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Government of Canada awards tactical airlift contract



Photo: WO Serge Peters
The Honourable Peter Gordon Mackay, Minister of National Defence.

GATINEAU, January 16, 2008 – The Honourable Michael M Fortier, Minister of Public Works and Government Services and Honourable Peter Gordon Mackay, Minister of National Defence, today announced that

the government has awarded a contract to Lockheed Martin Corporation for the acquisition of the Canadian Forces new tactical lift aircraft.

“Canada has long been in dire need of renewed tactical airlift capabilities,” said Minister Fortier. “The government is now delivering on commitments it has made to ensure the Canadian Forces are properly equipped with aircraft necessary to support its operations.”

“The airlift requirements of the Canadian Forces is a top priority,” said the Honourable Peter Gordon MacKay, Minister of National Defence. “We are confident that the C-130J will provide Canada with a cost-effective, operations-proven tactical airlift capability.”

Tactical airlift is the lifeline of

the Canadian Forces, providing reliable aircraft to quickly and safely carry passengers, heavy equipment and supplies over long distances in support of operations, or in response to crises, such as natural disasters.

The purchase contract for 17 C-130J Hercules aircraft is valued at approximately \$1.4 billion U.S., with an additional amount to be added in 2009 for at least 20 years of in-service support.

Under the contract, Lockheed Martin Corp. is required to invest in the Canadian economy, dollar for dollar, what the Government of Canada spends in procuring and maintaining the aircraft over the life of the contract.

“We are continuing to make sure Canada’s aerospace and defence industries obtain maximum benefit so they can build

and sustain capacity to support these aircraft over the long-term,” Mr. Fortier said. “Under the in-service support portion, the contractor will be required to spend in Canada 75 per cent of the total cost in direct industrial regional benefits – well above the 60-per-cent ratio negotiated by the previous government for purchases of this magnitude.”

The Honourable Jim Prentice, Minister of Industry, believes Canadian firms will play a significant role in the project’s progress. “Through the government’s industrial benefits policy, we are delivering maximum, high-quality economic benefits to Canadians while providing the military with the best equipment for its needs,” said Mr. Prentice.

Delivery of the first aircraft is expected in winter 2010.

Le gouvernement du Canada attribue un contrat de transport aérien tactique

GATINEAU, le 16 janvier 2008 – L’honorable Michael M. Fortier, ministre des Travaux publics et des Services gouvernementaux, ainsi que l’honorable Peter Gordon MacKay, ministre de la Défense nationale, ont annoncé aujourd’hui que le gouvernement a attribué à la Lockheed Martin Corporation, un contrat portant sur l’acquisition du nouvel aéronef de transport tactique des Forces canadiennes.

« Depuis longtemps, le Canada a grand besoin de renouveler sa capacité en matière de transport aérien tactique », a déclaré le ministre Fortier. « Le gouvernement donne maintenant suite aux engagements qu’il a pris pour veiller à ce que les Forces canadiennes aient les aéronefs nécessaires pour appuyer leurs opérations. »

« Les exigences des Forces canadiennes en matière de transport aérien sont une priorité absolue », a déclaré l’honorable Peter Gordon MacKay, ministre de la Défense nationale.

« Nous sommes convaincus que

l’aéronef C-130J offrira au Canada une capacité de transport aérien tactique rentable et éprouvée. »

Le transport aérien tactique, qui est essentiel aux Forces canadiennes, permettra de fournir des aéronefs fiables pour transporter rapidement et en toute sécurité sur de longues distances des passagers, de l’équipement lourd et des fournitures dans le cadre d’opérations, ou pour répondre à des situations d’urgence, comme des désastres naturels.

Le contrat d’achat de 17 aéronefs C-130J Hercules est d’une valeur d’environ 1,4 milliard de dollars américains, et un montant additionnel sera ajouté en 2009 aux fins du soutien en service pour une période d’au moins 20 ans.

Dans le cadre du contrat, la Lockheed Martin Corporation devra investir dans l’économie canadienne un dollar pour chaque dollar que le gouvernement du Canada dépense pour l’acquisition et l’entretien de l’aéronef pendant la durée du contrat.

« Nous continuons de veiller à ce

que les industries de l’aérospatiale et de la défense du Canada obtiennent les plus importantes retombées possibles pour qu’elles puissent développer et maintenir la capacité nécessaire au soutien de ces aéronefs à long terme », a déclaré le ministre Fortier. « Dans le cadre du soutien en service, l’entrepreneur devra dépenser au Canada 75 % du coût total des retombées industrielles régionales directes – soit bien au delà des 60 % négociés par le gouvernement précédent pour les achats de cette ampleur. »

Selon le ministre de l’Industrie, l’honorable Jim Prentice, les entreprises canadiennes joueront un rôle important dans le progrès du projet. « Grâce à la politique en matière de retombées industrielles du gouvernement, nous offrons des retombées économiques maximales et de grande qualité à la population canadienne tout en fournissant à l’armée le meilleur équipement pour répondre à ses besoins », a indiqué M. Prentice.

Il est prévu que le premier aéronef sera livré à l’hiver 2010.

SAFETY CHECK



Photo: Pte Isabel Lavalée-Raby, 8 Wing Imaging
 At Exercise RED FLAG, Master Warrant Officer James Jeckell, conducts a safety check of the gear of co-worker Sergeant Nathalie Mallet, both loadmasters from 426 Squadron, prior to opening the ramp and door of Hercules CC130-341. See more photos on Page 10.

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From the Bull's Pen A message from the 8 Wing Chief Warrant Officer



Looking Forward

Happy New Year! I hope you and yours had a great holiday season.

Normally, at this time of year we all reflect on the previous year and mark our own personal

little scorecard. "I did well on this," "I could have done that better," "Geez, when will my hair grow back?" Oops, that's my private wish, but you get the drift.

As I look back at all that the Wing has accomplished last year, I become overwhelmed by the sheer amount of work we have done. This recognition of work is not only mine but I continually receive accolades from the CFCWO, the Chief of the Air Force, the RSM of the Army, the 1 Cdn Air Div CWO and many, many other unit CPOs, CWOs and RSMs who have traveled through our

Wing. This Wing is not only the hub of the Air Force, but also the hub of the Canadian Forces. No operation, domestic or foreign, is conducted without the direct support of this Wing. The Wing's performance, your performance in the past year, can be summed up in one word: "OUTSTANDING."

Now, let's talk about what's coming up for this year. Unfortunately, or not, it will be more of the same! In fact, as you look around the Wing and all the on-going construction, 2008 will be even more dynamic. With over 500 million dollars of construction coming

our way, maintaining our commitment to Task Force Afghanistan, force generation, implementation of the new air force capability of strategic lift, a flood of new young Privates and Officer Cadets, wheeeeeeeeeee, this will be exciting!

As a CWO, I cannot think of anywhere else I would like to be, nor can I think of any other group of professionals I would like to be working with at this pivotal time in the history of 8 Wing/CFB Trenton.

Just a thought.

*T.J. (Bull) Secretan
CWO
8 WCWO*

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WING CHIEF PRESENTS ANNUAL AWARD



Photo: Submitted

CWO Tom Secretan, Wing Chief Warrant Officer, presents Major H. Nieuwland, Commanding Officer, Trenton Air Cadet Training Centre, with his annual award. The 8WCWO presents this plaque annually to the unit on the wing who in the last calendar year executed a formal military parade, with skill, professionalism, superior dress, deportment and, most importantly, panache.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



On the morning of December 4, 2007, Tn/EME Heavy Equipment (HE) section was given the task to remove snow and ice on the new section of the East ramp. The contractors had given the official "go ahead" and all were looking forward to accessing and utilizing the new ramp space, except for Heavy Equipment section that is. Given that this portion of the ramp was under construction for the past several months and two snow events had come and gone, the crew chief knew that this task was going to be somewhat complex. Nonetheless, the crew on shift that day gladly rose to the challenge and were determined to clear that area to an operational status as quickly as possible. During eight hours, four operators, Corporal Marcil, Corporal Poirier, Corporal Bent and Mr. Vidal, manoeuvred different pieces of heavy equipment including a snow blower, front-end loader and plough trucks in order to clear the whole area to a black surface. Truly a success.



SAR CREW HONOURED FOR HARROWING RESCUE



Photo: Fisheries and Oceans



Photo: PMO

The Nautical Legacy on fire in the frigid waters of the North Atlantic off the East Coast of Newfoundland, north of St. John's.

The Search and Rescue crew from left to right: Cormorant Technician Gary Ryan, Aircraft Commander Capt Chris Herten (now with 8 Wing's 424 Squadron), First Officer Capt Wayne Timbury, Prime Minister Stephen Harper, SAR-Tech MCpl Brad Lawrence, SAR-Tech Sgt Dave Payne and SAR-Tech MCpl Brad Power.

