“Delivering news and information. At home and around the world.” — “Des nouvelles d’ici et de partout ailleurs.”

Each ROTO an enormous undertaking involving 780+ flying hours

by 2Lt Jennifer Jones
Wing Ops

News on the current activities of Canadian soldiers in Afghanistan is available to the Canadian public on a daily basis. As long as the information is unclassified, we hear or read about our land force operations, and the impact of our Canadian presence in current operational theatres.

We do not always focus on the little known, yet equally essential, efforts of the Canadian Forces (CF) personnel responsible for the transport of Canadian troops and their supplies into and out of theatre. Six of 8 Wing’s 437 Squadron’s crews fly almost non-stop for a six-week long rotation in order to transport thousands of soldiers and their supplies to and from Camp Mirage every six months. This process takes over 780 flying hours on three Canadian CC-150 Airbuses.

In addition, the camp must be supplied with ammunition year round, requiring weekly “sustainment flights” overseas to transport supplies to and from Camp Mirage. A ROTO flight starts at Camp Mirage, each chalk being a three-day trip. Of the three Airbuses flown per ROTO, two are employed to transport troops—one which can accommodate up to 129 personnel, the second up to 140 personnel and configured for Aeromedical Evacuation (AirMed Evac), the transfer of a patient by air from one medical facility to another. This leaves the third aircraft in Pax (passenger) configuration available for the weekly sustainment flights.

During a ROTO, to maintain a maximum flying tempo, no Airbus lands for longer than one and a half hours at a time, other than in Camp Mirage or Trenton. While this procedure is highly effective in sustaining the overall operation, it can be very demanding on aircrews. The decreased time a crew will spend in crew rest between flights necessitates the employment of “slip crews,” aircrews stationed in Europe en route who are available to take over a flight from a previous crew requiring mandatory rest. Quite commonly, crews will stop in Zagreb, Croatia and Budapest, Hungary before becoming the next slip crew themselves to replace an incoming crew. This is an efficient way to decrease the chance of potential flight delays that would be caused by crews requiring mandatory rest and having no replacement.

It is easy to appreciate the enormous undertaking per ROTO—two aircraft to move as many as 2200 soldiers and their supplies to and from Camp Mirage, each chalk being a three-day trip. Of the three Airbuses flown per ROTO, two are employed to transport troops—one which can accommodate up to 129 personnel, the second up to 140 personnel and configured for Aeromedical Evacuation (AirMed Evac), the transfer of a patient by air from one medical facility to another. This leaves the third aircraft in Pax (passenger) configuration available for the weekly sustainment flights.

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Official Languages Transformation Model

February 9, 2007

OTTAWA—The National Defence Official Languages Program Transformation Model aims to ensure that National Defence fully meets the exigencies of the Official Languages Act while respecting National Defence’s unique organization. Once fully implemented, the revised Official Languages Program will permit members of the Defence Team to be more consistently led, trained, administered and supported in their official language of choice.

One of the prime objectives of the Transformation Model is to promote bilingualism for senior officers so that they can communicate in the preferred official language of their subordinates. That is why our Official Languages Program is being adjusted to ensure that all Generals and Commodore/Admirals become bilingual to a superior (CBC) level of linguistic proficiency. At present, all Lieutenant-Generals and Vice-Admirals satisfy this requirement; and over 85 per cent of all serving senior officers (Colonel/Captain(Navy) and above) have attained an intermediate (BBB) or better profile during the course of their careers.

The Transformation Model will ensure that all Generals, Commodores/Admirals hold a superior (CBC) level profile within the next four years. It also maintains the current program, which provides that 70 per cent of all newly promoted Colonels/Captains (Navy) attain and maintain a CBC (superior level) or better profile. For 2006, 75 per cent met this requirement; and over 85 per cent of all newly promoted Colonels/Captains (Navy) attained and maintained a CBC (superior level) or better profile. For 2006, 75 per cent met this requirement; and over 85 per cent of all newly promoted Colonels/Captains (Navy) attained and maintained a CBC (superior level) or better profile. For 2006, 75 per cent met this requirement; and over 85 per cent of all newly promoted Colonels/Captains (Navy) attained and maintained a CBC (superior level) or better profile.

The CF offers both francophone and anglophone Canadians the opportunity for equal employment, training, and advancement. Twenty-four percent (24 per cent) of all CF officers are francophone, which aligns closely with the national average. This both contradicts recent media claims that francophones are under-represented in the military and speaks well for the CF’s Official Languages Program. Over 28 per cent of all CF Generals and Commodore/Admirals are francophone. With respect to the Non-Commissioned Members ranks, over 28 per cent of Non-Commissioned Members and almost 33 per cent of the most senior Non-Commissioned rank levels (Chief Warrant Officers and Chief Petty Officers (First Class)) are francophone.

The CF maintains a strong bilingual cadre from coast to coast – a bilingual cadre that, as a result of the ongoing adjustments to our Official Languages Program, will become concentrated in those functions that must be provided in both official languages to comply with the law. This will ensure both closer compliance with the Official Languages Act and the consistent provision of bilingual training and service where it counts. A key priority of the Transformation Model is to fully staff those bilingual functions providing instruction and central and personal services with bilingual personnel as quickly as possible, thereby ensuring that the CF is able to more consistently provide training and support services in both official languages. All recruit-level training is already provided in both languages and, the Transformation Model will ensure that all follow-on entry-level courses also meet this requirement.

