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Major Conway earns Division Commander's Commendation for Op Revamp role

by 2Lt Jennifer Jones

A well-deserved and enthusiastic round of applause from colleagues and family members erupted in the 426 (T) Squadron lounge on March 21 when Major (Maj) Chris Conway was awarded the Division Commander's Commendation for his hard work and dedication this past year as the lead project officer for Operation Revamp.

Op Revamp began in February 2006, and planning since has centred around one mission statement for the training squadron: “to produce fully operational CC-130 Combat Ready (CR) aircrew through a focused syllabus with significantly reduced timelines.” A secondary goal was to start the first course (CR 07001) for aircrew by Mar 2007.

In previous curriculum, training CC-130 aircrew to operational and tactical standards took nine to 14 months. For an Aircrew Commander (AC), full qualification training took anywhere from three to five years.

The duration of the new CR course is 5½ months. Upon graduation, CR crews are employable in a low threat, tactical theatre and capable of airland and airdrops. Airdrop operation consists of Container Delivery System (CDS) and Light Equipment

(LE) drops.

After considering six possible courses of action (COA), Op Revamp's key decision makers recommended COA#3 to the Division Commander, which is focused on the goal of qualifying nine complete CR aircrews, as well as nine additional Search and Rescue (SAR) First Officers (FOs), per year.

A detailed description of the chosen course can be found in the power point presentations posted under the “Op Revamp” link on the 426 Squadron homepage. These presentations outline the necessary resources and required simulator/flying hours for CR training, as well as detailed timelines for pilot, navigator, flight engineer and loadmaster training schedules. Interested wing personnel are encouraged to visit these sites and learn about the new training plan.

Three serials, each graduating three crews, are scheduled to run annually. The first serial of the year is already underway. Pilots and navigators started training last week and loadmasters will follow suit beginning April 16. The second and third serials will begin July 1 and October 15, respectively.

Upon completion of CR training, a crew is fully operational, and deployable if DAG

See Commendation, P. 2

SWISS AIR FORCE VISITS TRENTON

Photo: Cpl David Hardwick, 8 Wing Imaging



On March 22, 2007, a Swiss F/A 18 Hornet accompanied by a Falcon 50 landed in Trenton for fuel en route to China Lake, California, for a nine-month stay at the Naval Weapons Center to test the aircraft's new software and hardware. Capt. Jan Steiner, a pilot from Squadron 17, Swiss Air Force, flew the fighter in from Goose Bay before handing it over to a second pilot, Maj. Bernard Berset of Squadron 18, to fly on to St. Louis, Missouri, for an overnight stay at Boeing Manufacturers' headquarters. The Falcon 50 arrived shortly after the F/A 18, carrying the second pilot, two maintenance technicians and spare parts for the aircraft. The crew departed Switzerland on Wednesday, stopping in Scotland, Iceland, Greenland and lastly Goose Bay for an overnight. From Trenton to St. Louis and on to Colorado Springs before finally arriving in China Lake on Saturday.

GRANTING A CHILD'S SPECIAL WISH

Captain Hugh Kennedy (left) from 424 Transport and Rescue Squadron shows young Philip Flieler the inner workings of a CH-146 Griffon helicopter as Spider Man--Dennis Elliott of the local chapter of the Make-A-Wish Foundation--looks on. The Make-A-Wish Foundation and 424 Squadron joined forces on March 23 to create a special day for the young boy. The charitable organization grants the wishes of children with life-threatening illnesses to enrich the human experience with hope, strength, and joy. The Make-A-Wish Foundation® of Canada is part of the largest not-for-profit wish granting organization in the world, serving 30 countries with international affiliates on five continents.



Photo: Cpl David Hardwick, 8 Wing Imaging

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Proud to be called "Trapper"

It would not take long for a wet-behind-the-ears Traffic Tech at 2 Air Movements Squadron to have to answer to the term 'Trapper'. A term of endearment and rite of passage that is in keeping with traditions and values long established within the trade, it is important to know the history of the coveted expression.

Here is my story.

Upon Graduation from Canadian Forces School of Traffic and Movements (CFSTM) in Jun, I was posted to 1 AMU. I was assigned a position within 8 Mobile Air Movements Section where I was eager to begin my adventure as a MAMS tech.

Pining for knowledge and experience, I was deployed to Thule, Greenland in support of

EX BOXTOP. It was here, while under the watchful eye of Sgt "Pictou Pete" Cheverie that I would hear the term 'Trapper' for the first time. It would not be the last as WO Jimmy Cooper also insisted on calling all the MAMS personnel 'Trappers'.

I didn't think much about it back then as I had yet to break a mold cast by my years as an infanteer where we did not ask questions. 'Trapper', to me, was just another word for a MAMS person, much the same as I was called a 'Grunt' while serving as an infanteer.

It was not until 1984 while posted to 14 Wing Greenwood in a position in CMTT clearing Customs for the CP140 aircraft and paying invoices for the shipment of freight, that I had the pleasure of speak-

ing with Mr. Larry Hatt at DTM in Ottawa. He kept calling me 'Trapper' or 'Trap' each time we spoke. I immediately got curious and asked the inevitable question, why was he calling me "Trapper"?

His response, "A 'Trapper' is a Traffic Tech who demonstrates his willingness to assist others without being prompted or asked." To my honor, after having dealt with him on more than several occasions, he deemed me worthy of being addressed as a 'Trapper'.

Over the years, I got used to using the term 'Trapper' when dealing with Traffic Techs throughout the CF. I continue to use the word "Trapper" in the same context as Mr. Larry "Trapper" Hatt. To me, the term "Trapper" refers to someone who is

always there to lend a hand and to assist anyone in need, especially another Traffic Tech, without question.

The term 'Trapper' manifests the important values that we hold within our Traffic Tech community and reflects, not only the way that we treat others, but especially the way that we treat our own. Regardless of your rank, next time you are addressed as 'Trapper', I hope that you remember this story and take the time to appreciate what it stands for, as someone obviously thinks that you are deserving of being called a 'Trapper'.

Based on the musings and experiences of the one and only MWO and Trapper, Len (Woody) Wood, 2 Air Movements Squadron, 2004-Present.

Commendation to Major Conway, Cont'd from P. 1

requirements are met. The generation of employable crews promises to be astoundingly efficient and promotes interoperability between crews as a huge emphasis has been placed on producing crews with the same basic CR level across the board.

As far as Maj Conway is concerned, his award is a product of "a huge team effort...[and] certainly belongs to the squadron". Extremely proud, he is optimistic that Op Revamp has laid the groundwork for a CC 130 aircrew training plan that corresponds to the incredibly demanding operational tempo our Canadian Forces faces today.



