Sports & Recreation

Red Cross Water Safety Instructor course

The Red Cross Water Safety Instructors Course is designed to prepare candidates to instruct the Water Safety Programs. Candidates experience, analyze and apply the Red Cross Swim Program curriculum. Candidates must be at least 16 years old to register. Certified Water Safety Instructors must renew their certification every two years.

The course will take place from March 12 to March 17 (Monday to Saturday) as follows: Monday, 9 to 4 p.m.; Tuesday, 9 to 11 a.m.; Wednesday, 9 a.m. to 4 p.m.; Thursday, 9 a.m. to 12:30 p.m.; Friday from 9 a.m. to 4 p.m.; Saturday from 9 a.m. to 5 p.m.

Cost: military and CRA members, \$220; military community, non-members, \$240; general public, \$260.

Red Cross swim registration

Spring swim lesson registration for the 8 Wing community will take place on Saturday, March 24, from 9 a.m. to 11 a.m. Numbers for service will commence when the doors open at 8:30 a.m.

Registration will con-

tinue until Tuesday, March 27 at the RecPlex during regular hours of operation.

Registration for the general public will take place on Wednesday, March 28, from 5 p.m. to 7 p.m.

Registration for all will continue until the first class.

Friday night bug swims

Every Friday night rec swim, from 6:30 to 8:30 p.m. will be "Rec Swim with the Bug". Due to reduced visibility while the bug is in the pool, water toys will not be permitted during this swim. Regular drop-in fees will apply.

Personnel newsletter: Physical Fitness 2007

General Rick Hillier, CDS

This year, I will release a fitness campaign plan to focus on raising fitness awareness and actual fitness levels as determined by physical fitness testing and other unit and personal readiness measures.

By announcing my intentions now, it should motivate me to speed up my run times to meet my new standards, and I hope it will motivate you as well.

The plan will include streamlining and updating CF EXPRES testing procedures and programs, producing a "fitness" chapter for my CDS Guidance to Commanding Officers, and renewing focus on strategic fitness initiatives. The campaign plan will focus on leadership, individual motivation, accountability for results, and facilitation initiatives to help individuals and teams to improve their fitness levels.

All Regular Force personnel, and Primary Reserve personnel on continuous Reserve service (Class B or C) for a period exceeding 180 days (with the exception of those who are incentive-exempt, medically excused, or subject to a location excusal) shall be fitness tested in accordance with existing policy by March 31, 2007 for the April 1, 2006 to March 31, 2007 evaluation year.

The chain of command will ensure that personnel are tested, and commanders will be held accountable for 2006-2007 unit results.

Planning for fitness testing and programming for Reserve Force personnel on Class A service will continue through 2007, with the expectation that units will be fully engaged by June 1, 2008.

Maintaining a personal physical fitness regime is a personal responsibility and a requirement of service. Physical fitness test-

ing provides the validation that a particular fitness regime is adequate, and under current fitness policy, annual physical fitness evaluation is required. The results of this current testing will provide a clear picture of the fitness standards achieved.

Commanding officers will ensure that the fitness results and status of their personnel are entered into the fitness panel of the Human Resources Management System (HRMS) no later than April 30, 2007. By May 15, 2007, a consolidated report will be provided to Chief Military Personnel, who will inform Armed Forces Council.

All CF personnel must participate in a physical fitness program sanctioned by the CF. Should CF personnel fail to meet the required minimum physical fitness standard, remedial physical fitness training, retesting and, if necessary, career administrative measures will be initiated.

This fitness campaign plan continues what began in December 2005, when I launched the first stage of a process to reinvigorate our military culture of fitness. That 2005 direction focussed on a process of establishing a baseline level of physical fitness. The need for 100 per cent testing and recording of status was followed by the publication of the policy on universality of service and fitness standards. The substantial increase in gym traffic and in the number of fitness inquiries through 2006 reflects the beginning of the required resurgence. We must maintain this momentum. I am firmly committed to the evolution of fitness policy and practice within the Canadian Forces, and expect CF men and women to focus even more strongly on the healthy life style that is so essential to maintaining standards that set the conditions for success in operations.

