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• Volume 42 Issue Number 10 •

Wing Commander to assume Commandant position at RMC

by Luke Hendry
The Intelligencer

Just 10 months after he arrived, Colonel (Col) Tom Lawson is again on the move.

The Honourable Gordon O'Connor, Minister of National Defence, announced March 6 that Col Lawson, 49, is one of a few dozen senior military staff receiving promotions this year. Col Lawson will soon be promoted to the rank of brigadier-general (BGen) and named the new commandant of Royal Military College in Kingston.

Colonel Lawson will replace BGen Jocelyn Lacroix, who has already left the historic institution for a job in Ottawa.

Col Lawson graduated

from RMC in 1979 and taught micro-electronics there in the 1980s. But back when he enrolled there, he said, he never expected to one day be in charge of the school.

"It was the last thing on my mind," he said, laughing. "In fact, six months ago, it would have been the last thing on my mind, too." "I've developed a love of the college and the buildings on the point in Kingston," Col Lawson said. "I go there feeling quite prepared to be commandant."

Calling the move "very exciting," he acknowledged it's much sooner than expected and not without its regrets.

"I'm leaving something that I will never again have the chance to experience. There is only one operational

command at this rank. It's a terrible thing to have to leave two or three years earlier than you planned."

Leaving the command of one of Canada's busiest military bases means an entirely different sort of work, he said, but that doesn't mean he's relieved to be leaving operational duties.

"There is no relief. What I'm ignoring is that gnawing feeling in the back of my mind that I'm leaving a lot of work unfinished. There's no way I can pretend that my agenda is anything but interrupted here."

Col Lawson said the new wing commander—who has yet to be named—will arrive to find an "excellent team in place."

"With the team I have,

there hasn't been anything terribly difficult," he said.

The 8 Wing Commander said he hopes to spend at least two years at RMC. His wife, Kelly, will move with him into the commandant's quarters at the college. Col Lawson's eldest son, Second-Lieutenant Benjamin Lawson, just graduated from RMC and is now stationed in Winnipeg. His youngest, Jack, has just applied to study there, while middle son Neil is studying biology at the University of Ottawa.

The general-to-be said his actual departure date from Trenton and starting date at RMC have not been set.

"I think it likely that I'll be here at least three months. I've got a lot of work to do between now and then."



Photo: 8 Wing Imaging

Colonel Tom Lawson

CRS VISITS 8 WING



Photo: Pte Isabel Lavallée-Raby, 8 Wing Imaging

Mr Harry Hubley, Chief of Review Services Principal Evaluation Practices Director, (left), and analyst, Mr Claude Saintonge (centre), met with Colonel Tom Lawson (right), Commander, 8 Wing/CFB Trenton on March 5, 2007.

The new Official Languages Program

National Defence

OTTAWA, Feb 27, 2007 — Today, Gordon O'Connor, the Minister of National Defence, accompanied by General Rick Hillier, the Chief of the Defence Staff, appeared at the Standing Committee on Official Languages following a request by the Committee.

Minister O'Connor outlined the Department of Defence's (DND) new Official Languages Transformation Model. "During the last decade, the previous Liberal government never addressed the problems inherent to the previous universal approach to official languages within the DND. The Official Languages Transformation Model brings a new, more focused approach to bilingualism, which better takes into account the unique and

existing policies in three important ways. It will ensure that linguistically qualified personnel are provided in the right place and at the right time. It will also ensure that defence team members are fully aware of their official language rights and obligations. Lastly, it will accurately monitor the institutions' ability to meet the requirements of the Official Languages Act. This Model will come into effect in April.

The DND sends more of its military personnel on Second Language Training every year and spends more on its Second Language Training than any other federal institution. In the 2005-06 fiscal year, the Canadian Forces invested \$24.39 million dollars in Second Language Training, benefiting 2,578 CF members.

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DND: Remains of First World War soldier are identified

OTTAWA, ONTARIO— (CCNMatthews - March 2, 2007) - Almost 90 years after his death, Private Herbert Peterson will be laid to rest with his comrades in arms at La Chaudière Military Cemetery Commonwealth War Graves Commission) during ceremonies in France in April 2007 to commemorate the 90th anniversary of the Battle of Vimy Ridge.

During a night raid on June 8th and 9th, 1917, 16 members of the 49th Battalion, Canadian Infantry, were reported missing and

presumed dead on the German front near Vimy Ridge.

In October 2003, two sets of human remains were found during construction south of Avion, France in the vicinity of Vimy Ridge. Due to their location, associated artifacts and uniform buttons and badges, they were believed to be members of that same battalion.

The Directorate of History and Heritage, as part of their responsibilities regarding casualties and war dead of previous conflicts, is conducting a

comprehensive investigation of the circumstances of the death of these two soldiers. A multi-disciplinary team with historical, documentary, forensic and genealogical expertise has successfully identified one of the two soldiers - Private Herbert Peterson. Efforts to identify the second soldier whose remains were found with those of Private Peterson are ongoing.

Private Peterson came from Barry Creek, Alberta. Born February 28th, 1895, Private

Peterson was the son of Charles and Julia Peterson of Rose Lynn, Alberta. He had five brothers, Gustave, Glen, Clarence, Roland and Carl.

Private Peterson's next-of-kin have been notified of the recovery and identification of his remains, and the plans for his interment.

The 49th Battalion is perpetuated by the Loyal Edmonton Regiment and soldiers from this unit will form the core of the burial party for Private Peterson.