Photo: Cpl David Hardwick, 8 Wing Imaging

Major Chris Conway (right) receives the 1 Canadian Air Division Commander's Commendation, presented by Lieutenant-Colonel David Cochrane, CO 426 Squadron.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



EME Squadron and the CF National Recovery System--Mr. John Sutton of EME Squadron Quality Control Section inspects the front brakes on the three-ton wrecker. As well as being responsible to provide vehicle recovery services for all 8 Wing supported units, EME Squadron also must provide the same throughout a vast area of Ontario, a task associated with the CF National Recovery System. A little known fact, this involves responding to any CF unit requiring assistance, anywhere within an area of over 32,000 km² on a 24/7 basis. EME Squadron's area of responsibility extends from Newtonville to Deseronto and as far north as Bancroft and Algonquin Park. In addition to recovering all 8 Wing vehicles and equipment as required, the CF National Recovery System task keeps the EME Squadron wreckers on the road continuously.

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Air Force to host tri-national Search and Rescue exercise

WINNIPEG, MANITOBA—(CCNMatthews - March 26, 2007) - The Canadian Air Force will play host to U.S. and Russian forces for Arctic SAREX, an annual search and rescue exercise. The exercise will take place in the vicinity of 19 Wing Comox and Campbell River, BC, from April 1-5.

Arctic SAREX 07 is the twelfth in a series of Canadian, American and Russian military efforts to improve combined Search and Rescue (SAR) capabilities to respond to major air disasters in the Arctic.

"Arctic SAREX is an important series of exercises for us," said Maj.-Gen. Charlie Bouchard, Commander of 1 Canadian Air Division/Canadian NORAD Region

Headquarters. "In addition to exchanging best practices in search and rescue, it ensures that we are ready and able to respond quickly to Canadians in distress, particularly in the North".

This year's scenario will simulate a major air disaster (MAJAID). SAR technicians (SAR Techs) from all three countries will parachute into a mass-casualty scene, survival equipment will be dropped from an Aurora patrol aircraft and a full MAJAID kit will be deployed from a Hercules transport aircraft. Following basic medical care and an overnight stay in a field, casualties will be evacuated to a triage centre at a forward operating base where Field Ambulance medical staff will have the opportunity

to practice their role. The exercise will conclude when all of the simulated survivors are evacuated to a major center, their final destination.

As host, the Canadian Forces will make the greatest contribution to this year's exercise. SAR personnel from across the country will participate, accompanied by members of the Army and Navy. Special support for the major air disaster will come from 8 Wing Trenton and the Canadian Forces Advanced Land Warfare Centre.

In Canada, aerial search and rescue is the mandate of the Canadian Forces. Hundreds of Canadians are rescued by Air Force search and rescue personnel every year from coast to coast to coast.

Search & Rescue UPDATE



424 Squadron Tigers had five missions this past week. First was for our Herc— while training in the Trenton area, JRCC sent the crew to investigate an ELT near Ottawa. The signal was homed to the downtown area where no apparent distress was observed. Our crew recovered in Ottawa for fuel then returned home to Trenton.

Next mission was also for our CC-130. The crew was sent for another ELT, this time in the London area. The signal was homed to a hangar at the Tillsonburg airport. The local CASARA unit was contacted and they were tasked to investigate. JRCC released the crew and they returned to Trenton.

The next mission involved both the Herc and Griffon, tasked to investigate a report of a person in the water near Frenchman Bay. The call turned out to be a false alarm and both crews returned to London where 424 Squadron has been conducting a search exercise.

The final call-out was for our Griffon to look for a lost ice fisherman near Mexico Bay, New York. The mission was canceled before the crew got airborne.

Until next time, stay safe.

Missions for 2007: 19 Missions for Mar.: 10 Persons rescued: 1



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- 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.

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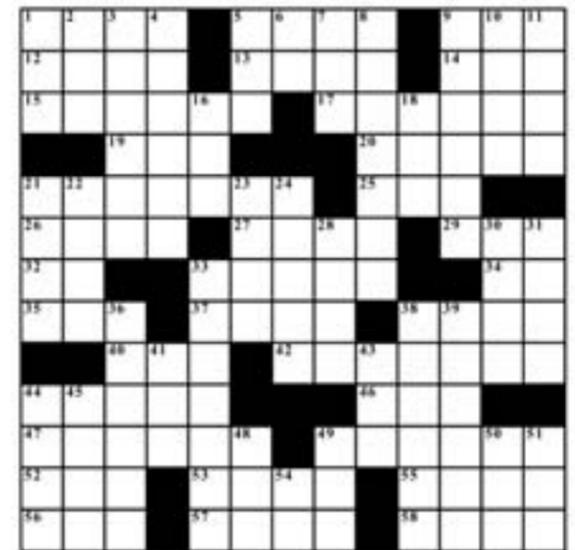
Canadian Crossword

Nuts for The Nutty

By Bernice Rosella and James Struthers

- ACROSS**
 1 Chick chat
 5 Recording artist Paul
 9 Brooch
 12 Caution
 13 Fabric
 14 Compass pt
 15 Cooks, in a way
 17 Slaps
 19 Tor. Exhibition
 20 Approves
 21 Aged
 25 Grandma, to some
 26 Kiln
 27 Balmy
 29 Drunk
 32 Hosp. hot spot
 33 Finale
 34 Roman 6
 35 Prefix denoting new
 37 Article
 38 Pitcher
 40 Iginla milieu
 42 Disclose
 44 Announcement
 46 Lubricate
 47 Mount _____ ? Newfoundland
 49 Aphrodite's amour
 52 Cubes
 53 Thoroughfare
 55 Paint thinner, slangily
 56 Shack and Belfour
 57 The TV, in Tottenham
 58 Corset part

- DOWN**
 1 P. MacKay and party
 2 Feed
 3 Builds
 4 _____ anguished? Ontario



- 5 Partner of Oohs
 6 Absolutely not
 7 L. Lewis pursuit
 8 _____ ton? New Brunswick
 9 _____ field? Quebec
 10 Bluish black
 11 Capone pursuer
 16 Sea, in Ste Rose
 18 Alias acronym
 21 Mope
 22 Swiss river
 23 Spue
 24 Noshed
 28 Citrus fruit
 30 Done with
 31 Poop out
 33 Prince _____ ? Saskatchewan
 36 Obligations
 38 T.S. and kin
 39 St. _____ ? Saskatchewan
 41 Queen Elizabeth , e.g.
 43 Endangered food fish
 44 Alphabet run
 45 Set
 48 Misery
 49 Summer sip
 50 Mortal sin
 51 Snoop
 54 Blakeney or Sapp, familiarly



This Week in Contact

1977 – Brigadier-General (Ret'd) Robert E. Mooney, former Director of Communications, Electronics Systems, at National Defence Headquarters, has been appointed Colonel Commandant of the Canadian Forces' Communications and Electronics Branch. Chief of the Defence Staff, General J.A. Dextraze, announced the appointment. This provides a link between the Reserves, civilian electronics and communications associations and Defence Headquarters.

1987 – CBC Television presented a spectacular documentary on Canada's world famous jet aerobatic team. The Real Stuff is an inside-the-cockpit-look at the men and the machines that have made the Snowbirds the most admirable precision flying team in the world. It was a very rare look at the special team and a proud moment for Canadians.

