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"A proud day for the Canadian Forces and Canadians"

by Holly Bridges
Air Force Writer

It was a sea of blue among rows of TV cameras and scribbling reporters as Air Force personnel gathered at National Defence Headquarters in Ottawa on Feb. 2, 2007 to watch the Government of Canada officially announce that the Boeing Company has been awarded the contract to supply strategic airlift to the Canadian Forces.

The Chief of the Air Staff, Lieutenant-General Steve Lucas, and the Commander of 8 Wing Trenton, Colonel Tom Lawson, stood side by side with the Chief of the Defence Staff, General Rick Hillier, as Defence Minister Gordon O'Connor made the announcement.

"The announcement

today is part of our ongoing pledge to rebuild and revitalize the military," said Minister O'Connor. "The Government of Canada will allow Canada to provide rapid, reliable and flexible transport of large amounts of passengers and equipment over long distances in response to domestic emergencies and international crises."

Delivery of the first of the four C-17 Globemaster IIIs is expected as early as August or September of this year.

General Hillier was obviously delighted as he listened to Minister O'Connor and took to the podium with remarks of his own. "It's an excellent day for the Canadian Forces and the men and women who serve our country in uniform. The announcement today gives us the delivery of an aircraft

[that will give us] the capacity to move around the world and across our great country, to facilitate conditions for success in all of the missions we undertake. [It's a capability] that we have never had in the history of our country. Here in Canada, it will mean we can assist in all kinds of natural disasters – be they floods, fires, earthquakes, ice storms or a major air disaster."

Minister of Industry, Maxime Bernier said during the news conference that the \$3.4 billion purchase is much like a return on the investment that Canadian Forces personnel are making to their country and its people.

"The people of the Canadian Forces make a commitment to defending Canada, its people, its interests, its values. They show what real commitment is all

See Boeing, Page 10



Photo: Boeing

The first C-17 is expected to arrive at 8 Wing Trenton in August or September 2007.

Military Ombudsman makes official visit to 8 Wing/CFB Trenton

by Andrea LeBlanc
Managing Editor

Military family access to medical care, operational tempo and retention were the main issues identified during a visit earlier this week by Mr. Yves Côté, Ombudsman for the Department of National Defence and the Canadian Forces (CF).

Mr. Côté met with a broad cross section of military and civilians employed here at 8 Wing on February 6 and 7, encouraging open dialogue and a free flow of questions and concerns.

"Since assuming the role of Ombudsman in August of 2005, I have now covered every major and not so major wing and base, with the exception of Gagetown--I will be there next month," said Mr. Côté.

"The complaints heard here in Trenton are very similar (to those



Mr. Yves Côté

heard on other bases)--the last two bases I visited were Borden and Greenwood--and one of the things that you see is a very stretched organization."

Mr. Côté said that many personnel, military and civilian, are tasked to the limit. Adding to this challenging situation is the issue of retention, particularly that of experienced personnel.

"Trenton especially is a very,

very busy place...it never stops. I think here there is a real issue about releases; the number of people and where they are in their careers and what they will be taking away with them when they retire."

He noted that the most experienced personnel are the most difficult to replace, which puts more pressure and demands on the people who stay behind.

He was quick to point out that many are not seeking releases due to dissatisfaction, but rather because they have had full careers in the military.

"Most have a common theme and that was 'I am happy, I had a fulfilling career, but now I am turning to something else. I've done my time. I've done 20, 22, 25 years and I am happy but I am moving on.'"

Mr. Côté said that the question that needs to be asked is what can

be done to encourage these experienced personnel to stay.

Access to medical care was a key topic discussed when Mr. Côté visited military family members at the Trenton Military Family Resource Centre.

"There are a number of issues revolving around medical care and how difficult it is for families to access medical care as they move from one place to the next."

He noted that this challenge, facing families across the CF--is only enhanced when families have special needs, or, for instance, when a family moves here from Quebec and all of their medical records are in French.

"This is a real issue, and one that I also heard raised at the Base Commanders' Forum in November.

The purpose of his visits across the country--and also to Afghanistan last month--is two-

fold. "We make these visits to explain what we do, what the Office of the Ombudsman is there for and how they can access us, and what kind of service they can expect from us. We also visit to connect the personnel that I am supposed to be working on behalf of, to understand what their issues are."

Mr. Côté speaks very highly of his visit overseas.

"We spent two and a half days on the ground in Kandahar and one of the things that really struck me when I was there was the actual and palpable degree of enthusiasm and energy that you feel in the personnel serving there. It was really very impressive in many respects, and as a Canadian and as Ombudsman, it's really heartwarming, if you will."

He said he saw personnel See Ombudsman, Page 3

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A short history of the Logistics Branch

by Lt(N) Pierrette LeDrew
A1 Programs 2

Last week, the Logistics Branch of the Canadian Forces celebrated its 39th anniversary. This number does not reflect the long evolution of the organisation as we see it today, nor the multitude of functions it now fulfills.

Logistics, whether identified as such or not, have been around as long as armed conflicts have existed. Ancient armies had the same basic requirements as those of today: food, equipment, weapons, shelter, transportation, administration, finances, etc. But throughout most of history, this essential function was one of the most challenging aspects of warfare, and it imposed severe limitations on the conduct of wars.

