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• March 23, 2007 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 42 Issue Number 12 •

8 Wing personnel conduct Parachute Delivery System testing

by Penny Kiryk
 The Cold Lake Courier

About 25 people from 8 Wing Trenton's 426 Squadron spent two weeks at 4 Wing Cold Lake testing two different systems designed to make dropping cargo to troops in theatre safer. In addition, personnel from Transport and Rescue Standardization and Evaluation Team, 8 Air Maintenance Squadron, Canadian Forces Land Advanced Warfare Centre, 436 Squadron and 2 Air Movements Squadron were integral to the testing.

Captain (Capt) Art Jordan, the Lead Project Officer, says the team arrived at 4 Wing February 25 and after two weeks of testing, headed back to Trenton March 9.

The project included testing of the GPS Guided Parachute Delivery

System, as well as testing out round standard parachutes and their ability to accurately drop cargo onto a target. “We did this at 4 Wing because we had a very wide area to work with so in case something didn't work properly, we weren't worried about it landing in someone's backyard,” says Capt Jordan.

Capt Jordan says overall, the testing went well. “At this point, you don't judge success or failure until you get back and look at the data. We certainly did pick up some good data and we're hoping to be able to use the system in theatre as soon as possible.”

The team worked together and did 32 GPS guided drops and a dozen dumb drops (round parachute drops).

The drops were done out of the CC-130 Hercules. Capt Jordan says

the point of the testing was to see if they would be able to drop cargo from a higher altitude and a further distance with a high degree of accuracy. “Right now, they're dropping cargo from 500 feet off the ground. With the new system, we'll be able to do drops from much further away, and that in turn will mean less risk to the airplane and the crew.” Capt Jordan says with the new system, the drops will be able to happen two to three miles from the target and 18 to 20 thousand feet in the air.

Capt Jordan is pleased with the testing, and says 4 Wing and AETE were very supportive of their project. “It was fantastic. We wouldn't have been able to do what we did without having access to the range and all the support we had from the Wing.”



Photo: DND

One of 32 GPS-guided parachute drops from a CC-130 Hercules sends up a spray of snow as it lands at 4 Wing Cold Lake during trials of new Parachute Delivery Systems.

The Trenton Continuous Improvement Office – Yours to discover

by 2Lt Jennifer Jones, Assistant Wing Public Affairs Officer

We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee.

-Marian Wright Edelman

You may drive by 105 Yukon St. without realizing that it houses one of 8 Wing's finest resources: the Trenton Continuous Improvement Office (TRCIO), founded in 2002. The TRCIO staff consists of a highly experienced, motivated, inspirational, and dedicated group of professional facilitators who offer a variety of personal development workshops to all 8 Wing/CFB Trenton members, military or civilian.

Through 11 different workshops, participants can acquire skills that will assist them with basic human interaction techniques and practices that may help to reduce stress in the workplace.

TRCIO workshops include the following topics: Leadership 1 and 2, Effective Meetings, Presentations and Public Speaking, Coaching in the Workplace, Attitudes that Work (Dealing with Workplace negativity), Time Management, Effective Communications, Customer Service and Ethics. The schedule is posted on the TRCIO site located under “Admin and Human Resources” on the Wing's splash page, along with a description of each workshop. Excluding Ethics and Leadership 1 and 2, all are conducted in civilian attire to promote a relaxed, rank-free environ-

ment in which all participants are encouraged to vocalize uncensored opinions.

Each facilitator has received at minimum “Facilitator Training” at either Ryerson or York University in Toronto, Ontario. There is a need to keep current; staff members/facilitators Arlene Preston and WO (Ret'd) Andrew Calnek are constantly seeking interesting, new and relevant training tools and material, such as videos and books, as well as new ideas or concepts, to support the workshops they offer. They can provide their workshops at the workplace in order to deal with issues a given unit requires assistance with. Communications and time management are examples of workshops that have been delivered to various units, both on and off the Wing.

Regardless of the TRCIO workshops chosen, participants will find them interesting, useful and enjoyable. In addition to the social aspect, meeting members of other units on base encourages individuals to share their own stories and look for any similarities or differences, gaining insight into the activities undertaken across the Wing. It is not uncommon to hear laughter spilling into the hallway from the TRCIO classroom.

Without question, attending TRCIO's workshops will promote personal development. Participants learn new methods to approach problems and understand the perspectives of others, practice effective communication, gain skills from highly qualified facilitators and other participants, and enjoy themselves in a stress-free environment. If this is not suf-

ficient incentive, it is always good training to include on personnel evaluation reports (PERs) or resumes for later use. Upon completing ten of the 11 workshops, participants receive a certificate from the Wing Commander as well as a letter of commendation from the Wing Chief to be placed on in their file.

At the end of the day, acknowledgement for completing the TRCIO workshop program is not nearly as important as the skills acquired by the participant. Canadian Forces members are dedicated and military life is no easy calling. Operational demands put on CF members are exceptional; any means to reduce conflict in the workplace, and in turn stress, should be continually emphasized, learned, and practiced.

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POSTED?

See My Flyer Inside





Canyon serving Air Force in own special way

by Holly Bridges
Air Force Writer

Like so many young Canadians with a dream of joining the Air Force, Canadian country singer George Canyon did all the right things in his hometown of Stellarton, Nova Scotia.

He joined the air cadets, brushed up on his high school math and science and entered university with a passion for airplanes that simply would not go away. "My whole life as a kid was about joining the Air Force," Mr. Canyon said from his home in Alberta this week.

Unfortunately, he was diagnosed with Type I diabetes as a teenager and was therefore unable to join the Air Force. It was around that time that he began to pursue his other passion – music. Now, almost 20 years later, Mr. Canyon is a rising star on the North American country music scene. He just cleaned up at the East Coast Music Awards capturing three awards, including Entertainer of the Year. His latest album Somebody Wrote Love is nominated for a Juno Award for Country Recording of the Year.

"I am very grateful to the good Lord for the gifts he has given me," said Mr. Canyon. "It's all come together the way it should. But the military is still something I hold very dear in my heart."

And dear to his heart it is, especially now that his latest single, "I Want You To Live" is climbing the charts and captivating the hearts and minds of everyone who sees the video, shot at 8 Wing Trenton this

past January.