Canadian and Australian Reservists reach agreement on Foreign Service

BRUSSELS, BELGIUM— (CCNMatthews - March 2, 2007) Canada and Australia have signed an agreement that allows Reserve Force members from each country to serve in the other country's military.

At NATO Headquarters today, Major-General Herb Petras, Canada's Chief Reserves and Cadets signed a memorandum of understanding with Australian Major-General Neil Wilson, Assistant Chief of Defence Force (Reserves) and Head Reserve Policy. The document outlines a Reserve Force Foreign Service Arrangement between the two countries.

"It is to our advantage to have Canadian reservists serve both at home and overseas. This new arrangement will help us retain members who might otherwise leave the military because of their

move to Australia. When they return home, they'll have current skills and experience, and that's a significant benefit for our military," says Maj.-Gen. Petras.

His colleague, Maj.-Gen. Wilson, adds "The chance to serve and train in Canada is going to help us offer a more comprehensive training program for our reservists - and we look forward to having Canadian reservists join our units. This is an efficient way to retain more reservists, and contribute to our countries' joint security."

Reservists may become temporary residents in an allied nation because of a job transfer or to attend an educational institution. This new arrangement will allow Canada's 25,000 part-time soldiers, sailors and aircrew, and Australia's 20,000 reservists to continue their training and mili-

tary service during their temporary residence in each other's lands. A similar agreement was signed between Canada and the United Kingdom in 2005, and Australia and the United Kingdom are working on their own foreign service arrangement.

The document signing is a highlight of the ongoing meeting of NATO's National Reserve Force Committee (NRFC). With reservists in NATO countries playing an increasing role in international military missions, the NRFC's work is critical in strengthening the operational readiness of NATO reserve forces by broadening the exchange of information about mobilization (organization, systems, experiences, etc.), organization of peacetime Reserve Forces and the integration, motivation and transformation of Reserve Forces.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



86 Airfield Systems and Utilities (86 ASU) personnel are busy constructing a 250 KW generator container to be installed at CFB Bagotville. This container, a highly sought-after product of 86 ASU's EGS section, will be installed as an auxiliary power unit (APU) for the IFRCC complex at Bagotville. Members in the picture are forefront, Private Mohammed Rashid of 86 ASU and Privates Brown and Nason from CFB Winnipeg, who are presently completing OJT here at 86 ASU.


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Un nouveau programme renforcera l'engagement du ministère de la Défense envers les langues officielles

Défense nationale

OTTAWA, le 27 février 2007 – Gordon O'Connor, ministre de la Défense nationale, accompagné du Général Rick Hillier, Chef d'état major de la Défense, comparaissait aujourd'hui devant le Comité permanent sur les langues officielles en réponse à une demande du Comité.

Le ministre O'Connor a saisi l'occasion pour mettre en lumière le nouveau modèle de transformation du programme des langues officielles de la Défense. « Au cours de la dernière décennie, le gouvernement libéral ne s'est jamais préoccupé des problèmes de l'approche universelle à l'égard des langues officielles au sein du ministère de la Défense. Le modèle de transformation du programme des langues officielles propose une approche nouvelle, mieux ciblée, à l'égard du bilinguisme, qui tient compte de la structure opérationnelle très particulière des Forces canadiennes. À titre d'exemple, les officiers supérieurs seront soumis à des normes beaucoup plus élevées qu'auparavant », explique le ministre. « Ce modèle correspond bien à l'engagement du nouveau gouvernement de défendre avec vigueur notre dualité linguistique ».

« Le modèle a pour but de faire en sorte que les membres du personnel de la Défense nationale soient dirigés, entraînés, gérés et appuyés dans la langue officielle de

leur choix, permettant du même coup au ministère de s'acquitter plus facilement de ses obligations juridiques en rapport avec la Loi sur les langues officielles. Les officiers supérieurs qui serviront dans des unités ou dans des fonctions désignées bilingues devront donc être bilingues », ajoute le ministre.

Le modèle de transformation du programme des langues officielles améliorera les politiques actuelles de trois façons marquantes. Il permettra aux militaires compétents sur le plan linguistique d'être affectés au bon endroit et au bon moment. Il fera en sorte que les membres de l'Équipe de la Défense connaissent bien leurs droits et leurs obligations en matière de langues officielles. Enfin, il assurera le contrôle judicieux de la capacité du MDN à respecter les exigences de la Loi sur les langues officielles. Le modèle entrera en vigueur en avril.

Chaque année, le ministère de la Défense nationale envoie de plus en plus de militaires suivre des cours de langue seconde et dépense davantage sur la formation en langue seconde que toute autre institution fédérale. Au cours de l'année financière 2005-2006, les Forces canadiennes ont investi 24,39 millions de dollars dans l'enseignement des langues secondes, un investissement qui a profité à 2 578 membres des FC.

Search & Rescue UPDATE



424 Squadron Tigers were tasked twice this week. Both taskings involved homing emergency locator transmitter (ELT). The CH-146 Griffon was used for the first call-out, which occurred around Carleton Place. Nothing was found and Rescue 493 returned to Trenton after a refueling stop in Kingston. The CC-130 Hercules performed the second ELT search. The signal was homed to a building north of Newton. No distress or signals were observed, and Rescue 332 then returned home.

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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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.

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• Please label all disks and hard copies with article name, contact person and phone numbers, date.