1997 – Flight Plan 97 Ground School conducted its last official course. A grand total of 2,925 students, including regular and reserve personnel, as well as DND and NPF employees, participated in this program. The implementation of FP 97 was a huge undertaking but was well received with excellent support from all units.

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



8 Mission Support Squadron gearing up to go

by Lt(N) Pierrette LeDrew
A1 programs 2

Starting this Sunday, a significant number of 8 Wing members will be sporting a new uniform: the arid (AR) CADPAT.

As they continue to prepare for their upcoming deployment, the men and women of the 8 Wing's Mission Support Squadron (MSS) will now be readily recognizable, as they break in their new uniforms over the next few months. This will enable them to get used to their new outfit and to exchange or adjust anything that requires it. It will also make the transition into theatre a bit easier for them. After all, no one wants to be wearing a new pair of boots for the first time in theatre.

This step brings the reality of the upcoming deployment of the squadron closer for everyone. It is also a bit of a culminating point in what has

been a very busy few months for the squadron. MSS personnel, who come from many different units of the wing, have been training hard for this mission since EXERCISE BLUE FIRE, held in October 06. The goal of this exercise "was to ensure that personnel were ready for a ROTO 0 deployment," says Major Suzanne Raby, Officer Commanding of 8 MSS. Aside from the weapons, communications, first aid and other typical pre-deployment training, the squadron participated, as a unit, in a specially-designed Peace Support Operations training session. As well, the entire leadership of 8 MSS participated in a week long workshop on conflict resolution at the Alternate Dispute Resolution Centre. All this training will ensure that everyone is as well prepared as can be for the task at hand.

The squadron's



Photo: Cpl Frieda Van Putten, 8 Wing Imaging

The men and women of the 8 Wing's Mission Support Squadron (MSS).

mission to Camp Mirage is scheduled for 1 Jun to 21 Dec 07. This is the first air force mission in recent years where most support staff will come

from the same wing.

The members of 8 MSS will be on parade on 27 April 07, in front of the wing's headquarters. The parade will form up at

10:30 hrs. A farewell luncheon will follow at the Astra Lounge. Everyone is cordially invited to watch the parade and come to the luncheon. This

will be a great opportunity for all to offer good wishes and support to those members of the wing who will deploy as a unit in the next few months.



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8 Wing Vintage Flyers represent Ontario region

by MWO Len Wood

8 Wing Trenton Vintage Flyers Oldtimers hockey team represented the Ontario Region at the 2007 Canadian Forces Oldtimers Hockey Championship held at CFB Borden, from March 17 to 23, 2007.

Teams from the five Canadian Forces regions converged on CFB Borden to compete for the CF Oldtimers Hockey supremacy.

The following teams represented their respective regions: Atlantic, 12 Wing Shearwater (defending 2006 CF National Oldtimers Champion); Quebec, NDHQ Ottawa; Ontario, 8 Wing Trenton; Prairie, 17 Wing Winnipeg; and Pacific, Formation Esquimalt.

Trenton began the competition against the defending 2006 champions, losing a hard-fought battle 7-5. Goal scorers were Brian Frank, Whitey Leblanc, Rick Plante, and Dennis Aube with a pair. Assists went to Al Germain and Rick Pyle each with one, Jeff Stouffer with two and Ross Prophet with three. Rob Turland took the loss in goal. Prophet received game star honours.

In game two versus Winnipeg, Trenton won by a convincing 3-1 score. Germain with a single, and Plante with a pair, scored goals. Assists went to Stouffer with two, and singles to Mario Beauchense and Leblanc. Steve Owens recorded the win in goal. Stouffer received the game star award.

Game three pitted Trenton against Esquimalt, ending in a 3-3 tie.

Trenton goal scorers were Stouffer, Leblanc and Plante, with assists going to Plante, Keyes, Prophet, Frank, and Stouffer. Turland got the tie in goal. Game star honours went to Plante.

In game four, Trenton went head-to-head with Ottawa, and was humbled by a 7-1 margin. Trenton's lone goal scorer was Stouffer, assisted by Plante. Owens got the loss in goal. Plante received the game star award.

In the first semi-final, Trenton got a rematch with the Atlantic champion. Trenton came out strong, taking an early 3-0 lead; however the Shearwater Flyers rebounded to earn a hard-fought 7-5 victory to advance to the final. Turland recorded the loss in goal. Game star award went to Frank.

In the other semi-final, Ottawa defeated Winnipeg 5-3.

The final game saw Ottawa defeat the Atlantic champions by a score of 4-2 to capture the 2007 CF National Oldtimers Hockey Championship.

Individual awards were as follows: Most Valuable Player: Kevin Schwartz; Tournament Most Sportsman: Wade Sutton; All-Star team: Goal, Kevin Schwartz; Defence, Mike Larose; Defence: Roco Smith; Forward: Sly Ethier; Forward: Wade Sutton; and Forward: Jeff Stouffer.

Dedication to CF Sports Award, Well Deserved Coach: John Kamperman.

The Vintage Flyers represented the Ontario Region very well. The players demonstrated a positive attitude, hard work and dedication, on and off the ice.

The coach and players would like

to thank John Snyder, Denis Gaboury, Dan Cormier, Bryan Pearce and their PSP staff for support to the 2006/2007 season.

In addition, we thank the Wing Commander, WCWO and all the Unit/Squadron Commanding Officers for their support. Without this, there would not be this type of high-level competition in the CF.

Special thanks to Mike Doucet, CF National Sports Coordinator; Dave Rothermund, Competition Organizer; Veronica Lewis, Fitness and Sports Director, PSP Borden, and staff.

Thank you to the members of the medical staff (trainers), to John Hall and his officials, to Barry Lewis and his Jury of Appeal. A much-deserved thank you to John Whittle, CFB Borden Arena Manager, and his staff for excellent ice and great facilities.

As coach of the 8 Wing Trenton Vintage Flyers, I thank team captain Brian Frank and alternates, Bob Chretien, Al Germain and Rick Plante for outstanding support and leadership. I also thank all the players for making Oldtimers hockey a strong, healthy, competitive CF sport. Special thanks to Jeff Stouffer, Whitey Leblanc and Dennis Aube, for your outstanding contribution to the success of the Vintage Flyers at the 2007 CF Oldtimers Hockey Nationals.

Congratulations to Coach Bob McNabb and his Ottawa Olde Generals in winning the 2007 CF National Oldtimers Hockey Championship. Until next year, play hard.

Bronze Medallion and Emergency First-Aid

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

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

Pre-requisite for the course: Must be 13 years

of age or older.

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

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

All manuals are included in the cost of the course.

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Fitness, Sports & Recreation

Kayaking: Wet exit and re-entry course

If you tip over in open water, do you know what to do?

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

Some of the skills

you will learn include sweep, reverse, draw, rescue, and more.

This two-hour course will be held at the RecPlex Pool.