The technological advances of the last 150 years, including first the steam engine and then the combustion engine, better roads, better communications, food preservation and rail, naval and air transport, changed all that. It became possible to support large armies far away from home for longer periods of time, using fewer resources than in the past.

The Canadian military, young though it may be, has faced the same logistical challenges over the years as other military forces of the world. The functions that are now

part of the logistics branch were performed by various organizations within each branch of the military. The Army, Navy and Air Force had their own way of doing things, based on the unique character, needs and requirements of each organization. For instance, the Navy, modelled after its British counterpart, adopted many of the Royal Navy's ways in dealing with issues such as pay, food services and supplies.

In contrast, the Air Force showed much innovation over time, and devised ways of doing things that were eventually adopted by the other two services. The reason for this was simple: although a truck or a ship can still function with some of its parts missing or replaced by adequate substitutes, an aircraft needs all of the right parts, and all of them functioning properly in order to fly safely. Moreover, unlike ground or naval warfare, which had been around in one form or another for centuries, air warfare was new and unknown. Every function that supported it had to be developed with that in mind.

Throughout the conflicts of the 20th century, all three branches of the Canadian military evolved and adapted to meet the challenges they faced at any particular time. By the 1960s, the world was a much differ-

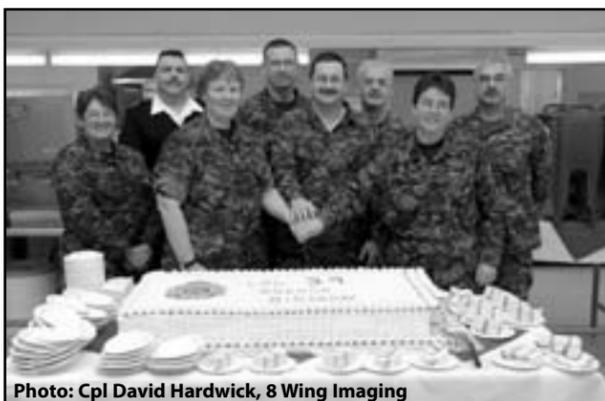


Photo: Cpl David Hardwick, 8 Wing Imaging

LCol Debbie Miller, Maj Bernie Paquet, and LCol Carrie Fortier cut the cake during the 39th Logistics Birthday celebration at the Yukon Galley on Feb. 1. Present from left to right are: CWO Pauline Fortin, SWO TN/EME; PO1 Rob Stratton; LCol Debbie Miller, W Admin O; CWO Gord Hudson; Maj Bernie Paquet, W Compt; CWO Charlie Fleming, WLE Br CWO; LCol Carrie Fortier; WLEO, MWO Brian Dogget, W Admin SWO.

ent place than it had been at the beginning of the century. With the Canadian Forces Reorganization Act of 1 February 1968 came unification, and with it, the creation of the Logistics Branch of the Canadian Forces. This branch incorporated the supply, transport and financial services of the RCN, RCA and RCAF into one organization. A separate administration branch was formed shortly after.

Following the deep personnel and budget cuts of the 1990s, the finance and administration clerk occupations were amalgamated with the Construction Engineering Procedure Technician trade, and the Resource Management Support trade was born in 1998. The last major

change to the Logistics Branch occurred in 2001, when the Personnel Administration Branch was stood down and amalgamated within the Logistics ranks.

Today, the Logistics Branch is a diversified, versatile, professional organisation that provides a multitude of essential services to the CF. Whether they have lived through the branch's many changes, or whether they are new to the organization, its members are proud of the traditions that they carry on and of the support they provide.

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See next week's issue of *The Contact* for more celebratory photos.

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WING LOGISTICS & ENGINEERING
PICTURE OF THE WEEK

Members of the Wing Supply Team for the 2007 Winter Carnival with their snow-rat. Front row, from left: Pte Crystal Hood, Cpl Jennifer Small, MS Angela Leblanc, Cpl Colin Barrie and Cpl David Bridges. Back row, from left: Pte Angela O'Malley, Greg Hewson, Debbie Lott, Cpl Steve Bradie and Sgt Guy Brunelle.

What a wonderful day full of interesting events, fun and plenty of laughter. The playfulness continued between events as idle time led to multiple barrages of snowballs. It was a very successful day and the moments shared will be those that will last forever.



Ombudsman visits 8 Wing

Continued from Page 1

working so hard, 12-hour days, seven days a week, coming to the end of their tour and yet very much engaged, still believing in what they are doing and proud to be doing it.

Mr. Côté acknowledged that there were, of course, issues that the troops brought to his attention, but that none were considered major.

"Most of the issues were financially-related, most had to do with allowances."

Another issue brought to his attention overseas was the desire for the creation of some kind of recognition--in terms of medals or ribbons--for those personnel who serve repeated tours there. This issue,

Mr. Côté said, will be addressed in a timely manner.

He also spoke highly of his relationship with the Minister of National Defence, the Honourable Gordon O'Connor., to whom Mr. Côté reports directly.