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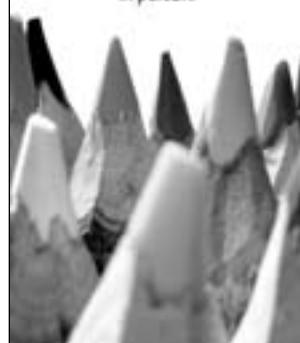
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Canadiana Crossword

Feathered Friends

By Bernice Rosella and James Kilner

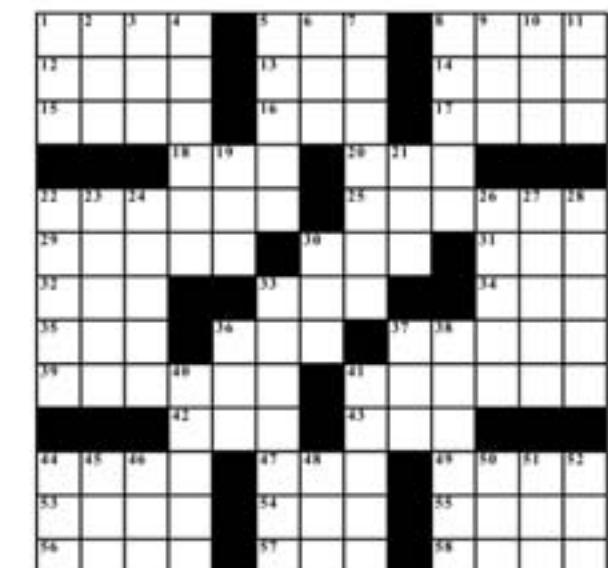
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- 30 Denotes three
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- 37 That woman
- 38 Newfoundland's bird
- 40 Flip over
- 41 Elite
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- 45 Caviar
- 46 Atom
- 48 Prompt
- 50 Summer sip
- 51 Sr. executive
- 52 Cardinal number

DOWN

- 1 Distress sig.
- 2 Quebec's bird
- 3 Wreath, on Maui



This Week in Contact

1977 – Defence Minister Barney Danson has announced the appointment of Vice-Admiral R.H. Falls as the new Chief of Defence Staff. Vice-Admiral Falls was promoted to Admiral when he succeeded General Jacques Dextraze and is the first Navy man to hold the post of CDS since it was created in 1964. He is also the second Canadian Naval officer to hold the rank of full Admiral.

1987 – The Base Administration and Comptroller branches held their first combined parade. The Reviewing Officer, Colonel Diamond, commended all those present for their excellent turnout and took the opportunity to thank them for their outstanding support during the past couple of months.

1997 – A small group of RFC Techs and loadmasters augmented by a firefighter and an MP (as the rules allowed) set out to represent 2 Air Movements Squadron at the 13th Annual Trucker/Mover Hockey Tournament, which was held at CFB Borden. 2 Air Mov Sqn was in first place going into the playoffs and after battling it out finished on top with a perfect record of seven wins, zero losses and 48 goals. Needless to say, they won the hockey tournament.

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



General Hillier launches the CF Hospital Comforts Program

Canadian Forces

OTTAWA, Feb 27, 2007 — General Rick Hillier, the Chief of Defence Staff, is pleased to announce the launch of the Canadian Forces (CF) Hospital Comforts Program, an initiative that will provide comfort items to members of the CF who are either hospitalized or recuperating at home from illness or injury for an extended period.

"This program will allow us to provide comfort items to CF personnel who are hospitalized in overseas facilities and in facilities across Canada, for any reason, including such things as a wound suffered on operations, an illness, a vehicle accident or following a surgery," said Gen. Hillier. "The program will also extend to personnel who face long recuperation periods at home", he added.

In order to respond to the outflowing of generosity from Canadians wanting to help wounded, injured or ill military personnel, a Hospital Comforts Fund has also been created.

Thanks to a recent contribution from a very generous donor, the Comforts Fund is already a success. All donations made through the fund will assist in covering the costs of providing items and services to Canadian Forces personnel and are tax-deductible.

The CF Personnel Support Agency (CFPSA) – the morale and welfare arm of the CF that provides programs and services for the wellbeing of the CF community – will administer the Hospital Comforts Program

through its non-public funds.

"The CFPSA is taking on this program as complementary to what is already being done at unit- or base-fund levels," explains Major-General Doug Langton, Chief Executive Officer, Canadian Forces Personnel Support Agency.

The additional comfort items, funded with non-public dollars, will add to the standard basics that are provided through public programs to ensure there is a consistent standard across the CF.

Some of the comforts that could be provided to hospitalized CF members include:

- rentals of televisions, telephones and access to internet/e-mail services for the duration of hospitalization;
- the purchase of amenities including newspapers, magazines, books, movie rentals, electronic gaming rentals, snacks, toiletries, and calling cards;
- clothing; and
- the loan of electronic equipment, such as personal DVD players, music players, portable gaming systems and laptop computers.

Cheques or money orders made out to "CFCF in Trust (CF Hospital Comforts Program)" can be mailed to:

Canadian Forces Hospital Comforts Fund, c/o Canadian Forces Personnel Support Agency, 4210 Labelle Street Ottawa, ON K1A 0K2.

Please do not send cash.