"The response has been unbelievable," says Mr. Canyon. "My manager, who also manages Garth Brooks from Nashville, recently played the video for some big executives in New York City who sat there and cried their eyes out. It's the kind of video that goes beyond music. It touches a chord with people."

Written by Robin Welty and Michael Dulaney, and based on the true story of a man who says goodbye to his family and is then killed by a drunk driver on his way to work, the song has a gut-wrenching, mournful sound, yet Mr. Canyon envisioned another scenario when he first heard the lyrics.

Adapted by director Warren Sonoda, the video instead tells the story of a soldier leaving his family for a deployment and then dying in battle. The entire video was shot in location at 8 Wing Trenton using military personnel to play the part of soldiers fighting in an unnamed foreign country. There are also real clips of Canadian Forces personnel at the beginning of the video and a dedication at the end.

"Being in the military is a very dangerous job and a lot of Canadians don't realize that," says Mr. Canyon. "We have men and women fighting for freedom all over the world. It's heartbreaking when they don't come home."

Mr. Canyon says he's getting e-mails from fans across North America congratulating him on the video and thanking him for drawing attention to the sacrifices being made by military personnel around

the world. He was perhaps most touched, though, by the e-mail he received from a Canadian Forces soldier in Afghanistan.

"This fellow lost his best friend a few months ago, and wrote to thank me personally for opening the eyes of Canadians. He said, 'We're not playing here. This isn't a game. This is real people showing dedication and courage.' I thought 'Wow he's thanking me'. I thought that was really touching."

Mr. Canyon says everyone who watches "I Want You To Live" is moved by its storyline and says he is thrilled it's having such an emotional impact on people.

Something that had an emotional affect on him during the shooting of the video was having the chance to perform the vocals for the video in front of a CC-130 Hercules right on the 8 Wing Trenton flightline. And the first shot of him as a soldier in uniform comes right after the sight of a CC-130 Hercules flies overhead.

"That was my director's idea because he knows how much I love the Air Force," says Mr. Canyon. "It was a real thrill."

So what's next for this unofficial Air Force ambassador? Mr. Canyon is hoping to return to Afghanistan soon to perform for the troops and is working on a few other feel-good projects for the Canadian Forces.

"With success comes responsibility," says Mr. Canyon. "I want to shed some light to the situation facing our military. Our men and women are all over the world and doing an amazing job."

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Notice TO ALL VETERANS

Please be advised that Mr. Scott Young, Provincial Service Bureau Officer from Aurora Ontario, will be at **Trenton Legion Br. 110** from the hour of:

8:00 a.m - 4:00 p.m
Tuesday, April 3, 2007

Anyone wishing more information, advice or assistance regarding War Disability Pensions, Treatment, Allowances etc. is requested to contact the Branch 110, to arrange for an interview. We urge you to take advantage and get some valuable advice concerning your problems.

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Branch 110, Trenton
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Monday -Friday

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



In compliance with rules and regulations, W Supply Stocktaking Investigation Group (SIG) is entrusted with monitoring of all DND assets held at 8 Wing. This monitoring would include counting, investigating discrepancies, stock adjustments, and preparation of a final report. The verification of R&D is challenging because parts are held in many locations on and off base. MS Leblanc, R&D Supervisor, and her staff have put in many hours preparing for this. MS Wilson, SIG Supervisor, and her team will complete their mandate and submit a report to Major Dave Burley, Officer Commanding, Wing Supply & Foods, for his review before submission to next level. R&D and Supply say thank you for your patience during the closure.

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Another way for Canadians to support the troops

OTTAWA - Canadians wanting to support the troops now have another option. CANEX, a division of the Canadian Forces Personnel Support Agency (CFPSA), has coordinated with Sears Canada to provide official "Support Our Troops" (SOT) merchandise in Sears Canada retail stores across the country.

Official CFPSA SOT merchandise includes ball caps, t-shirts, car and fridge magnets, cling vinyl window decals, bracelets, lapel pins, and more. Canadians can now purchase official SOT

t-shirts and ball caps at Sears Canada, with two dollars from each purchase going back to morale and welfare programs for CF members and their families. To purchase other SOT items, order

online through CANEX at www.cfpsa.com/en/canex/.

CFPSA develops and delivers morale and welfare programs, activities and services to members of the CF and their families, in Canada and overseas. These activities include sports and recreation, health and fitness, family services, retail operations, financial services and, mess management. In addition, the CFPSA deploys approximately 60 civilian personnel per six-month rotation to Afghanistan to conduct morale and welfare programs.

For more information contact: Kristin Wood, Acting Media Relations Coordinator, CFPSA; 613-996-2062 or email wood.kristin@cfpsa.com.

Une autre façon que les Canadiens peuvent appuyer les troupes

OTTAWA - Les Canadiens qui cherchent à appuyer les troupes disposent maintenant d'un moyen supplémentaire de le faire. CANEX, une division de l'Agence de soutien du personnel des Forces canadiennes (ASPFC), s'est associé à Sears Canada pour offrir de la marchandise officielle « Appuyons nos troupes » dans les magasins de Sears Canada à l'échelle du pays.

La marchandise officielle de l'ASPFC comprend des casquettes, des t-shirts, des aimants pour l'auto et le réfrigérateur, des décalques pour les fenêtres, des bracelets, des épinglettes et biens d'autres articles. Les Canadiens peuvent maintenant acheter les t-shirts et les casquettes officielles à Sears Canada et savoir que deux dollars de chaque achat servent à appuyer les programmes de bien-être et de maintien du moral des mem-

bres des FC et de leurs familles. Il est possible de commander d'autres articles de la gamme « Appuyons nos troupes » en ligne au CANEX à l'adresse www.cfpsa.com/fr/canex/.

L'ASPFC élabore des programmes, des activités et des services de bien-être et de maintien du moral qu'elle fournit aux membres des FC et à leurs familles, au Canada et à l'étranger. Il s'agit notamment d'activités sportives et récréatives, de programmes de santé et de conditionnement physique, de services aux familles, de services de vente au détail et de services financiers et de gestion des mess. De plus, l'ASPFC déploie environ 60 employés civils pour chaque rotation de six mois en Afghanistan pour assurer la prestation des programmes de bien-être et de maintien du moral.