"We have an excellent relationship with the minister and the minister's office, and a very supportive relationship. I speak on a regular basis with the minister's chief of staff and every couple of months I meet with the minister himself and we discuss the key issues. Our relationship is ongoing, regular and rich in content and support."

His biggest challenge as Ombudsman, he said

is to put the right resource in the right place at the right time.

"We (the Office of the Ombudsman) need to make sure that we focus our resources on those issues and files where we are likely to make the biggest difference for the people we serve, so the concept of the biggest bang for the buck is very important to us."

"We are limited in resources and we are limited in terms of time, so we want to direct our efforts where they are going to produce the best results. But we cannot do this on our own, which is why we need a free flow of information, why we need to keep the dialogues open."

Search & Rescue UPDATE



424 Squadron Tigers had another quiet week in the SAR front. Every member of the squadron is taking advantage of this calmer period to catch up with training and to get ready for the upcoming busy season.

Until next time, stay safe.

Missions for 2007: 5 Missions for Jan.: 5 Persons rescued: 0

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The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base — 8 Wing / CFB Trenton. We are the primary internal and external communications tool for 8 Wing / CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work. The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel T.J. Lawson, CD, Wing Commander, 8 Wing / CFB Trenton.

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The CONTACT delivers news and information about 8 Wing / CFB Trenton; at home and around the world. We depend on you and our military community for articles, personal stories and photos. We work hard, with a limited staff, to bring you a quality weekly newspaper. You can help considerably by following these guidelines on preparing your submissions for the paper:

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) and as "text only" on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.

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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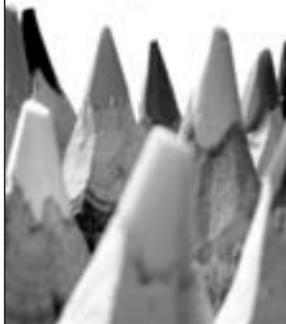
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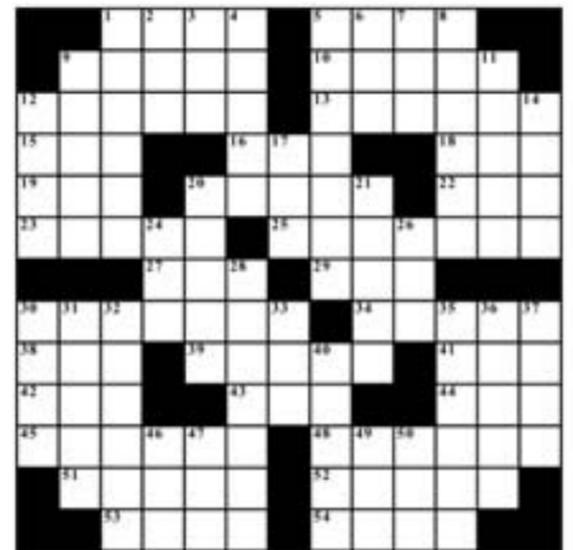
By Bernice Rosella and James Kilner

ACROSS

- 1 Navigator's concern
- 5 Serene
- 9 Gawker
- 10 Like a bee
- 12 Dress part
- 13 Remedy a failed air supply mission
- 15 Journal
- 16 Inventor Whitney
- 18 Motor or dent precoder
- 19 Employ
- 20 Wounds
- 22 Consume
- 23 Strange
- 25 Lobby
- 27 Frankenstein's birthplace?
- 29 Arab unity org.
- 30 King Arthur country
- 34 _____ whale
- 38 Macaws
- 39 Perspiration
- 41 Bleacher bleat
- 42 Title for a knight
- 43 Topper
- 44 Ace
- 45 Mexican dish
- 48 _____ whale
- 51 Russian lady's name
- 52 Wrong
- 53 Fettered
- 54 Air

DOWN

- 1 American _____
- 2 Centre or gram prefix
- 3 Recreation, slangily
- 4 Welcome
- 5 Woodland _____



- 6 Imitation
- 7 Crystal rectifier, abbr.
- 8 American _____
- 9 Silly one?
- 11 Air defence org.
- 12 _____ whale
- 14 _____ pocket
- 17 Roman household god
- 20 Word between signs and delivers
- 21 Commence
- 24 _____ Dorval
- 26 The Haj hero
- 28 _____ whale
- 30 Fracture fixer?
- 31 Operatic solos
- 32 Vancouver Island _____
- 33 Drawing room event
- 35 Sage _____
- 36 Receives the death penalty
- 37 Titaness
- 40 Not in the field
- 46 Cuckoo
- 47 Caustic
- 49 Ratite
- 50 Sheila Copps, e.g.



This Week in Contact

1977 – A total of 32 electrical and electronic students and their teachers visited CFB Trenton to see first hand how the BAMEO/AVSO Section really functions. They toured some facilities including the Avionics Labs, 10 Hangar, and saw all the theory and practical knowledge being put to work. The students experiences ranged from basic electricity to the actual construction of amplifiers and radios, and they were shown a wide range of equipment.

1987 – Last week the Leads and Seconds on the regular Ladies' Day League teams took command and found out how it feels to be the decision-makers in the game. A Funspiel was held in which both the Leads and Seconds had a chance to try their luck "Skipping" their team to victory. Four four-end games were played and enjoyed by participants and spectators and the curlers were a little weary by the end of all the sweeping.

