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• March 27, 2009 •

Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 44 Issue Number 12 •

Testing for a new capability

by Lt Annie Morin 8 Wing Public Affairs Officer

The process of integrating new capabilities in the Canadian Forces is without a doubt an interesting time but a lot of things need to happen before it can be operational. Part of this process includes testing and 23 members of 8 Wing/CFB Trenton did just that for the Joint Precision Aerial Delivery System (JPADS). From Feb 20 to Mar 06, the team went to 4 Wing Cold Lake to assess all JPADS procedures for aircrew to use the system.

"JPADS is a system of systems that provides very accurate wind information to the aircrew so that they can plan airdrops of both precision guided parachute systems and a variety of unguided parachute types to small drop zones from higher altitudes without the requirement to visually identify the drop zone" explains Captain Art Jordan, JPADS project officer, currently working at Transport Operational Test and Evaluation Flight (TOTEF), a section of 426 (T) Squadron.

Capt Jordan adds "This capability can give vertical and horizontal "stand-off" distance to the aircraft and can allow for more covert insertion of supplies in an operational setting." This means that the aircraft will no longer need to fly directly above the drop zone in order for the cargo to land at the planned location.

This project is a Chief of Defence Staff led initiative to bring precision aerial delivery in theatre of operations. Currently, the aircrew are limited, among other things, by the altitude at which airdrops can be performed at as well as by the weather. The use of JPADS will help reduce these

limiting factors by expending the airdrop capabilities up to 24,999 feet Mean Sea Level (MSL) and through all weather. JPADS will also bring an element of security for the aircrew. Indeed, by allowing the airdrops to be performed at higher altitudes, the aircrew will be flying out of most enemies weapon engagement zone (WEZ).

Among other things, the team had specific objectives to achieve while in Cold Lake, such as assessing the incorporation of dropsondes into Containerized Delivery System (CDS) airdrop procedures. A dropsonde is a small device, just under a foot long which has a radio and a GPS inside. When dropped from an aircraft it relays wind information back to the JPADS computer in the aircraft. Overall, they managed to accomplish everything that they had planned.

The team was comprised of members from the Canadian Forces Land Advanced Warfare Centre (CFLAWC), 2 Air Movement Squadron (2 AMS), 8 Air Maintenance Squadron (8 AMS), Transport/Rescue Standards and Evaluation Team (TRSET) and 426 Transport and training Squadron. Canadian Special Operations Regiment (CSOR) and 2 Princess Patricia Canadian Light Infantry, located in Edmonton, AB.

"The support from all units that made up the team test team was key to the success of this trial," said Capt Jordan.

The testing required for JPADS was done at 4 Wing Cold Lake. This location was best suited for the needs to drop cargo at high altitudes and also offered large drop zones and plenty of airspace to manoeuvre. The Aerospace Engineering Test Establishment (AETE), also lent a hand in the project during the on-site testing.



From left to right, Cpl Suzanne Cooper, 2AMS, Cpl Dave Clrzan, QOR, and Sgt John Cunningham, 2AMS, prepare a Sherpa 2200 unit for loading during the JPADS trials.

LIGHTS, CAMERA, ACTION!!



Director of photography, John Houtman (behind camera), assistant director Micheal Sinyi (right) and 1st assistant camera, Kevin Stewart (left), work in conjunction to get the shot they desire for the recruitment video they are creating for the Canadian Forces. Cpl Martin Poitras, the talent, performs a diagnostic on the equipment underneath the engine of the CC177 Globemaster during the video shoot. Cpl Poitras, an Aviation Technician, works at 435 Squadron on Hercules Aircraft. Creative Company BCP, which was hired by the CF to produce this series of recruitment videos, in turn hired the production company Cinélande to provide the raw footage. These companies were used to produce the very popular recruitment video under the theme "Fight with the Forces" that we now see on television. Their aim, this time, is to target Air Force trades, more specifically the AVN and Air Traffic Controller trades. They also been contracted to produce Army and Navy specific trades videos. BCP and Cinélande captured their footage of technicians working on the CC177 Globemaster and an Air Traffic Controller at 8 Wing Trenton, from March 18-20, 2009.