Search & Rescue UPDATE



424 Squadron Tigers had two taskings this past week, both involving the Griffon. The first tasking was to evacuate two persons suffering from chest pain on Christian Island. Rescue 493 departed Trenton but encountered heavy icing conditions and had to return to base. The OPP helo was also dispatched and made it on-scene on time to evacuate the patients. The second mission was again Rescue 493 being tasked, this time to look for an ELT. The transmitter was located at Edenvale private airstrip. The Griffon landed and the crew spent three hours trying to locate which airplane had its transmitter "on". It was finally located and, after turning it off, Rescue 493 returned to Trenton.

Until next time, stay safe.

Missions for 2007: 14 Missions for Mar.: 5 Persons rescued: 1



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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 PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

Letters to the Editor:

Internet: LEBLANC.AL@forces.gc.ca

Intranet: LeBlancAL@CFBTrenton@Trenton

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



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message from the

Editor

Lots of Contact news this week.

First and best, our little paper managed once again to rank in the top three Canadian Forces Newspapers in the 2007 Better Newspapers Competition, conducted each year by the Canadian Community Newspaper Association. Regardless of where we place (results will be announced in May at the annual CCNA conference), we are nevertheless proud to make the finals and be recognized for all our hard work.

Congratulations to staff at The Trident in Halifax and The Lookout in Esquimalt, who also qualified for the finals. Good luck!

Also in the good news department, the 2007 Welcome Directories are now available. Distribution will continue through next week and, coming soon, the annual book of what's what at 8 Wing/CFB Trenton will also be available, in its entirety, on line at www.cfbtrenton.com. Thank you once again to all the advertisers for their support.

And finally, we bid farewell to Amanda Sagriff, the talented graphic artist who spent the last year with us while returning champ Adriana Galeota-Sheahan was on maternity leave.

Good luck Amanda, and Welcome Back Adriana!

Canadiana Crossword

A Profusion of Places

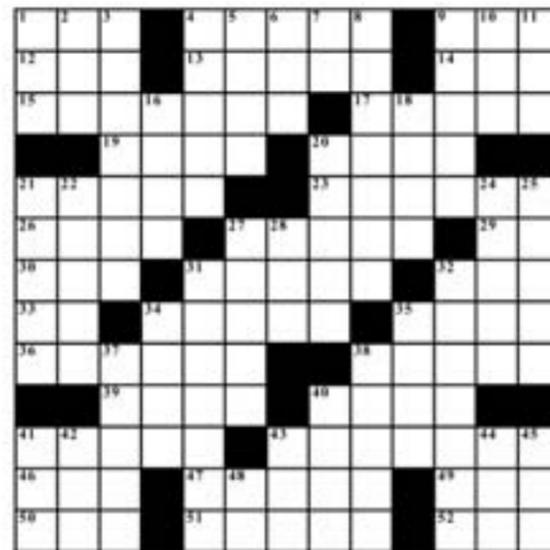
By Bernice Rosella and James Kilner

ACROSS

- 1 Agent, slangily
- 4 Saw
- 9 Slick
- 12 Swiss river
- 13 Stage between larval and adult
- 14 Daisy ____
- 15 St ____ , Quebec
- 17 Pitchers
- 19 Young beef
- 20 Devilish
- 21 Coastal feature
- 23 Sacred writing
- 26 Bleb
- 27 Pic
- 29 Attorney Gen.
- 30 Quick
- 31 Bit of tableware
- 32 Roman 1051
- 33 Myself
- 34 Speak theatrically
- 35 Thug
- 36 ____ Station, Ontario
- 38 Spike
- 39 Accidental cut
- 40 ____ Clapton
- 41 Humid
- 43 ____ River, British Columbia
- 46 Sold out sign
- 47 Fitzgerald and others
- 49 Stray
- 50 Lick
- 51 Perch
- 52 Genetic marker, abbr.

DOWN

- 1 Knock
- 2 Sensor
- 3 ____ Alberta



4 Shock

- 5 Battle
- 6 Spring mo.
- 7 Gallium symbol
- 8 Raise up
- 9 Refine ore
- 10 Household god
- 11 Word of consent
- 16 Chair
- 18 Souse
- 20 Behave theatrically
- 21 Rascal
- 22 Frantic
- 24 A noble gas
- 25 Ripening

27 Platform part

- 28 Topper
- 31 ____ , British Columbia
- 32 Scrounged
- 34 Elevator guy
- 35 Suit case
- 37 Leek's cousin
- 38 German toast
- 40 Geological times
- 41 Mtn. time
- 42 Of the mouth
- 43 Ararat's org.
- 44 Aquatic raptor
- 45 Forerunner of lah
- 48 ____ and behold



This Week in Contact

1977 – General Alexander M. Haig Jr., Supreme Allied Commander Europe, visited Canada Forces Europe in Lahr, Federal Republic of Germany. While in Lahr, the general told assembled newsmen that he had a keen interest in the on-going modernization of 4 Canadian Mechanized Brigade Group (4 CMBG). After briefings at CFE headquarters, Gen Haig viewed a static display of Canadian, American and German equipment organized by the 1st Regiment Royal Canadian Horse Artillery.

1987 – The Tigers of 424 Transport and Rescue Squadron continued their busy prowling; following on the heels of the successful SAR Leonard rescue operation, personnel continued with their active CASARA training, as the harbingers of spring arrived. CASARA, the Civil Air Search and Rescue Association, consists of hundreds of dedicated civilians across the country that assist Air Force squadrons in searching for missing or downed aircraft.

1997 – It was announced that after 27 years of illustrious service, the CC-137 Boeing 707 will retire from the Canadian Forces. 437 Transport Squadron will celebrate the send-off and farewell to the Boeing 707, with a large, casual mixed social gathering, bringing all serving operators, maintainers, AMU and support personnel together for one last goodbye to the 'grand ol' gal.'

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

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CF members remember the fallen

by Holly Bridges
Air Force Writer

More than 2,000 firefighters from across North America, including many from the Canadian Forces, descended on Winnipeg last month to honour two Canadian firefighters who were killed while on duty.

The memorial included a march through the streets of Winnipeg followed by a massive tribute inside the Winnipeg Congress Centre.