Two courses will be offered: Saturday, April 14, and Saturday, May 5, from 3:30 to 5:30

p.m.

Cost: \$30 for military personnel and CRA Members; \$35 for military community non-members; \$45 for the general public.

Space is limited so register now at the RecPlex.

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.

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.

Pleasure Craft Operator certification

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

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

The Community Recreation Association is a proctor site for the

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

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

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

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

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

CFB Trenton Outdoors Pursuits Club

The 8 Wing/CFB Trenton Outdoors Pursuits Club is a recreation club that has grown out of the changes that the 8 Wing/CFB Trenton Fish and Game Club have undergone.

The intent of the club is to provide a framework for different activities to operate under a club setting without the need for an executive staff and constitution for each individual activity.

The Outdoors Pursuits Club will have an executive committee, constitution and bylaws.

Any activity that wishes to operate under the umbrella of the Outdoors Pursuits Club only needs to have a chairperson.

The chairperson of the activity will become one of the executives of the Outdoors Pursuits Club.

The activities that are envisioned to operate under the umbrella of the Outdoors Pursuits Club are ATV, snowmobiling, rock climbing, paint balling, fishing, hunting and skeet to name a few.

The club will offer the same type of memberships that are recognized in accordance with morale and welfare directives. The types of memberships available are Regular, Ordinary and Associate.

The restrictions that exist within the framework of CFAO 50-20 will also apply.

Not only will individuals who enjoy the same interests be able to get together to enjoy those activities within a club setting, they will also have the bonus of having limited access to three of the

six cabins at Northern Lodge that have been set aside for use by members of the Outdoors Pursuits Club.

Now for the hook--the club needs an executive committee. There is a need for a President, Vice-President, Secretary and Treasurer.

These key positions must be filled as per CFAO 50-20 in that these positions must be filled by regular members. The chairperson of each activity may be an ordinary or associate member.

For information on this exciting new club, please contact Dave Elverson at local 2627 or the Personnel Support Program (PSP) Community Recreation Director, Judi Christopherson, at local 2349.

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.

Canadian Swim Patrol Course

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

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

young people interested in going beyond just learning how to swim.

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

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

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, paid at the RecPlex Gym.

The dance will open to youth ages 9 to 12-years-old from 5 to 7:15 p.m. The dance will then open to youth ages 13 to 16-years-old, from 7:45 to 10:00 p.m.

Easter Egg hunt

WO & SGT's Mess
April 7, 2007 at 10am



Come on out to the first ever
WO & Sgt's Mess Easter Egg hunt!
*There will be prizes for special eggs.
Games & Crafts.*

Pancake Breakfast

Main lounge starting at
08:30

*Please register at the
Mess office before
April 2nd.*





INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

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.

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.

Francophone chit-chat
 Are you a francophone stay at home mom who would like to connect with other moms in the same situation? Would you like to have some time for yourself to chat with others in the same situation? Would you just like to make friends, have a coffee and meet regularly in a friendly environment?

This new group might be the answer!

Bring your young kids! Childcare is available and free when you register in advance.

Meetings are every Tuesday afternoon 1:30-3:00 Siskin Centre, Bistro

Jasette francophone
 Êtes-vous une mère à la maison qui aimerait rencontrer d'autres mères francophones qui sont dans la même situation? Aimeriez-vous avoir du temps pour jaser avec d'autres comme vous? Aimeriez-vous juste vous faire des amies pour prendre un café et vous rencontrer régulièrement dans un endroit agréable?

Ce nouveau groupe a peut-être la solution.

Amenez vos jeunes enfants! En vous inscrivant à l'avance on vous offre un service de gardiennage gratuit.

Les rencontres sont les mardis de 13h30 à 15h au Bistro du Centre Siskin

Why Hire A Military Spouse - What Employers Had to Say
 Date: Tuesday, April 10 Time: 6:00 - 8:00 p.m.
 Objective: To look at Employer Input gathered both in the Employer Session as well as mailed responses. Registration Deadline: April 3rd

Small Business Owner Session
 Calling all Military Spouses/Family members who operate small businesses. Let's get together to discuss how best to showcase your Businesses for other Military Spouses/Family Members to learn about them.
 Date: April 17 Time: 6:00 - 8:00 p.m.
Registration Deadline: April 10th

Pourquoi embaucher une épouse militaire?
Ce que les employeurs ont à dire !
 Date : Le mardi 10 avril Heure : de 18h à 20h
 Objectif: Atelier visant à étudier ensemble, les commentaires recueillis durant la session des employeurs ainsi que les réponses à nos lettres de publicité.
Date limite des inscriptions : le 3 avril

Atelier pour les propriétaires de petites entreprises
 Invitation à tous les militaires et membres de leurs familles qui possèdent leurs propres petites entreprises. Réunissons-nous pour discuter des meilleures façons de faire valoir votre entreprise et de faire en sorte que la communauté militaire puisse vous connaître. Date : Le 17 avril Heure : De 18h à 20h
Date limite des inscriptions : le 10 avril

Deployment Support / Wednesday Night Out
 Pre-register please by calling 613-965-3595 or 613-965-3575
 April 11 - Family Deployment Briefing - 7 pm
 April 18 - Cardmaking - 7 pm
 A variety of activities are coming up, please visit the MFRC website calendar at www.trentonmfrc.cfbtrenton.com

Soutien au déploiement / Les sorties du mercredi soir.
 Veuillez vous inscrire à l'avance en appelant au 613-965-3595 ou 613-965-3575
 Le 11 avril - Briefing, la famille et le déploiement à 19h
 Le 18 avril - Confection de cartes à 19h
Les prochaines activités sont planifiées, svp visitez le calendrier sur le site web du CRFM, www.trentonmfrc.cfbtrenton.com

New! Leaps & Bounds in Literacy
 Offered by Karin Mackay, Learning Resources Teacher, CVCS
 Where : Breadner Public School Library
 When: Friday April 13th June 15th
 Time: 10:00 - 11:00 Cost \$10.00 (includes 10 weeks)
 Register by calling 613-965-3575 by April 5th

We are excited to be able to offer a NEW Parent & Tot program to our families. This new program will be based on the important role parents as partners in literacy have with their children. Parents are a crucial element in childrens' lives helping them to develop and understand the process of reading with their children. Through this program parents and children will develop a love for literacy.

Nouveau Leaps & Bounds - Promouvoir l'alphabétisation
 Atelier animé par Karin Mackay, Learning Resources Teacher, CVCS
 Endroit: À la bibliothèque de l'École publique Breadner
 Dates : À partir du 13 avril jusqu'au 15 juin De 10h à 11h
 Coût : 10,00\$ pour 10 semaines
Les inscriptions avant le 5 avril en téléphonant au : 613-965-3575

Nous sommes heureux de pouvoir offrir à nos familles ce nouveau programme pour les parents et les bambins. Ce programme est basé sur le rôle important que les parents tiennent en tant que partenaires d'alphabétisation avec leurs enfants. Les parents représentent un élément crucial dans le développement de leurs enfants et la compréhension du processus de l'alphabétisation.