In summary, having bilingual personnel provide external bilingual services to Canadian citizens and internal services, instruction and leadership to members of the Defence team is central to complying with the Official Languages Act. The Transformation Model was drafted in consultation with the federal central agencies charged with Official Languages responsibilities – particularly the Official Languages Branch of the Public Service Human Resources Management Agency of Canada, which has assumed responsibility for establishing federal official languages policies and directives related to key parts of the Act and monitoring related official languages performance. Rather than reducing the CF’s commitment to meet its official languages obligations, the National Defence Official Languages Program Transformation Model seeks to enhance that commitment.

Rear-Admiral Tyrone Pole
Chief Military Personnel

WING LOGISTICS & ENGINEERING
PICTURE OF THE WEEK

On February 1, 2007, the Wing Logistics 39th birthday celebration was held at Yukon Galley. The following 8 Wing Food Service Cooks provided a number of devoted hours decorating the Logistics Branch cake (from left to right): Cpl Pauline Tremblay, Cpl Andrew Sharpe, and Cpl Sandra Pagé. Bravo Zulu to the cooks for the outstanding job and all Logistics Branch staff for the awesome turn-out.
Search & Rescue UPDATE

424 Squadron Tigers had two missions last week.
The first tasking was for our Griffon to look for a lost ice fisherman believed to be on the south end of Giants Tomb Island in Georgian Bay. A 28-year-old man was located suffering from the onset of hypothermia. He was able to walk to the aircraft and was then flown to Midland Hospital. Our crew then returned to Trenton.

Next callout was for our Hercules to investigate an ELT in the Pendleton area east of Ottawa. The crew picked up the signal and it led them to a small airstrip with no visible signs of distress. Our Herc was released by JRCC and returned home.

Until next time, stay safe.

Missions for 2007: 7
Missions for Feb.: 2
Persons rescued: 1

Transporting thousands of troops
Continued from Page 1

The end of January 07 marked the beginning of the third ROTO of Operation ATHENA, which is scheduled to take approximately 21 chalks, to be completed in March 07. During the last year, ROTO 0 and ROTO 1 successfully handled the transportation of Canada-bound troops who have finished their tours, and the deployment of their replacements. There is no reason to assume that ROTO 02 will not follow suit. Although any delay can make it nearly impossible to re-capture lost time, most rotations meet or come close to meeting their six-week time frame.

Reliable performance and the serviceability of the CC-150 Airbus is superb, and flight planning has become a fine art. The successful completion of a ROTO requires hard work from everyone involved in the planning and operation stages in order to coordinate the increasingly complex details; more complicated flying routes; the four CC-130 Hercules necessary in order to meet the Airbus in Camp Mirage; and the new procedure allowing troops decompression time before returning to Canada. In true Canadian style, these factors are countered by the extraordinary efforts of personnel supporting the Airbus, allowing for the continued contribution that 8 Wing is making to the CF’s mission in Afghanistan and elsewhere.

Theological Soup

Remember eating alphabet soup and trying to make words out of the letters? This is sort of what we will be doing each Thursday at lunch. We will be watching a 10-minute DVD and discussing its content to make sense of the mix of life and God and how they all go together.
Theological soup provides a venue to take a break from the “tyranny of the urgent” and for a short period of time look at and discuss what is important in our lives — issues such as love; God’s comfort; meaning in life; time; forgiveness; death; God’s relationship with us and our relationship with Him.

So take a break, you deserve it, and bring a bag lunch or leftovers to go with your choice of some gourmet soup (on us).

Every Thursday at the Wing Chapel – 12:05 – 12:45

Sincerely,

Padre Mike
The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly 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 ‘spirit de corps’ among the military and civilian community. 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. Viewers opposed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical errors, no goods may be sold and differences 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.

Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don’t worry about formatting with underlines, bolds, italics, colors, 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-electronic submissions must be saved in rich text format (.rtf) and as “text only” graphics/logos may be sent as separate files.
- Articles must include author’s full name, unit and phone #.
- Articles may be mailed, e-mailed or delivered in person. Non-electronic submissions must be saved in rich text format (.rtf) and as “text only” graphics/logos may be sent as separate files.
- 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 a jpeg or tiff format at a high resolution, to ensure quality reproduction.
- Letters to the Editor: 613-392-2811 Ext. 7005 Fax: 613-965-7490

This week in Contact

1977 – Canada has taken the lead among western nations in the development of shipboard infrared detection systems. Known as the Shipboard Passive Surveillance and Detection System (SPSDS), it was sponsored by the Canadian Forces’ chief of research and development and is being watched by several navies of NATO countries. SPSDS involves an infrared scanner that detects heat emissions of warships and low-flying missiles and aircraft.

1987 – Minister of State for Youth, Jean Charest, announced that the Government of Canada will commit $180 million for Challenge ’87, the federal government’s student summer employment program. Challenge ’87 challenges employers from all sectors of the economy to create summer jobs for students. It also challenges students themselves to use their entrepreneurial skills to create jobs. Funding for Challenge ’87 is the same as that provided to Challenge ’86, which will provide $127 million in wage subsidies to non-professional students. It also challenges employers from all sectors of the economy to create summer jobs for students. It also challenges students themselves to use their entrepreneurial skills to create jobs. Funding for Challenge ’87 is the same as that provided to Challenge ’86, which will provide $127 million in wage subsidies to non-professional students.

1997 – The first two of five Canadian Automated Pilot Selection System (CAPSS) units were accepted from Mr. Ray Gaffoor of the Atlantis Aerospace Corporation by 8 Wing/CFB Trenton Commander, Colonel M.J. Dumais. CAPSS is installed at the CFASC in building 32. The remaining three CAPSS units will arrive at 8 Wing later in the spring.
New revolutionary protective combat gear for CF members

DRDC

A group of Defence R&D Canada (DRDC) researchers is developing a combat uniform prototype, called the CBplus uniform that provides protection against chemical and biological agents. This uniform would protect Canadian Forces (CF) personnel against chemical and biological (CB) agents and provide some protection against toxic industrial hazards (plus) — hence its name — while offering similar comfort and weight to the current CF daily combat uniform.