Elite Hockey School

The 8 Wing Elite March Break Hockey School will take place from Monday, March 12 to Friday, March 16, 2007.

This high-energy, fun-filled week-long hockey school program will provide participants with a full range of activities including power skating and dry land training.

Cost is as follows: \$150 for military community members and \$200

for the general public.

The price of the hockey school also includes lunch, each day at the Yukon Galley, as well as a sweater and a pair of socks.

Please note: There is a 10 per cent discount applied for each additional family member enrolled in this year's program.

Space is limited. Register now at the RecPlex.

Battle of the Sexes

Join us on Saturday, March 17, from 5 to 10 p.m. at the Youth Centre for Battle of the Sexes. Cost is \$10.

Pre-registration is required. Registrations are being accepted at the MFRC or RecPlex reception desks.

March Break swim schedule

Rec Swims: Monday to Friday, from 1:00 p.m. to 3:00 p.m. between March 9 and March 17, 2007.

Parent & Tot Swims: Monday to Friday, from 3:00 p.m. to 4:00 p.m. between March 12 and 16, 2007.

Adult Lane Swim: (Main Pool) Monday to Friday, from 3:00 p.m. to 4:00 p.m. between March 12 and 16, 2007.

March Break Kids Kamp

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

The March Break Kids Kamp will be returning to the RecPlex, located at 21 Namao Drive, off of RCAF Road.

The Kids Kamp begins on Monday, March 12 and runs throughout the week, from 8 a.m. to 4 p.m.

Before and after care is available in the mornings from 7 to 8 a.m. and again in the evenings from 4 to 5 p.m., for an additional cost.

Cost: CRA members: one child, \$78; two children, \$141; three children, \$184. Military community, non-members: one child, \$83; two children, \$151; three children, \$199. General public: one child, \$88; two children, \$161; three children, \$214. Space is limited and the Kamp will fill up quickly so make sure you register today.

Snowshoe rentals available

Snowshoe rentals are now available for all military and CRA members. Cost: \$10 a day, per pair of all Altitude shoes in adult and teen sizes; \$5 per day, per pair of Tubbscout and Trekker Nomad in infant or children's sizes.

Much Music Video Dance

Join us at the South Side Gym on Saturday, March 10, for the Much Music Video Dance.

The dance is open to youth ages 9 to 12 from 5 to 7:30 p.m. and will then open to teens ages 13 to 16 from 8:15 to 11 p.m.

Cost: \$10 per person.

This will be an adult-supervised event.

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Saturday March 10, 2007

3pm - 11pm

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EX GYPSY WANDERER

Photos: Cpl David Hardwick, 8 Wing Imaging



Colonel Tom Lawson, Commander, 8 Wing/CFB Trenton, discusses satellite communication with Captain Carl Charbonneau, 8 ACCS Ops Officer during Ex Gypsy Wanderer, held Feb. 19-23, 2007.



Master Corporal John Shorter, an ATIS Tech with 8 ACCS (left) , explains the V-Sat communications system to Colonel Tom Lawson, 8 Wing Commander.



Master Corporal John Shorter, an ATIS Tech with 8 ACCS (left), explains the V-Sat communications system to Colonel Tom Lawson, Commander, 8 Wing/CFB Trenton (centre), as Sergeant Kyle MacAusland , another ATIS Tech, looks on.

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2003 PONTIAC SUNFIRE GT

WOW only 29,000 kms! Automatic, loaded with every option available inc. high polish rims, power sunroof & every power options. Must see! Flawless condition with only 29,000 kms! Fresh in off GMAC lease.
\$10,995 certified.
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2004 CHEVY IMPALA LS

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\$12,995 certified.
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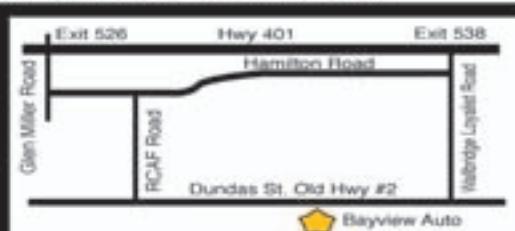
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HOROSCOPES

Weekly Astrology by Christine Davison

March 4 - March 10

ARIES (March 21-April 19): Pay close attention to people and areas of your life that may be in need of your capable assistance. Aries should avoid charging blindly ahead, this week; instead practise some patience and temper everything with temperance. You crave peace right now. Friends are on your side, even when things seem a little unsettled.