For more information on supporting the CF community, visit the Support Our Troops website at: www.cfpsa.com/supportourtroops/

Programme de bien-être des Forces canadiennes pour les membres hospitalisés

Forces canadiennes

OTTAWA, le 27 février 2007 — Le Général Rick Hillier, Chef d'état-major de la Défense, a le plaisir d'annoncer le lancement du programme de bien-être des Forces canadiennes (FC) pour les membres hospitalisés. Ce programme vise à fournir des articles de bien-être aux militaires hospitalisés ou en convalescence à la maison durant une longue période par suite d'une maladie ou d'une blessure.

« Ce programme nous permettra de fournir des articles de bien-être aux membres des FC qui séjournent dans des hôpitaux au Canada ou à l'étranger pour diverses raisons, notamment une blessure subie durant les opérations, une maladie, un accident de véhicule ou une chirurgie », déclare le Général Hillier. « Le programme s'appliquera également aux militaires qui sont en convalescence à la maison pour une période prolongée », a-t-il ajouté.

Le fond de bien-être des FC pour les membres hospitalisés a été créé en réponse à l'élan de générosité de Canadiens et Canadiennes soucieux d'appuyer les militaires blessés ou malades.

Grâce à une récente

contribution d'un donateur très généreux, le Fonds de bien-être des FC pour les membres hospitalisés est déjà une réussite. Tous les dons versés par le biais de ce fond contribueront à couvrir les coûts associés à la prestation de services et d'articles au personnel des FC et sont déductibles du revenu imposable.

L'Agence de soutien du personnel des Forces canadiennes (ASPFC), l'organisation des FC qui fournit des programmes et des services visant à rehausser le moral et le bien-être de la communauté militaire, administrera le programme de bien-être des FC pour les membres hospitalisés par le biais des fonds non publics.

« L'ASPFC administre ce programme qui sert de complément aux divers services déjà offerts par les fonds des unités et des bases », affirme le Major-général Doug Langton, chef de la direction de l'ASPFC.

Les articles de bien-être supplémentaires, dont le financement provient des fonds non publics, viendront s'ajouter aux commodités déjà offertes par le biais de programmes publics afin d'harmoniser la prestation des services dans l'ensemble des com-

munautés des FC.

Voici certaines commodités qui pourraient être offertes aux membres hospitalisés des FC :

- la location d'un téléviseur et d'un téléphone et accès à des services d'Internet et de courriel pour la durée de l'hospitalisation;
- l'achat d'articles de commodités tels que des journaux, magazines, livres, location de films et de jeux électroniques, collations, articles de toilette et cartes d'appel;

- des vêtements;
- l'emprunt de matériel électronique comme un lecteur DVD, appareils d'écoute de musique, appareils de jeux vidéo portatifs et ordinateur portatif.

Les chèques ou mandats libellés à l'ordre de « FCFC en fiducie (programme de bien-être des FC pour les membres hospitalisés) » peuvent être postés à l'adresse suivante:

Fonds de bien-être des FC pour les membres hospitalisés a/s de l'Agence de soutien du personnel des Forces canadiennes 4210, rue Labelle Ottawa (Ontario) K1A 0K2.

Veuillez ne pas envoyer de dons en espèces.

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8 Wing squash team captures gold

On February 25, 2007, squash players representing five bases within the Canadian Forces converged onto CFB Petawawa's grounds for the Ontario Regional Squash Championships.

The 8 Wing/CFB Trenton Squash Team was successful in winning this year's tournament, bringing home the gold medal in the team championship.

As well, two members from 8 Wing/CFB Trenton were selected to represent the Ontario region in the Canadian Forces National Championships. They were selected based on their achievement of winning gold medals in their division during the individual tournament.

Private Vicky Lefebvre from the Military Police section won the women's division.

Sergeant Scott Creamer from 8 AMS won the masters division.

Both Pte Lefebvre and Sgt Creamer will head to Esquimalt, BC to play on the Ontario Regional Team in April 2007.

Congratulations to all players who participated in this year's regional championships.

Good luck to the players of the 2007 Ontario region Squash Team, in their efforts to claim victory this April.



The 8 Wing/CFB Trenton Squash Team, from left to right: Captain Marty Dufour, Captain Hugh Kennedy, Paul Best, Sergeant Scott Creamer, Master Corporal Israel Gosselin, Corporal Chris DeFresne and Captain Marc Saucier. Absent from photo: Private Vicky Lefebvre.



The 2007 Ontario Regional Squash Team, from left to right: Sergeant Scott Creamer, Warrant Officer Kevin Torafson, Second-Lieutenant Andrew Chan, Lieutenant-Colonel Pierre Linteau, Captain Graham James and Captain Ken Benoit. Absent from photo: Private Vicky Lefebvre.

2007 Belleville Pitter Patter Run registration

The 2007 Belleville Pitter Patter 5 and 10 km run will be held at 1000 hrs on Sunday, April 15, 2007 at Loyalist College in Belleville.

Registration for the run will take place from 8:30 a.m. to 9:30 a.m. in the cafeteria.

Medals for all age categories and divisions will be presented to winners immediately after the race.

There will also be prizes and

giveaways.

Showers and change rooms are available in the college and there will be aid stations set up on the route.

T-shirts will also be available for all entries received prior to March 17, 2007.

The following information is in regards to the various race categories for both the 5 km and 10 km run:

- Under 19-years-old;

- 20 to 29-years-old;
- 30 to 39-years-old;
- 40 to 49-years-old;
- 50 to 59-years-old;
- 60-years-old and over.