1997 – Flying six miles-a-minute in formation with two fighter jets with thousands of pounds of fuel running through hoses connecting the aircraft is one of the more intense types of missions that 437 Squadron has carried out over the years. With the Boeing 707 due to retire from CF service shortly, the Husky refuellers have been actively employing the remaining two Boeings in the air-to-air refueling role. Crewmembers were deployed to Memphis, Tennessee in order to help 10 CF-18 Hornets from 416 Squadron travel from Panama City, Florida.

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



Families Helping Families: Out of the Darkness, Comes Hope

by Amber Gooding
Contact Staff

Families Helping Families is the latest limited edition print created by one of the world's greatest pencil artists--Doug Comeau.

Comeau, a retired military member who owns Trenton's Timberwolf Gallery, has spent countless hours crafting an original piece of artwork depicting Canadian soldiers in theatre assisting local civilians in need, and military families at home supporting their deployed loved ones.

"We knew we wanted to do something to show the support network of soldiers overseas, as well as both the families in need and the supportive CF families at home," said Comeau. "We didn't know exactly what we wanted to produce but knew we had to do something to show all the elements of families helping families."

David Weir, also a former military member and the underwriter of this project, says he is always interested in giving back to the military community, which both him and Comeau served for many years. This alone was the starting point of inspiration for the team's special project.

The print, now in the final stages of completion, will be available for sale as of February 14 at the Trenton Military Family Resource Centre. All profits from the sales of



Photos: Amber Gooding

Above is the nearly finished pencil drawing created by artist Doug Comeau titled 'Families Helping Families', which showcases the efforts of Canada's military personnel helping families of war-torn countries, such as Afghanistan. The print will be on sale as of February 14 at the Trenton MFRC.

'Families Helping Families' will be distributed to individual Military Family Resource Centres throughout the country.

"This form of fundraising will enable these military family support organizations to pay for special projects that assist the spouses, children and parents of Canadian military personnel."

The high quality drawing, a collage of images, contains various elements, all of which help bring the piece together - as well as an important message: Out of the Darkness, Comes Hope.

This saying, which appears under the title of the print, is an important part of Canada's military mission in Afghanistan and is prominently depicted as all the images in the print come into play, from the artwork's black background.

"While the majority of images in the piece speak for themselves, there are some that bear explaining," said Weir. "The yellow ribbon, a symbol of support for our Canadian military personnel, in this artwork joins civilians in need throughout the world back to Canadian families who in turn, support their military family

member serving overseas."

The yellow ribbon has become a trademark, an almost universally recognized symbol of support for our troops.

The ribbon flows through the 'MFRC', which is displayed in the centre of the print.

"The MFRC is one of the most important support mechanisms for Canadians serving overseas and their families who are left behind," said Weir.

Other images in the print consist of Canadian soldiers comforting, protecting and giving medical attention to children



Doug Comeau, left, and David Weir, both retired military members; display 'Families Helping Families' in downtown Trenton's Timberwolf Gallery, which is owned by Comeau. The pair have teamed up to help raise money for Military Family Resource Centres across Canada.

aroundir the world. The geographical outlines of both countries, Canada and Afghanistan, adorn the bottom left and right-hand corners of the print, and are coloured in with the respective national flags.

There's also an Airbus, which is used to transport troops to and from, fading out of a Canadian flag which appears to be blowing in the background, with the words 'Thank You' appearing in the native Afghan language of Dari.

Though no single piece of artwork, written work or televised segment could ever fully convey the

missions so many of our men and women take part in each day, all of which help to bring peace, justice and understanding to a nation of chaos, there are, from time-to-time, certain pieces that stand out in your mind. This very well could be one of the strongest symbols of gratitude and messages of hope during this sometimes-trying time.

Purchasing the print will not only show your support, but will also help fund a key source of CF support -- MFRCs.

The artwork itself is incredible, and must be seen to be fully appreciated.



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8 Wing Winter Carnival a huge success

Groundhog Day was the setting for this year's Annual Winter Carnival and what a day it turned out to be.

This outdoor winter event, which includes friendly competition with team-against-team battling it out for the big trophy, has over the last few years, been lacking a great amount of 'winter' and has in fact, been more like spring.

However this year was a pleasant surprise.

It snowed and snowed...continuously, in fact, right from the beginning of the opening ceremonies through until the barbecue lunch and awards ceremony.

The temperature hung around -6 C, which was perfect for toboggan races, winter style polo, curling, tug-of-war, snowshoe races, and more.

This year the first-place trophy was awarded to the WTISS Warriors.

Second place was awarded to the Dandy Lions from 81 AEF, and 8 AMS claimed third place.

Winners of snow sculpture contest went to MED Dental's team called "This Won't Hurt Too Much".

Team spirit kudos went to Les Voyageurs from WCOL.

The day began with Colonel Tom Lawson in attendance to do the honours, and surprise us all with a unique twist.

Col Lawson played along with the traditions of the day and donned a top hat and trench coat to forecast the weather for the next few months.

He pulled Wiarthon Willie, (or shall we say Punxsatawney Phil...or maybe it was the Wing's Woodchuck) to predict that spring is in fact on its way.