News





Wing Commander's Column

A message from Colonel Mike Hood



Many of you might see the WCWO, CWO Tom Secretan, and myself in your unit lines for coffee over the coming weeks. It is my intent to visit as many of the units as I can to pass on some information and let you know what is in store for 8 Wing/CFB Trenton in the coming months. I had an opportunity to begin these visits last week where I spoke with the many great folks who make up the WAdmin Branch.

After providing a short briefing about the number and scope of changes we've been seeing around 8 Wing/CFB Trenton, I took a moment to mention that the team who had set up the coffee break, who had supplied the giant spread of cakes, cookies and donuts had "raised the bar" in that department. I joked that many of the other units we were going to visit were going to have a tough time competing with WAdmin hospitality!

I also took time to recognize a few members of the Branch who had "raised the bar" through their outstanding performance in their critical tasks supporting us all. It was my honour and privilege to present the Wing Commander's Coin to each of these members of our defence team as a way of thanking them for outstanding service to the military community without the need for a medals parade or framed certificates of achievement. It was a way for me to thank them personally, on your behalf, for their service.

Although "coining is a relatively new Canadian military tradition, its roots can be traced to ancient Rome, where coins were



Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, presents Liane Bush, Wing Coordinator of Official Languages, with a commander's coin for outstanding performance.

presented for achievement. History also notes that the U.S. military implemented the practice nearly 50 years ago, when a senior officer with the 11th Special Forces Group (SFG) had old coins overstamped with a selected emblem, and then presented them to deserving unit members for meritorious conduct. Not to be outdone, the commander of the 10th SFG "raised the bar" by becoming the first U.S. Army unit to officially mint its own coin. After that, virtually every unit, in every branch of the U.S. armed services, designed, minted and presented its own coin to deserving mem-

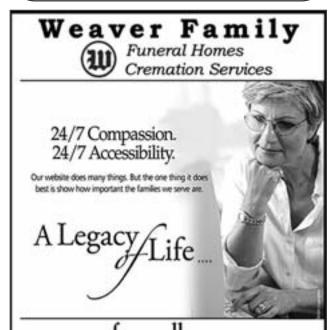
History tells us also that the reasons, even the regulations for minting specific military coins, were as varied and widespread as the units presenting them. Some commanders presented coins to each member of their unit upon

the commander's own retirement; some presented coins to unit members who were retiring. Some coins recognized conspicuous acts; others were given to those who served in exemplary fashion, but who worked largely behind the scenes. There have been coin challenges; memorial coins; coins identifying affiliation; and, as was the case last week at our coffee gathering, commander's coins awarded to our colleagues who have demonstrated dedication to core values of 8 Wing/CFB Trenton and the Canadian Forces: integrity, service above self, and striving for excellence in everything they do.

Over the coming weeks, I will visit as many units on this base as possible, sharing coffee and cake, and repeating the honour of presenting a commander's coin to members whose actions have demonstrated their willingness to raise the bar.

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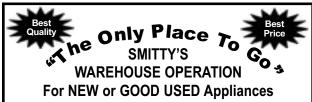
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WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Cpl Mikhail, Cpl Connors and Cpl McManus conducting a 10-year overhaul on a 4 CES Reverse Osmosis Water Purification Unit (ROWPU). As Water, Fuel and Environment Technicians (WFE Techs) at 86 ASU, their job is to ensure that the unit is stripped, painted and mechanically tested so that our troops in the field get clean, pure water, free from contaminants. This ROWPU is a 1 Cdn Air Div deployable asset used on deployment in any location where fresh water is required.

News

4

Centennial Of Flight Display

8Wing/CFB Trenton – The National Air Force Museum of Canada is proud to announce the official opening of our Centennial of Flight exhibit titled "From the Burgess–Dunne to the Globemaster III".