DRDC scientists faced the significant challenge of balancing sufficient levels of protection, comfort and thermal properties in a daily combat uniform. Designed to meet CF operational requirements, the CBplus uniform proposes one of the most interesting solutions to just-in-time, transparent protection in a daily wear uniform. Novel materials are being developed based on carbon sphere and fiber technologies. Although the CF uses chemical protective clothing when needed, the current suit was not designed to be worn as a daily wear uniform or for longer periods of time in warm climates.

To validate the performance of the uniform concept, DRDC developed a unique test chamber located at DRDC Suffield. It is equipped with a simulation-based anthropomorphic mannequin that can perform a range of motions. The CBplus test chamber can reproduce realistic environmental conditions by combining wind, temperature and relative humidity; the test chamber can produce liquid, vapour and aerosol challenges using chemical or biological simulants. The mannequin is anthropometrically correct and can run, walk, bend at the waist, lift and squat. The chamber is expected to be fully commissioned in 2007.

The CBplus Technology Demonstration Project is in its final year. Work is underway to develop and test production-level materials. In addition, DRDC will continue to study the uniform in a number of human and mannequin system-level studies. The CBplus concept will be considered by the Department of National Defence’s Integrated Soldier System Project for possible introduction into the Forces by 2010-2012. The CBplus uniform is also expected to offer response communities with a possible uniform to meet civilian protection requirements against chemical, biological and toxic chemical hazards.

The DRDC CBplus uniform, for military and civilian emergency responders dealing with chemical and biological situations.
EXPRES TESTING
February Schedule
EXPRES testing takes place on Mondays, Wednesdays and Fridays at 0830 hrs at the Gym. Also, effective March 1, 2007, EXPRES testing will be available every day of the week at 0830 hrs.
To book your appointment by email, please send your request through to PSP Express bookings @ctb.trenton or you may do so via phone by calling local 3328.
Step tests can also be booked the same way and take place on Tuesdays and Thursdays, by appointment.

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 $10. Pre-registration is required.
Registrations are being accepted at the MFRC or RecPlex reception desks.

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.

Get outside to avoid the February blues
(NC)-Got the February blues? They may not be defined in any medical textbook, but Canadians - especially the elderly - know exactly what they are.
“Older people suffer more from ‘the blues’ than other age groups,” says Dr. Barry Goldlist, medical director of the Geriatric Rehabilitation Program at Toronto Rehab, Canada’s largest provider of adult rehabilitation services. “For one thing, they feel the cold more. They can feel chilly even at normal temperatures, never mind in bitter February weather.”
Physical activity is key to overcoming the blues - but being active is hard in the winter.
“For older people, the most common - and safest - activity is walking,” says Dr. Goldlist. “But using outdoors is much harder with ice and snow on the ground.”
For one thing, the risk of falling is higher.
However, older people can find many places to walk indoors.
Their choice to help keep ‘the blues’ at bay. Studies show even phone contact with those who are house-bound decreases mortality,” says Dr. Goldlist.
“Older people who can’t get out should use a phone to keep in touch. For those who enjoy animals and are used to social interaction is also vital to keep ‘the blues’ at bay. More information on Toronto Rehab’s Geriatric Rehabilitation Program is available online at www.torontorehab.com.

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

Cancellations
Please note that the Rec Swim, Adult Lane Swim, and Parent and Tot Swimming will be cancelled on Sunday, February 25, 2007 due to training requirements.

Local Services & Trades

Building Material
Rona
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House plans, engineered floors, kiln dried lumber, expert staff, etc.
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613-394-3351

Cosmetics
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Custom Builder
Lynam Construction Ltd
General Contractors
Kitchen & bathrooms, rec-rooms, additions, replacement windows, refacing kitchen fronts & stairways, textured ceilings & fireplaces.
(613) 962-8795 848-9996
E-mail: info@lynamconstruction.com
Website: www.lynamconstruction.com

Kitchen & Baths
John West Construction
155 Cty. Rd. 64 K9V 6H8
613-475-4828

Landscaping
Unique
360 Cty. R.D. 4 S.York
613-475-4828

Roofing
Mitchell Roofing
Free Estimates
5 yr Guarantee on Workmanship
Insurance Claims
Wind Damage Repair
Ross McKenzie
“Year Round Roofing”
Call 613-967-1726
Roof Doctor
The 8 Wing Elite March Break Hockey School will take place from Monday, March 12 to Friday, March 16, 2007. This high-energy, fun-filled week-long hockey school program will provide participants with a full range of activities including power skating and dry land training.

Cost is as follows: $150 for military community members and $200 for the general public.

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

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

Space is limited and registration is currently underway at the RecPlex, located at 21 Namao Drive.

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, which is located at 21 Namao Drive, just off of RCAF Road.

The Kids Kamp will begin on Monday, March 12, 2007 and run throughout the week, from 8:00 a.m. to 4:00 p.m.

Child care will be available in the mornings from 7 a.m. to 8 a.m. and again in the evenings from 4 p.m. to 5 p.m.

Space is limited and the Kamp will fill up quickly so make sure you register today!

Youth Strength and Conditioning Clinic
The clinic is open to youth ages 13-17-years-old. The Strength and Conditioning Clinic will take place on Wednesday, February 28, at 1515 hrs at the Gym.