Please read our newsletter "Touching Base" or visit www.trentonmfrc.cfbtrenton.com to have more information
 S'il vous plaît, consultez notre bulletin de nouvelles "Touching Base" ou visitez www.trentonmfrc.cfbtrenton.com

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Use of small electrical appliances in work areas, workstations and offices

Purpose:

The purpose of this policy is to provide the field with direction regarding the use of small electrical appliances in work areas, workstations and offices.

Compliance requirement:

This policy provides the local authorities with the flexibility to ensure that the concerns of both occupational health and safety, and fire safety can be properly addressed. Most fires started by portable heaters and small electrical appliances are due to carelessness in use and inadequate guarding resulting in the ignition of surrounding combustible material.

Base Standing Orders must be amended to read that the use of small

electrical appliances/portable heaters will only be permitted on an interim basis. Their use will only be permitted once a CE Work Request/Work Order (CF 141) has been generated to address the problem in the affected area. Prior to approval, a qualified Construction Engineering electrician must ensure that the existing circuitry is capable of carrying the additional load.

Any device permitted for use in work areas, workstations and offices must be CSA approved, shut down automatically if tipped over, be located in an area free from obstruction, and unplugged at the end of the working period. Any non-authorized small electrical appliance shall be removed.

Home renovations? Beware!

(NC)-Does your home need to be repaired or renovated? Think **SAFE-TY FIRST**.

Hire a professional electrician to make any improvements or additions to the electrical system. Even tasks that appear simple, such as the installation of a baseboard heater or additional electrical outlets, can be more difficult than they appear.

If your are constantly blowing fuses or popping circuit breakers, it is time for you to contact your electrician. These are signs of electrical problems that could cause a fire. Do not take risks.

During your renovations, remember that you can avoid risks by scrupu-

lously respecting the following tips:

. Do you need to hammer nails or cut an opening in a wall? Shut down the electric circuits that serve the room where you are working.

. Before repairing an electric device, disconnect it!

. The circuits of your power distribution panel should be clearly marked to show the rooms and items serviced by each circuit.

. Do you need to work in rooms containing water - like the kitchen or bathroom? Because water is an excellent conductor of electricity, you should take the required precautions:

. Ensure that all sur-

faces are clean and dry, ensure that your feet are dry, connect your electric tool to an outlet equipped with a differential circuit breaker, and ensure that electric cords and extension cords do not make contact with any pool of water.

. Do you need to replace a fuse? Before replacing a blown fuse, be sure that you have a replacement fuse of the same rating, place the master switch in the OFF position, and, before restoring current, reduce the load by disconnecting a few electrical devices. If a circuit breaker pops, this same technique must be used, and the short circuit must be found.

Electricity: Better safe than sorry

(NC)-Today's life is chock full of a multitude of small repetitive acts, most of them completely ordinary, where electricity plays a lead role. Now, although "electricity" is not a synonym for "danger," it can nevertheless bring about accidents of many kinds, from insignificant to life threatening.

By following these tips for household security, you will be able to avoid accidents and truly enjoy a power source that will give you both comfort and well being.

Household Security: Remember...

Keep your eyes open at all times. In your home, there are many sources of danger, and the possibilities of an accident wherein electricity is a causal factor are numerous. Rooms where water is present - bathrooms, kitchens - require greater vigilance because the presence of water increases the risk of electric shocks. Be careful when using electrical equipment in these rooms: dry your hands as well as possible, and do not allow any electrical appliance or tool to make contact with water.

Do not use any electrical apparatus

whatever - hair dryer, razor, etc. - in the bathroom if the electric outlet is not equipped with a protection system (differential circuit breaker).

Always unplug electric cooking devices (electric frying pans, casseroles, etc.) before cleaning them.

Always disconnect the humidifier, steam iron, and coffee machine before filling them with water.

Overloaded circuits cause headaches!

Do you use several electrical devices? Use several different electrical outlets.

. Do you have unused electrical devices? Unplug them.

Do you need additional outlets? Use a power bar equipped with a surge protector. Is your device already plugged in? Use extra caution.

Did a slice of bread get caught in the toaster? Disconnect the toaster BEFORE removing the bread.

Does a light bulb need to be changed? Unplug the lamp BEFORE removing the old bulb.

Machine guards are on your side



Submitted by
Don Heans,
Wing General Safety
Officer

No matter how good you are at your work, there is a chance you will make a wrong move. It could be for just a second putting your hand in front of a blade or under a punch, or stepping too close to a conveyor.

That's where machine guards come in. They protect you against the day when you make one small wrong move. There are countless reports of accidents where a worker was injured or killed because a machine guard was missing or misused. It's easy to forget about the importance of machine guards, especially if you

have managed to work without an accident. You might feel the guard gets in your way or slows you down, or it takes too long to replace the guard after adjusting or servicing the machine. But the fact is a machine guard is there to protect you. Use it the way it was intended. These are some of the types of guards which protect you against mechanical hazards:

Barrier guards work by enclosing the dangerous area and keeping you out. They prevent you from reaching into any of the moving parts. They may protect you from flying debris and from broken parts such as chains or belts.

Another kind of guard holds you back or actually pulls you back from the point of operation at the crucial time.

Two-handed controls require you to keep both hands engaged at the controls while the machine is operating. This keeps your hands away from the danger

area. Electronic sensors can also serve as guards. They prevent the machine from operating when a part of your body, such as your hand, enters the work zone.

Interlocking guards keep you from running the machine unless the guards are in place and they keep you from opening the guard while the machine is in use.

These are just some of the kinds of guards which can protect you from moving machinery. Before you go to work on a job, make sure the guards are in place, they are properly adjusted and working correctly. If you suspect any problem, report it immediately.

Don't forget about using guards off-the-job as well. Equipment ranging from wood-working tools to lawnmowers have guards. Make sure to use them the way they are intended, so they can protect you when you make that one wrong move.