Thank you Col Lawson for playing along, and for the great forecast.

Special mention to Lieutenant-Colonel Debbie Miller for your continued support of the Fitness and Sports events here on base.

Also, many thanks to the volunteers that assisted with the smooth running of events and all the chefs for the splendid lunch!

Kudos to 8 Wing/CFB Trenton for your participation in the 2007 Winter Carnival and remember to start preparing yourself for the next major fitness event, the famous Surf n' Turf race which will take place in June. Start your training!

See Page 8 for photos.

First Place
WTISS Warriors
 Dan Gorman
 Jason Calder
 Trudy Strickland
 Paul Kelly
 Marvin Castillo
 Matt McCormack
 Mike Hoddinott
 Tau Nguyen
 Terry Gill
 Mike Hirst
 Volunteer: Brian Fodick

Second Place
Dandy Lions
 Sgt Terry Gracie
 Cpl Mike Leblanc
 Cpl Nolin Moody
 Cpl Kevin Young
 Cpl Joel Fitzgerald
 MCpl Steve Hall
 Cpl Chris Garrett
 Cpl Dave Campbell
 Pte Autumn Manuel
 Pte Mike Maillet
 Volunteer: WO Dean Carlson

Third Place
8 AMS ARO
 MCpl Dwayne Bown
 MCpl Sheila Robertson
 Cpl Bob Maurice
 Cpl Art Arsenault
 Cpl Steve Desilets
 Cpl Pierre Villeneuve
 Cpl Water Rau
 Cpl Rob Laroque
 Cpl Charles Gauthier
 Cpl John Stenning
 Volunteer: MCpl Lyne Plante

Battle of the Sexes
 Join us on Saturday, March 17, 2007,
 from 5:00 p.m. to 10:00 p.m. at the Youth
 Centre for Battle of the Sexes.
 Cost is just \$10. Pre-registration is required.
 Registrations accepted at the MFRC or
 RecPlex reception desks.

Much Music Video Dance
 Join us at the South Side Gym on Saturday, March
 10, 2007 for the Much Music Video Dance.
 The dance is open to youth ages 9 to 12-years-old
 from 5 to 7:30 p.m. and for teens ages 13 to 16-year-
 old from 8:15 p.m. to 11 p.m.
 Cost is just \$10 per person.
 This will be an adult supervised event.

2007 Welcome Directory is in the works...

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Sports

Fitness, Sports & Recreation

Elite March Break Hockey School

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

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

Cost is \$150 for military community and \$200 for the general public.

Price includes lunch at the Yukon Galley each day, a sweater and socks.

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

Space is limited. Registration is now taking place at the RecPlex, located at 21 Namao Drive.

Preschool Stomp and Romp dance class

Preschool Stomp and Romp is a joyful exercise and dance class that is full of rhymes, songs, rhythm, movement and instrument games for you and your preschoolers.

This is an assisted play program for parents and their precious little ones.

The class will take place on Thursday mornings at the RecPlex.

The program began on January

25 and will continue running until April 12, 2007.

Each class is from 10:30 a.m. to 11:30 a.m., for a total of 10 weeks. Please note, there will not be a class held on Thursday, March 1 or March 15.

Cost: CRA members, \$20; military community, non-members, \$25; general public, \$30. Drop-in fee, \$4 per week.

2007 March Break Kids Kamp

Are you ready? It's coming!

This year's March break will be here before you know it and we want your kids!

The 2007 March Break Kids Kamp will be returning to the RecPlex (located at 21 Namao Drive, just off of RCAF Road), begin-

ning on Monday, March 12, 2007 and running throughout the week, from 8:00 a.m. to 4:00 p.m., daily, until Friday, March 16.

Before and after care services are also available for those who require the extended hours.

The extended care is

provided in the mornings from 7:00 a.m. to 8:00 a.m. and in the evenings from 4:00 p.m. to 5:00 p.m.

Registration for the military community members continues.

Registration for the non-military community will begin on February 12, 2007.

Lady Flyers take a loss

The Lady Flyers wish to congratulate the CFB Kingston Women's Hockey team, who recently won the Ontario Regional Women's Hockey banner.

Throughout the round robin play, 8 Wing went undefeated. In the finals, the game was tied at two going into the third period.

Kingston managed to gain two more goals, then Trenton got one but time ran short and Kingston won the banner.

The Lady Flyer wish to thank Colonel Tom Lawson for his encouragement throughout the week of play.

As well, we thank our coaches Bryan Pearce, Sergeant Dustin Dorken, and Major Phil Forward.

Snowshoe rentals available

Snowshoe rentals are now available for all military and CRA members.

Cost is as follows: \$10 a day, per pair of all Altitude shoes in adult and teen sizes.

\$5 per day, per pair of Tubbscout and Trekker Nomad in infant or children's sizes.

LET THE GAMES BEGIN



The opening ceremonies of the Canadian Forces Ontario Region Oldtimers' Hockey Championship were held on Monday, February 5, 2007 at the RCAF Flyers Arena. Pictured above are Warrant Officer (WO) Brian Frank, Colonel Tom Lawson, Commander, 8 Wing/CFB Trenton, and WO Troy Merrick. The tournament featured teams from Trenton, Borden, Meaford, Kingston, Petawawa and North Bay.