TAURUS (April 20-May 20): It's not really your way Taurus, but getting out there and drawing attention to yourself could lead to positive things. Ideas flow freely. Take a moment or two to focus on yourself. Time spent this week in introspection and meditation may bring surprising and beautiful results. You may learn something new about what it is you truly want.

GEMINI (May 21-June 20): Start the week slowly, making sure to indulge yourself every moment you can. Eventually, you'll need to pick up speed and take care of your other responsibilities and to network socially. Connecting with people may bring you renewed respect and a unique ability to spot important details. This is a time to study and plan for travels at a later date.

CANCER (June 21-July 22): There's a spark to you, this week. If you follow your heart and how you truly feel, then you may find yourself falling in love. Don't worry about expenses, as your passions and desires are far more important than something as trivial as money. Money may unexpectedly come to you from a surprise source this weekend.

LEO (July 23-Aug. 22): Your natural sense of right and wrong will be strained this week but you will pass this moral test with flying colours. You have a tendency to side with the innocent and those who may win. Keep an open mind towards how you feel and to what your heart may be telling you. Don't be hasty where love is concerned; travel this upcoming romantic path slowly.

VIRGO (Aug. 23-Sept. 22): Enjoy a walk to calm your mind and exercise your body. Treat yourself to something exciting or sensual, this week. Take your time and be as thorough as possible where your personal and professional life is concerned in the days ahead. Practise patience, as potential conflicts may be emotional ones.

LIBRA (Sept. 23-Oct. 22): You're always doing things to match the expectations of others, Libra; now is the time to stop. The focus should be on you for a change. Social activities this week will help you clear your mind and may act to inspire you in new creative directions. You'll be able to balance a night out within the limits of your busy schedule.

SCORPIO (Oct. 23-Nov. 21): A lot of questions remain up in the air, this week. Your intuition may be somewhat clouded; feelings should be closely analysed before being followed. Others may see you as mysterious and attractive. You crave your freedom and independence and should work to maintain it.

SAGITTARIUS (Nov. 22-Dec. 21): Combine your worldly knowledge with your remarkable intuition and you'll be able to achieve great things for yourself and those you care for. Others seek you out for your good advice. Let your charisma guide you through conflict and towards a good and noble end. Your decisions this week will be wise ones.

CAPRICORN (Dec. 22-Jan. 19): You are very certain about which sides of your personality you wish to show to the world. You've a desire to keep others at arms length and maintain your privacy. A curious interest in the obscure will add to your creative abilities and innovative genius. Some may find this mysterious side of you unusually attractive.

AQUARIUS (Jan. 20-Feb. 18): Sweep away an old routine or habit this week. This is not a time for conservative action. It is time to find a fine balance (especially in regards to your relationships). Ask yourself what motivates you; you would do well to find a partner who feels the same way as you. You've done well and should take some pride in your capabilities.

PISCES (Feb. 19-March 20): You've earned yourself a reward Pisces, but would be wise not to overindulge. Personal and professional conflict can be overcome with compassion, this week; this same sense of compassion could lead to an epiphany to what it is you really wish to accomplish in your life. Deep down inside, you'll know the right answer.

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

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Not In My Backyard! by Dale Taylor



DuJour

MEETING

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Mind waiting until we START?

Stuff!



SIO! BY BRIAN CODAGNONE



Community

Community Events

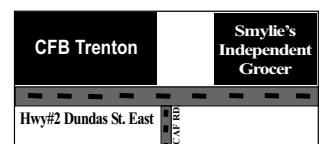
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations 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.

Quinte Film Alternative Presents
"AWAY FROM HER"

Join us on Wednesday, March 7, 2007 at The Empire Theatre in Belleville (located at 321 Front Street) for this special viewing of **Away From Her**.

There are two viewings available; a matinee at 2:00 p.m. and an evening showing at 7:30 p.m.