On December 1, 2007, Prime Minister Stephen Harper visited the outpost fishing community of Port De Grave, Newfoundland, to recognize the successful rescue of five crab fishermen from their burning vessel, *The Nautical Legacy*, in May. Although far from Trenton, this rescue was a textbook example involving every tier of the Search and Rescue system. A Fisheries and Oceans surveillance aircraft was first to find the men, which then allowed a CH-149 Cormorant helicopter from 103 Search and Rescue Squadron, 9 Wing Gander, to reach the men that much faster and hoist them up into the helicopter.

"Everyone involved in this harrowing incident applied their training exceptionally well that day," said Prime Minister Harper. "Captain (Harold) Stokes (of the fishing boat Nautical Legacy) and his crew followed emergency procedures by the book...the same is true for the search and rescue team. Thanks to the professionalism and the bravery of all of these folks, supported by many others who played roles in the rescue, everyone got home safely."

Further details on the extraordinary events of this rescue and the odds that were beaten by the crew of The Nautical Legacy can be found on the Air Force website at www.airforce.forces.gc.ca. Submitted by Captain Chris Herten.

Search & Rescue UPDATE



424 Squadron had a quiet last week with only one tasking. The CC-130 was tasked to investigate an ELT signal south east of Sarnia. After searching for about an hour, the signal was found to be coming from an aircraft parked in an hangar. Tiger 333 returned to base.

Until next time, stay alert and stay safe.

Missions for 2008: 5 Missions for Jan.: 5 Persons rescued: 1

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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.
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- Articles may be mailed, e-mailed (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
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- ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

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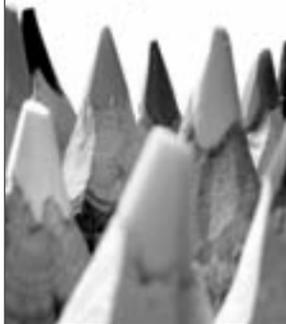
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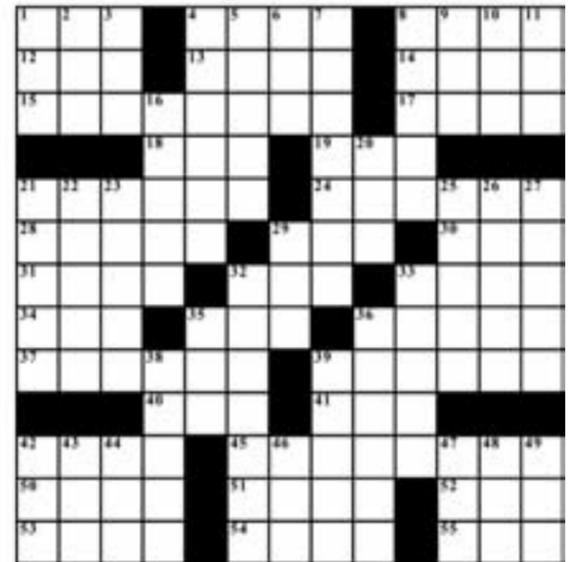
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ACROSS

- The heavens
- Soothing powder
- Old world buffalo
- Irish paramilitary org.
- Capital of Western Samoa
- New Brunswick's 30th Premier
- British Columbia's 34th Premier
- Ontario's 23rd Premier
- Musicians gift
- Populi
- Quebec's 34th Premier
- Fit to eat
- Greek nymph
- Natal or nuptial preceeder
- Charged particle
- Wedding dress feature
- Wager
- Sheepshank or bowline
- BA credit
- Carr milieu
- Stressed
- African desert
- German dictator
- Airforce medal
- Landed
- Nova Scotia's 29th Premier
- Mutineer's punishment
- Jai _____
- Ontario neighbour
- Anafat's org.
- Canter or trot
- Look after
- Not home

DOWN

- Incite
- Malaysian isthmus
- Root veggie
- Knight's attire



- | | |
|--------------------------------------|---------------------------|
| 5 Mimicry | 26 Wanton |
| 6 Little, slurred | 27 Sashay in |
| 7 Saskatchewan's 14th Premier | 29 Favourite |
| 8 Hockeyist _____ Kovalev | 32 Support |
| 9 Armistice mo. | 33 Brewer Alexander |
| 10 Mine output | 35 Collie's comment |
| 11 Promos | 36 Stalked |
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| 20 Praiseful poem | 39 Alberta's 12th Premier |
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| 23 Whinny | 44 May, in Montreal |
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| | 47 Mil. mail destination |
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See Answers, Page 18



This Week in Contact

1978 – An exchange exercise between Canadian and American Forces is deploying through CFB Trenton this week. Giant C-141 Starlifter aircraft of the United States Air Force greeted base personnel Monday morning as the first phase of the four-part exercise got underway. The exercise, called Ranger Raquette, involves troopers from the 2nd Battalion of the United States Rangers and the No. 1 Commandos of the Canadian Airborne Regiment. More than 700 troops will be para-dropped into the Trout Lake area of north western Quebec to practice combat operations under winter conditions.

1988 – FREE SCUBA – Have you ever wanted to experience the thrill of scuba diving? Well, now is your chance. The Flying Frogmen Scuba Club wishes to invite anyone interested to attend a free introductory hands-on seminar Wed., Jan 27 at 9 p.m. in the base (indoor) pool. Club instructors and members will be there to answer your questions and assist you in your first dive. Call Paul Miles at 392-8241 or Tom Horne at 392-4264 to reserve a tank for you! Our next scuba diving course will begin Feb 2.

1998 – On January 6, 1998, WComd Col Dumais and WCWO Fournier received 8 Wing's first new identification cards from Commissionaire Dale Algar. These cards bear the digital photograph and signature of the card holder and the reverse side of the card contains an electronic swipe bar, which will eventually record various pieces of coded personal data of the card holder. Over the next several years all 8 Wing CF personnel and DND employees will be issued the new card as their old ID expires.

Created by Lt J. H. MacDonald,
 Compiled by Joel Wiebe.



8 WING PERSONNEL FLY TO OTTAWA

Photo: WO Serge Peters, Air Force Public Affairs



On January 16, 8 Wing personnel flew into Ottawa on a CC-130 Hercules for the announcement that the Government of Canada has awarded a contract to Lockheed Martin for the acquisition of the new Canadian Forces tactical lift aircraft, the CC-130J.

Pictured above (Rear Row L to R) Master Warrant Officer James White, Major Maryse Carmichael, Major Paul Anderson, Captain Heinrich Schmoll, and Second-Lieutenant David Andrews. (Front Row L to R) Sergeant Jerry Marin, Sergeant Allan Burley and Major Jeremy Brett.

Medical Release Info Seminar aims to inform people earlier

by Joel Wiebe
Contact Staff

Many people don't understand the process of a medical release until it is too late to plan for the future.

"The idea is to give them as much knowledge as possible in helping them go through that process," said Captain Jeff Hill, regional manager for the Trenton detachment of the Director Casualty Support Administration about the upcoming Medical Release Information Seminar.

The seminar will be the first of its kind at the base. Capt Hill said the new format for getting the information out is due to a need for people to be informed earlier. Since he works for the base in Kingston as well, Capt Hill plans to run the exact same seminar there.

This first seminar will be used to gauge interest and effectiveness, after which Capt

Hill plans to run two a year.

"The idea is that we want to standardize this," said Capt Hill. "Eventually, what we want to do is make it Canadian Forces wide."

The process can seem like it takes a long time, but Capt Hill said many people don't start planning until it is too late. SISIP offers up to two years of free education and training, but when many people are approached to decide what they want for education and training, they have not yet decided what they plan to do when they leave.

"If it's starting to look like you're going to get into that process, we obviously want you to come – not just waiting until you're finally realizing: 'I'm going to be medically released,'" he said.

Capt Hill, who is being released himself, is well acquainted with the process. The seminar will feature the people

who those in the medical leave process will meet along the way.

"The idea of the seminar is to give people a general idea of what the process is, and bring those people they will deal with in the process to them to say; 'This is what my portion entails,'" he said.

The seminar itself will be on February 13 from 0745 to 1510, and continued on February 14 from 0800 to 1145 at the Holiday Inn in Trenton. The dress is casual civilian. Registration can be done at the DND home page. Anyone seeking further information can contact Capt Hill at 613-392-2811, local 3277, or call Bruce Leedham at local 5059.

"The key is to get anyone who is in the military who thinks they may be released medically, or is being released, to come to this without cost, with their spouse. They just need to register," he said.



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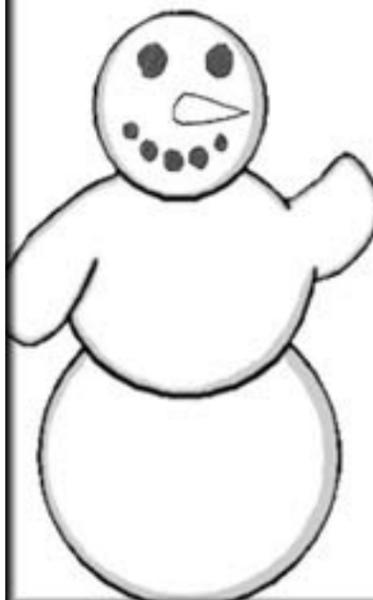
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VIEW FROM THE PINE



Well I imagine that I could write a few thousand words on the train wreck that is the Maple Leafs organization, but what would be the point?