For more information, or to register, please contact Instructor Todd Peart at local 7160.

Friday night bug swims
Every Friday night, rec swim, from 6:30 to 8:30 p.m. will be “Rec Swim with the Bug”.

Please note that due to the reduced visibility while the bug is in the pool, water toys will not be permitted during this swim.

Regular drop-in fees will apply for this activity.

Elite March Break Hockey School
The 8 Wing Elite March Break Hockey School 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 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.

Red Cross Water Safety Instructor course
The Red Cross Water Safety Instructor course is designed to prepare candidates to instruct the Water Safety Programs.

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

Certified Water Safety Instructors must renew their certification every two years.

The course will take place from March 12 to March 17 (Monday to Saturday) as follows:
- Monday, to 4 p.m.;
- Tuesday, 9 to 3 p.m.;
- Wednesday, 9 a.m. to 4 p.m.;
- Thursday, 9 a.m. to 12:30 p.m.;
- Friday from 9 a.m. to 4 p.m.;
- Saturday from 9 a.m. to 5 p.m.

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

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

8 Wing/CFB Trenton Vintage Flyers capture gold
The 8 Wing/CFB Trenton Vintage Flyers team are pleased to announce they captured gold at the Ontario Region Oldtimers Hockey Championship, which was held here at 8 Wing/CFB Trenton, from February 4 to 9, 2007.

The 8 Wing/CFB Trenton Vintage Flyers defeated the CFB Borden Ancient Braves 5-4, in an end-to-end overtime thriller to claim gold and advance to the Canadian Forces (CF) National Oldtimers Hockey Championship.

The national championships are scheduled to be held at CFB Borden from March 17 to 23, 2007.

Teams representing the five CF Regions (Atlantic, Quebec, Ontario, Prairie and Pacific) will be vying for top CF Oldtimers Hockey honours.

Trenton managed a 3-1-1 record during the round robin, placing them in third place (one point out of first) out of six teams (top four teams moved on to the playoff sudden death round).

Tournament All-Star team selections after round robin play are as follows:
- Goal: Jason Houle, Borden
- Defence: Brian Frank, Trenton
- Defence: Russ Walsh, Borden

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 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.

8 Wing/CFB Trenton Vintage Flyers team Captain, Warrant Officer Brian Frank, receives the winning pennant from 8 Wing/CFB Trenton. The Flyers won the Ontario Region Oldtimers Hockey Championship, beating the Borden Ancient Braves 5 to 4 at the RCAF Flyers Arena on February 9, 2007.

Trenton 12 vs. North Bay (1)
Semi Finals:
- Trenton (8) vs. Meaford (1)
- Borden (5) vs. Kingston (3)
Championship Game:
- Trenton (5) vs. Borden (4)

Congratulations to the players and coaches of the 8 Wing/CFB Trenton Team.
February 12, 2007

Kandahar, Afghanistan – The Kandahar Provincial Reconstruction Team (PRT) has just completed mine and unexploded ordnance awareness training for children employed by a local recycling company and for street children living in Kandahar.

“They paid very close attention during the lecture,” says Captain David Muralt, an Air Force Public Affairs Officer who works with the PRT in Kandahar. “They had questions about whether they should walk back in their own footprints if they find a mine, or if it was okay for them to pick up bullets and told us some of their own experiences finding unexploded ordnances on the streets and in their travels.”

The aim of the training session was to teach the kids steps to follow if they find a mine or unexploded ordnance — don’t touch, stay away, and tell an adult, policeman or ISAF soldier, says Capt Muralt.

“Some of them thought that if a rocket, shell or bomb had been fired or landed and hadn’t exploded, then it must be safe,” says Capt Muralt. “The engineers tried very hard to get the message across that these things are very dangerous.”

“Landmines kill or injure up to 300 people in Afghanistan every month, and children who innately like to roam and play, are perhaps the most vulnerable to stumbling across them. There are estimates that over 724 million square meters of land in Afghanistan is contaminated with mines, and new mine sites continue to be discovered each day — sometimes at the cost of a child’s life or limb.”

“It’s great to see the children and to help out any way we can,” said Air Force Major Tammy Tremblay. “I enjoyed spending time with the kids, but it makes you realize that there is lots of work left to do in Afghanistan.”

Following the training session, the children received rubber boots, socks, gloves, coloring materials, backpacks and stuffed toys.

“They were very pleased with the snack and the gifts they received and loved to have their picture taken; particularly when you spin your digital camera around and show them their own picture,” says Capt Muralt. “I enjoyed spending time with the kids.”

The PRT consists of Canadian Forces members, a civilian police contingent led by the RCMP, representatives of the Department of Foreign Affairs and International Trade and the Canadian International Development Agency. Together, they conduct operations to promote good governance and assist the Government of Afghanistan in developing a stable, secure and self-sustaining environment for the Afghan people.

Air Force Major Tammy Tremblay shows off her Canadian Flag and International Security Assistance Force patches to children who attended mine and unexploded ordnance awareness training given by the Provincial Reconstruction Unit.

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THOMPSON RIVERS UNIVERSITY
OPEN LEARNING
Healthy Lunch Meals For Kids

Tuesday, February 20, 6:30-8:00 p.m., Free
Providing healthy lunches and snacks for kids can seem challenging at times. Lack of time, picky eaters, short lunch periods, and conflicting information on nutrition and food safety are some of the challenges parents can face.

Tara Hulan, who is a Registered Dietitian will be offering the seminar to discuss how to prepare healthy lunches and snacks.

Learn about healthy and unhealthy food choices as well as suggestions for complete lunches and snacks. Please register by February 19.