Ticket costs are as follows: Matinee \$8.00 and Evening \$10.00. Tickets are available at The Empire Box Office (613-969-0099) and The Alzheimer Society of Belleville-Hastings-Quinte office, located in the Bayview Mall.

About the film: Acclaimed actress Sarah Polley slips gracefully into the director's chair with this eloquent, profoundly moving story of an elderly couple coping with the emotional ravages of Alzheimer's disease. After forty years of marriage, Grant (Gordon Pinsent, Saint Ralph, KCFF05) must face his wife Fiona's (Julie Christie) illness and admit her to a nursing facility. But the depth of their life-long love is tested when Fiona virtually forgets her husband and falls for another patient (Michael Murphy). Julie Christie dazzles in a career-topping performance as the conflicted Fiona.

The vivid screenplay was adapted by Polley from Alice Munro's "The Bear Came Over The Mountain."

The event is presented by Capri Releasing in advance of general theatrical release as a fundraiser for the Alzheimer's Society of Canada. All proceeds will be donated to the Alzheimer Society of Belleville-Hastings-Quinte.

The Defence Women's Advisory Organization presents
On behalf of the Employment Equity Advisory Organization



2007 International Women's Day Conference

CANADIAN FORCES BASE TRENTON
THURSDAY MARCH 8, 2007
0800 - 1500 HOURS - ASTRA LOUNGE

Please join us for an engaging conference on celebrating International Women's Day and exploring ways for "Self Preservation for Wellness"

Speakers

Alexandra Barker - Relief Beyond Belief

Rahno Godfrey - Three Oaks

Michelle Keddy - Operational Stress Injury Social Support Programme (OSISS)

Lisa Refausse - PSP Fitness Coordinator

Rose Marie Reid - Loyalist College

Register by 2 March 2007

Registration is free and is open to all military and civilian DND personnel and CFPSA members.

Only the first 100 registrants will be accepted.

Please contact Kym McClinton via email prior to March 2nd at mcclinton.k@forces.gc.ca to register.

Admission: Free (Donations of toiletry items for Three Oaks Foundation would be appreciated.)

Rainbow Dance

Join us on March 3, 2007 at the Bohemian Penguin Banquet Hall (located at 399 Front Street in Belleville), from 9 p.m. to 2 a.m. Cost is just \$8 per person. LGBT community and all supporters welcome.

ATTENTION BOYS AND GIRLS

Ages 11 to 15

The Red Cross Babysitting Course is having a seat sale for the month of March. With every registration, you can bring a friend and save 50 per cent off the cost of the course.

There are two courses available in March. The first course will take place on Wednesday, March 14, 2007. The second course will be held on March 31, 2007. Both courses will run from 9 a.m. to 5 p.m.

To register, please contact the Quinte Branch Red Cross Office at 613-966-0730. Space is limited.



CHAPLAIN SERVICES SERVICES OFFERT PAR L'AUMÔNERIE

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MASS

Sunday Mass (English) 0900 hrs

Messe Dominicale: 1015 hrs

CONFESSTION

At all times

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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

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 aumônières. 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.

Health & Safety

When a smoker stops smoking...



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Twenty minutes after your last cigarette, positive changes begin to occur in your system, which continue for many years. It takes only one cigarette a day to compromise these beneficial changes.

20 minutes

- Blood pressure returns to normal
- Pulse returns to normal rhythm
- Temperature of hands and feet returns to normal

8 hours

- Carbon monoxide count returns to normal
- Oxygen level in the blood returns to normal

24 hours

- Risk of heart attack decreases

48 hours

- Sense of smell and taste improve

2 weeks to 3 months

- Circulation improves
- Walking becomes easier
- Pulmonary function increases by about 30 per cent

1 to 9 months

- Cough, nasal congestion, fatigue & shortness of breath diminish
- The body regains energy

1 year

- Risk of coronary disease is 50% less than that of a smoker

5 years

- Lung Cancer mortality rate of a former pack-a-day smoker decreases to almost half
- From 5-15 years after quitting, the risk of stroke decreases and is comparable to that of a non-smoker
- The risk of cancer of the mouth, throat and esophagus is 50% per

cent less than that of a smoker

10 years

- Cancer mortality rate is similar to that of a non-smoker
- Pre-cancerous cells are replaced

- Risk of cancer of the mouth, throat and esophagus, bladder and pancreas decreases

15 years

- The risk of heart disease is similar to that of a non-smoker

*Source: American Cancer Society, Washington.