Wednesday 1 Apr 2009, is a very special day here at the Museum. Not only will it be the 85th anniversary of the founding of the RCAF, but we are also celebrating our own 25th anniversary.

To showcase this 100th year anniversary celebration of powered flight in Canada, our newest exhibit will be opened to the public at a ribbon cutting ceremony that will take place in the Museum at 11 a.m.

This exhibit will celebrate the story of flight over the last 100 years by



highlighting the amazing advances in aviation technology as it relates to the renowned history and heritage of Canada's Air Force.

Following the ribbon cutting ceremony, a second very special presentation will take place as one of Canada's leading aerospace companies will announce a major financial donation to our Capital Campaign efforts.

The National Air Force Museum of Canada is located at 8 Wing/Canadian Forces Base Trenton Ontario. Take Hwy 401 exit 526 and follow the museum signs.

Open from 10 a.m. to 5 p.m. Wednesday through Sunday from October to April and then seven days a week from 1 May to 30 September. Free parking and admission.

For further information please feel free to contact the Curator, Georgiana Stanciu, at 613-965-3521.

Search & Rescue UPDATE



424 Squadron had very quiet week with no SAR missions flown. Until next week, stay safe!

Missions for 2009: 27

Missions for Mar: 4

Persons rescued: 8

8 Wing Trenton **EAP Referral Agents**

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James Leblanc 3053

Nathalie Serre 7413

Daphne Mullin 3652 (bilingual)

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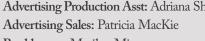


The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base — 8 Wing / CFB Trenton. We are the primary internal and external communications tool for 8 Wing / CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our priviledge to showcase the efforts of the men and women of the Canadian Forces at work. The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel Mike Hood, CD, Wing Commander, $8\ \mathrm{Wing}$ / CFB Trenton.

The Contact Staff

Editor-in-Chief: Major Todd Peddle Managing Editor: Andrea Steiner **Assistant Editor:** Amber Gooding Reporter/Photographer: Tom Philp Advertising Production Asst: Adriana Sheahan



Bookkeeper: Marilyn Miron Circulation: Russell Webster

Translator/Proofreader: WO Louise Fagan

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Subscriptions: First Class postage charge \$65.00 per year for inside Canada, \$130.00

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.

Letters to the Editor:

Internet: ANDREA.STEINER@forces.gc.ca Intranet: STEINER AL@CFBTrenton@Trenton

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



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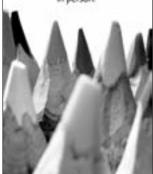
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By Bernice Rosella and James Kilner

3 Draught

5 Go limp

16 Sanitize

25 Etats

canadian

20 Tar's tope

6 Dictator Amin

7 Non-proprietary

8 Ball shaped 9 Prefix denoting new

expansion flopped

11 Truro to Halifax dir.

22 Deck for divination

26 Prefix with american and

23 Israeli statesman

24 Million add on

10 Pro football league whose

4 Users

ACROSS 1 "Big easy" of golf 4 Branch 8 Fairy tale starter 12 British Columbia curler Kelly 13 Assistant 14 Umps

17 Tree part 18 Raptor's young 19 Poetic before

15 Canadian car that flopped

- 21 MD's milieu 22 Flopped Montreal area airport 26 Pops
- 29 Intention
- 30 Granary
- 31 Press 32 High school org
- 33 Husband, to Helene
- 34 Carpet feature 35 Simpson trial judge
- 36 Penalties 37 Montreal's stadium
- 39 Atop
- 40 Dory item 41 Wry
- 45 Great Canadian mining stock fraud
- 48 Culprit in the tainted blood fiasco
- 50 Dress
- 51 Fencer's weapon
- 52 Kencha or Kukicha 53 Advantage
- 54 Little bays
- 55 Profit and ballad ender