Assistant Water Safety Instructor course

The Assistant Water Safety Instructor course is designed to reinforce water safety skills as well as knowledge.

The course is also a great introduction to learning the basic teaching methods, learning styles, physical principles, progressions, communication, safety, supervision and feedback surrounding water safety.

Completion of the Assistant Water Safety Instructor course provides candidates with

the basic skills and experience necessary for entering the Water Safety Instructor course.

Candidates must complete practical teaching hours in order to complete this course.

Participants must also be at least 15 years of age or older to register for this course.

The course will take place on the following dates:

Friday, February 23, and Friday, March 2, 2007 from 5:00 p.m. to

9:00 p.m.

Saturday, February 24, and Saturday, March 3, 2007, from 9 a.m. to 3 p.m.

Sunday, February 25 and Sunday, March 4, 2007 from 9 a.m. to 3 p.m.

Cost is as follows: military and CRA members, \$130; military community, non-members, \$140; general public, \$160.

There is also a manual fee of \$35, to be paid in order to obtain the Red Cross Instructor Manual.

Red Cross Water Safety Instructor course

The Red Cross Water Safety Instructors Course is designed to prepare candidates to instruct the Water Safety Programs.

Candidates experience, analyze and apply the Red Cross Swim Program curriculum. Candidates must be at least 16 years old to register.

Certified Water Safety Instructors must renew their certification every

two years.

Those wishing to take part may do so from Monday, March 12 to Saturday, March 17, 2007. Please contact the RecPlex for daily timetable.

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

Youth Bowling

Are you between the ages of 13 and 18-years-old and enjoy bowling?

If so then you should join us for Youth Bowling at Astra Lanes on February 25, from 2:00 p.m. to 4:00 p.m.

Cost is \$4 per person. Pre-registration is required by noon on the Friday prior to the event.

Register at the MFRC or RecPlex reception desks.



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Winter arrives in the nick of time for carnival



Photos: Cpl Tom Parker, 8 Wing Imaging



Clockwise from top right: Colonel Tom Lawson, Commander, 8 Wing/CFB Trenton, announces that the groundhog did not see his shadow during the official opening of the 8 Wing Winter Carnival on Feb. 2. Pictured are Col Tom Lawson (left) and Mr Bill Jeffs, a fitness instructor at 8 Wing.

The WTISS Warriors were the victors at this year's fun-filled carnival. Pictured from left to right are: (Front row) AS Trudy Strickland, MCpl Dan Gorman, Cpl Tao Nguyen.

(Back row) Cpl Matt McCormack, Cpl Mike Hoddinott, Cpl Jason Calder, MCpl Paul Kelly. Absent from the photo are Cpl Marvin Castillo, Sgt Terry Gill, Capt Mike Hirst, and volunteer MCpl Bryan Fodick.



Winter carnival participants make a final dash for the finish line during the sled pulling event.

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Only 73,000 kms. Off GMAC lease. In mint shape! Loaded up w/full power options incl. quad captain's chairs, alloy wheels, 2 tone paint and more! **\$10,995** certified.

2004 FORD F-150 SUPER CREW XLT

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4X4 2WD, fresh in off Ford lease! Loaded with full power options. Amazing condition. Must see. Only 76,000 kms.

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2003 DODGE DAKOTA SXT

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taxes included
\$117.00
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3.9L, 6 cyl., 4X4, 5 sp., alloy wheels, tinted windows, air, CD, tilt wheel, anti-lock brakes. Sharp truck! 75,377 kms. AMAZING SHAPE! **\$13,995** certified.

2003 CADILLAC ESCALADE

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WOW! Fresh in off GMAC lease, only 72,000 kms., AWD, loaded w/options, high polish wheels, p/sunroof, p/heated leather, all the Cadillac options, exc. TV. This truck is stunning! **\$31,995** certified.

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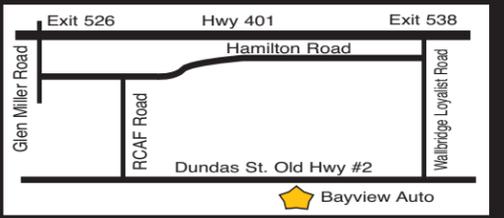
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Continued from Page 1

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Photo: Holly Bridges

Chief of the Air Staff, Lieutenant-General Steve Lucas, answering questions from reporters during the news conference February 2, 2007 at National Defence Headquarters in Ottawa.

about," said Minister Bernier.

"In return, Canada's new government and Canadians have made a real commitment to

them - our commitment is to give our military the equipment they need to do the job."

No one was happier with the announcement

than Colonel Tom Lawson, Commander, 8

Wing/CFB Trenton, where the C-17s will be based.

"It's a great day for

the people of Trenton," said Col Lawson. "With the first aircraft scheduled to arrive around the August or September time frame, we will be ready. The announcement was of great excitement to everyone who is working very hard to prepare the Wing to receive these aircraft."