Good luck to everyone who is participating in the March 1st "I Quit" Contest - You can do it!

Kendra Lafleur HPD, local 3767
Lisa Pitt, HP AA, local 3768
177 Hercules St., Bldg 119

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Humour is fine, horseplay is not



Submitted by
Don Heans,
Wing General Safety
Officer

Humour does have a place at work. Laughter is good for us; for our mental and perhaps even our physical health. Humour can help us in learning, even about safety. It can make our time at work much more pleasant.

However, practical

jokes and horseplay can endanger our safety. Many times they have caused serious injury and even death. The object of these practical jokes is to frighten or embarrass the victim. Here are a couple of examples, and the tragedy they can cause:

A worker is high on a ladder and the plant comedian begins to shake the ladder. The victim loses his balance and falls, becoming seriously injured.

The joker rigs up a homemade explosive to startle the victim. The victim loses a hand in the explosion.

The horseplay artist wires a door

shut temporarily. In the meantime, fire breaks out and the victim is unable to escape.

Let's not forget the ever-popular compressed air down the pants routine. This little joke results in internal injuries and possibly death.

That's the trouble with practical jokes. They are bad enough when they go as planned and humiliate the victim. But they often backfire and end in unexpected accidents and injuries.

So use your horse sense, and do your part to discourage horseplay in your workplace.



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Officers' Mess March 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
-----	-----	-----	-----	-----	-----	-----

Upcoming Events for April 2007

YukYuks 14 April 07

For Further Information Please Contact
Mess Office 2205/Mess Manager 3457

1

2

3

TGIT
Roast
Beef on a
Bun

Sandwich
Bar

11:30 - 13:15



4	5	6	7	8	9	10
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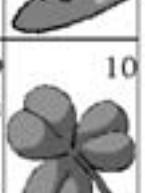


LADIES
CLUB

TGIT
Chicken
Wings

Sandwich
Bar

11:30-13:15



11	12	13	14	15	16	17
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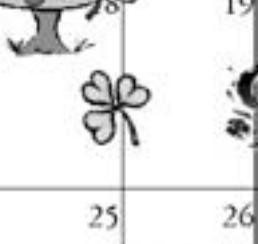
TGIT
Traditional
Irish Fare

Sandwich
Bar

11:30 - 13:15



18	19	20	21	22	23	24
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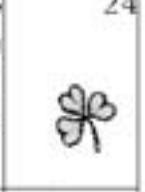
TGIT Steak

FREE for Mrs

21

\$10 for non

Mrs and
Guests



25	26	27	28	29	30	31
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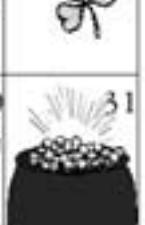
TGIT Fajitas