- 1 Czech Republic river
- 2 Pasternak heroine

- 27 Spoken
 - 28 Out of it 32 Agitator
- 35 Alexander Kieth brew, for short
- 36 Military elements
- 38 Know-how 41 Notion
- 42 Give heed to
- 43 Je comprends
- 44 Russian despot
- 45 Mad cow acronym 46 Engine cooler, slangily
- 47 Work unit 49 Word before centre

See Answers, Page 21



This Week in

1979 - Club Alouette, the first social club for "les francophones de la region" was established to serve the needs of French-speaking members of the 8 Wing/CFB Trenton community, as well as other residents whose first language was French. The club met each Sunday in Belleville, from 1:30 p.m. to 5:00 p.m.

1989 - Members of 437 Squadron finished a very busy three weeks of flying Governor General Madame Sauve and Prime Minister Brian Mulroney around the world. The "Huskies" flew Her Excellency first to South America for official visits to Uruguay and Brazil. After returning to 8 Wing/CFB Trenton for a partial crew change, squadron members escorted the Governor General to Japan where she attended the funeral of Emperor Hirohito. After a quick pit stop in Trenton, 437 Squadron then ferried the Prime Minister on a five-day European tour.

1999 - The 8 Wing/CFB Trenton Flyers women's hockey team captured a silver medal at the Canadian Forces National Championships held at CFB Cold Lake. They lost the final game 3-0 to CFB Valcartier; but two members of the Trenton team, Sergeant Lisa Rowe and Corporal France Dufour, were named tournament All Stars.

> Created by Lt J. H. MacDonald, **Compiled by Tom Philp**

Safety

How did that happen?



Submitted by Don Heans, Wing General Safety Officer

An aluminum foil mill operator was working on the Number 2 intermediate mill with his co-work-

The area was not well guarded and there were several falling hazards and pinchpoints.

However, the two had worked together for several years and had a buddy system in place to through safety work issues.

One afternoon the coworker was in the process of loading a new roll of aluminum foil into the mill. When the roll came to a stop, the first worker walked across the platform to the other side of the machine.

As he crossed over the platform, his co-worker moved the aluminum roll slightly, which caused the platform to move and stop suddenly. When this happened, the first worker lost his balance and fell backwards into a nine-

foot pit. He was seriously injured.

Let's look at some potential causes and/or contributing factors to this accident and what could be done to prevent it from reoccurring:

The Area: There were several obvious hazards around the mill that had been ignored. Installation of guarding, coverings or other measures could have been put in place to minimize the risk of injury. The equipment should not have continued to operate until a corrective action plan was in

The Employee: The employees were aware of the hazards in the area, but continued to work and find ways around the problems rather than helping to find solutions. As employees, if we find safety hazards we must do our part to find solutions that will reduce injury potential. If in doubt, ask.

Procedures or Safety **Devices:** Were there specific procedures or safety devices in place? It's possible that specific procedures around out/tagout were not followed or specific safety equipment may not have been used that would have prevented the operation of the platform while the worker was on it.

The Equipment: The area had several injury hazards. Fall protection or fall prevention devices or a walkway over the machine or handrails may have prevented the worker from falling.

These are just a few of the possible contributing factors to this specific incident. We should use this incident as a reminder that we must examine our work area and how we do our jobs on a regular basis.

The following are some things to keep in

-Know the safe operating procedures, protective equipment and guarding requirements of the equipment you use.

-Have you been properly trained to operate this equipment?

-Do you understand the hazards of the equip-

-Always inspect your work area and equipment before starting. Other employees must be clear and guards must be in place before starting work.

-If you do not feel safe operating the equipment, notify your supervisor.