Canadian Air Force air and ground crews are currently gaining experience flying and training on the C-17 with the United States Air Force (USAF). Col Lawson says he is confident that by the time the first aircraft arrives in Trenton, crews will be ready, willing and able to fly and maintain the giant aircraft, and more importantly put it to use in Canadian Forces' missions at home and abroad.

Major Jeremy Reynolds, a Canadian Air Force CC-130 Hercules pilot from 8 Wing Trenton, currently enrolled in a C-17 re-qualification course run by Boeing and the United States Air Force at Altus Air Force Base in Oklahoma, was thrilled with the announcement. He has 1,500 flying hours on the C-17 after serving as an exchange pilot with the USAF, flying the C-17 for almost two years, and has seen what the aircraft can do first-hand.

"It'll be nice to come home to a brand new airplane," said Maj Reynolds.

How sweet it is to share a romantic dinner together!

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Take the I QUIT! Challenge

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Take the March 1, I QUIT! Challenge and you could win.

All military smokers and non-smokers, their immediate family members, DND public and non-public fund employees are invited to take the 'March 1, I QUIT! Challenge' and stay smoke-free for at least one month, from March 1 to April 2, 2007.

Register at the Strengthening the Forces Health Promotion Office between January 24 at midnight until February 28 at midnight.

You may also register online at www.cfpsa.com/health

The goal of the program is to prevent tobacco use-related diseases among Canadian Forces members.

The Health Promotion team recognizes that quitting takes practice and entering the 'March 1, I Quit! Challenge' gives smokers another chance.

**"March 1st
I QUIT!"**

**8 Wing
Health Promotion Office**
177 Hercules St., Bldg 119

Kendra Lafleur - local 3767
Lisa Pitt - local 3768



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It's time to take the challenge. By registering in the "March 1st, I Quit!" challenge, you are enhancing your quality of life.

Makeshifts: Quick but painful



Submitted by
Don Heans,
Wing General Safety Officer

A carpenter who uses duct tape to re-attach a hammer head, or a painter who ties himself to a roof ladder with a piece of rope, or a worker in a warehouse who stands on a stack of boxes instead of a ladder all have one thing in common. They are using makeshift solutions. Makeshift solutions, by definition, offer us quick fixes to our problems. Makeshift problems occur with tools as well as personal protective equipment. Examples include: opting for hiking boots instead of steel-toed work boots on the job site or using gardening gloves instead of required work gloves. Using makeshift equipment or wearing the incorrect personal pro-

ective equipment increase your chances of getting injured on-the-job.

Ever hear the saying, "duct tape is a person's best friend"? Here's an example of what can happen when using this quick solution: A carpenter tried to re-attach the head of his hammer to the handle using his "best friend", his roll of duct tape. When the head of the hammer came flying off, he received a broken thumb. His thumb may have healed, but now his buddies call him by his new nickname: Duct Tape.

If we are honest with ourselves, we can all remember a time when we used a makeshift solution. While variations in makeshift solutions are only limited by the creativity of humans, the reasons we use them are few. Two of the most common reasons are saving time and saving money.

Saving time...

This is a concept you have to put into perspective. Whose time are you saving? Are you really saving time? Over

time your use of a makeshift solution increases your risk of injury. The odds are that if you suffer an injury it will cost you working time. It will also likely cost the company production time. So you are really betting days and even months of your working life just to save a few minutes.

Saving money...

Sure, having the right tools and safety equipment can be costly. But if this is a makeshift solution, you'll probably need a new tool or the right one tomorrow. So, where are the savings? And when you try to make do with faulty or improper safety equipment, you are really not doing anything other than risking your ability to work and be productive.

While it might look like you are saving time or saving money with a makeshift solution, chances are you are doing anything but saving. The reality is that you are throwing the dice, crossing your fingers, and betting your life the duct tape won't break.

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Weekly Astrology by Christine Davison

February 11 - February 17

ARIES (21st March – 19th April): The beginning of this week sees Aries striving towards long-term goals. The days following, despite some travel concerns, will be filled with social outings and romantic adventures. Look to Saturday to begin a new project. Your determination and bold ways have gotten you to where you are today.

TAURUS (20th April – 20th May): Others will see you as clever and charming. Take care of what and whom you value most. The weekend ahead may have you seeing everything in a different light. Choosing an exotic locale or restaurant for an evening out may spice up a rendezvous. Your earthy nature will be apparent and most welcomed if appropriately applied.

GEMINI (21st May – 21st June): Your libido springs from dark, deep places. Look to spending this week in passionate embrace with a lover as often as you can. Your words and motions may be somewhat slowed or inhibited during the next little while. The weekend will bring a whole new outlook. Flirt whenever possible.

CANCER (22nd June – 22nd July): This week is spent helping out those you love and who love you in return. Many appreciate your hard and selfless work. Take time to pamper yourself when and where you may. Let a romantic partner shower you with praise and take you for an evening out. Don't be critical if there are little snags this week; the weekend changes everything.

LEO (23rd July – 22nd Aug): Things have seemed slowed down for Leo's as of late. Take the next few days to create and explore with friends and family. Let a loved one entertain you in grand style. Someone wants to treat you like a king or queen this week. Show your love and appreciation. Take time this weekend to start something beautiful.