Air Force

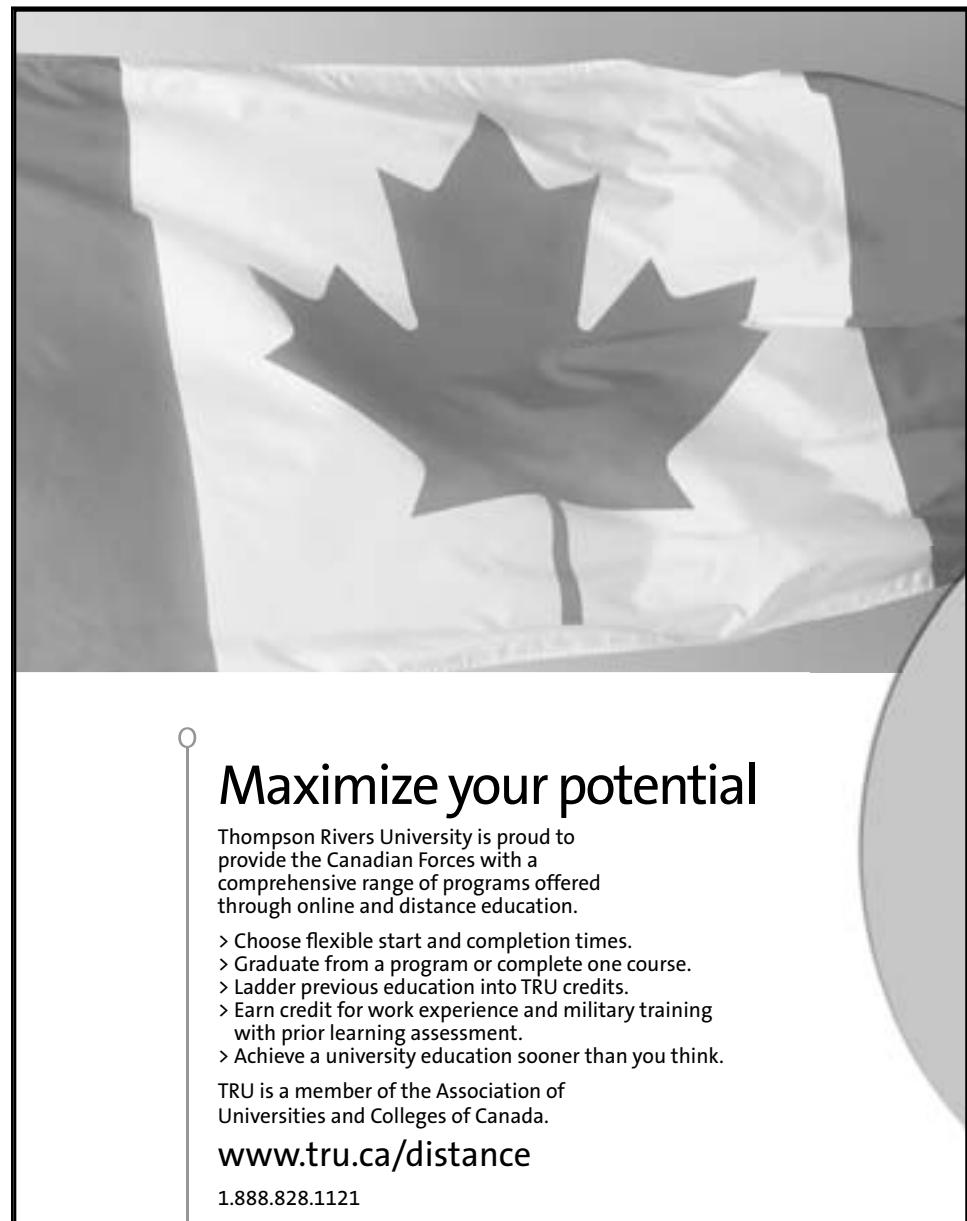
22

Mess Dinner

11:30 - 13:15



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SUN	MON	TUE	WED	THU	FRI	SAT
					1 TGIF's start 1700 hrs Mhrs - No cost Guests - \$3.00 TGIF Sports start 1800 hrs	2 TGIF - Subs Sports - Pool Astra WLEO PD/ Sports Day
4	5 Lab Lounge Scuba Club	6	7	8 Astra International Woman's Day	9 TGIF - Pizza Sports Exchre	10 All Sports Tournament Sign in 1230 hrs Games start 1300 hrs
11	12	13	14 Show Tour	15	16 TGIF Chicken & Taters Sports - Pool	17
18	19	20	21	22	23 TGIF Diners Sports - Darts	24 Lab Lounge MP Platoon Association
25 Lab Lounge IMP Platoon Assoc Astra Vimy Ridge Group	26 Astra Vimy Ridge Group	27	28	29 Astra Set up RCAF Mess Dinner	30 Astra RCAF Mess Dinner	31 Astra Cadet Dance

MARCH 2007

Bar Hours
Saturday - Thursday: 1130-2400 hrs.
Friday: 1130-0100 hrs.
Office Hours
Monday-Friday: 0800-1200 / 1300-1600 hrs.