You are a key player in your safety. Know your equipment, work area, coworkers and all the applicable procedures and

8 WING FIREFIGHTER TRAINING





Top photo: Master Corporal Keith Chaskavich, 2 I/C, is using the Jaws of Life to cut the main frame of a two-car accident. The crew of eight firefighters created realistic hands-on scenarios to promote teamwork, leadership and currencies on their training skills. Those scenarios are bringing confidence to our firefighters, and eventually, they use these skills in a real life rescue operation. Shown in the

second photo, Corporal Paul Landry (left) and Cpl Brian Rice (right) are setting up cribbing on a two car accident exercise. As part of their monthly training, personnel must be current on their extrication skills. Stabilizing a vehicle is mandatory in a non-hostile environment. This habit will reduce the risk of injuries to any victims trapped in a motor vehicle accident and increase the safety of our firefighters.

Notice: Use of Cadet Camp Gate

tion at the Main Gate onto Highway 2 in the afternoon when personnel are departing the South side of the base the Cadet Camp gate will be available.

Effective 0600 hrs, Monday, March 23, 2009, the Cadet Camp protocol will be as follows:

- 0600 to 1200 hrs, Monday through Friday, the gate will be an entrance onto the South Side of the base.
- 1200 to 1800 hrs, Monday through Friday, the gate traffic direction will

reverse and it will be an exit from the South side of the base onto the roadway in Bain Park.

This roadway cannot accommodate full time two-way traffic because of the narrow access point, narrow roadways and the compromised roadbed at the

Military Police will be monitoring the traffic flow through the gate and will be issuing warnings or Provincial Offence tickets if the situation war-

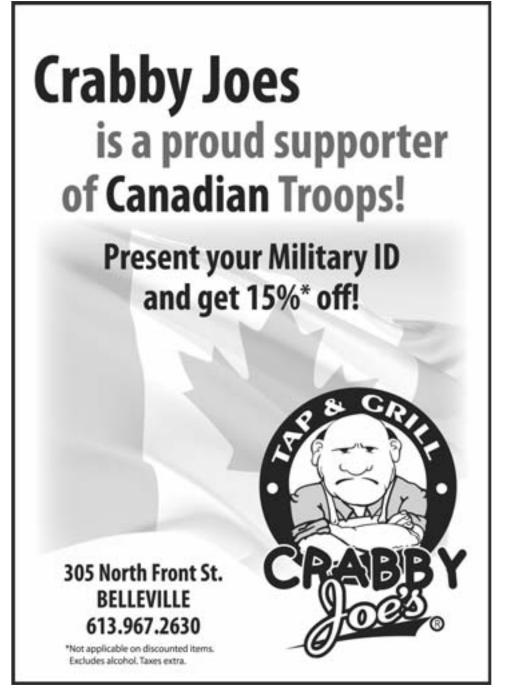
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News



Cut for the Cure: Hope is out there

by 2Lt Jennifer Jackson, 8 Wing **Public Affairs OJT**

Hope is a priceless commodity in a world plagued by a disease such as cancer.

According to the Canadian Society's website, Cancer www.cancer.ca, 39 per cent of Canadian women and 45 per cent of Canadian men will develop cancer in their lifetime.

Consequently, there are very few in Canada who have not been touched by cancer, whether through a personal struggle, or seeing a loved one fight this debilitating and often deadly dis-

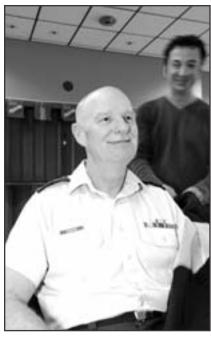
But hope is out there, and 8 Wing/CFB Trenton personnel are doing their part.

Last year, Sergeant Dan Gorman, Chief Clerk for the Readiness Training Flight (RTF) and Corporal Dale Trzop of the 8 Wing Telecommunications and Information Services Squadron raised \$1300 in just under two weeks by participating in the Canadian Cancer Society's "Cut for the Cure."

With Cancer month just around the corner, Sgt Gorman is looking to add to the five volunteers he already has in order to reach a goal of \$10,000 for cancer research.