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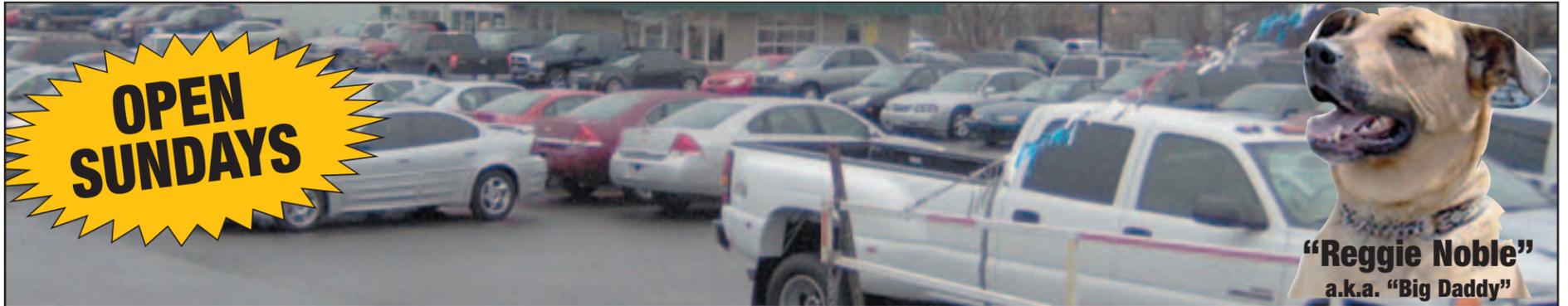
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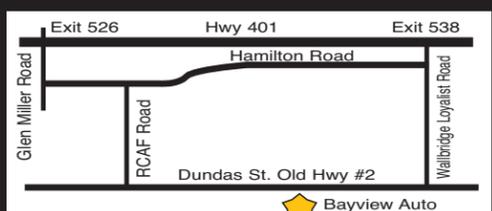
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HOROSCOPES

Weekly Astrology by Christine Davison

April 1 - April 7

ARIES (March 21-April 19): Long term goals may soon come to fruition. Make sure to look after your own needs from time to time. Be wary of a romantic temptation this week. You'll do the right thing by deciding on the most moral of your choices. If you think with your heart as well as your head (and not with your body), then you'll know what to do.

TAURUS (April 20-May 20): It's okay to reward yourself after a financial success, but beware not to overindulge. Your strong sense of intuition may let you know who has a secret crush on you. If you follow your feelings then you may find yourself falling in love. People are certainly attracted to you and someone in particular may be admiring you for your beauty, charm and grace.

GEMINI (May 21-June 20): An eccentric relative or uninhibited artistic acquaintance may hold a particular fascination for you today. Be careful how you word things for fear of hurting those close to you. You may be faced with a risky decision. Commonsense is the best course. Watch your temper later in the week. Righteous anger can move mountains or help fuel creative projects, but rage is useless without purpose.

CANCER (June 21-July 22): Taking the time to plan ahead slowly and carefully may make later moves easier. If you take the time to enlist the help of relatives you may also discover a few secrets along the way. Surround yourself with caring family members. Your love for children is especially strong, this week.

LEO (July 23-Aug. 22): If you exude a conservative appeal you may find that people flock to you in admiration. Use your people skills to your advantage; though make sure you have all the facts before acting. Gossip may do harm; knowing where you stand will put you in a good position to navigate any difficulties.

VIRGO (Aug. 23-Sept. 22): It's a good time for some spring cleaning, but once you are done, take some time to do something healthy and wonderful for yourself. This week your inner intuition is strong and wise despite what others may think. You'll be tempted to heed advice but in the end, your gut feelings will not fail you.

LIBRA (Sept. 23-Oct. 22): Your natural sense of generosity will be invoked this week but in your service to others, make sure you do not forget your own needs. Sage Libran advice can often turn into nagging, so be careful to state your point and let others do their own thing. Being over-bearing may lead to hurt feelings.

SCORPIO (Oct. 23-Nov. 21): Choosing carefully what and when you say things to someone close will help cultivate a stronger connection. Midweek is a good time to start a domestic project. All the energy is in place to paint a room or make minor house repairs. Make sure you do the research on what you want before you pick-up the paint brush.

SAGITTARIUS (Nov. 22-Dec. 21): There is light at the end of the tunnel if you remain patient and continue to move forward. Take a deep breath and know that everything will look brighter soon, enough. Solace can be found either with family or by looking within. Love always finds a way.

CAPRICORN (Dec. 22-Jan. 19): Don't be afraid to ask friends for help and share the praise for a job well done. Your natural independence will combine with your competitive streak this week. Be wary of this turning into a self-centered race, where only you can win. Relinquishing control is not easy for you but try to remain open to a necessary change.

AQUARIUS (Jan. 20-Feb. 18): This week may be a busy one, indeed. It may seem impossible to find a way to plan for some leisure time. You need to take a moment to yourself, it's absolutely essential for your peace of mind. The urge to get stuff done will be strong but things can always be finished tomorrow. Take it one step at a time.

PISCES (Feb. 19-March 20): Channel your energy into artistic pursuits. You have vision, Pisces and remaining in focus can make your dreams a reality. Visit an art gallery for inspiration and bring a sibling along with you; they will only help add to your creative enthusiasm.

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

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

Not In My Backyard! by Dale Taylor

THIS SURE IS A DEEP HOLE, GRANDSON. HOW DID YOU DIG IT?

I DIDN'T. IT'S THE DOG'S HOLE. HE KEEPS HIS FAVORITE TOYS IN IT.

OH.

WHAT AM I SUPPOSED TO DO IF HE COMES BACK!? LEARN TO SQUEAK LIKE A RUBBER TOY.

I'M STILL WORRIED. WHY?

I DON'T THINK I CAN LEARN TO TASTE LIKE ONE.

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DuJour

PENALTY

Throw the FLAG ref,
Throw the FLAG!

Stuff!

Jogging in the country!

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GINGER & SHADOW BY BARRY CORBETT

JENNY, WOULD YOU LIKE TO COME WITH ME TODAY? I'M GOING TO A STAR TREK CONVENTION.

OUCH. WHY WOULD YOU WANT TO DO THAT? OR, WHY WOULD SHE, FOR THAT MATTER?

SHE TALKS TO THESE SCI FI FANS ON THE INTERNET...

I GUESS THIS IS THEIR BIG CHANCE TO GET TOGETHER.

SO, IT'S KIND OF A MEET AND GEEK THING.

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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](tel:613-965-7490) or email to leblanc.al@forces.gc.ca, at least 10 days prior to your event. Call [613-392-2811](tel: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.

Rummage/Bake sale and Spaghetti Meal

Join us on Saturday, March 31 2007, at St. Thomas Anglican Church, 201 Church Street in Belleville, for the Rummage and Bake sale from 10 a.m. to 6 p.m., and a spaghetti dinner from 12 to 5 p.m. The dinner includes a bun, spaghetti and sauce, caesar salad, dessert and drink for \$6.50.

Trenton Lioness Chili Luncheon

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

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

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

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

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

ITALO-CANADIAN QUINTE CLUB LUNCHEON

Join us on Saturday, April 15, 2007, at the Knights of Columbus Hall, located at 57 Stella Crescent in Trenton, at 1:30 p.m., for the Italo-Canadian Quinte Club Luncheon.

The menu is as follows: Antipasto Misto, Rigatoni, Chicken Parmigiana, Parisienne Potatoes, Mixed Vegetables, Caesar Salad, coffee, tea and sweets.

Tickets may be purchased by calling 613-966-1603 or 613-968-6328. Tickets are \$25 per person.

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Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490
UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS

Padre Jim Craig
Padre Julien Beaulieu

WORSHIP SERVICES

<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 style="text-align: center;">MASS</p> <p>Sunday Mass (English) 0900 hrs Messe Dominicale: 1015 hrs</p> <p style="text-align: center;">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 style="text-align: center;">WORSHIP SERVICE</p> <p>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.