Lunches santé pour les enfants

Mardi le 20 février de 18h30 - 20h
Préparer des lunchs et des goûters santé pour les enfants peut devenir tout un défi.

Manque de temps, des enfants difficiles, des heures de dîner limitées en plus les informations qui nous sont transmises sur la nutrition et sur l'alimentation se contredisent souvent.

Tara Hulan (BSc, RD), diététiste diplômée, présentera un atelier sur la préparation des lunchs et de goûters santé. Elle discutera des choix alimentaires santé et ceux qui le sont moins ainsi que des suggestions de lunchs et de goûters. Veuillez vous inscrire avant le 19 février.

NOUVEAU)
Jasquet Francophone

Étes-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 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 vous on vous offre un service de gardiennage gratuit.

Les rencontres sont les mardis de 18h à 19h au Bistro du Centre Siskin.

10th Annual Home Sellers’/Buyers’ Seminar

Free Home Staging CD and Home Selling/Buying Book for all attendees. Possible free handyman labour for some attendees. Realtors and information packages for other bases throughout the CF. Refreshments provided.

A Local Real Estate Lawyer who is familiar with IRP charges
- A Home Inspector who has done thousands of inspections in this area
- A Canada Mortgage & Housing Corporation Representative who will discuss lender costs and mortgage penalties
- David Weir BA, CD a Broker with Royal LePage ProAlliance Realty Brokerage who was involved in 150 real estate transactions in 2006. He is familiar with IRP paperwork and procedures.

This no pressure information gathering seminar will be held in the MFRC on Wednesday 28 February 2007 from 7 - 9 P.M.

The seminar is open to members of the public.

Deployment Support / Wednesday Night Out

Pre-register please by calling 613-965-3595 or 613-965-3575


February 28 - Time Management: Achieving some balance in your life is a positive outcome of time management. Learn some hints to achieve your goals.

A variety of activities coming up, please visit the MFRC website calendar www.trentonmfrc.cfb.trenton.com

Prior Learning & Recognition, Information Session

Date: Tuesday, February 27
Time: 6:00 - 8:00 p.m.
Objective: If you have gained knowledge and skills through paid employment, volunteer/community work, independent study, on the job training, travel and leisure, union courses or non-credit courses, Prior Learning Assessment and Recognition PLAR may be for you!

Recognition PLAR may be for you!

Objectif: Si vous avez gagné de la connaissance et des aptitudes à travers de l'emploi rémunéré, du travail bénévole et communautaire, de l'étude indépendante, de la formation au travail, voyage et passe-temps, cours du syndicat et cours non-crédités, cette session est pour vous!

Date limite d'inscription: le 22 février 2007

Please read our newsletter “Touche Base” or visit www.trentonmfrc.cfb.trenton.com for more information

S'il vous plaît, consultez notre bulletin de nouvelles “Touching Base” ou visitez www.trentonmfrc.cfb.trenton.com

10iéme séminaire annuel sur l’achat et la vente de résidence privée

Un cd sur la préparation de la résidence pour la vente et un livre sur l'achat et la vente de résidences privées pour les autres bases des FC. Des rafraîchissements seront servis.

- Un avocat en affaires immobilières qui connaît les frais du Programme de réinstallation intégré (PRI)
- Un inspecteur de maisons qui a fait des milliers d'inspections dans la région
- Un représentant de la Société centrale d'hypothèques du Canada qui discute les coûts d'emprunt et les pénalités hypothécaires
- David Weir, BA, DC, agent d'immeuble avec Royal LePage ProAlliance Realty, qui a fait plus de 150 transactions immobilières en 2006. Il connaît bien les procédures requises du PRI.

Ce séminaire d'information se tiendra au centre des ressources pour familles militaires le mercredi, 28 février 2007 de 19h à 21h. Ce séminaire est ouvert au public.

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 28 février : Gestion du temps - Avoir un style de vie balancé est le résultat d'une bonne gestion de son temps. Apprenez les différentes manières de faire pour atteindre vos buts.

Les prochaines activités sont planifiées, svp visitez le calendrier sur le site web du CFRI, www.trentonmfrc.cfb.trenton.com

Reconnaissance des acquis - session d’information

Date: le mardi 27 février de 18h à 20h
Objectif: Si vous avez gagné de la connaissance et des aptitudes à travers de l’emploi rémunéré, du travail bénévole et communautaire, de l’étude indépendante, de la formation au travail, voyage et passe-temps, cours du syndicat et cours non-crédités, cette session est pour vous!

Date limite d’inscription: le jeudi 22 février 2007
The Defence Women's Advisory Organization presents
On behalf of the Employment Equity Advisory Organization

2007
International
Women's Day
Conference

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

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

Speakers
Alexandra Barker - Relief Beyond Belief
Bahno Godfrey - Three Oaks
Michelle Keeley - Operational Stress Injury Social Support
Programme (OSISS)
Lisa Refusse - PSO Fitness Coordinator
Boo Marie Reid - Loy剥离 College

Register by 2 March 2007
Registration is free and is open to all military and civilian
DND personnel and CFPA members.
Only the first 100 registrants will be accepted
Please contact Kym McInerney via email prior to March 2nd
at mcinerney.k@forces.gc.ca to register.

Admission: Your donations of at least 10.00 for Three Rivers Foundation would be appreciated.

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Wing Logistics Branch celebrates 39th anniversary

Photos: Cpl David Hardwick, 8 Wing Imaging
February 4 - February 10

ARIES (Mar. 21 – Apr. 20) The theme of the week is everything new. It is a time to change your tastes and lifestyle in a fresh direction. As this transformation occurs, keep your radar scanning for new and extraordinary romantic opportunities. You'll find everything falling into place if you remain open-minded and compassionate.