Winnipeg firefighters Captain Tom Nichols and Captain Harold Lessard were killed February 4 after being trapped in a sudden burst of flames and extreme heat while battling a house fire in Winnipeg. Another firefighter was hospitalized with burns to 70 percent of his

body. It was the first time in 10 years the Winnipeg Fire Department had lost two of its members on duty. Canadian Forces personnel were called upon to help organize the march portion of the event that preceded the memorial while the fire department struggled to come to grips with losing two of its most senior members.

"It was a privilege and an honour to work with the organizers of the memorial here in Winnipeg," says Chief Warrant Officer Skip Sacco, the 1 Canadian Air Division Chief Warrant Officer. "I firmly believe firefighters, police, paramedics and Canadian Forces members are all cut from the same fabric. We all believe in things like duty with honour and service before self, so when we

sat down to help with the march we were all speaking the same language.

"We all felt the same things and we all wanted to provide support to the firefighters and show our sympathies and support to the families. Helping families through this sort of thing is really the Herculean part of a job like this and we wanted to relieve some of the burden on them."

CWO Sacco says the CF can relate to the loss experienced by the City of Winnipeg and knows what it's like for an emergency response organization to bury some of its own. He says when a 413 Transport and Rescue Squadron CH-149 Cormorant from 14 Wing Greenwood crashed in Nova Scotia in the summer of 2005 killing three crew members, civilian firefighters

lined the streets during a memorial in St. John's, Newfoundland "in full uniform, with their trucks all polished and cleaned up, saluting as the procession went by. We wanted to reciprocate that civilian effort during the Winnipeg event."

CWO Sacco says he's received several congratulatory e-mails and phone calls from the police, paramedics, the RCMP and others involved in the Winnipeg memorial to thank him for the unique contribution brought to the event by the Canadian Forces. He says whether it's a memorial parade or an actual firefighting operation, "the CF is always on standby to assist wherever we're needed. Our firefighters are dedicated, trained and ready to do that."

Airfield to be named after former commander

by Penny Kiryk
Cold Lake Courier

The 4 Wing airfield in Cold Lake, Alberta will have an official name later this month.

As part of 4 Wing's Heritage program, the airfield will be named the Group Captain Robert Wendell "Buck" McNair Airfield.

G/C McNair, a Nova Scotian, joined the Royal Canadian Air Force in June 1940. During his wartime service, G/C McNair is best known for having destroyed 18 enemy aircraft and damaging at least 15 more with his Spitfire.

G/C McNair also had his

share of challenges as a pilot. One of those was in July, 1943 when he was leading a patrol along the Dutch coast. His Spitfire's engine began to lose power and when he turned for home his engine burst into flames and his aircraft dived out of control. At 5,000 feet G/C McNair managed to struggle free of his aircraft and with his face badly burned, parachuted into the water. He was rescued within a few hours and was flying a mere three weeks later.

Throughout his service years, G/C McNair served with Squadrons: 411, 249, 416 and 421. He then became Wing Commander of 126 Wing and

finally Commander of 4 Fighter Wing West Germany. He was inducted into the Canadian Aviation Hall of Fame in 1990.

Major Steve Connell, 4 Wing's Heritage Officer, says the dedication is very well deserved.

"He's not only a winner of the Distinguished Flying Cross, but he has two bars to it, which means he's been awarded that three times. There have only been six Canadians who have received their second bar," says Maj. Connell.

A small dedication ceremony will take place March 30 to officially mark the airfield's new name.

Carol Brown School of Dance

All students successful in recent examination session
Examiner: Mrs. Laurie Ann Graham, London, Ontario. Friday, March 9th, 2007.

Pre Primary Tap

Honours: Riely Anne Ervine, Krista Hicks.

Silver Tap

Highly Commended: Julianne Marshall, Hannah Whaley, Jessica Crews, Julie Mitts. **Commended:** Sarah Jayne Longinotti, Destinee Ashbey Dube.

Pass Plus: Jill Falla.

Grade 3 Tap

Honours: Jenny Kehoe, Taylor Snider. **Highly Commended:** Korianne Marshall.

Grade 4 Stage

Honours: Jenny Kehoe. **Highly Commended:** Taylor Snider, Alicia Sewell. **Commended:** Korianne Marshall, Heather Allin.

Pre Bronze Modern

Highly Commended: Riely Anne Ervine, Krista Hicks. **Commended:** Storm Brown.

Silver Modern

Highly Commended: Taylor Snider, Jessica Crews, Julianne Marshall, Julie Mitts, Hannah Whaley, Meghan Donovan. **Commended:** Emily Hyland, Sarah Jayne Longinotti, Jill Falla, Katelyn Kennedy.

Silver Jazz

Highly Commended: Hannah Whaley, Casey Wiginton, Julie Mitts, Julianne Marshall, Jessica Crews, Korianne Marshall. **Commended:** Laura Donovan, Sarah Jayne Longinotti, Katelyn Kennedy, Taylor Snider.

Elementary Jazz

Honours: Alicia Sewell.

Intermediate Modern

Honours: Emily O'Leary, Jenny Kehoe, Alicia Sewell.

Blue Riband Jazz

Highly Commended: Alicia Sewell. **Commended:** Tasha Hudson.

Level 1 & 2 Tap

Passed both levels: Madison Sullivan.

Level 1 Ballet

Pass: Grace Foley, Emily Lange, Amanda Meloche, Nicole Quick, Charlotte Coxhead, Delaney Davis.

Level 2 Ballet

Pass: Cailea Van Gemeren, Miranda Gibbons, Daniela Senese, Mikaela Bell, Brooke Lisk, Emily Lange, Amanda Meloche, Nicole Quick, Charlotte Coxhead, Delaney Davis.

Pre Primary Ballet

Honours: Serena Hong. **Highly Commended:** Grace Fowler, Keisha Nowe, Brook Rumpel, Amanda Whitehead, Jessica LaRue, Cassandra Blight, Elysa Hunter, Katy Greenwood, Rebeka Bellamy, Jacinda Afseth, Sarah Grubb.

Blue Riband Ballet

Highly Commended: Korianne Marshall. **Commended:** Lauren Grubb.

British Medallion Ballet

Highly Commended: Alicia Sewell. **Commended:** Taylor Snider, Krissa Donahue, Heather Allin.

The Carol Brown School of Dance will be celebrating 40 years of successful dance education with their Annual Recital on Saturday, June 9th at Trenton High School.