Honestly, you know things are bad, really, very, horrifically, bad, when Maple Leaf fans are actually yearning for the good old days of Harold Ballard.

Toronto is so absolutely dysfunctional, both on and off the ice, that it is actually no longer enjoyable to make fun of them anymore. Seriously, that is messed up.

I would love to be able to blame the players after two blow-outs and a third period collapse during the Leafs' California road trip, but I think the complete incompetency from the ownership right down to the general manager and, to a lesser extent, the coach, has finally worn them down.

Making big money is one thing, but it must be hard to give your all each and every night when you know those above you have no interest in making your team better to compete for the playoffs and the Stanley Cup.

Case in point, the Bowman debacle. If you can sign one of the best minds in hockey to better your organization, you don't ask ques-

tions, you don't make demands, you don't negotiate - you just sign him and call it a day.

The Leafs' inability to close the deal with Scotty is just icing on a bitter, bitter cake for all of those fans who have been loyally waiting for 40 years for a championship.

On to brighter news as the Pittsburgh Penguins have really turned around their season and seem to be replicating their amazing second half run of last year.

The hero? Not Crosby, Malkin or Gonchar. Try, Ty "I won a total of three games last year with Columbus and Buffalo" Conklin.

Not that I am slagging Mr. Conklin, as following Monday night's win, he is on a truly impressive 10-0-1 streak. That is right up there in the rarefied air of a Luongo or a Brodeur.

Long term, I do not think that Ty is the answer, so don't write off Marc-André Fleury just yet.

There is nothing in Conklin's resume that indicates he can keep up this pace (or anything near this pace) over the remainder of the season (his most wins in a year was 17 over 38 games in 2003-2004 with the Oilers).

And finally in the, "is Mike Millbury secretly running the Washington Capitals department?" "How about that Ovechkin 13 year, \$124 million contract? Yikes. Just when you think the NHL has returned to some semblance of normalcy following the lock-out you get GM's handing out insane contracts.

I can understand wanting to lock up a talent like Ovechkin long-term but history usually proves these contracts do not hold up over time.

I will give Washington some props in that they built in some wonky legalese to avoid a no movement clause at the front end, though.

With so much money tied up in the young Russian, however, it will be interesting to see if the Caps can actually build a winning team around him.

At some point, they will need a goaltender and Semin and Backstrom will not be paid as rookies forever.

CHARLIE POTATOES

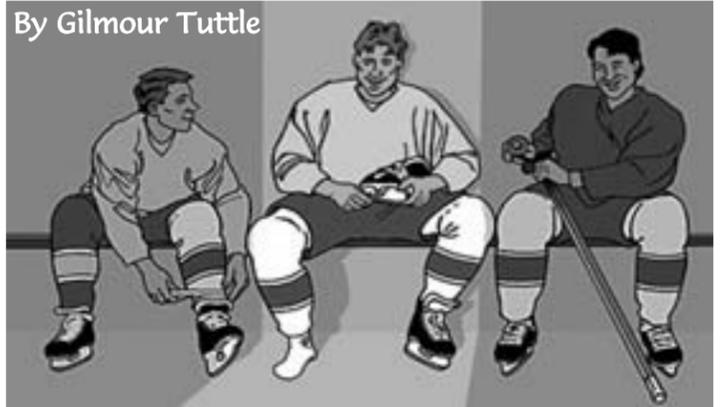
Dany Heatley (normally durable Heatley out for six weeks with a shoulder injury. At least he will be rested for the playoffs); Toronto Maple

Leafs (I can't help myself. Scotty Bowman? You don't want Scotty Freakin' Bowman?); Bobby Clarke (Old Bobby can sure hack a good ankle but he hasn't quite figured out the whole politically correct thing. Publicly supporting Downie on his Blake sucker-punch? Probably doesn't like kids and puppies too); Mathieu Schneider (19 points and a plus 11 is pretty decent in 32 games but I can't help thinking that the Ducks were looking for a bit more offence. My bet is that he is dangled as trade bait prior to the deadline now that Niedermayer is back onboard); Boston Bruins (Wow. Losing eight in a row against the Habs and 17 of the last 21 games. Now that is being dominated).

MEAT AND POTATOES

Ty Conklin (10-0-1 is a nice stat line. I do not see him holding up the entire second half, though); Mike Green (young Washington D-man really coming into his own with 12 goals and 14 assists to go with an even plus/minus rating); Curtis Joseph (Spengler performance ends up in one year \$1.5 million contract with the Flames. The move should give Kipper a rest from time to time in preparation for the playoffs); Mike Komisarek (Human wrecking ball against the Bruins last Thursday. I love this guy's game. He's a keeper); Jason Arnott (exceeding expectations in Nashville. Quietly leading the way for the Preds as they look at finishing over .500 at the All-Star Break).

By Gilmour Tuttle



Any responses can be sent to the Editor at steiner.al@forces.gc.ca

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Fitness, Sports & Recreation



Military Fitness Class Schedule

The following Fitness Class Schedule took effect on December 31, 2007.

MONDAYS

0630: Resistance Training - This class is focused on building up muscular strength and endurance using equipment in the S&C room. It's also designed to inform you of proper technique and new exercises.

1200: Cardio and Core - Let our instructors motivate you while you strengthen and develop your cardio and core.

1610: Step - A fun cardio workout that utilizes an adjustable step.

TUESDAYS

0630: Spinning - This class will challenge and strengthen your cardio system, helping you achieve higher levels in the 20 MSR and step test. Spinning is a low impact activity that is suitable for anyone.

1200: Step - A fun cardio workout that utilizes an adjustable step.

WEDNESDAYS

0630: Circuit Training - A combo class combining strength and cardio elements. It's something new every time.

1200: Spinning - Stationary cycling that

can be a maximum leg/lung workout.

1610: Yoga - The practice of physical postures (or poses) while connecting the mind body and spirit.

THURSDAYS

0630: Mock EXPRES/Instructors Choice - Variety is key to fitness, but so is practice. Depending on numbers and interest, the class will be either EXPRES practice or a cardio activity of the instructors choice.

1200: Specialty Class - Each week this class will change depending on the instructors specialty/interest. May include kettle bells, Pilates, rebounding, etc.

1610: Spinning - Stationary cycling that can be a maximum leg/lung workout.

FRIDAYS

0630: Pool Training - This training is perfect for anyone with joint injuries as it is zero impact. Combining both cardio and some strength training exercises, the pool is ideal for all.

1200: Spin Plus - Spinning plus a little bit more. Instructors choice to add muscular strength, endurance, core, abdominals, etc. interspersed with Spinning.

Learn to Skate for Youngsters

This program is for youngsters ages four to seven years old and is divided into four levels.

Skaters are evaluated weekly by their coach. There are no formal "testing sessions" for Learn to Skate.

The program runs from January 25 to April 4, 2008, on Fridays for a total of 10 weeks. (No classes March 14, due to March Break)

Ice time is from 5 to 5:50 p.m. Lesson times are from 5 to 5:25 p.m., 5:25 to 5:50 p.m.

Cost: \$55 for CRA Member; \$60 for military community non-member; \$70 for the general public.

Youth aquatics

The Youth Aquatic Club is a great way to keep kids fit this winter. Monday, Wednesday and Fridays from 5 to 6:15 pm.

Join for one, two or all three nights per week. Program began on January 7. Register at the RecPlex.

Trip to Devil's Elbow

PA Day Trip to Devil's Elbow for youth on Friday, February 1. With a minimum of 20 registered participants, everybody can enjoy exceptional lift ticket and ski rental rates. If you have our own equipment, even better rates. Bus and Lift Ticket: \$45; Bus, lift ticket and ski rental \$ 55; Bus, lift ticket and snow board rental: \$60. This deal is only available through our group rates and with a minimum of 20 participants. Lift ticket and rental at the hill is over \$65 on your own.

Be sure to register and tell your friends. Bus will depart the RecPlex at 8 a.m. and return at approximately 6 p.m. Pre-registration required by Wednesday, January 30. *Event based on a minimum of 20 participants.*

March Break Kidz Kamp

Registration for the military community began on Monday, January 14, 2008. Registration for the general public begins on Monday, February 11, 2008.

Snowshoe Rentals available

Take advantage of all this great snow and the many trails in our area. Rent a pair of snowshoes for the day and begin your New Year's fitness resolution. It's a great way to burn calories and enjoy the outdoors!

Cost: \$10/day for adult shoes; \$5/day for youth and children's shoes. Available at the RecPlex for military personnel and CRA members.

RecPlex Fitness Classes

Spinning, body sculpting and cardio combo classes begin in January. Classes held Monday to Thursday evenings. Stop by the RecPlex to register in advance for the 10-week session. Cost: \$40 for military personnel and CRA members; \$45 for military community non-members; \$55 for the general public. Drop-in fee: \$4 for military community with ID; \$5 for general public.