Monthly Camera Club Meeting

The Town and Country Camera Club will meet on Wednesday, April 4, at 7:30 p.m. at Loyalist College, Pioneer Building room P20. New members are always welcome.

For more information, please contact Harriet at 613-392-4449 or Tony at 613-394-5393..

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.

Bridging the past and present, for the future of the Air Force

by Amber Gooding
Contact Staff

On March 22, 2007, the Officers' Mess at 8 Wing/CFB Trenton was presented with a collection of aviation prints, displaying the work of artist Robert Bradford, known to many as the 'dean of Canadian aviation.'

On the same night, personnel from the Canadian Forces Aerospace Warfare Centre (CFAWC) officially welcomed Chris Terry as Honorary Colonel of their organization.

The evening was held in conjunction with a regularly scheduled mess event. With more than 200 people in attendance, the night was packed with good company, great food and a remarkable collection of art.

The evening got underway with a greeting from Colonel J. Cottingham, Commanding Officer of CFAWC at 8 Wing/CFB Trenton, who welcomed those in attendance and offered a brief history of CFAWC.

"We have an amazing program in the Air Force called the Honorary Colonel Program," said Col Cottingham. "Because of this, we are able to invite distinguished members of the community to become Honorary Commanding Officers."

Operating from two locations, one in Trenton, the other at the Air Force Experimentation Centre in Ottawa, CFAWC's mission and ultimate purpose is to prepare the Air Force for the future.

"Although it has taken some time to get the official documentation in order, HCol Terry has been active in his position since last summer," said Cottingham. "We're really glad that we have someone like Chris on board, because among the many things he has done in his career, he knows the intimate history of every piece within the Air Force museum's collection."

HCol Terry's in-depth knowledge of Canadian aviation and Canada's Air Force has made him one of the most knowledgeable people in Canada about the history of aviation in our country, said Col Cottingham.

HCol Terry is a graduate of the University of Guelph, where he earned a Masters of Economics in International Relations from The London School of Economics. He currently holds the position

of President and Chief Executive Officer of the Canadian Science and Technology Museum Corporation, a crown corporation of the government of Canada which houses the Canada Agriculture Museum, the Canada Aviation Museum and the Canada Science and Technology Museum.

"It's a tremendous honour for me to do this beyond anything I can express to you," said HCol Terry. "I'm truly pleased to play this role for this organization. I'm privileged by the virtue of the position that I will be able to help people gain an understanding to the extent that they need, about where we've come from in Canadian aviation and Canada's Air Force's traditions in the air."

After the scroll presentation, guests gathered for the official presentation of prints, all signed by Bradford.

A total of 17 paintings were presented on behalf of HCol Terry to the Officers' Mess, accepted by Lieutenant-Colonel D. Miller, 8 Wing Administration Officer, on behalf of Colonel T.J. Lawson, Commander, 8 Wing/CFB Trenton. An additional three paintings were also offered, from Bradford's own collection, and presented to CFAWC.

"It's an extreme pleasure to offer these prints on behalf of Bob (artist Robert Bradford) and myself, I would like to formally present the Bradford collection of Aviation in Canada," said HCol Terry.

The painting presented in representation of the entire collection was of the Silver Dart, which was the same aircraft flown out of Nova Scotia, marking the milestone of the first powered, controlled flight in Canada, on February 23, 1909.

LCol Miller graciously accepted the collection, extending her thanks on behalf of 8 Wing/CFB Trenton and the Officers' Mess.

"This is very apropos that we are just re-doing the Mess and we are making sure that it shows the entire history of the CF Air Force," said LCol Miller. "It is also fitting that we are planning an air show which would take place in 2009; 100 years after the first flight in Canada, as well as the 85th anniversary of the Air Force in Canada."

The collection, which will be on display for many years to come, showcases the full sweep of aviation history, including one that reflects what went on here at this station (8 Wing/CFB Trenton) during the 1930s.



Photos: Amber Gooding, Contact Staff

Above: Colonel J. Cottingham (left) presents the Canadian Forces Aerospace Warfare Centre's Honorary Colonel Chris Terry with his commissioning scroll at the Officers' Mess on March 22, 2007.

Below: Lieutenant-Colonel D. Miller, 8 Wing Administration Officer, accepts a print of the Silver Dart, on behalf of Colonel T.J. Lawson, Commander, 8 Wing/CFB Trenton. LCol Miller also announced plans for an air show, which is tentatively scheduled for 2009.



Shown above are seven of Robert Bradford's paintings, from the set of one of the most important aviation collections owned by a military unit.



High praise for Canadian Forces high Arctic sovereignty patrol

CAS PA
ADM PA

The efforts of a Canadian Forces sovereignty patrol traveling in the Arctic are receiving high praise from the Government of Canada.

The 24-member patrol includes members of 440 Transport Squadron based in Yellowknife and members of the Regular Forces and Canadian Rangers — as well as a representative of the RCMP.

The patrol will travel close to 8,000 kilometres, across some of the most challenging terrain in the world, to confirm Canada's sovereignty in the High Arctic as part of Operation Nunavut 2007. Nunavut translates as "land that is ours." The operation starts on March 24th and will carry on to April 14, 2007 in the Northern Arctic Archipelago. "Canada's New Government is committed to defending Canada's Arctic and its jurisdiction over northern islands, waterways and resources," says the Honourable Gordon O'Connor, Minister of National Defence. "All participants in the patrol are helping to ensure that Canada remains the true north, strong and free. We wish you a successful patrol mission."

"Patrol missions like the one we are highlighting today are making an important contribution to ensuring we are able to defend our north," says the Honourable Stockwell Day, Minister of

Public Safety Canada. "I congratulate all the Canadian Forces members taking part in Operation Nunavut. I also want to congratulate Constable Tom Cooke, who is the first member of the RCMP to be involved in a patrol of this kind. Your vigilance, dedication and sense of duty are helping keep Canada safe."

In addition to establishing a military presence, the patrols are helping to evaluate the terrain and infrastructure that exist in the High Arctic. They are also checking old wartime airfields, abandoned weather stations and other civilian and military structures.

"In addition to projecting Canadian sovereignty, the patrol helps us enhance our capacity to operate effectively in the north by getting to know the land, the weather conditions and the terrain," says Minister O'Connor. "While other government departments and agencies remain responsible for dealing with most security issues in the North, the Canadian Forces have a significant role to play in supporting them, asserting our sovereignty, and providing assistance to our citizens."

"Ensuring that there are more resources for these northern patrols is in keeping with this government's Canada First Defence Strategy. The strategy's goal is to strengthen Canada's independent capacity to defend our national sovereignty and security - including in the Arctic."