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I/S BOWLERS RECOGNIZED

Photos: Amber Gooding,
Contact Staff



From left to right: Dan Cormier, Fitness and Sports Coordinator; Master Corporal T. Derkson; Ray Roy; Captain M. Stoddard; Ernie Strocel; and Denis Gaboury, Fitness and Sports Director. Cormier and Gaboury presented this year's I/S bowling award winners with medals during the closing ceremonies held at Astra Lanes on March 21, 2007.



From left to right: Captain M. Stoddard, Master Corporal G. Cathline, Sergeant P. Filman, Warrant Officer P. Davis and Dan Cormier. This year's I/S Bowling season has come to an end with awards presented to top bowlers and winning teams in a variety of categories, at the closing ceremonies which were held on March 21, 2007.

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Fitness, Sports & Recreation

Morning and evening aquafit classes

Both morning and evening aquafit classes are available at the RecPlex.

The following information contains times, cost and registration information.

Morning Aquafit

Classes will take place on Mondays, Wednesdays and Fridays, beginning April 2 and running through until June 29, 2007.

Please note, there will not be any classes held on Good Friday, Easter Monday or Victoria Day.

There are three class times to choose from.

Class one will run from 7:45 a.m. to 8:30 a.m.; class two will run from 8:40 a.m. to 9:25 a.m. (deep water class); and class three will run from 9:35 a.m. to 10:20 a.m. (deep water class).

Cost is as follows: military personnel and CRA members, \$65; military community non-members, \$70; general public, \$75.

Registration for the general public will take place on Tuesday, March 27, at 10:00 a.m.

Evening Aquafit

Classes will take place on Tuesdays and Thursdays from 7:30 to 8:30 p.m.

Classes will begin on April 10 and run through until June 14, 2007.

Cost is as follows: CRA members, \$35; military community non-members, \$40; general public, \$50.

There is also a drop-in fee option available, space permitting.

The drop-in fee is \$4 for military community, with ID, and \$5 for the general public.

Youth Aquatic Club begins in April

The Youth Aquatic Club is open for those ages 8 to 16-years-old and will take place on Mondays, Wednesdays and Fridays from 5 to 6:15 p.m., beginning April 2 and running through until June 22, 2007.

Please note, there are no classes on Monday, April 9 and Monday, May 21, 2007.

The following information is in regards to cost, based on membership status.

CRA members: one night a week, \$25; two nights per week, \$30; three nights per week, \$35.

Military community, non-members: one night a week, \$40; two nights per week, \$45; three nights per week, \$50.

General public: one night a week, \$55; two nights per week, \$60; three nights per week, \$65.

There is also a club t-shirt available, at a cost of \$15 per shirt, regardless of membership status.

Evening fitness classes at the RecPlex

There are a variety of evening fitness classes available through the RecPlex, including spinning, body sculpting, kickin' cardio, kickboxing, yoga, step and pilates.

All classes are scheduled to begin

on April 2, 2007.

Those interested may register at the RecPlex. Please call the Community Recreation Association (CRA) reception at ext. 3361 for more information.

55+ beginner swim lessons

The RecPlex is now offering new 55+ beginner swim lessons at the RecPlex.

It's never too late to learn a new skill or get over the fear of water. Swimming is a fantastic form of exercise for all abilities.

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by teaching you the basic swimming skills. You will have a chance to work on the stroke that you want to learn.

There are daytime private/semi-private or group classes available.

Please contact the RecPlex at 613-392-2811 ext. 3361 for rates and times.

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 will continue until Tuesday, March 27, 2007 at the

RecPlex, during regular hours of operation.

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.

Seniors meet and mingle

Join us on Mondays, Wednesdays and Fridays from 10:30 to 11:30 a.m. for this new session.

Come to meet and mingle with other seniors and enjoy a leisure swim in the warm-up pool.

The pool is a wonderful place to meet new people and share some life stories.

These times are supervised but non-instructional. The pool is shared with parent and tot swimmers.

Drop-in fees apply. Maximum 10.

Hockey pre-tryout ice times available

How about some extra ice time for your young hockey player before try-outs begin?

This is available for Atom, Minor Pee Wee, Pee Wee, Minor Bantam, Bantam and Midget players.

There will be five extra practices

beginning April 7 and ending April 15. A schedule of the specific times is available at the RecPlex.

Cost is as follows: CRA members, \$55; military community non-members, \$60; general public, \$75.

Space is limited so register now at the RecPlex.

EXPRES Testing

EXPRES Testing will be offered every day, of the last week of March at 0830 hrs.

To book your fitness test please email +PSP Expres Bookings on the DIN/outlook address book.

Surf n' Turf

The date is now set for 8 Wing/CFB Trenton's annual Surf n' Turf race.

This year's race will take place on Friday, June 15, 2007.

To register, or to obtain more information, please feel free to contact Lisa Refausse by phone at local 3328 or by email at refausse.e@forces.gc.ca



Cross Training

Cross training...why you should cross train?

Cross training is definitely pegged as the industry's defense on injury.

Try to shake up your programs to prevent injury, promote adherence and promote enjoyment. Try something new - for the health of it!

DJ Youth Dance



Dance to a great DJ and light show on April 14 at the RecPlex Gym. Wired for Sound will keep you hopping all night long. Bring your friends.

Admission is \$5.00, to be paid at the RecPlex Gym. The dance will be open to those between the ages of 9 and 12-years-old from 5:00 to 7:15 p.m.

The dance will then open to those between the ages of 13 and 16-years-old from 7:45 to 10:00 p.m.



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- Wayne Gretzky

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Health

Weight gain is common when quitting smoking but it is not inevitable

Gaining weight when you quit smoking is not uncommon but keep in mind that it is not inevitable. Some reasons why people gain weight when they quit smoking are as follows:

--You may find yourself substituting food for smoking; as well snacking often increases.

--You may also find that your sense of taste and smell improves when you quit smoking, which is a direct benefit of quitting smoking, but can lead to overeating.

--You may find that your preference for sweets increases temporarily.

--And lastly, nicotine stimu-

lates the metabolism. When you quit smoking your metabolism will go back to normal which can lead to weight gain even if you don't eat more than normal because your metabolism needs fewer calories now as compared to when you were smoking.