NLS Re-certification

The NLS Re-certification course will take place on Saturday, March 1, 2008 from 9 a.m. to 3 p.m.

ANNUAL WINTER CARNIVAL

The Fitness and Sports Flight is pleased to present Winter Carnival 2008 with a Mardi Gras theme. Teams of 10, plus one volunteer are encouraged to show their spirit with a Mardi Gras team name and costume and come on out for a day of fun.

The carnival will take place on Thursday, February 7, at the grounds of the south side Gym. Sign-in will be held at 0815 hrs and games will begin at 0900 hrs. There will be a number of great games and prizes to be won, as well as a barbecue.

Register today by contacting Todd Peart at local 7160. Hope to see you there!



Photo: Corporal Tom Parker, 8 Wing Imaging

Participants during the 2007 8 Wing/CFB Trenton Annual Winter Carnival.

Junior Lifeguard Club

The club meets on Thursdays from 4:30 to 6 p.m. Club started on January 10 and runs until June. Suitable for kids ages eight to 15 years old. Focus is on serious fun!

Cost: \$65 for CRA members; \$80 for military community non-members; \$130 for the general public.

NLS Course

The National Lifeguard Course (NLS) will take place on Friday, March 14 and Friday, March 28 from 5 to 10:00 pm.; Saturday, March 15 and Saturday, March 29 from 9 a.m. to 5 p.m.; Sunday, March 16 and Sunday, March 30 from 9 a.m. to 4:00 p.m. Register now at the RecPlex.

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New Connolley painting presented to 426 Squadron

by Capt James Brown

426 Squadron closed out a busy 2007 with our Squadron Christmas Party. Everyone had a great time, and it was a lot of fun. Thanks to the Entertainment Committee, especially MCpl Janeen Dohn, for coordinating a great party.

During the party, squadron members had a surprise visit from Santa himself. After the scrumptious dinner, the squadron received another painting for our Blanchard Hall collection from the 426 Squadron Association.

Association President Doug Jones and Treasurer Bob Rose presented an original Don Connolley rendition of the CC-150 Airbus. Mr. Connolley's art work is world-renowned and is even displayed in the Smithsonian Museum.

Prior to the holidays, we all shared a day of games and

laughter with the Annual 426 Squadron Lotto. Our day kicked off with a large English-style breakfast served up by none other than our Wing Santa, Col "HO HO" Hood in a nice pink apron. We reminisced about the year gone by and shared our plans for the holiday.

It was a great day for all the squadron personnel to just kick back, unwind and dress down. We all took part in voting on the chili cook-off with the Chili Chef Winner being MCpl "Chili" Carpan.

The next major event was the entertainment, starting with our 426 Squadron 2007 in Review movie. Good memories and lots of laughter were shared, thanks to much hard work and the creativity of Heather Frank.

The presentation of "Person of the Quarter" went to a very deserving Heather "Hot Nana" Frank. Congratulations. Next

up was the Lotto, with the big prize going to MCpl Harper. What a great way to kick off our holidays.

With the holiday festivities and sweets behind us, we regain our focus on another busy year at 426 Squadron. We closed out 2007 with the successful completion of CRC0702, having the final flight returning home December 20.

Now the squadron is already abuzz with the ongoing CRC0703 (starting Phase II). There are numerous other courses just getting underway.

We welcome the Family Course CC130 0708, CC130 AVS On-Aircraft 0703, and the Aeromed 0703. Our in-house courses are the CC150 Flt Attendant/Steward, CC130 Prop, and the CC130 Flt Systems AVN.

The New Year also meant new beginnings as we wish MCpl Dave Brewer well as a



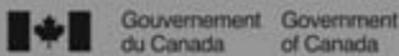
Photo: Submitted

426 Squadron Association. President Doug Jones and Treasurer Bob Rose presented an original Don Connolley rendition of the CC-150 Airbus for the Blanchard Hall collection.

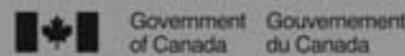
CC-177 Loadmaster. The CRF is off again maintaining their own currency at Red Flag, fly safe!

A very happy and healthy New Year to everyone from 426 Squadron.

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- OU**
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Canada



Brutal effects of sleep deprivation



Submitted by
Don Heans,
Wing General Safety
Officer

On April 13, 1984, two freight trains collided on a single track in Colorado. The five crew members were killed and the damage totaled \$3 million. The accident was attributed to sleep deprivation.

A five-month-old child died of heat exhaustion after the father forgot him in the vehicle and went to sleep.

When super tanker Exxon Valdez crashed into a reef in Alaska, 258,000 barrels of oil were spilled, causing an environmental disaster that cost \$2 billion to clean up. Sleep deprivation was blamed for the collision.

Most of us lead busy lives and are tempted to reduce sleep time in order to fit in activities such as studying, working an extra job or watching television.

In fact, many people brag about how little sleep they need. Yet, sleep deprivation can cause accidents, particularly if you operate a motor vehicle or machinery such as farm and industrial equipment.

People falling asleep at the wheel are responsible for approximately two per cent of all driver fatalities. Nearly one in three Americans report having fallen asleep at the wheel.

The comfort and ease of driving today's cars, (combination of cruise control, power steering and soft seats), along with

the hypnotic effect of highway driving, can lull drivers into a drowsy state.

The prime times for "asleep-at-the-wheel" crashes are between midnight and 7 a.m., when it's natural to feel sleepy, and between 1 and 4 p.m.

Once I was called to the scene of a fatality on a straight stretch of highway. The car had driven off the road and rolled several times, killing both occupants. They weren't wearing seatbelts and were thrown from the vehicle. The road was bare and dry and lightly traveled at the time. There were no skid marks. It was assumed the driver had fallen asleep at the wheel.

A few things to remember about drowsiness and driving:

Get plenty of sleep. Experts recommend seven to nine hours. If you can't get enough, make up for it when you have a chance.

On long trips, take a break at least every two hours, or when you start feeling drowsy. A walk around the vehicle may refresh you and provide a good stretch for your back, but won't replace sleep.

If possible, switch drivers or have someone stay awake with you. Talking to someone or listening to the radio will help.

Alcohol will increase drowsiness. Don't drink.

If you feel drowsy, don't fight it; get off the road immediately, preferably at a rest stop or safe area.

Don't park on the shoulder except as a last resort. Vehicles on the shoulder are in danger of being rear-ended. If you must stay on the shoulder, pull off as far as you can, leave your seatbelt and your emergency flashers on.

You want to be visible to vehicles coming from behind you.

Microsleep is a 1 to 15-second loss of awareness. If this happens, get off the road right away.

A reader submitted this story about the consequences of driving while sleep deprived:

The call came about 8 p.m. on a clear, sunny June evening. I didn't know it at the time but "in a New York minute" our lives had changed forever because someone had fallen asleep at the wheel.

The caller from the hospital emergency room said my husband had been in an accident but he was okay. In retrospect, "okay" was a pretty generous term for his condition. But, considering that my husband was involved in a head-on highway collision, was removed from the vehicle by the jaws-of-life and airlifted to the hospital, he was lucky to be alive.

A great attitude and an iron will were the main factors in his amazing physical recovery.

Prior to the accident he was a young, vibrant man with a promising career ahead of him. Now, because of head injuries sustained in the accident, any kind of career really isn't an option. I think my husband copes as well as anyone could with the depression, anger, pain and frustration that are now part of his daily life.

For years, I pictured the driver of the other vehicle as some kind of monster because of the effect his actions had on our lives. But when I met him, I felt sorry for him. He's just an ordinary person who, through a seemingly small mistake, caused a lifetime of hardship to both his family and ours.

If you're tired, pull off the road, don't let this happen to you.

National Non-Smoking Week

January 20 to 26, 2008

Health Promotion – National Non-Smoking Week (NNSW) has been observed for more than thirty years. From its inception in 1977, NNSW has been coordinated by the Canadian Council for Tobacco Control. It is one of the longest running and most important events in Canada's ongoing public education efforts.

The goals associated with NNSW are as follows:

-To educate Canadians about the dangers of smoking;

-To prevent non-smokers from beginning to smoke and becoming addicted to tobacco;

-To help people quit smoking;

-To promote the right of individuals to breathe air unpolluted by tobacco smoke;

-To denormalize the tobacco industry, tobacco industry marketing practices, tobacco products, and tobacco use; and

-To assist in the attainment of a smoke-free society in Canada.

This January 23, 2008, is Weedless Wednesday. This day has been a focal point of NNSW almost from the beginning.

Focusing media and public attention on the benefits of cessation and the community resources available to help smokers quit, Weedless Wednesday promotes a 'one day at a time' approach to quitting smoking, a concept appealing to many smokers who may be discouraged at the thought of an entire week – or lifetime without cigarettes, but who may be able to cope with one smoke-free day.

If you are considering quitting smoking, please contact your local health promotion office at local 3768.