For More info on what's going on at the Messes and Base, go to cfbtrenton.com and follow the links.

WO & SGT'S Mess

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Main Lounge MCpl Appreciation Night 1530 hrs	2 Main Lounge MCpl Appreciation Night 1530 hrs
4			5 Mixed Darts Games Room 1330 hrs	6 Main Lounge Honors & Awards SAMS 1300 - 1500 hrs	7 Main Lounge Fire Fighters	8 9 10 Soup & Sandwich 1130 - 1330 hrs TGIF Fish & Chips 1700 hrs
11		12 Mixed Darts Games Room 1330 hrs	13	14	15 Main Lounge Fire Fighters	16 17 Soup & Sandwich 1130 - 1330 hrs TGIF Roast Beef 1700 hrs
18		19	20	21	22 PMC Coffee Break Fireside Lounge 1600 hrs	23 24 Soup & Sandwich 1130 - 1330 hrs TGIF Spaghetti 1700 hrs
25		26	27	28	29 Mixed Darts Games Room 1330 hrs	30 31 Soup & Sandwich 1130-1330 hrs TGIF Chicken Dinner 1700 hrs Main Lounge RCAF Mess Dinner 1800 - Midnight

March 2007

Bar Hours:
Monday - Thursday 1130 - 1330 & 1500 - 1900 hrs.
Friday 1130 - 2100 hrs.
Saturday & Sunday 1200 - 1500 hrs.

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An update from 426 Squadron

Things are churning away at a feverish pace here in the Strategic Flight (STF) of 426 Squadron.

With the upcoming Combat Ready Course set to rear its monstrous head in the hallowed halls of the squadron, it can be compared to that of a pinball machine with all of its balls loose at the same time. Every section within the STF is plugging away at a high tempo, trying to ensure that all issues pertaining to the commencement of the course are met.

Joining us as the Combat Ready Course Director is Mr. Peter VanTassell, who has tackled the enormous task of accumulating all trades' course related issues and requirements and created a very complex yet user friendly schedule.

With keyboards ablazing and smoking, representatives with support players from each section began the tedious task of

restructuring the lesson plans to mirror the training plan. It was quickly realized that there was clearly a deficiency in the abilities to deal with the font, formatting, etc. This is when Major Christopher Conway requested we bring someone on-board to do a complete and proper overhaul of all training plans, so they would all look the same.

The squadron went out and brought in Miss Carruthers to pull us back from what was quickly becoming an administrative nightmare with regard to the training plan. Had we stayed the course ourselves, it would have been the equivalent of allowing several toddlers to complete the training plan with Alpha'bits.

The boys and girls of the Tactical Training Flight are just in the closing days of the last full "BTAT" course prior to commencing a shortened version of the CR

course that starts on March 5. They will be venturing into new waters when the first full course commences in April; they will be faced with a new type of student - a student who is still under training from the old strategic flight. During previous BTAT courses the student was already operational.

During this entire time frame, the squadron still must maintain flying hours and man various different trips and complete a multitude of in-house taskings. The CC-150 folks are not directly involved with Op Revamp but they too continue a very busy schedule with the FA / FS course, a new Dangerous Goods course to teach and to augment 437 Squadron when required. The CLMI here at 426 Squadron has just completed his operational upgrade on the CC-150 Airbus. Is that an

indication of things to come for him??