Not everyone gains weight when they quit smoking. About four out of every five people who quit will gain weight and generally it is less than 10 pounds. A weight gain of 75 pounds is said to equal the health risk associated with smoking a pack of cigarettes a day.

If you are concerned with weight gain during your smoking cessation process and would like more information on nutrition and healthy eating, please contact the Health Promotion office. If you are interested in starting or modifying a physical activity program, please contact the Fitness and Sports Flight.

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



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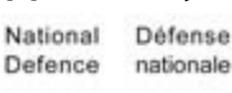
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Some tips for Nutrition Month

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

--Reducing fat in your diet will lower your caloric intake. A healthy diet should include no more than 20-35 percent of total calories from fat.

Saturated fat is a solid at room temperature and gets harder when chilled. It's found in animal products (ie: butter and meat), in certain vegetable oils, like coconut oil and palm oil, and in hydrogenated vegetable oils. These fats can raise low-density lipoprotein (LDL) or "bad" cholesterol in the blood.

--The ingredient list is found on every food package. Items are listed in descending order by weight so the product contains more of the ingre-

dients at the top of the list. The first three ingredients will give you a good feel for what you are eating.

The nutrition label gives you detailed nutrition information based on a typical serving size. It provides you with the calorie content of the food plus the amounts of important nutrients such as fat, saturated fat, trans fat, cholesterol, sodium, carbohydrates, fibre, sugars, protein, vitamin A, Vitamin C, calcium and iron.

--An oversized burger with cheese can add up to almost 700 calories, 40grams of fat and more than 1800 milligrams of sodium. Next time you go to a fast food restaurant ask for their nutritional information so you can get an idea

of what you are eating.

--Calorie counts in alcohol can add up significantly:

-- A 12 oz bottle of 5 per cent beer has 157 calories

--1.5 oz of spirits contains 93 calories

-- A 5 oz glass of red wine has 102 calories

-- 5 oz of sweet desert wine has up to 220 calories

Source: The Heart and Stroke Foundation of Canada

Stop by the Health Promotion Offices for a copy of the new Canada's Food Guide. Kendra Lafleur HPD, local 3767, or Lisa Pitt, HP AA, local 3768, 177 Hercules St., Bldg 119.

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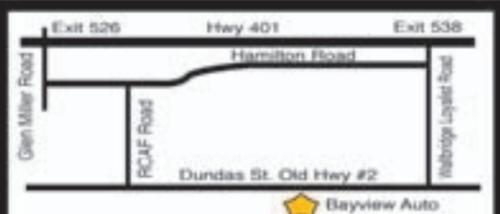
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HOROSCOPES

Weekly Astrology by Christine Davison

March 25 - April 1

ARIES (March 21-April 19): Keeping an open line of communication will be a wise course of action this week. Engage selected friends in social activities. You are admired and appreciated and can afford to be a little fickle in love. Pay attention to details or delegate responsibilities to a family member or co-worker who can assist you. You are on the fast track to success.

TAURUS (April 20-May 20): The temptation to manipulate things to bring about a favourable outcome may be strong, though as long as you stick to your honest ways and personal convictions, you'll be fine. Your social life will be vibrant and some may come to you for your advice. Utilize commonsense. Avoid travel midweek and gambling all week long.

GEMINI (May 21-June 20): Get set for a busy week. If you are feeling overwhelmed, keep your long-term goals in perspective and don't lose sight of what it is that will make you truly happy. Be your bold, charming self and follow your intuition. Take solace in your home and family for the upcoming weekend break; perhaps a night in, is in store?

CANCER (June 21-July 22): Following your feelings will relieve any sense of melancholy and help to replace it with joy. Keep a jovial attitude and an optimistic outlook whenever adversity strikes without warning. Success follows from close attention to detail. When boredom strikes, don't try to escape, take the time it allows for re-examining your personal goals.

LEO (July 23-Aug. 22): Lead group activities where you may but watch for dark moods affecting your own personal routine during the early week. All this work may start to burn you out so take some alone time for yourself whenever and wherever you can. If you successfully keep your group project going to the end, then you'll receive praise and reward. Don't take any unusual risks!

VIRGO (Aug. 23-Sept. 22): You are a real go-getter as you launch into the week. It's a good time to focus on career and the people you work with. By mid week this energy will take an introspective turn. You may find your thoughts dwelling on spiritual matters. Be empathetic to the opinions of others. Try not to take things too personally.

LIBRA (Sept. 23-Oct. 22): Try to look at all your problems and questions from different angles this week. You may find you are a go-between or peace maker at times. Despite it all, take time to take care of your own needs. Consider making some holistic changes to your lifestyle and diet. Your ability to negotiate a challenge will be useful.

SCORPIO (Oct. 23-Nov. 21): Don't sweat the small stuff! You may find your mood affected by even the smallest things. Keep the big picture in perspective at all times. Take some moments for friends and romantic interests. Your words are irresistibly charming and are able to influence others. Financial luck is on your side. Be thankful for what you already have.

SAGITTARIUS (Nov. 22-Dec. 21): Put that restless energy to use! It's a good time to sit down and do some research on your family's past. You may find some pleasant surprises there. You may also discover you have a real need to clear the slate and start anew. Keep your eyes open to details and take pride in your achievements. People are easily taken with your natural charm.

CAPRICORN (Dec. 22-Jan. 19): You've many allies as you head into a week of rapid activity. Practising empathy will help you as much, or even more so than it helps someone else. Allocate tasks to others in your personal and professional life. Share the workload and you'll all gain benefit from it. This may be your time to succeed in group projects.

AQUARIUS (Jan. 20-Feb. 18): Indulge in sensual pastimes this week. Cultivate a better sense of self worth. Your accomplishments are valuable and should be a source of pride. Don't allow for your heart and mind to be caught up in negative feelings or thoughts when you have so much that is beautiful and worthwhile around you.

PISCES (Feb. 19-March 20): Focus your passion upon creative tasks. Express yourself both socially and artistically; avoid excess energy twisting into nervousness or anxiety. Take some time to be thankful for the things you have or you may find yourself becoming unsatisfied and restless. Uncover the muse within.