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Add stretches to your walking program

by J.C. Carroll
 (NC)-If a walking program appeals to you - for the benefits of strengthening the heart, the lungs, circulation, bone density, your mental well being and so much more - be sure to warm up first with five minutes of medium-paced walking followed by some stretches for your legs. To prevent stiffness and increase flexibility, here are some stretching tips for warming-up and cooling-down:

Calf Muscles Stretch: Stand facing a wall. Position your forward foot approximately 30 - 38 cm from the wall. Stretch your arms forward, elbows straight and lean against the wall. Place your other foot a few inches behind (and to the side of) the

front foot and slowly plant it flat on the floor. Lean forward until you feel a stretch in your back leg. Hold for 15 - 30 seconds. Relax and repeat 2 times with alternate legs.

Hamstring Muscles Stretch: Sitting on the floor, put one leg straight out and the other leg bent at the knee. Keeping your back straight, lean forward, sliding your hands down the straight leg until you feel a stretch. Hold for 15 - 30 seconds. Relax and repeat 2 more times with alternate legs.

Thigh Stretch Sitting: Sit on the edge of a chair. Lower your knee toward the floor and press it back under the chair. Hold the stretch for 15 - 20 seconds. Repeat each leg 2 times.

Alternate Thigh Muscles Stretch: Stand close to a wall and place one hand on it. With the other hand reach back and hold the same side foot in that hand. When balanced, begin to slowly raise the foot up towards the lower back. Hold for 15 - 30 seconds. Relax and repeat 2 more times with alternate legs.

Achilles Stretch: Sitting on a chair, plant one heel on the floor and gently lift your toes up and back as far as you can. Hold for a count of 5, then relax. Repeat each foot several times.

Walking is an easy and inexpensive way to be active. More information, including the electronic brochure Walking, The Activity of a Lifetime, is available online at www.active2010.ca.

Count your steps to better health

by J.C. Carroll
 (NC)-You are considered a "sedentary" person if your total steps each day do not exceed 5,000. If you take more than 12,500 steps per day, you are classified as "highly active". Fitness specialists tell us we need to take at least 10,000 daily steps if we want to think of ourselves as "active".

Here are a few guidelines that can help make every step count:

Choose A Pedometer: A pedometer is a small

battery powered device that displays on a screen the number of steps you take. They are sold in many sporting goods and department stores, and can also be ordered online.

Find Your Baseline: Clip on the pedometer and set it to zero. Go about your daily routine and record the number of steps you have taken at the end of the day. Do this for seven days. At the end of the week, calculate your daily average by dividing

the total number of steps for the entire week by seven. That number will be your baseline to work with the following:

Increase your number of daily steps by 500 each week. For example, if your daily baseline is 3,000 steps in week #1, your goal for week #2 would be 3,500 steps. For week #3 it would be 4,000 steps.

Once you reach your goal, reward yourself, tell your friends and then make a commitment to

keep it up.

Keep A Weekly Walking Log: Monitor your progress in a journal. If you don't have a pedometer, make a commitment to walk a minimum of 30 minutes every day.

Walking is an easy and inexpensive way to be active. More information, including the electronic brochure Walking, The Activity of a Lifetime is available online at www.active2010.ca.

Increase the steps you take each day

(NC)-The average sedentary Ontarian accumulates about 3,500 to 5,000 steps during the course of their day. Far too low, say health and fitness specialists. To improve one's health, it is recommended that at least another 2,000 to 3,000 steps be added to every day - which may sound ambitious, but with some creativity, it only takes about five minutes to get in another 500 steps.

Walking refreshes the mind, strengthens the heart, maintains body weight, increases energy, strengthens bones, and offers an enjoyable time for socializing with friends and being with family. To increase the number of steps you take every day, here are some

helpful tips:

- Walk part way or all the way home from work or school.
 - Walk to the store or run errands on foot.
 - Walk up or down stairs instead of taking the elevator or escalator.
 - Walk around the block during lunchtime.
 - Walk a dog (offer to take your neighbour's if you don't have one).
 - At work, use the photocopier on another floor.
- Walking is an easy and inexpensive way to be active. More information is available online at www.active2010.ca.

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Get the edge on fuss-free landscaping

by Kari Smith

(NC)-Ah! It's gardening season - that wonderful time of year when people dash outdoors and spend hours creating the exquisite flowerbeds they dreamed about all winter.

Their lovely landscape dreams can turn into nightmares if unwanted plants invade their flowerbeds.

The easiest solution to this common dilemma is a solid, functional edge.

Edging reduces the time and effort needed for landscape maintenance by defining boundaries between the lawn and planting areas and keeping creeping grass, groundcover and weeds at bay.

Edging also holds mulch in place, which reduces evaporation and helps conserve water.

Today's gardener can choose from a wide selection of edging products. From concrete to plastic, there is a border for every taste and budget. Some edging styles have notable drawbacks.

Wooden edging can be bulky to transport and tends to rot over time. The sharp edges of metal can be

especially hazardous when rusted.

Fiber Edge is a unique lightweight border made from flexible fibreglass.

The product received the U.S. National Home Gardening Club's coveted Seal of Approval. Club testers gave this edging a 95 per cent approval rating based on ease of use, performance, durability and appearance.

Ultra-Edge, another lightweight flexible border, gives gardeners an earth-friendly edging option.

It looks like wood but is actually made from recycled plastic. Both of these borders are guaranteed not to rust, rot, crack or fade. More information is available online at www.easycgardener.com or toll-free at 1-800-327-9462.

Practicality isn't the only reason to use a functional border around landscape beds. Edging also adds aesthetic value. It gives lawns a tidy, manicured look.

Edging showcases landscape beds like frames highlight great works of art.

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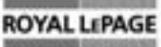
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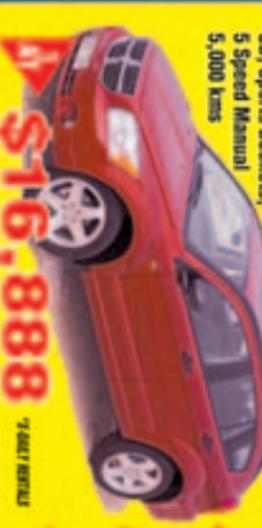
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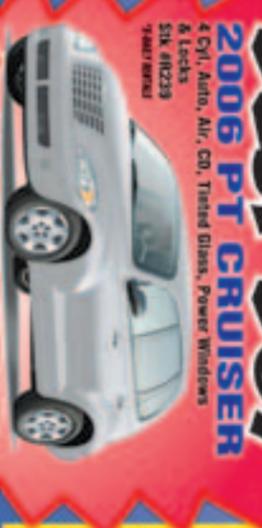
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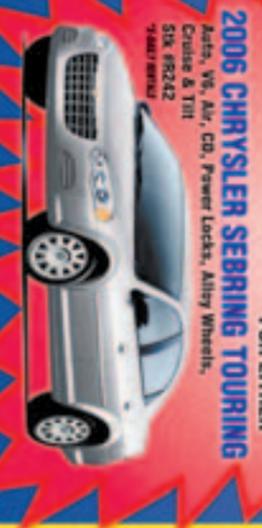


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