By registering for our Butt Out Self Help program, a military member will be entitled to smoking cessation medications such as nicotine gum, the nicotine patch or the bupropion pill at the expense of the Department of National Defence.

Those members, DND employees and NPF employees who are planning to quit smoking or who have been smoke free since September 2007 are eligible to enter our 'March 1st I Quit' Challenge and can qualify to win great prizes.

Watch for 'I Quit' challenge information coming to your unit soon.

Source: www.nnsw.ca



Buddy system: Help a friend quit smoking

(NC)-Nicotine is a powerful addiction. Some say that tobacco is as hard to kick as heroin.

If you know someone who is trying to quit, being supportive can make all the difference. Being a good buddy takes a great deal of patience and understanding.

The following advice on helping friends become smoke-free is available at HealthyOntario.com:

Tell someone you are concerned about their health and that you'll support them every step of the way.

Find resources for support including articles, books, and websites. Let your

friend know that you have this information, but don't push it on him/her.

Be supportive throughout their entire journey. Making the decision to quit is a difficult one, and they'll need you to be there from beginning to end.

Encourage them to try again if they slip.

Participate in physical activities that are of interest to you both.

Celebrate milestone anniversaries including days, months and eventually years!

There is 24-hour online support available through the Canadian Cancer Society's SmokersHelpline.ca.

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NEW PATIENTS WELCOME!



8 WING AT RED FLAG

Photos: Pte Isabel Lavallee-Raby, 8 Wing Imaging

8 Wing/CFB Trenton has sent four crews along with two CC-130 Hercules aircrafts from 426 and 436 Squadrons, along with various support from the base to participate in Exercise RED FLAG which takes place from January 12 to 21, at Nellis Air Force Base in Las Vegas, Nevada. This exercise, which now includes air forces from countries such as the UK, France and Germany, was created by the United States Air Force (USAF) after the Vietnam War to allow the crews to train in a war environment in an effort to minimize losses during actual conflict.



Sergeant Jean-Roch Audette, Flight Engineer at 436 Squadron, manipulates the fuel panel during the Advanced Tactical Training Flight in the Hercules CC130-316 on the January 15 mission of RED FLAG.



The crew of 436 Squadron, Pilot Major Mike Graham, Co-Pilot Captain Shane McGill, Navigators, Lieutenant-Colonel Francois Martineau, Commanding Officer of 436 Squadron, and Captain Brian Noel and Flight Engineer Sergeant Jean-Roch Audette, scan the surroundings to detect enemy planes that could possibly attack them during the Advanced Tactical Air Training mission in the Hercules CC130-316.

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Welcome Back 8 MSS
 Thank you MSS Backfill personnel
 8 Wing would like to thank all those people who helped us backfill positions during the deployment of the MSS, and, to welcome home all those MSS personnel who were deployed by holding a

Chili Lunch
 on 28 January 2008
 at the WOs' & Sgts' Mess
 from 1130 hrs to 1330 hrs.

*This lunch is open to all 8 Wing personnel.
 Please come and share in the festivities.*

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 Capt Sharon Agnew-O'Brien at local 4526

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Bienvenue au 8 ESM
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Dîner au chili
 le 28 janvier 2008
 au mess des adj et des sgt
 de 11 h 30 à 13 h 30.

*L'invitation est faite à tout le personnel de la 8e Escadre.
 Joignez-vous à nous et participez aux festivités.*

Pour renseignements, communiquez avec
 le Capt Sharon Agnew-O'Brien au poste 4526

JR RANKS MESS

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13 Ottawa Hockey Trip	14	15	16	17	18 TGIF 1700hrs Donairs Sports 1800hrs	19
20	21	22	23	24	25 TGIF 1700hrs Chicken & Taters Sports 1800hrs Euchre	26
27	28	29 Lab Lounge 429 Sqn Logistics Mtg	30 Lab Lounge 429 Sqn Logistics Mtg	31 Lab Lounge 429 Sqn Logistics Mtg		

January 2008



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\$9,755

2007 FORD EDGE SEL



Leather, TV! DVD! FWD, automatic, loaded with every power option. 33,000 kms. Certified.

0 down
 taxes included \$212.17
 bi-weekly 84 mths

\$24,990

2004 DODGE GRAND CARAVAN



#6601 - T.V./D.V.D! High polish wheels loaded w/full pwr. options inc. quad seats dual heat + A/C pwr. seat + more! Only 68,000 kms. Cert.

0 down
 taxes included \$138.85
 bi-weekly 84 mths

\$12,495

2005 PONTIAC MONTANA SE



#6625 - Extended T.V./D.V.D! Pwr. seat & door, colour keyed bumpers, steering controls. Only 70,000 kms. Cert.

0 down
 taxes included \$109.85
 bi-weekly 72 mths

\$11,495

2005 PONTIAC MONTANA



#6643 - Extended T.V./D.V.D! Pwr. seat & door, air ride suspension, rev sensors, quads, dual heat + A/C + more! Only 91,000 kms. Cert.

0 down
 taxes included \$101.72
 bi-weekly 72 mths

\$10,495

2007 FORD EDGE



#6654 - A.W.D Leather only 22,000 kms! Loaded w/full pwr. options! Fresh in from Ford U.S.A. Cert.

0 down
 taxes included \$229.71
 bi-weekly 84 mths

\$26,495

2006 GMC EXT CAB



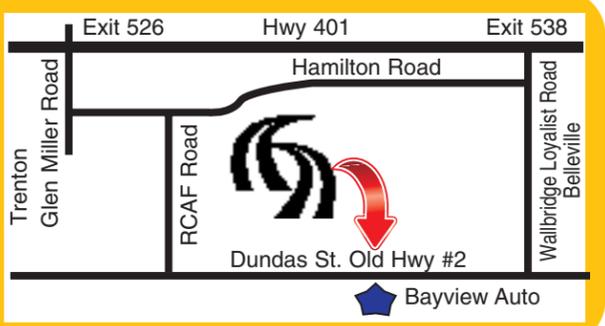
#6574 - Short Box SLE Z71 Factory rims! Only 26,000 kms! Loaded w/every pwr. options inc. 5.3 V8, bucket seats + more Cert.

0 down
 taxes included \$203.79
 bi-weekly 84 mths

\$23,995

All payments based on bi-weekly payments: 2002 - 48 mths; 2003 & 2004 - 60 mths; 2005 - 72 mths; 2006 & up - 84 mths. Admin., P.P.S.A. and taxes included. EG: \$10,000 + \$299 admin. + taxes \$1491.23 + \$65 P.P.S.A. = 11,855.23 financed over 60 months at 8.95% = \$113.79 bi-weekly with a cost of borrowing of \$2883.32 on approved credit. All cash deals are price plus administration + taxes. Terms & rates current at time of print. 0 down, taxes included.

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HOROSCOPES

Weekly Astrology by Christine Davison

January 20 - January 26

ARIES (March 21-April 19): A friend may not have your best interests at heart. This may put you on the defensive. Just remember that this person is still a friend and just because you disagree does not mean you cannot remain close. The last thing you want to do is antagonize the situation. Look towards a creative compromise instead.

TAURUS (April 20-May 20): A close knit social group will offer you some interesting choices. You'll feel a part of the gang but someone may be pushing you to act when you don't want to. Follow your intuition on matters of the heart and don't let anyone try to tell you how it should be done. You'll know when and when not to make your move.

GEMINI (May 21-June 20): If you spot someone in the crowd who is attractive and exotic to you, act on your crush and get their name and number. The window of opportunity will only be open for a very short time. If you don't spring to action and go for it, you may spend the rest of your week wondering who that intriguingly striking person was.

CANCER (June 21-July 22): Take time in the first part of this week to take notice and take stock of the situation. However, don't remain isolated for long. At some point you need to come out proudly and face the world. Seek the guidance of trusted friends. A mixture of careful research and friendly advice will overcome any difficulties.

LEO (July 23-Aug. 22): It is not often that you feel beset on all sides. Usually you can handle any social situation but this week may find you losing your patience. Some of this may be due to depending on others who fail to deliver. Luckily you are a Leo, and Leos have the ability to resolve any challenge via their own amazing abilities.

VIRGO (Aug. 23-Sept. 22): Patient persistence will result in beautiful creativity. By the weekend, your masterpiece will be ready to unveil. Those friends and loved ones who have been watching your enterprise unfold will be thoroughly impressed. They may ask your advice on their own projects. You are an artist with lots to offer.

LIBRA (Sept. 23-Oct. 22): All who enter your home this week will recognize the pride you have taken in it. It's time to show off your domain. Throw open your doors to a little weekend dinner party or potluck. Your impeccable taste and style will inspire others and chase out the winter blues. Let your fun-loving, social side shine through.

SCORPIO (Oct. 23-Nov. 21): You have a strong sense of loyalty and when your trust is broken it's never pretty. Try to meditate and take things one step at a time this week. Snapping to a conclusion about a perceived insult will only make matters worse. It may seem like someone is working against you. Rest assured they are not. Keep the faith.