For more information, please feel free to contact the race coordinator, Constable Patrick Comeau, at the Belleville Police Department, by phone at 613-966-0882 ext.2304, or email: Pcomeau@police.belleville.on.ca

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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.

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 runs from Monday, March 12 until Friday, March 16 inclusive. Before and after care is available from 7 to 8 a.m. and 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 shoes, in infant or children's sizes.

Red Cross swim registration

Spring swim lesson registration for the 8 Wing community will take place on Saturday, March 24, 2007 from 9 a.m. to 11 a.m.

Numbers for service will commence when the doors open at 8:30 a.m. Registration for the general public will take place on Wednesday, March 28, 2007, from 5 p.m. to 7 p.m.

Registration for both the military community and the general public will continue until the first class begins.

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.

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Much Music Video Dance

Join us at the South Side Gym on Saturday, March 10, 2007 for the Much Music Video Dance.

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

Cost is just \$10 per person.

This event will be adult-supervised.

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Single (18+): \$27
Family: \$58

Ordinary Members

Infant (6 months - 5-years-old): Free
Youth (6 - 17-years-old): \$27
Single (18+): \$40
Family: \$91

RecPlex (Includes Arena and Outdoor Pool)

Regular Members

Infant (6 months - 5-years-old): \$7
Youth (6 - 17-years-old): \$24
Single (18+): \$30
Family: \$66

Ordinary Members

Infant (6 months - 5-years-old): \$12
Youth (6 - 17-years-old): \$37
Single (18+): \$46
Family: \$115

Combination (Includes Gym, Arena and Outdoor Pool)

Regular Members

Infant (6 months - 5-years-old): \$7
Youth (6 - 17-years-old): \$30
Single (18+): \$40
Family: \$85

Ordinary Members

Infant (6 months - 5-years-old): \$12
Youth (6 - 17-years-old): \$52
Single (18+): \$66
Family: \$158

Membership Upgrade: \$5 plus GST = \$5.30
Replacement for lost membership: \$10 plus GST = \$10.60

Air Force Captain reaching for the top of the world

By Jenn Gearey

Captain Meagan McGrath, an Aerospace Engineer with Canadian Forces Aerospace Warfare Centre in Ottawa, is headed for the top of the world in March. She will be the first Canadian Forces member to climb Mount Everest and achieve the famous 'Seven Summits', climbing the tallest mountain peak on each continent.

Capt McGrath has been an avid mountain climber for nearly ten years and has already scaled some of the tallest peaks in the world. She's been to Pakistan, Antarctica, Russia, Argentina, Tanzania, and Australia, all in the name of a good climb.

"I love the challenge of pushing myself physically and mentally, it allows me to incorporate all my fitness skills into one area," says Capt McGrath. "When I climbed my first mountain it really hit home with me—it was as though that was what I was meant to do."

Capt McGrath hasn't been exposed to Everest altitudes before but she says she's focused, well trained, and ready for the challenge. While the trek to the mountain's summit will take her about two months to complete, the planning has been in the works for a lot longer.

"I've been working on trying to get to Everest for probably two years—sorting out the logistics, saving up the money, seeking sponsorship," she says. "I feel it's important to have a dream, set goals for yourself and go for them."

Asked to reflect on the climb ahead and what hurdles she expects she'll have to overcome, the eagerness and adrenaline in Capt McGrath are unconcealable.

"It's hard to say what will be the most challenging part of the climb," says Capt McGrath. "The mental aspect is a very significant part—your mind is screaming at you to turn around, go where there is air, where you can sleep, rest, eat food, and drink lots of water. But you have to keep pushing yourself beyond the discomfort."

"The physical aspect is also challenging. It hurts at high altitude, you often have a headache, you may feel sick to your stomach, and the symptoms often get worse as you head higher up the mountain. But in the end, you are there because you want to be there and you push forward, beyond the challenges, until your goal is accomplished."

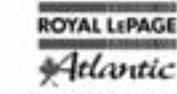
While Everest is just a few short weeks away for Capt McGrath, she already has her next big adventure in mind.

"In April 2008, a couple of co-workers and I will be attempting the Marathon des Sables, in Morocco," says Capt McGrath. "We'll be known as the Crazy Canuck Trekkers! Then, I'll be back to climbing. I usually plan at least one mountain ahead, and even now, I know what I will attempt next. It's in a land far away, and will involve a set of skills that I will have to refine at a lower altitude before I go—and I can't wait!"

For more information about Capt McGrath's journey, you can log on to her website at: <http://www.meaganmcgrathadventurer.com/>.

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RUSSIAN OPEN SKIES TEAM VISITS

Photo: Pte Isabel Lavallée-Raby, 8 Wing Imaging



**OPERATION PASSIVE SKIES 1/07
RUSSIA OVER CANADA 06-11 MAR 2007**

On March 6, 2007, the Russian Open Skies team members and their Canadian counterparts posed for a group picture in front of their aircraft at 8 Wing/CFB Trenton. The Open Skies Treaty is a treaty in which Canada participates with 37 other countries. It is a confidence-building measure between the member countries which allows the overflight of one signatory country by another for the purpose of collecting imagery. The Russian team was in Trenton conducting one of these flights, while the Canadian Team acts as monitors during the mission.