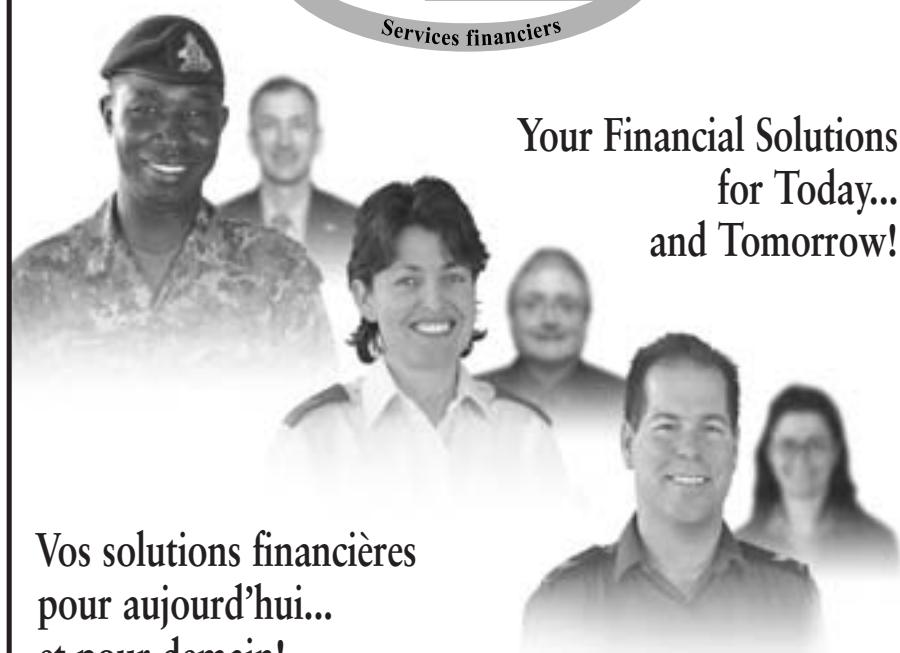
With every new project comes new problems, and as this is the first version of the course, there will be growing pains to work through. We are very confident that we possess all the tools and ability required to turn this monumental task into a successful reality. However, we also need to be grateful to the squadron as a whole, as everyone in the squadron is accepting bigger responsibilities and taskings to see this through to the end.

The Strategic Flight of the squadron has some changes coming in terms of personnel,

Major Christian Roy will be departing for WOPS, Captain Brian Cormier will be heading off to 436 Squadron (not before he completes his latest mini CR course) and Captain William Snyder will take over the Nav Leaders job.



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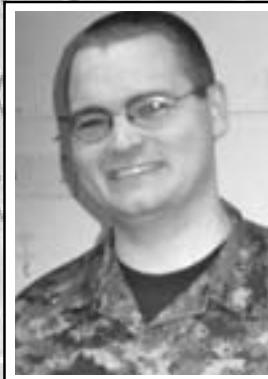


Showcase

Showcase



Lt J. Bezanson
received his promotion to that rank,
presented by Maj R.C. Champagne, A3 ATC.



Pte(T) R. Clark
received his promotion to that
rank, presented by Maj R.C.
Champagne, A3 ATC.



Cpl D. Ross
received her promotion to that
rank, presented by Maj R.C.
Champagne, A3 ATC.



Capt R. Shackelton
received the CC-130 Hercules 1000 Hour Flight Certificate,
presented by LCol R. Coulthard, CO 436 Squadron.



MCpl S. MacCarthy
received the CC-130 Hercules
1000 Hour Flight Certificate,
presented by LCol R. Coulthard,
CO 436 Squadron.



MCpl E. Henty
received his General Campaign
Star Medal, presented by
LCol R. Coulthard,
CO 436 Squadron.



Capt A. Costelloe
received his Canadian Decoration and the General
Campaign Star Medal, presented by LCol R. Coulthard,
CO 436 Squadron.



Maj D.R. Baldwin
received the CC-130 Hercules 5000 Hour Flight Certificate, and
C-130 Hercules 3000 Hour Flight Certificate
presented by LCol R. Coulthard, CO 436 Squadron.



Sgt R. Rowsell
received his Canadian
Decoration First Clasp, presented
by LCol R. Coulthard, CO 436
Squadron.



Capt K. Barling
received the Blue Seal for
Aerobic Excellence, presented
by LCol R. Coulthard, CO 436
Squadron.



MCpl J. Cunningham
received the General Campaign
Star Medal, presented
by LCol R. Coulthard,
CO 436 Squadron.



MCpl H. Folfas
received her promotion to that rank,
presented by Major J. Fernandes, AMSO 8AMS,
MWO J. Oscien, AVSO 8AMS, and Sgt S. Sampson.



MWO L. Magee
received his promotion to that rank, presented by CWO Hancock,
SWO 426 Sqn and LCol D.B. Cochrane, CO 426 Squadron.

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