SAGITTARIUS (Nov. 22-Dec. 21): Some good quality one-on-one time with friends will breed joy and happiness. This is the week to network. All this social contact could lead to romance. If you are planning an outing, wear your best clothes! Your secret admirer may be watching and the chances are very good you'll be sharing a drink or two before long.

CAPRICORN (Dec. 22-Jan. 19): Whatever you touch this week may turn to gold. You have an eye for a good deal or a wise investment. It may just be a matter of acting on the right opportunity at the right time. The chances are high that success will come looking for you rather than you having to go searching for it. Make good decisions.

AQUARIUS (Jan. 20-Feb. 18): Happy Birthday Aquarius! It's your birthday and time to turn over a new leaf! No regrets now Aquarius, a new you is in order, but watch that wallet. Try to avoid going out and binging on lots of presents! Let those who love and admire you do that for you. They know what you like and will match your wonderful taste.

PISCES (Feb. 19-March 20): It's time to put an old problem to rest once and for all. It's much better that you initiate this than waiting for the problem to go away on its own. Retain control of the issue by making some sacrifices and remembering the root cause. By weekend it'll all be over and you'll be ready for a fresh start.

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

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

Syntax Errors by Damon Riesberg



HEY BRIE, WANT A CHEESY POOF?? THEY'RE GUARANTEED FRESH 'TILL JUNE 24.

OF WHAT YEAR?

HUH? LETS SEE. THEY DON'T SAY. IT LOOKS LIKE THEY FORGOT THE YEAR.

THEY DIDN'T FORGET. IT DOESN'T MATTER. THOSE CHIPS WILL LAST THE NEXT ICE AGE.

YOU THINK YOUR HANDS LOOK ORANGE? YOUR STOMACH IS PROBABLY GLOWING RIGHT NOW.

TAKE THE BAG. I THINK I'M GOING TO BE SICK.

WHY SHARE WHEN TAKING THE WHOLE BAG IS SO EASY?

Stuff!



"WHAT?!"

Copyright © 2005 E.L. Cheney

DuJour

GRANDE MOCHA

ROBERT SCHMUR



Was this REALLY necessary?

Not In My Backyard! by Dale Taylor



ELSA WILL NEVER FIND ME UNDER HERE.

BUT I HAVE.

ONE SMALL TWIST FOR SQUIRREL. ONE GIANT BATH FOR DOGKIND.



Community Events

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CFB Trenton

Smylie's Independent Grocer

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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 steiner.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.

WE NEED YOUR HELP!

In Belleville and Hastings and Prince Edward County, please call 613-962-3666; in Quinte West, please call 394-3472; and in Centre Hastings please call 473-0955.

Big Brothers Big Sisters

Mentoring is about the power of friendship. The volunteers and young people in our programs experience the magic of everyday moments when they are shared with a friend. The Quinte region has children who deserve every opportunity to be the best that they can be and be given a chance to grow and succeed. We recruit, train and supervise volunteers who are capable and dedicated mentors. Everyone needs someone to laugh with, share a dream with, and just hang out...with friends, it's the little things that mean the most. It only takes a LITTLE time to make a BIG difference!

Brighton Winterfest

January 18 to January 27, 2008

Experience what winter in Brighton and our surrounding communities has to offer during these 10 days of winter fun. The festival features free skating, children's programs, ice racing, dancing, band concert food, lantern walk and a giant bonfire in Memorial Park. For a complete program visit <http://www.brightononline.ca/>.

Attention Boys and Girls

Ages 11 to 15 years old

The Red Cross Babysitting Course will take place on Saturday, January 26, 2008. The course will run from 9 a.m. to 5 p.m. at the Quinte Branch Red Cross Office, Lower Unit, McNabb Towers at 344 Front Street in Belleville. Register by calling 613-966-0730. Space is limited.

Monthly Book Sale

Friends of Quinte West Public Library will be holding their monthly book sale on Saturday, January 26, between 9 a.m. and 1 p.m. in the municipal building (22 Trent Street North) in Frankford. A great selection of books for all ages. For information please contact Ann at 613-397-1680.

Wine and Cheese Dinner

Organized by the Franco-Phare (Quinte non-for-profit French organization) At the Belleville Club, located at 210 Pinnacle Street, (across from the Clarion Hotel), on Saturday January 26 at 7:00 p.m. Cost: \$40.00 for member and \$45.00 for non-member. For more information or to make a reservation: <mailto:gdavis@franco-phare.ca> or visit our website at www.franco-phare.ca.

WING CHAPLAINS SERVICES

SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE

Wing Chaplain- *LCdr Steve Merriman* -Aumônier de l'Escadre
Administrative Assistant - *Mrs. Manon Pilon* - adjointe administrative
613-392-2811 x. 2490

Unit Chaplains - aumôniers d'unités
LCdr Padre Steve Merriman, P; Capt Padre Mike Adamczyk, P; Capt Padre Philippe Boudreau, RC; Lt(N) Padre Zbigniew Jonczyk, RC,
Pastoral Associate / Agent de pastorale

As support staff - comme personnel de soutien
Rev. Jim Craig, P & Fr Julien R. Beaulieu, RC;
Both are Civilian Officiating Clergymen / membres du clergé civil

Le Franco-Phare vous invite à une soirée vins et fromages

Date : le samedi 26 janvier 2008
Heure : 19h00

Lieu : Belleville Club, 210 Pinnacle Street, Belleville
(En face de l'hôtel Clarion)
40.00 \$/pers. Prix membre Franco-Phare
45.00 \$/pers. Prix Non-membre

Le maître de chai Frédéric Picard et Le maître de queue Brian Hanna de Huff Estates Winery, Picton vous présenteront une sélection de vins et fromages accompagnée de pâtés, charcuteries et salade. Pour informations ou réservations, communiquez avec

Mme Gisèle Davis au 613-394-7127
ou par courriel gdavis@franco-phare.ca
S.V.P. réservez et payez avant le 21 janvier 2008

WORSHIP SERVICES

<p>Our Lady of Peace (RC) Christian community - communauté Notre-Dame-De-La-Paix (CR)</p> <p>Chapel Life Co-ordinator Father Philippe Boudreau Coordonateur de Vie de Chapelle</p> <p><u>Masses-messes</u> Sunday Mass (E) at 1015hrs Messe dominicale: 11h30 Monday and Wednesday at 1200hrs Tuesday at 0815 hrs</p> <p style="text-align: center;"><u>Confession - Réconciliation</u></p> <p style="font-size: 0.7em;">Please, contact the W-Chaplains' Receptionist to get in touch with a RC priest prior to coming over. <i>Il est préférable de communiquer avec la réceptionniste des aumôniers afin de prendre vous-même arrangement avec le prêtre CR de la chapelle.</i></p> <p><u>Chapel organisations (RC)</u> Chapel Pastoral Council: third Tuesday -1900hrs Knights of Columbus: first Thursday - 1900hrs CWL: second Tuesday - 1900hrs Chorale : mercredi - 19h00 Choir: Monday - 1900hrs</p>	<p>St. Clement Astra (P) Protestant Community</p> <p>Chapel Life Co-ordinator <i>Padre Mike Adamczyk</i></p> <p style="text-align: center;"><u>Worship Service</u></p> <p style="text-align: center;">Sunday Divine Worship, 0900hrs Holy Communion: 1st Sunday of the month</p> <p><u>Parish organisations (P)</u> Chapel Guild: last Tuesday - 1930hrs</p>
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DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR

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

Volunteer Information Sessions

Habitat For Humanity ReStore, 393 Sidney Street, Belleville, K8P 3Z9

WHEN: Thursday, January 24; Tuesday, February 12; Thursday, February 21

Habitat for Humanity is an exciting avenue for your local community involvement. Volunteer info sessions are held the second Tuesday and the fourth Thursday of each month at 3 p.m. Join us at the ReStore at 393 Sidney Street in Belleville. Call or email to RSVP for the next session. Volunteer at the ReStore!

You Can Choose To Help! www.habitatpeh.org



Scottish-Irish festival reps make donation to the MFRC



Photo: Joel Wiebe, Contact Staff

With September's Scottish-Irish Festival's supporting the troops theme, the organizers of the event were able to raise some money for the cause. The funds were split between the Military Family Resource Centre, St. George's Anglican Church soldier 'Blessing Bags' program, and the Sapper Mike McTeague Wounded Warrior Fund.

Next year's event will be partnered with an international firefighter competition, and will be held on the second weekend of September. The festival is an admission free event that features a parade, bands, live entertainment, food, and Celtic wares.

Pictured above (left to right) is Keith Parish, a representative of the festival; Mary Corbett, executive director at the MFRC; and Ike MacDonald, chairperson of the festival.