"Cut for the Cure" is a Canadian Cancer Society initiative aimed at raising funds for





Sergeant Dan Gorman is shown on the left looking a bit nervous while Tony the barber finishes placing the apron on before the head shaving began. Shown in the photo on the right, Sgt Gorman shows off his new look. Sqt Gorman and Corporal Dale Trzop of 8 Wing Telecommunications and Information Services Squadron (WTISS) decided to shave their heads to raise money for the Canadian Cancer Society. The pair raised over \$1,200.00.

cancer research, and involves volunteers accepting pledges on the promise of shaving their heads.

Volunteers can be young or old, military or civilian, male or female, as long as they are willing to part with their hair in the name of cancer research.

Aldo Poropat of Capelli's Salon has volunteered to provide free shaves to all participants, and the "big cut," is scheduled to take place on 22 May.

People wishing to volunteer for this year's "Cut for the Cure," or wishing to make a donation, should contact Sgt Gorman for more information at either 613-392-2811, ext. 2461, or via email at Dan.Gorman@forces.gc.ca.

Stay tuned to The Contact for more information and updates as this campaign continues, as well as more profiles of those brave volunteers who will soon be "going under the razor."

Commemorative Souvenirs

As part of Canadian Forces Weekend 2009 a number of commemorative souvenirs are available, such as Anniversary Weekend Commemorative Envelopes and the double-sized Commemorative Coin.

These unique envelopes and pewter coins are available at the Wing Comptroller Office, located on the third floor of the 8 Wing/CFB Trenton Headquarters Building. Commemorative envelopes signed by Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, are available for \$15 each. Envelopes without Col Hood's signature are available for \$10 each.

For more information, or to purchase a Commemorative Envelope, please contact Second-Lieutenant D. Walker by phone at 613-392-2811 ext. 2020 or via email at Daryl.Walker@forces.gc.ca.

Commemorative Coins are available for \$25 each, also through the Wing Comptroller Office.

To purchase a coin please contact Major G. McEachern, 8 Wing Comptroller, by phone at 613-392-2811 ext. 4193. You may also contact Maj McEachern via email at gwen.mceachern@forces.gc.ca.





8 Wing Question OF THE WEEK



"What did you do for March Break?" (The working person's edition)





Doug Austin Civilian, WTISS

"I didn't do much of anything except work."



Cpl Dan Rankin 8 AMS

"I worked at my job for the entire week."



David Ferguson Quality Mechanical

"I work as a plumber, and we were on the job all week."



Lt Ashley Oliver 8 AMS

"I worked, making sure our aircraft were kept ready and running."



MCpl Gary Cathline CFÁWC

"I was on duty all week. That was my excitement."





Hi there! I'm Paris,a young adult female cat who needs a new home. I am not yet spayed but will be before leaving. I would love to sing to you as I curl up in your arms.

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Astra Lanes Bowling Update

We have some great news to report this week. On February 27 we had two big winners at the Executive Tournament in Hamilton.

The results and the prizes were fantastic. Dave Schwartz and Blair Archer were the big winners of the event.

They bowled against 138 other bowlers. Dave placed second overall and won a trip for two to a sunny destination. Blair claimed fourth place and won a 26" High Definition flat screen television. Congratulations to both winners.

On the weekend of March 8, 2009, 30 bowlers competed in the house round of the triples. The winners from the Sunday Mixed League were Allen Brady, Robert Boudriau and Brenda Lloyd. They're advancing to the next round to be bowled in Newmarket this May. Good luck!

The Share the Wealth Tournament winner was Christine Dube.

Due to other commitments Christine is unable to advance to the next round so runner-up Amanda Sine will advance to the provincials in Toronto. Good luck Amanda!

This week the Astra Men's League have been heating up the lanes the team standings are as follows: Team Schwartz with 534 points, Team Bergeron with 496 points, Team Rankin with 467.5 points and Team Strocel 463.5 points.