SUPPORT FOR OUR MFRC



Representatives from the Trenton branch of Toronto Dominion/Canada Trust (TD) present a cheque for \$10,000 to the Military Family Resource Centre (MFRC). Present, from left to right, are: John Power, TD District Vice President; Allison Young, Financial Services, TD Trenton branch; Jim Stewart, Financial Advisor, TD Trenton branch; Tammy Kleinschmidt, Chairperson, MFRC Board of Directors; Colonel Tom Lawson, Commander, 8 Wing/CFB Trenton; Robin Healy, Manager, TD Trenton branch; and Lieutenant-Colonel Debbie Miller, 8 Wing Administration Officer.

Flight Engineer Recruiting Information Seminar: 23-24 MARCH 2007

As the Canadian Forces Flight Engineer trade continues to evolve, a shortfall in intake over the past few years has forced it to be considered by the career manager as a "red" trade for manning. Last year the Flight Engineers performed a very successful recruitment drive in order to assist in addressing the issue. Two Warrant Officers visited Shearwater, Bagotville, Moosejaw, and Cold Lake, presenting information on the second oldest trade in aeronautics (Orville and Wilbur started the first trade: pilots).

The Flight Engineer trade is steeped in tradition and provides a unique opportunity for airmen and women from the ranks of the AVN trade to put their skills to use as an integral part of the aircrew team, supporting operations across Canada and around the world. A study is underway to bring AVS and direct entry applicants into the trade as well. Job satisfaction and travel performing operations in tactical, transport, and SAR environment make it an exciting and rewarding career choice for those seeking to expand their horizons. The trade provides a renewed professional interest to those who seek it and provides an unparalleled sense of accomplishment.

This spring Warrant Officers Jake Bouchard and Liz White will be visiting four more Wings including Trenton, Greenwood, Comox and Pat Bay. The 8 Wing theatre on the top floor of HQ will be the location for the first of two information seminars scheduled for 1330-1600 on March 23 and 24. The second is scheduled to take place at 426 Squadron at Blanchard Hall (Squadron Briefing room). The team will also visit locations around the Wing in the morning on those two dates. If you have any questions, you can call WO P. Monsieur at 426 Squadron, local 2711.

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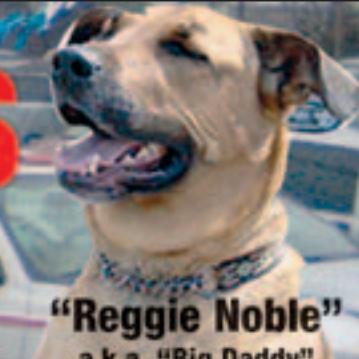
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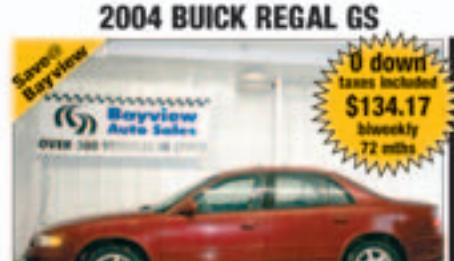
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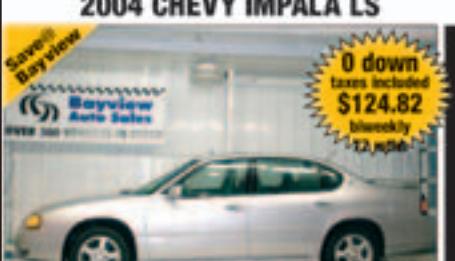
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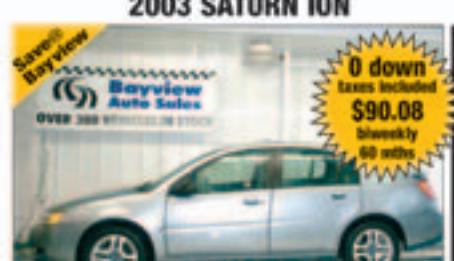
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MARCH IS NUTRITION MONTH!

Today's tips of the day.....

Choose whole over refined grains. Whole grain foods are rich in fibre, which may lower cholesterol and protect you against certain cancers. Look for grain products with at least 2 to 4 grams of fibre per serving

Keep a snacking survivor kit at your desk. Fill it with canned fruit, juice boxes, whole grain cereal and crackers, peanut butter, dried fruit, nuts and seeds. Store fresh fruit, cut up veggies and low-fat yogurt in the refrigerator at work

*Did you know that people who eat dinner in front of the TV are more inclined to overeat and to report having trouble maintaining a healthy weight? Make your meals TV free

Source - Heart and Stroke Foundation of Canada

For more information on nutrition contact:

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Lisa Pitt, HP AA, local 3768
177 Hercules St., Bldg 119

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Ideas for safe, ergonomic computing



Submitted by
Don Heans,
Wing General Safety
Officer

Nature never intended the human body to sit in a chair all day with hands pounding a keyboard and eyes staring at a computer screen. Fatigue, discomfort and injury can be the result of this kind of work.

Your body is inactive except for repetitive motions of the hands. Carpal Tunnel Syndrome and other repetitive stress injuries caused or aggravated by computer work can become permanently disabling. Take an ergonomic approach to your computer job. Good posture, workstation layout and work habits can help prevent many of these problems.