LOGISTICS BRANCH 40th Anniversary

When: Friday 1 Feb 08, 1000 – 1200 hrs

Where: Astra Lounge

What: Logistics Branch 40th Anniversary Ceremony with Cake and Lunch

Who: All military and civilian members of the Logistics Branch



Quand: le vendredi 1 février 2008 10h00 à 12h00 hrs

Où: Astra Lounge

Quoi : une cérémonie avec gâteau et dîner à l'occasion du 40^e anniversaire du service de la logistique

Qui : tous les membres militaires et civils du service de la logistique

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Nautical Lane (off Cedar St.) **\$285,900**

Kyle Court (off Huffman Rd.) **\$245,900**

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Feature

FAMILY



UTVOPIA: What to watch

by Capt James Smith

Part II: The following is a continuation list of some of Captain James Smith's favourite movie 'Villains' of all time.

They are calm, ruthless, driven and determined. They are not necessarily bad or evil but nevertheless are the villains of the big screen. To some, a villain could be a misunderstood hero, someone who isn't bad at all. But to me, a villain knows exactly what he or she is.

You'll notice that some of the more obvious ones have been left out of this list simply because they are not some of my personal favourites.

it is entirely believable when we see the original Terminator get thrown around by a seemingly much smaller person.

DENZEL WASHINGTON

Training Day. A different kind of villain, but possibly even worse than any of the others...because he is a cop, setting out to corrupt a good man. His intelligence, charisma and planning mark him as a very dangerous man.

JET LI

Lethal Weapon Four. He does not talk much but he can kick the crap out of Mel Gibson. Wow. It takes both Gibson and Glover to take out the vaunted Triad gang member. Cold, calculating and positively lethal.

SPECIAL MENTIONS

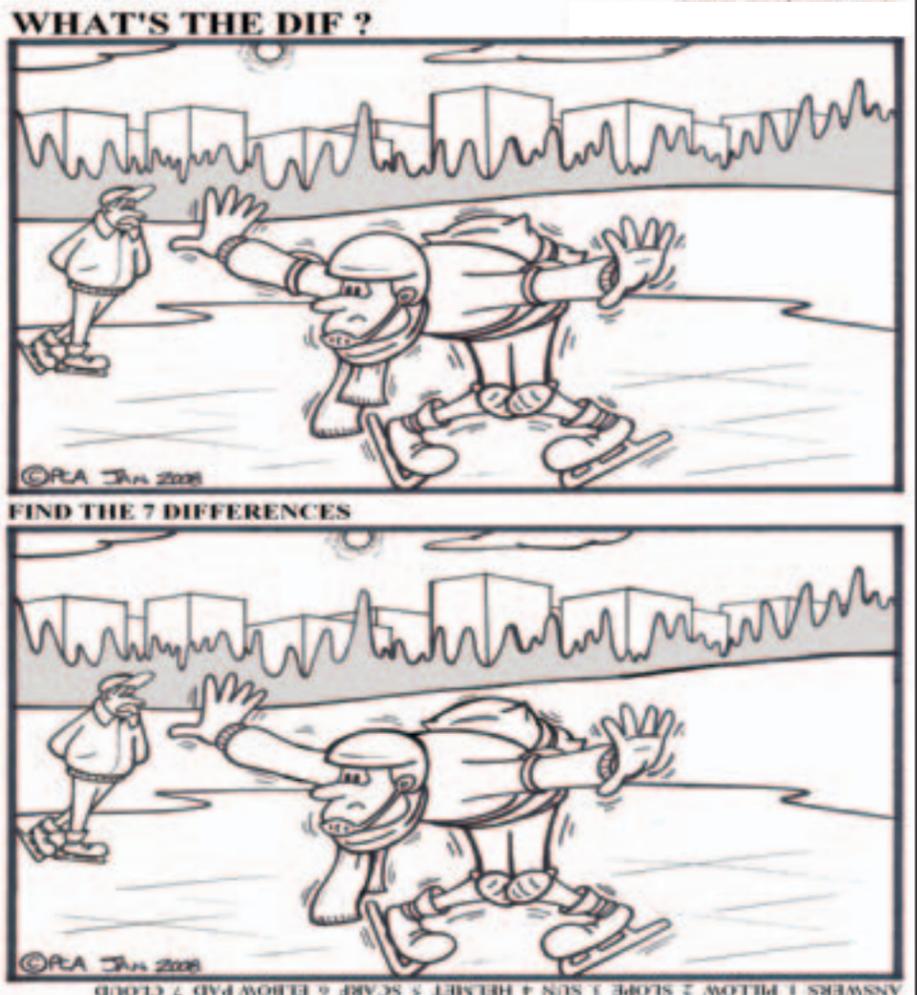
Tim Roth: Rob Roy; Michael Madsen: Reservoir Dogs; Gary Oldman: The Professional; Kathy Bates: Misery; Kevin Spacey: Seven; Jack Nicholson: A Few Good Men; Anthony Hopkins: Silence of the Lambs; Darth Vader: yeah...of course.

JAVIER BARDEM

No Country for Old Men. No one comes close to the way this guy makes your blood run cold. He does not seem human, and every contact with the man terrifies and excites viewers.

ROBERT PATRICK

Terminator Two. He plays such a perfect role, that he never actually seems human. In a role that Arnold created with the original, Robert Patrick, becomes something much more ruthless and unstoppable. So much so, that



Mealtime.org Ham Chowder

Ingredients:

- 1 bay leaf
- 1 sprig fresh thyme
- 1 sprig fresh tarragon
- 3 cans (14 1/2 ounces each) reduced-sodium chicken broth
- 1/2 cup finely chopped onion
- 1 medium carrot, finely chopped
- 2 cans (16 ounces each) whole potatoes, drained, divided
- 2 cans (16 ounces each) whole kernel corn, drained, divided
- 1/2 cup finely diced smoked ham
- 1/2 cup half-and-half cream
- 2 cans (4 ounces each) pimentos, drained and diced
- 3 tablespoons chopped parsley
- Ground black pepper, to taste

Preparation Time: 10 minutes **Cook Time:** 20 minutes

Preparation: Tie the bay leaf, thyme and tarragon in a bundle. Place in a medium saucepan with the broth, onion and carrot. Heat to boiling, reduce heat and simmer for 10 minutes; remove the herb bundle and discard. Dice enough potatoes to make 1 cup; set aside. In batches, puree the remaining potatoes, 1 can of corn and broth from the saucepan in a blender. Return to the saucepan. Add the diced potatoes, remaining corn, ham and half-and-half. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the pimentos, parsley and pepper. Serves: Eight

Nutritional Information Per Serving: Calories 220; Total Fat 4g; Saturated fat 1.5g; Cholesterol 15mg; Sodium 860mg; Carbohydrate 40g; Fiber 6g; Protein 10g.

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Honours & Awards



Photos: Cpl David Cribb, 8 Wing Imaging

8 Wing Food Services, represented by Captain Elizabeth Dubé and Warrant Officer Marc Desgagné, was presented with the Chief of Land Staff Achievement Award for aid to the families of fallen soldiers during repatriations by Colonel Mike Hood, Commander, 8 Wing/CFB Trenton.



Master Corporal Gabriele Maynard was presented with the Wing Commander's Commendation by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



8 Wing Transport, represented by Major Teresa Brown and Chief Warrant Officer Marc Pelletier, was presented with the Chief of Land Staff Achievement Award for aid to the families of fallen soldiers during repatriations by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



8 Wing Chapel, represented by Lieutenant-Commander Stephen Merriman, was presented with the Chief of Land Staff Achievement Award for aid to the families of fallen soldiers during repatriations by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



2 Air Movement Squadron, represented by Major Aaron Spott and Chief Warrant Officer Guy Picard, was presented with the Chief of Land Staff Achievement Award for aid to the families of fallen soldiers during repatriations by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



8 Wing Operations, represented by Lieutenant-Colonel David Murphy, and Master Warrant Officer Grant Anstey, was presented with the Chief of Land Staff Achievement Award for aid to the families of fallen soldiers during repatriations by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



Sergeant Paul Flowers was presented with the Wing Commander's Commendation by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



Corporal Karl Flamand was presented with the Wing Commander's Commendation by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



Warrant Officer Patrick Monsigneur was presented with the Wing Commander's Commendation by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



Sergeant Andrew Hine was presented with the Wing Commander's Commendation by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



Corporal Daniel Marchand was presented with the Wing Commander's Commendation by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



The 8 AMS Orderly Room was presented with the Wing Commander's Commendation by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



Corporal Jennifer Small was presented with the Service Person Of The Quarter Award by Col Mike Hood, Commander, 8 Wing/CFB Trenton.

MFRC



TRENTON

Military Family Resource Centre



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Deployment Support/Wednesday Night Out

January 23- Reunion- **Getting back together.**
 January 30- **Pizza Night** - Night out for all families of deployed members.
 Please reserve by January 28 by calling 613-965-3595
 Call to find out what is coming up 613-965-3595 or 613-965-3575
 A variety of activities coming up, please visit the MFRC website calendar
www.trentonmfrf.cfbtrenton.com

Soutien au déploiement / Les sorties du mercredi soir.