TAURUS (Apr. 21 – May 21) Start your week by letting aside some time to stay at home and pamper yourself. Sharing these quiet times with a loved one isn't a bad idea either. By recharging your batteries now, you will be a force to reckon with later in the week as your charm and willpower will put you in a position to divide and conquer.

GEMINI (May 22 – June 21) Energy is scattered more than usual and it will take some real focusing to keep things in perspective. The best advice would be to ride the wave and go with the flow. All this confusion may find you feeling blue mid week. The key to surviving is to remain optimistic.

CANCER (June 22 – July 22) Communication will come free and easy this week, especially in the romance department. You'll find your words and thoughts will be in tune with others and so social activity is advised. Take advantage of the synergy but be aware of the details. Missing them may mean missing out on a lost learning opportunity.

LEO (July 23 – Aug. 23) Withdraw the claws Leo and explore your softer side. Lend a sympathetic ear to those around you. Practicing restraint this week will bring rewards in both love and career. Your natural sense of justice will be utilized. Don't be afraid to lay down the law but remember that patience and empathy are your key tools.

VIRGO (Aug. 24– Sept. 22) Resisting the rapid changes this week will only wear you out. Take some time for yourself and you'll be able to weather the need to revolutionize some aspects of your life. The temptation to devote yourself to others may derail your own needs. Strike a balance between the two and watch some old obstacles melt away.

LIBRA (Sept. 23 – Oct. 23) The week starts off with others listening and understanding. Take advantage of this to get through a surreal period where you may find life a little strange and even uncomfortable. It may be wise to take some of this eccentric energy and put it into a creative pursuit. Be careful not to overwork yourself. The latter half of the week may overwhelm you.

SCORPIO (Oct. 24– Nov. 22) Open up a little Scorpio and you may find yourself in the middle of a romance. Be careful, you are not used to all this emotional outpouring. The jealousy word may rear its ugly head if you decide to let your thoughts run wild. Divert all the intuitive passion and emotion into romantic bliss. This is a rare and delightful time for Scorpio and much can be gained by taking advantage of the love.

SAGITTARIUS (Nov. 23 – Dec. 21) You crave creative expression and unless you find an outlet you may find yourself becoming frustrated. This may lead to some negative manipulation of those around you. However, by mid week you'll find a new source of optimism and your exuberance will be infectious. Allow this energy to carry you through a late week conflict unscathed.

CAPRICORN (Dec. 22 – Jan. 20) Your drive and ambition this week is unparalleled. Focus that energy to get things done. Divert some of it into romance and enjoy the rewards. As the week winds down, take a break and meditate on your accomplishments. This is crucial lest you push yourself from being a dynamic force into a self-destructive one.

AQUARIUS (Jan. 21 – Feb. 18) Feel the love around you Aquarius. The world is full of compassion and sympathy for the causes you care about. Your eye for detail will allow you to pick up on things to further your goals. Involving yourself in a charity or positive organization will nourish the soul.

PISCES (Feb. 19 – Mar. 20) Your softer side comes out this week. This is a good time to begin an artistic project as your emotional spirit connects with those around you. Beat your own drum and hurdle yourself over established restrictions that may otherwise be an obstacle. Even when things seem a little daunting, following your intuition will bring you success.

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

Community Events

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, Basilica of Our Lady of the Cape Shine, Trois-Rivières, Quebec, in 2001. He has been associated with the Roman Catholic and Anglican communities in the Quinte area. Fax us at 613-965-7490 for more information.

Babysitting Course
Each course runs from 9:00 a.m. until 5 p.m. on the dates listed below: Cost, which now includes GST, is $43. Payment must be received in order to confirm registration. Payment options include cash, cheque, Visa, MasterCard or American Express.

ATTENTION ATV OWNERS
Notice of Membership Meeting and Registrations
The Quinte West All Terrain Vehicle (QWATV) Club will be hosting a membership and registration meeting on Tuesday, February 20, 2007 at 7:00 p.m. at the Batawa Recreation Centre. For more information please visit the QWATV website at www.qwatvclub.com.

Tuesday Quilters’ Meeting
The Trent Valley Quilters’ Guild monthly meeting will take place on Tuesday, February 20, at 1 p.m. at the King Street United Church (please use the side door). New members are always welcome. For more information please contact Joyce at 613-966-7179.

Blood Donor Clinic
Here’s your opportunity to save lives! Donate the gift of life at the CFB Trenton Blood Donor Clinic on February 20, from 10:30 a.m. to 4 p.m. at the Cadet’s Mess, located in the Yukon Galley.

About Father Philippe Boudreau, O.M.I.
Father Philippe is a Missionary Oblate of Mary Immaculate. He was ordained in the Diocese of Trois-Rivières in 1979. He is now ministering 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
9 A.M. – MASS
6 P.M. – Eucharistic Adoration (in the chapel)
7 P.M. – Mass and Conclusion of the Mission

FRIDAY
12:10 P.M. – MASS
6 P.M. – Eucharistic Adoration (in the chapel)
7 P.M. – Preaching of the Mission

SATURDAY
12:15 A.M. – MASS
6 P.M. – Eucharistic Adoration (in the chapel)
7 P.M. – Preaching of the Mission

SUNDAY
9 A.M. – MASS AND CONCLUSION OF THE MISSION
10:30 A.M. – HOLY HOUR OF SILENT ADORATION IN FRONT OF THE BLESSED SACRAMENT
12:10 P.M. – MASS
6 P.M. – Eucharistic Adoration (in the chapel)
7 P.M. – Preaching of the Mission