Here are some suggestions for safer computing:

- Your keyboard should be placed at the height of your elbows. It should be tilted up slightly to help keep your wrists in a natural position. Your wrist and lower arm should be parallel to the floor. Split level desks with a lower surface for the keyboard are better for computer use than a standard desk.
- Use a cushioned wrist rest to put less strain on your wrists. Don't rest your hands on the keyboard or your wrists on the edge of the desk. Don't bend your hands up at the wrist.
- The computer mouse should be placed so your arm — from your shoulder to your hand — is in a comfortable relaxed posture. If you have to reach too far or twist and shift your body, the mouse is not in the right place on your work table. Keep a loose grip on the mouse. Use your whole arm to operate the mouse, rather than just moving your hand and wrist. If you use the mouse a lot, in work such as graphic design or computer aided design, use a desk extension for your mousepad.
- Flex your fingers and wrists before you begin data entry. If you do rapid keyboarding, start slowly to warm up.
- Don't rest a telephone receiver on your shoulder while you are using the computer. This can cause injury to your neck and shoulders. Instead, use a hands-free headset for your phone.
- Take regular breaks from using the keyboard or mouse. You can use

this time to do non-repetitive tasks such as telephoning or filing.

• Promptly report any symptoms that could indicate Carpal Tunnel Syndrome or other repetitive strain injuries. Early treatment and revision of your work habits and work station are important in preventing long-term problems.

• Arrange your work station so you can work efficiently. Frequently used materials and equipment must be placed where you can reach them easily without bending or stretching. Work surfaces should be free of clutter; items used only occasionally should be placed elsewhere.

• Your computer workstation should be free of tripping hazards. Cords should be located away from traffic areas. There should be a storage area for briefcases, handbags and other personal items.

Pay attention to these ergonomic suggestions off the job too. Playing computer games or surfing the Internet at night can also contribute to repetitive strain injuries.

How to help a smoker quit

- Deciding to quit smoking is tough. Smokers make this decision in their own time, for their own reasons. You can't do it for them, but you can help them to make the quitting process a little easier.
- Quitting smoking is not just about stopping. It also means fighting physical and psychological addictions and changing strong habits.
- Helping a smoker quit is not easy. If you are willing to help someone quit here are some recommendations that can be useful.
- Show them you are interested in the process and how optimistic you are, but don't exaggerate.
- Carefully listen to them. Be respectful and avoid judging or giving advice unless it is asked.
- Ask what you can do to be the most help. Do your best to respond to their needs, not what you think is best. Be available, but not pushy.
- Be sympathetic about any physical discomfort caused by withdrawal from tobacco. To quit can bring on physical and psychological symptoms like nervousness, irritability, difficulty concentrating, headaches, food cravings, insomnia etc.
- To avoid temptation, they may want to change some activities, stop seeing certain friends or going to certain places for a while. Don't complain! Just accept doing other activities and be available if your company is requested.
- Expect different behaviour, especially during the first weeks. The ex-smoker may be cranky, nervous and even aggressive. Be

understanding!

--Be sensitive to their moods and needs. At different times, they may want to help, or to be left alone. They may or may not want to talk. Make sure you're not causing more stress when trying to help.

Good luck to everyone who is participating in the March 1st "I Quit" Contest!

For more information please contact:

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

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HOROSCOPES

Weekly Astrology by Christine Davison

February 11 - February 17

ARIES (March 21-April 19): Your wit and clever words may either charm others completely or be completely misunderstood; try to make sure it's not the later and you'll be sure of success this week ahead, both personally and professionally. Try to be conservative in conversation and actions and you may find yourself capitalising on a good career opportunity or two. Take time out to relax with a good book or a bubble bath.

TAURUS (April 20-May 20): Gambling this week may land you in more trouble than it's worth. Don't take unnecessary chances and you may find yourself doing better than you had hoped. Your advice will be sought after and your home and family will draw your attention later on in the week. The days ahead will see many personal problems finally being resolved.

GEMINI (May 21-June 20): People will be drawn to your charming ways and unique beauty. Many admire you for your clever and witty personality. Some take you seriously and rely upon your help and advice, while others may be seriously attracted to you for your ability to flirt. Enjoy your newfound popularity, but be careful not to break too many hearts along the way.

CANCER (June 21-July 22): You emotions strongly motivate you this week and may be the rhyme and reason behind all your words and actions. Go with the flow and relax whenever and wherever you can. Avoid negative words or misunderstandings; try to treat things with a bit of humour and laugh at life's follies, instead. Take this weekend to go out and have a good time with your friends.

LEO (July 23-Aug. 22): What you do in the early part of this week will have a far reaching and long lasting impact for quite sometime to come. Remember this fact as changes unfold during your workweek. You may experience an epiphany this week that will make you stop and consider who you really are and what it is you truly want out of life.

VIRGO (Aug. 23-Sept. 22): You may become so wrapped up in old daydreams and memories that you may also find yourself repeating old habits; don't! Embrace this youthful energy and be as playful and jubilant as you want to be! New passions poured into your work may see your career on the rise! This is a good weekend to throw a party or to celebrate whichever way you see best.

LIBRA (Sept. 23-Oct. 22): Luck will come your way if you remain positive! Siblings may help you in some way this week and are usually useful for honest advice. Spend time focusing on your children to help you see what's really important in life. There may be questions of an emotional nature this weekend. Spend time enjoying leisure activities when and where you can.

SCORPIO (Oct. 23-Nov. 21): Take some time to indulge in the wealth and attention coming your way early on this week. Old memories resurface and preoccupy your mind with melancholy thoughts. Valuable lessons will be learned, but may be better acted upon next week, instead. Take time to pamper yourself, it's high time you had a moment to yourself.