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

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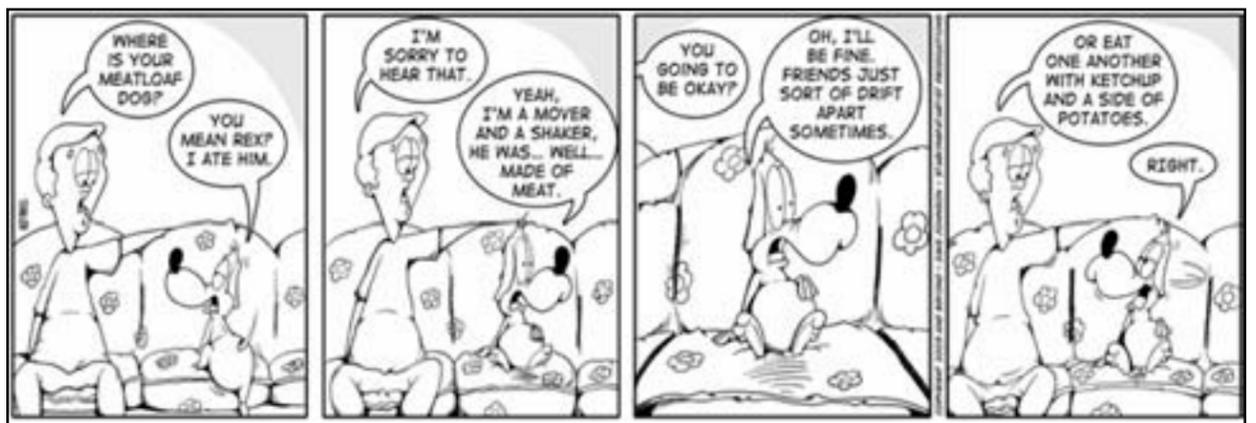
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Not In My Backyard! by Dale Taylor



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

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

What are the resources available to families of deployed members? Parents, spouses, siblings, sponsors all are welcome. Come and find out what services are there for you!

The MFRC will host two Deployment Information Nights at the Siskin Centre. There will be short presentations by: Military Taskings, Judge Advocate's office, Base Social Worker, the MFRC, SISIP, the Chaplain's office, the Mission Support Squadron and others. Presenters will have handouts and information packages.

Childcare will be available. Please register for childcare by calling 613-965-3575. Refreshments will be served.

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 to be decided
Admission: \$5 (\$2 will be donated to the Trenton MFRC)

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

Quelles sont les ressources disponibles pour les familles des militaires déployés? Parents, époux/épouses, frères et soeurs, parrains, vous êtes tous les bienvenus. Venez découvrir les services qui existent pour vous!

Le CRFM est l'hôte de deux soirées d'information sur le déploiement au Centre Siskin. Les présentateurs sont; des représentants du détachement arrière, du bureau du juge-avocat, travailleurs sociaux de l'escadre, du CRFM, de SISIP, du bureau des aumôniers, de l'escadrille de soutien aux missions et d'autres. Ils auront tous de la documentation à offrir.

Un service de gardiennage est disponible. S'il vous plaît, téléphonez au 613-965-3575 pour l'inscription au gardiennage. Des rafraichissements seront servis.

Red Cross goes Country

Come out for an enjoyable evening featuring comedy, music and a silent auction on Saturday, March 31 at 7:30 p.m. at Centennial Secondary School in Belleville.

Tickets are available at Sam the Record Man, Riverside Music, Books on the Bay and at the Red Cross office in McNabb Towers. For more information, please call 613-966-0730.

This event is being held in support of the local Quinte branch programs and services.

The Friends of Quinte West Public Library would like to invite you to their monthly book sale on Saturday, March 31, between 9 a.m. and 1 p.m. in the Municipal building at 22 Trent Street N. in Frankford. There will be a great selection of book for all ages! For more information please contact Ann at 397-1680.

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Padre Jim Craig
Padre Julien Beaulieu

WORSHIP SERVICES

<p>OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR) Chapel Life Co-ordinator/Responsable de la communauté Padre Frank Pellerin</p> <p>MASS Sunday Mass (English) 0900 hrs Messe Dominicale: 1015 hrs</p> <p>CONFESSION At all times</p> <p>PARISH ORGANIZATIONS Parish Council third Thurs 1900 hrs Knights of Columbus first Thurs 1900 hrs CWL second Tues 1900 hrs Chorale Merc 1900 hrs Choir Tues 1900 hrs</p>	<p>ST CLEMENT ASTRA (PROTESTANT) Chapel Life Co-ordinator Padre Mike Adamczyk</p> <p>WORSHIP SERVICE Sunday Divine Worship 1130 hrs Holy Communion 1st Sunday of the month</p> <p>PARISH ORGANIZATIONS Chapel Guild Last Tues 1930 hrs</p>
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DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR

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

NOTICE/AVIS

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

Diabetes Information Session

Dr. Varghese Koshy, M.D. will present "Diabetes and Cholesterol" at the Diabetes Information Session on Tuesday, April 3 at 7 p.m. at the Knights of Columbus Hall (57 Stella Crescent, Trenton). This session is free and open to the public and wheelchair accessible with ample free parking.

For more information, please contact April McCann at the Canadian Diabetes Association, South Eastern Ontario Regional Leadership Centre in Kingston, at 613-384-9374.

HOLY WEEK SCHEDULE (5-8 APR 07)
HORAIRE DE LA SEMAINE SAINTE (5-8 AVR 07)

Our Lady of Peace Chapel/Chapelle Notre-Dame-de-la-Paix

26 Mar 07 -- 1200 Weekday mass/messe en semaine
26 Mar 07 -- 1500-1700 hrs Individual confession/confession individuelle
26 Mar 07 -- 1900 Sacrament of Reconciliation/Sacrement du pardon
1 Apr 07 (Palm Sunday) -- 0830 English Mass: Blessing of the palm branches and procession outside weather permitting (if weather is inclement we begin in chapel foyer)
1 avr - Dimanche des Rameaux -- 0950 Messe française: Bénédiction des rameaux et procession dehors si le temps le permet (si non, dans le foyer de la chapelle)
2, 3, 4 Apr/avr -- 1900 Bilingual Mass/Messe bilingue
5 Apr/avr -- 2000 Mass of the Lord's Supper/Messe de la Cène du Seigneur
6 Apr/avr - Friday/vendredi -- 1500 Celebration of the Passion of the Lord 1500 Célébration de la Passion du Seigneur
6 Apr 07 - Friday/ vendredi -- 1600 Poor Man's Supper/Repas de la faim
7 Apr 07 - Saturday/ samedi -- 2000 Easter Vigil / La Vigile Pascale
8 Apr/avr 07 (Easter Sunday/Dimanche de Pâques) -- 0630 Service œcuménique du Soleil levant de Pâque à l'île Baker suivit d'un brunch à la chape; 0900 English mass Resurrection of the Lord; 1015 Messe française Résurrection du Seigneur.