ST CLEMENT ASTRA – PROTESTANT
Chapel Life Coordinator/Responsible de la communauté
Padre John Tracey
Masseur/Dominié: Joël Macdonald
Conférence / Confession
At all times

PARISH ORGANIZATIONS
Parish Council
St. Clement Astrae, 2006
Knights of Columbus: 1950
St. Barnabas
C.W.L.: 1952
Cheer Team: 1990

DUTY CHAPLAIN/AUMÔNIERS EN DEVOR
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, appelez 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 CAFÉ Le Cordon bleu to the Chapel Emergency Fund. Simply ask to have the points placed on the Chapel’s card. The Chapel Emergency Fund is used to assist our military families during times of family crises. Voulez-vous aussi participer aux efforts des aumôniers? Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiaux.

ATTENTION ATV OWNERS
Notice of Membership Meeting and Registrations
The Quinte West All Terrain Vehicle (QWATV) Club will be hosting a membership and registration meeting on Tuesday, February 20, 2007 at 7:00 p.m. at the Batawa Recreation Centre. For more information please visit the QWATV website at www.qwatvclub.com.

8 Wing Chapel ~ Our Lady of Peace
Ark of the New Covenant
On Wednesday, February 21, from 6 p.m. to 8:30 p.m. our Chapel Community is scheduled to receive the Ark of the New Covenant. We will host a bilingual Vigil Service from 7 p.m. to 8:30 p.m and pass the Ark on to another local parish.

The Ark of the New Covenant – The original symbol, approved and blessed by Pope Benedict, has been crafted of wood from the five continents. It will provide a focal point for the spiritual preparation for the 49th International Eucharistic Congress, which will be held in Quebec City, June 15-22, 2008.

The Ark will travel the country, in the same fashion as the World Youth Day Cross and we are truly honoured to have it come through our area.

The Ark (ara, meaning chest in Latin) of the New Covenant is meant to be a seat for God and a container to hold things. This Ark will be a throne for the monstrance containing the Real Presence of Jesus. It will hold a Eucharistic Charter that you will be invited to sign.

Christ through our worship and daily living.

Please visit our website at: http://www.polac.ca. For more information please visit our website at: http://www.polac.ca.
It’s time to take the challenge. By registering in the ‘March 1st, I Quit!” challenge, you are enhancing your quality of life. It’s a simple step towards quitting tobacco and improving your health.

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

Submit your entry to the Promotion Office at 1-471-3767, Kendra Lafleur - local 3767 or Lisa Pitt - local 3768.

Proudly supported by:

Choose the right ladder to extension ladders. They are made of various materials such as fiberglass, aluminum or wood. Always check that the ladder you use is solid and non-slippery. It should be sturdy and in good condition.

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.

By following some simple safety procedures, you can ensure that you successfully climb a ladder to your destination... without experiencing a fatal ‘downer’!

Choose the right ladder for the job. They range from very short step ladders to extension ladders which must be well supported. They are made of various materials such as fiberglass, aluminum or wood.

Examine your ladder before you use it. You do not want to use one which is defective or in need of repair... It could mean injury to you!

The rungs, siderails and locking spreaders should all be sturdy and in good condition. Oil the spreaders on a regular basis to keep them working smoothly. Do not paint ladders. Cracks and splits may be hidden under the paint and the paint itself may provide a slippery surface.

Instead of painting a ladder to protect it, try double-coating it with two coats of clear wood preservative such as shellac, varnish or linseed oil. The steps or rungs should be solid and nonslip.

Aluminum ladders should not be bent out of shape. Make sure the ladders are free of grease, clean and dry.

Do not use aluminum ladders when working on or near electricity, even if all you are doing is changing a light bulb. Aluminum acts as a conductor for the electricity and you could be seriously injured.

How you set up your ladder is important. The area where you are working should be clean, and people should be warned to stay away. The ladder should not be placed on an unstable foundation but rather on a solid, flat surface. Position it so that you can easily reach your work.

Step ladders should be fully opened before climbing. Extension ladders should be used with a 1 to 4 lean ratio. This means that for every four feet of height, the ladder should extend from the supporting wall by one foot.

All ladders should be firmly secured to prevent kick-out when being used.

When you climb your ladder, have both hands free for climbing. Carry your tools up in a tool belt or placed in a bucket that can be hoisted as you climb.

Work smoothly on the ladder, avoiding sudden movements. If you cannot reach without your upper body going beyond the siderails... don’t do it!

It’s not a good idea to work on a ladder outside in bad weather. You could be put at risk by wind, blinded or faced with slippery conditions by rain or snow.

If you are feeling tired, dizzy, or are under the influence of drugs or alcohol, you should not be climbing a ladder. Not only is your judgment impaired, but also your physical agility and sense of balance.

For obvious safety reasons, only one person at a time should work on a ladder.

When you are finished using your ladder, put it away in a safe, clean area where small children cannot play on it. When you are up on a ladder, you should also be up on safety.