SAGITTARIUS (Nov. 22-Dec. 21): Be prepared to multi-task and adapt to a crowded environment, as this may be a very busy week ahead. Take some time out for rest and relaxation this weekend as you've more than earned it! Indulge your curiosity and investigate secrets. Heed your intuition and pay attention to your feelings.

CAPRICORN (Dec. 22-Jan. 19): Passion and compassion are your tools to use this week, Capricorn. Many will act as kind benefactors to you as you draw upon people's generosity. Check your work twice before submitting it and try to keep criticisms to yourself and you'll be sure to do well!

AQUARIUS (Jan. 20-Feb. 18): Travel may find you unusually popular. Many are influenced by your clever expressions and witty sayings. Take a little rest here and there between social events, as you want to have energy left over for a special night with a special someone. Try not to over exert yourself.

PISCES (Feb. 19-March 20): When new opportunities arise this week, you'll want to make sure to pay special attention to the little details as well as the big picture. This week may have you asking yourself some philosophical and spiritual questions. A past kindness you gave will be rewarded in the days ahead.

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

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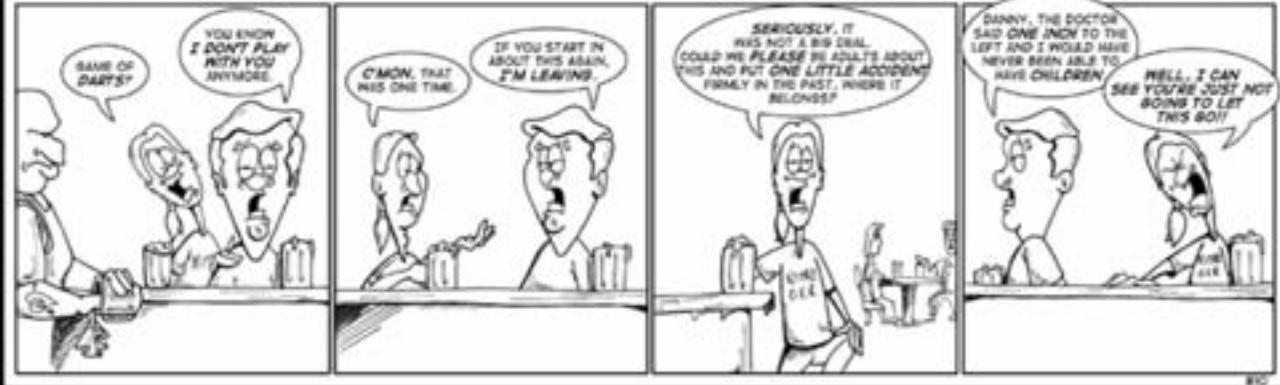
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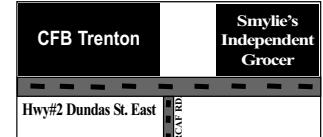
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

Military Appreciation Night at the Centre Theatre

Date: Tuesday March 27, 2007

Time: 7 p.m. (doors open at 6:15 p.m.)

Movies:

- Teenage Mutant Ninja Turtles;
- Shooter;
- Third movie yet to be confirmed.

Admission: \$5 for all patrons*

*\$2 of that amount will be donated to the Trenton Military Family Resource Centre.



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.

"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 please 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 an 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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Messe Dominicale: 1015 hrs

CONFESION

At all times

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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 Aumônières. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales.

Irish Stew Supper

Join us on Saturday, March 17, 2007
at 5:30 p.m. at the King Street United
Church in Trenton for the St. Patty's
Day Irish Stew Supper.

Admission for the dinner is \$12 for adults and \$5 for children 12-years-old and younger.

For more information, please feel free to contact Vivian Fair at 613-392-5277 or you may also contact King Street United Church at 613-392-5274. Hope to see you there!

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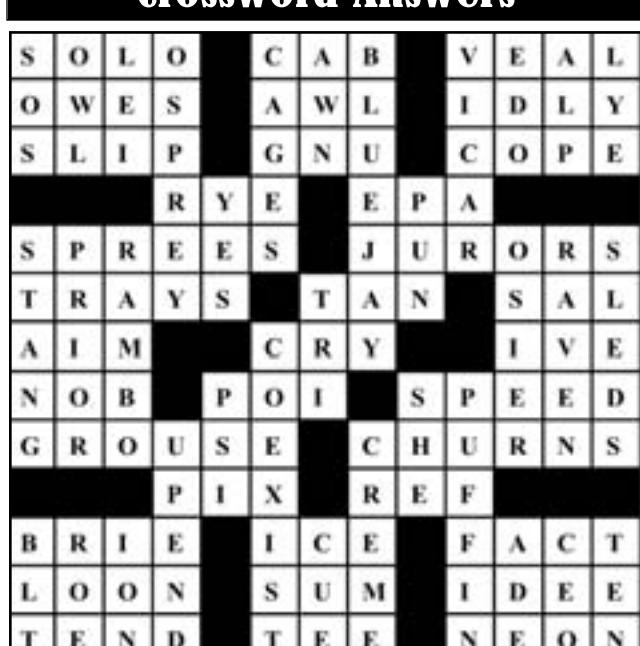
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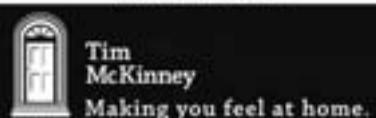
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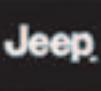
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