St. Clement Astra Chapel

1 Apr 07 -- Palm Sunday -- 1130 Palm Sunday Holy Communion
5 Apr 07 -- Holy Thursday -- 1830 Maundy Thursday Anglican Eucharist
6 Apr 07 -- Holy Friday -- 1000 Good Friday Service
8 Apr 07 (Easter Sunday) -- 0630 Ecumenical Easter Sunrise Service at Bakers Island followed by Brunch at Chapel; 1130 Easter Sunday Holy Communion.

Safety

Carbon monoxide: Beware the invisible killer



Submitted by
Don Heans,
Wing General Safety
Officer

Carbon monoxide (CO) is a deadly gas which causes many deaths each year. It kills without warning because it has no smell or colour.

It is a by-product of burning of organic fuels such as gasoline, diesel, wood, propane, natural gas, charcoal briquettes and other such materials. When these materials are burned in a poor-

ly-ventilated space, carbon monoxide can build up and cause poisoning. This poisoning can occur even when there is plenty of oxygen in the air. The carbon monoxide replaces oxygen in the body's circulatory system, quickly causing illness and even death. These are some of the symptoms of CO poisoning:

- Headache
- Dizziness
- Sleepiness
- Ringing in the ears
- Nausea
- Poor co-ordination and weakness
- Confusion
- Breathing difficulty
- Unconsciousness

Some of the symptoms of carbon monoxide exposure may be

mistaken for other ailments such as allergies, the flu, exhaustion or a heart attack. Carbon monoxide poisoning can also be mistaken for intoxication from alcohol or drugs. If carbon monoxide exposure is suspected, move immediately to fresh air. If the case is a mild one, this may be all that is required for the person to recover fully. However, more serious cases of exposure may require Cardiopulmonary Resuscitation (CPR) and medical attention. Oxygen may have to be administered.

In some workplaces, carbon monoxide is not merely an unwanted by-product of combustion, but is actually part of the process. Carbon monox-

ide elimination and control methods will vary greatly from one industry to the next. However, here are some general tips on ways in which carbon monoxide exposure can be eliminated:

Switch to equipment which is operated by a power source other than organic fuels, such as electricity or batteries.

Keep any fuel-burning equipment in good condition so that it is burning efficiently. This would include fuel-burning engines, furnaces and heaters.

Separate the work area from the carbon monoxide hazard.

Ventilate the area. Local exhaust ventilation, or large complex systems may be required depending on circumstances.

Monitor the atmosphere to detect carbon monoxide levels.

Use supplied-air respiratory protection when the hazard cannot be eliminated.

Don't forget about carbon monoxide hazards off the job too. Here are some safety tips:

Keep your automobile and its exhaust system in good repair.

Never run the engine in an enclosed space such as a garage.

If you must sit in a stationery vehicle with the engine running, to keep warm, for instance, be sure to open a window.

Keep all heaters and furnaces in good repair too, so that they will burn fuels completely.

Provide adequate

ventilation for any heaters.

Never use a barbecue indoors. There have been a number of cases of carbon monoxide poisoning occurring as people tried to use barbecues indoors for cooking and heating during power outages.

Carbon monoxide is just one more reason not to smoke cigarettes.

Tobacco smoke, including second-hand smoke, contains carbon monoxide.

Poisoning is not the only danger associated with carbon monoxide. It is also flammable and explosive. When it builds up in an enclosed area, it can explode if there is a source of ignition such as a match, cigarette or electrical spark.

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Showcase



Mr Fred (Froggy) Payne
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Mr Fred (Froggy) Payne
The Plumbing Staff of Wing CE say goodbye to Mr Fred (Froggy) Payne. Mr Payne retires from the public service after 22 years.



Apollo Atanasopoulos
received his 10-year Long Service Award, presented by Colonel T.J. Lawson, Commander, 8 Wing/CFB Trenton.



Judi Christopherson
received her 10-year Long Service Award, presented by Colonel T.J. Lawson, Commander, 8 Wing/CFB Trenton.



Dan Cormier
received his 10-year Long Service Award, presented by Colonel T.J. Lawson, Commander, 8 Wing/CFB Trenton.



Paul Deschamps
received his 10-year Long Service Award, presented by Colonel T.J. Lawson, Commander, 8 Wing/CFB Trenton.



Todd Peart
received his 10-year Long Service Award, presented by Colonel T.J. Lawson, Commander, 8 Wing/CFB Trenton.



Toby Smith
received his 10-year Long Service Award, presented by Colonel T.J. Lawson, Commander, 8 Wing/CFB Trenton.



Cpl N. Dugas
received his promotion to that rank, presented by Maj MacEwen, WCEO.



Cpl S. Aubie
received his promotion to that rank, presented by Maj MacEwen, WCEO.



Sgt T. Smith
received his promotion to that rank, presented by Maj MacEwen, WCEO.

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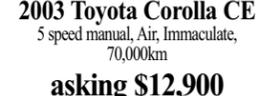
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The Trenton Craft Guild has openings at their annual **Spring Craft Show & Sale** on May 5/07 at the Knights of Columbus Hall in Trenton. Crafters of fine handmade products, please call Jim or Judith at **613-394-2187** to book your booth.

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		V	E	A	L		E	V	I	L		
S	H	O	A	L		M	A	N	T	R	A	
C	Y	S	T		P	H	O	T	O		A	G
A	P	T		P	L	A	T	E		M	D	I
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		N	I	C	K		E	R	I	C		
M	O	I	S	T		P	R	O	P	H	E	T
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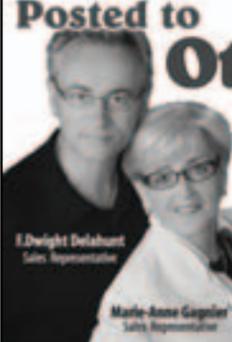
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