Take the right steps to ensure that you climb with confidence!
Nouvel uniforme de combat et de protection révolutionnaire pour les militaires

RDDC

Une équipe de chercheurs de Recherche et développement pour la défense Canada (RDDC) travaille à mettre au point un prototype d'un ensemble de combat, l'uniforme CBplus, offrant une protection contre les agents chimiques et biologiques. Cet uniforme permettra de protéger les membres des Forces canadiennes (FC) contre des agents chimiques biologiques (CB) de même que contre divers agents industriels toxiques (plus), d'où ce qui a trait à la Loi et pour la projection technologique des services de soutien dans la langue officielle de leur choix. De plus, les membres des FC sont confrontés à des situations où ils sont tenus d'employer leur langue seconde au sein des forces qui doivent offrir des services dans des langues officielles pour se conformer à la loi. Cette situation garantira un respect plus étroit de la Loi sur les langues officielles et une priorité essentielle du Modèle de transformation consiste à doter entièrement les forces linguiles qui fournissent de l'instruction et des services centraux et périphériques avec du personnel bilingue au moyen de la langue officielle de leur choix. Elle garantira ainsi aux FC la possibilité de fournir de façon plus constante de l'instruction et de services de soutien dans les deux langues officielles. Toute l'instruction liée au recrutement est déjà en français, et le Modèle de transformation fera en sorte que tous les cours suivent au niveau d'entrée répondront également à cette exigence.

En résumé, employer du personnel bilingue qui offre des services bilingues externes aux citoyens canadiens et des services internes, de l'instruction et du leadership aux membres de l'Équipe de la Défense est essentiel pour se conformer à la Loi sur les langues officielles. Le modèle de transformation a été rédigé en consultation avec les agences centrales responsables des langues officielles – plus particulièrement la Direction des langues officielles de l'Agence de gestion des ressources humaines de la fonction publique du Canada, qui est responsable pour l'établissement des politiques et directives fédérales concernant les langues officielles en ce qui a trait à la Loi et pour la vérification du projet concernant les langues officielles. Au lieu de réduire l'engagement des FC visant à répondre aux obligations en matière de langues officielles, le Modèle de transformation de la Programmation des langues officielles de la Défense nationale cherche à améliorer cet engagement.
MCpl K. Hoskins received her Silver and Gold Scrolls for Aerobic Excellence and the SWASM, presented by Maj C.D. Harris, CO 2 Air Mov Sqn.

Cpl A. Scott received his GSM - ISAF medal and a plaque commemorating the closure of 1 Air Mov Sqn, presented by Maj C.D. Harris, CO 2 Air Mov Sqn.

Cpl L. McKeigan received the CWO John Melancon Award for Jul-Sept 06’ and a Certificate from DHH for participation in the 90th Anniversary of Canada’s Participation in the First World War Battles of the Somme and Beaumont-Hamel, presented by Maj C.D. Harris, CO 2 Air Mov Sqn.

Cpl B. Chase received his promotion to that rank, presented by Maj C.D. Harris, CO 2 Air Mov Sqn.

Cpl A. Bainbridge received the SWASM, presented by Maj C.D. Harris, CO 2 Air Mov Sqn.

Cpl R. Manns received the GSS - ISAF, presented by Maj C.D. Harris, CO 2 Air Mov Sqn.

WO J. Telfer received the CD2, presented by Maj C.D. Harris, CO 2 Air Mov Sqn.

Pte J. Moss received the GSS - ISAF, presented by Maj C.D. Harris, CO 2 Air Mov Sqn.

Pte S. Blandin received the SWASM, presented by Maj C.D. Harris, CO 2 Air Mov Sqn.

Cpl S. Van Drecht received the GSS - ISAF, presented by Maj C.D. Harris, CO 2 Air Mov Sqn.

Cpl J. Bolduc received the SWASM, presented by Maj C.D. Harris, CO 2 Air Mov Sqn.

Lt A. Clement received her 1 Can Air Div Mobile Support Equipment Officer Special Purpose Certificate, presented by Maj C.D. Harris, CO 2 Air Mov Sqn.

Cpl R. Leyon received the GSS - ISAF, presented by Maj C.D. Harris, CO 2 Air Mov Sqn.

MCpl K. Hoskins
Cpl A. Scott
Cpl L. McKeigan
Cpl B. Chase
Cpl A. Bainbridge
Cpl R. Manns
WO J. Telfer
Pte J. Moss
Pte S. Blandin
Cpl S. Van Drecht
Cpl J. Bolduc
Lt A. Clement
Cpl R. Leyon

Cpl G. Andrada received his promotion to that rank, presented by Maj T. Home, AMSO 8AMS, and MWO F. Barrett, Lead AOT2 8AMS.

MWO S. Rodyeh received his promotion to that rank, presented by Maj E. Morris, SOPSO 8AMS, and MWO F. Barrett, Lead AOT2 8AMS.

Congratulations! Félicitations!
MCpl R.K. Parks
received his promotion to that rank, presented by Maj S. MacEwen, WCEO.

Sgt J. Young
received his promotion to that rank, presented by Maj S. MacEwen, WCEO.

Sgt D. Woodbak
received his promotion to that rank, presented by Maj T. Home, AMSO 8AMS, and MWO F. Trimboli, MOCC 8AMS.

Sgt R. Mcmullen
received his promotion to that rank, presented by Maj T. Home, AMSO 8AMS, and MWO F. Trimboli, MOCC 8AMS.

WO M. Farrell
received his promotion to that rank, presented by LCol W. Lewis, CO 8AMS.

WO S. Willard
received his promotion to that rank, presented by LCol R. Ewing, CO CFLAWC.

WO J. Ferguson
received his promotion to that rank, presented by LCol R. Ewing, CO CFLAWC.

Capt J. Terajewicz
received his promotion to that rank, presented by LCol F. Allen, CO ATESS, and Sqn CWO J. Giroti.

Sgt S. Lawton
received his promotion to that rank, presented by Maj T. Chalovich, SOPS 8AMS, and WO F. Hasiak, AMCRO 8AMS.

MCpl R. MacNeil
received his promotion to that rank, presented by Maj S. MacEwen, WCEO.

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