Le 23 janvier - **La réunion - Reprendre la vie ensemble**
 Le 30 janvier - **Soirée Pizza.** Sortie pour toutes les familles des membres déployés. Veuillez réserver avant le 28 janvier en téléphonant au 613-965-3595. Téléphonez pour savoir ce qui s'en vient comme activités, 613-965-3595 ou 613-965-3575
 Les prochaines activités sont planifiées, svp visitez le calendrier sur le site web du CRFM, www.trentonmfrf.cfbtrenton.com

Do What You Love

Can we really do that and make a living?

A fresh approach to Job Search, composed in conjunction with materials by Denise Bissonnette.

When: Tuesday, January 22, 2008 **Time:** 1-3 p.m.

Registration deadline: Friday, January 18, 2008

Behavioural Descriptive Interviews

Get ready to learn what employers use this type of interview and how to prepare.

When: Tuesday, February 19, 2008 **Time:** 1-3 p.m.

Registration deadline: Friday, February 15, 2008

Faites ce que vous aimez! (offert en anglais)

Pouvons-nous vraiment le faire et gagner notre vie en même temps?

Une nouvelle approche dans la recherche d'emploi, combinée au matériel de ressources de Denise Bissonnette.

Date : Le mardi 22 janvier 2008 **Heure :** de 13h à 15h

Les inscriptions doivent être reçues avant le vendredi 18 janvier 2008

Entrevues descriptives au sujet du comportement

Venez apprendre les techniques que les employeurs utilisent en entrevue et vous préparer en conséquence.

Date : le mardi 19 février 2008 **Heure :** de 13h à 15h

Les inscriptions doivent être reçues avant le vendredi 15 février 2008

COURS DE CONVERSATION ANGLAISE

Vous avez des connaissances en anglais et vous aimeriez avoir l'occasion de les mettre en pratique? On vous offre cette opportunité de parfaire vos compétences en vous joignant au cours de conversation. Les sessions auront lieu le dernier vendredi de chaque mois de 10h à 11h au Centre Siskin. Un membre du personnel enseignant anglophone animera la plupart des cours. L'invitation s'adresse à tous, quelque soit le niveau de connaissance. Il n'est pas nécessaire d'être inscrit à un cours de langue pour participer aux cours. Pour plus de renseignements appelez Anu au 613-392-2811 poste 3855.

Your Valentine's Colour Is?

We're listening --- at our last session we were asked if we could offer an evening for couples.

What better time than Valentine's Week!

Join us for a fun evening with your spouse or friend, enjoy some yummy deserts and learn more about each other through this interactive, light hearted workshop. Designed to enhance the way we live, work, communicate and interact with those around us, this session will be sure to please!

Date: Monday, February 11, 2008 6:30-8:30 p.m.

Fee: \$10.00 per couple

Registration Deadline: Wednesday, February 6, 2008



De quelle couleur est votre Valentin ou Valentine?

(offert en anglais)

Notre oreille est attentive - à notre dernière session nous avons eu la demande d'offrir une session pour les couples.

Quel meilleur temps que la semaine de la St-Valentin!

Joignez-vous à nous pour une soirée amusante avec votre partenaire ou ami(e), dégustez de délicieux desserts et apprenez des choses à propos de l'un et l'autre avec cet atelier interactif et enjoué.

Créé pour rehausser notre façon de vivre, de travailler, de communiquer et d'agir avec ceux et celles qui nous entourent, cette session vous plaira sûrement!

Date: Le lundi 11 février, 2008 de 18h30 à 20h30 **Coût:** 10,00\$ par couple

Inscription nécessaire pour mercredi le 6 février 2008

Leaps & Bounds in Early Literacy

Starts February 7 - April 17 (No class during March Break)

Time: 10:00-10:45 approx. **Cost:** \$10.00-10 weeks

Ages two and up~ Meet in the Bistro

Register by January 31

Rhymes, action songs, and lullabies are just a few of the things parents and children learn in this program. The program is based on learning through language, listening, repetition and most importantly parent participation. The session ends with a goodbye song, and many smiles.

L'alphabétisation en jeune âge - "Leaps & Bounds" (en anglais)

Du 7 février au 17 avril (pas d'atelier durant le congé scolaire de mars)

Heure : 10h à 10h45 approximativement

Coût : 10,00\$ pour 10 semaines - **Âge :** 2 ans et plus - Rencontres au Bistro

Les inscriptions doivent être faites avant le 31 janvier

Des comptines, des chansons gestuelles, des berceuses ne sont que quelques-uns des éléments prévus pour les enfants et les parents. Ce programme est basé sur l'apprentissage par le langage, l'écoute et les actes répétitifs; l'aspect le plus important est la participation des parents. Il y a une pause avec collation fournie par les parents suivies d'un conte. Pour terminer, on se dit au revoir en chantant, le sourire aux lèvres.

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Please read our newsletter "Touching Base" or visit www.trentonmfrf.cfbtrenton.com for more information

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Crossword Answers

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I	R	A		A	P	I	A		L	O	R	D	
C	A	M	P	B	E	L	L		E	V	E	S	
				E	A	R			V	O	X		
L	A	N	D	R	Y			E	D	I	B	L	E
O	R	E	A	D			P	R	E		I	O	N
V	E	I	L			B	E	T		K	N	O	T
E	N	G			A	R	T		T	E	N	S	E
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CFL Bulbs: Reduce your eco footprint

(NC)-Switching from traditional incandescent light bulbs to compact fluorescent light (CFL) bulbs is an easy way for Canadians to reduce energy use at home and lower greenhouse gas emissions that contribute to climate change.

But what becomes of a CFL bulb when it expires?

Because CFL bulbs should not be disposed with regular household waste, you can now take your expired CFL bulbs to any The Home Depot store, and be assured that each bulb will be recycled safely.

With national participation from its customers, The Home Depot Canada expects to recycle 1.5 million CFL bulbs by 2011.

"It's a bold but achievable goal because we're making it easy for Canadians to make environmentally conscious decisions from purchase to disposal," said Annette Verschuren, president of The Home Depot Canada and Asia.

At each The Home Depot store, you will find a CFL bulb recycling unit located at the entrance by the special services desk.

Simply bring in your expired CFL bulbs, place them in one of the plastic bags provided and deposit it into the display.

Each store monitors the unit and once full, sends the expired CFL bulbs to be responsibly recycled.

The recycled components will be used in creating a host of new products, including glass bottles and jars, baseball bats and products for the lighting industry.

"The Home Depot's commitment to CFL bulbs is making it easier for Canadians to reduce energy use at home, prevent greenhouse gas emissions that contribute to climate change and now, properly recycle CFL bulbs at the end of their lifecycle - all of which makes a tremendous and positive impact on the environment," said Ersilia Serafini of Clean Air Foundation.

More information is available at homedepot.ca/ecoptions.

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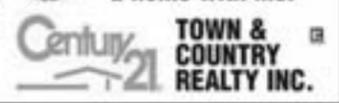
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Bits on bulbs: Shed some light on the facts

- Compact fluorescent light (CFL) bulbs are the most energy-efficient bulbs available on the market today.
- On average, a CFL bulb uses up to 75 per cent less energy than an incandescent light bulb but gives off the same amount of light, resulting in a reduction in greenhouse gas emissions.
- CFL bulbs last 5 to 10 times

longer than most incandescent light bulbs.

- Switching all of your incandescent bulbs to CFL bulbs can help you to save up to 75 per cent savings on your energy costs for lighting.
- There are a wide variety of CFL bulbs available that can be used in the home almost anywhere where incandescent bulbs are used.

- To find the right CFL bulb for your needs, take note of the wattage (amount of energy used by a bulb), lumen (amount of light emitted) and Kelvin (temperature of a bulb's colour).
- CFL bulbs should not be disposed with regular household waste and can now be turned in for recycling at any The Home Depot store.

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New Listing



OPEN HOUSE - Saturday January 19, 2-4pm
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Staikos Built



Canniff Mills
Better than new, 1750 sq. ft with open concept kitchen, cherry cabinets complimented by stainless steel appliances. Ceramic in foyer, eating area, hardwood in family room and hallways. Large master with ensuite and walk-in closet. Double attached garage with inside entry to main floor laundry area. Quality shows throughout. Call today for more details. MLS# 2076856 REDUCED! \$313,900.

New Listing



NO CONDO FEES!
Freehold townhome on Sarah Court. Numerous upgrades including Kraft Maid kitchen cabinets, new flooring, new paint - finished basement with fireplace and 2 extra rooms. You have to see this to appreciate the quality and comfort in this 2 year old home. Listed at \$239,900. MLS# 2080086. Call me for a detailed list of features.

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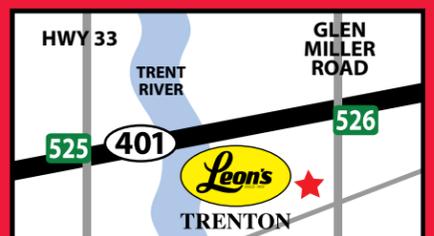
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37" LCD HDTV
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