VIRGO (23rd Aug – 22nd Sept): If anyone can plan a perfect evening, it's Virgo's! Allow your feelings to flow and beautiful and cherished memories may come from it. Indulge your senses whenever and wherever you can. Projects around the home may do well if begun on the weekend. Spend sweet moments with the person you love.

LIBRA (23rd Sept – 22nd Oct): You'll find yourself balancing all the different facets of your heart this week. You have a talent for art and music that many find attractive. Spend time with family whenever you want to. A candlelit dinner at home, this week may lead to passionate embraces. The weekend ahead will open up new possibilities.

SCORPIO (23rd Oct – 21st Nov): You are highly adaptable and unusually open and receptive to others feelings and your own. Take this unique opportunity to express what you truly feel and desire. What is begun this weekend will bring about continued changes for some time to come. Your love comes from deeper places than most can ever aspire to.

SAGITTARIUS (22nd Nov – 21st Dec): You may wish to spend money on your loved ones this week. Be generous and show your appreciation, but not to the point of breaking the bank. Remember, time spent with loved ones is far more precious than dollars spent. Financial luck comes to you. Wait until the weekend to begin new projects.

CAPRICORN (22nd Dec – 19th Jan): Follow your intuition. Past issues may need to be resolved before you can continue on your present path. Others may sympathise, as your distress may be obvious. Spend time with those you love and who love you in return. Changes may begin for you after Friday. Capricorn's are well known for their abilities as lovers.

AQUARIUS (20th Jan – 18th Feb): Your inventive mind and quirky style of dress and behaviour has attracted you a bevy of admirers. Don't allow for your emotions to prevent you from moving forward. This weekend will have people instinctually seeing things from your point of view. Spend time involving yourself with like-minded others. Indulge in the sensual and passionate with a romantic partner.

PISCES (19th Feb – 20th March): Oh, who couldn't love you, Pisces? You've a perfect eye for beauty and move through the day as if floating on a cloud. Others find you captivating and mysterious. Show your appreciation by inviting a loved one out for an evening of flirtation and ardour. Artistic and spiritual discoveries or projects would be best started at week's end.

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

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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.

The Incredible Mercy of God and the Gift of the Eucharist
 Lenten Parish Mission with Father Philippe Boudreau, O.M.I., from Our Lady of the Cape Shine, Quebec at Our Lady of Peace Chapel, 8 Wing/CFB Trenton, located at 91 Namao Drive.
 Father Boudreau's Lenten Parish Mission will start on Thursday, March 1, and finish on Sunday, March 4, 2007.

THURSDAY	6 P.M. -- HOLY HOUR OF SILENT ADORATION IN FRONT OF THE BLESSED SACRAMENT 7 P.M. -- PREACHING OF THE MISSION
FRIDAY	12:10 P.M. -- MASS 6 P.M. -- HOLY HOUR OF SILENT ADORATION IN FRONT OF THE BLESSED SACRAMENT 7 P.M. -- PREACHING THE MISSION
SATURDAY	10:15 A.M. - MASS 6 P.M. -- HOLY HOUR OF SILENT ADORATION IN FRONT OF THE BLESSED SACRAMENT 7 P.M. -- PREACHING THE MISSION
SUNDAY	9 A.M. -- MASS AND CONCLUSION OF THE MISSION

About Father Philippe Boudreau, O.M.I.
 Father Philippe is a Missionary Oblate of Mary Immaculate. He was ordained in the Basilica of Our Lady of the Cape Shine, Trois-Rivières, Quebec, in 2001. He has been assistant pastor and pastor to parishes in Western and Northern Canada. He is now ministering at Canada's National Shrine of Our Lady. He is also a Chaplain in the Canadian Army Reserve serving in Trois-Rivières, Quebec.

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Bridge Street Church invites you to **"Inn From the Cold"**
If you are cold and food would help, let us share our resources with you.

A hot meal and warm place to come between 5:00 p.m. and 7:00 p.m., seven (7) days a week from now until February 28, 2007 at the church, located at 60 Bridge Street East (corner of Bridge Street and Church Street; side entrance is off of Bridge Street). Please note, there will be no delivery of meals this year. If you are unable to get to the church you may pre-arrange with Sheila to have a friend pick up a prepared meal between 3 p.m. and 4 p.m. daily. You must pre-register each week for this service by calling the church on Monday mornings at 613-962-9178.

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About 18 volunteers are needed each day to make this program work. There are a variety of jobs to be done including food preparation, greeting, setting and cleaning tables, general clean-up and supervision. High school students are reminded that this work will qualify for volunteer credits. Call Sheila Turnbull at 613-968-6159 or through the church office at 613-921-9178 to find out about the various job descriptions or to join our team.

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<p style="text-align: center;">Padre Catherine Morrison Padre Mel Talan Padre Bob Baker</p> <p style="text-align: center;">WORSHIP SERVICES</p> <p>OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR) Chapel Life Co-ordinator/Responsable de la communauté Padre John Tracey</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 style="text-align: center;">DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR</p> <p>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.</p> <p style="text-align: center;">NOTICE/AVIS</p> <p>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.</p>	<p style="text-align: center;">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 style="text-align: center;">PARISH ORGANIZATIONS Chapel Guild Last Tues 1930 hrs</p>
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