The Individual stats for the league are as follows: Men's High Average, Steve Morrow with 232.17; High Single, Steve Morrow with 386; High Quad, Ernie Strocel with 1083; High Single Pins over Average (POA), Steve Morrow with 160; High Quad POA, Rick Sensabaugh with 235, High Points Won, Ross Richardson with 104; and High Percentage Won, John Ferlatte with 63.39 per cent.

With only five more league nights and two nights of roll-offs left in the season, who will be the league champs? Watch for more updates!

The Saturday Morning Youth Bowling was a little quieter this week due to March Break, but there was still some good bowling!

Pee Wee Division: Madeline Gray led the Pee Wee division this week with a plus 28 over her average and Cody O'Neill bowled a 128 single for a plus 19 over his average. Super bowling!

Bantam Division: Eric Gray bowled a 141 and a 123 for a total of plus 30 over his average for the day and Ceileigh MacNeil bowled a 105 and 142 for a plus 20 over her average for the day. Awesome!

Junior Division: Seamus MacNeil had a slow start to the day but ended the day with a 204 game that put him plus 56 pins over his average. Alex Jones had an awesome day with a plus 53 over his average of 112. Great Bowling Guys!

If you are interested in more information on leagues, open bowling times or birthday parties please call Astra Lanes at 613-392-2811 ext 3305.

Keep your eye on your spot, until next time - bowl well and have fun!

2009 Summer Kidz Kamp

Summer is coming...are you ready for fun? The Community Recreation Association (CRA) is already planning for a high energy, fun-filled summer of adventure and

If you are between the ages of six and 12 years old, and enjoy swimming, playing sports and making new friends, this is the place to be this summer.

Activities include: swim and gym, games and crafts, music, animals, special guests, overnighters and an awesome road trip each week!

The Kidz Kamp will take place at the RecPlex (21A Namao Drive), Monday through Friday, from June 29 to August 21, from 8 a.m. to 4 p.m.

Please note there is no Summer Kidz Kamp on Wednesday, July 1.

Before and After Care is available from 7 to 8 a.m. and from 4 to 5 p.m. for \$2 /hour/child or any part thereof.

Registration begins for military community on Monday, May 4, at 8 a.m., and will begin for the general public on Monday, June 1, at 8 a.m.

Cost for military community, based on

a regular week, is as follows: \$95 per week for one child, \$165 per week for two children, and \$210 per week for three chil-

Cost for the general public, is as follows: \$110 per week for one child, \$185 per week for two children, and \$235 per week for three children.

Cost for the week of June 29 to July 3

Military Community: \$76 per week for one child, \$132 per week for two children, and \$168 per week for three children.

General Public: \$88 per week for one child, \$148 per week for two children, and \$188 per week for three children.

Daily Rate (space Permitting)

Cost for military community: \$25 for one child, \$40 for two children, and \$55 for three children.

Cost for the general public: \$30 for one child, \$50 for two children, and \$70 for three children.

Sorry no "day-trippers" on Trip Day.

Upcoming Bronze Medallion course

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and

Bronze Medallion is the first step toward a National Lifeguard Certification and is a prerequisite for the Bronze Cross

Award. Candidates must be 13 years old. Attendance at all sessions is mandatory.

Bronze Medallion will take place on Wednesday evenings from April 8 to June 10, from 6:30 to 9 p.m.

Cost is \$190 for military community, and \$210 for the general public (all manuals included).

Spinning and Body Sculpting (Combo)

This class will alternate between spinning and body sculpting.

Spinning is an exercise program that utilizes a specially designed stationary bicycle and a series of cycling movements that provide the participant with both a physical and mental workout.

Intense, but easy to follow body sculpting class utilizing various resistance apparatus to tone and sculpt. The focus is placed on muscular strength and endurance.

Emphasis is placed on the candidate's

ability to respond to a variety of aquatic

emergencies using principles of team-

National Lifeguard Service course.

Candidates must have completed

Bronze Medallion and Emergency First

Aid. Please bring certification cards to

Registration for 8 Wing community

members takes place on Saturday, March

28, at the RecPlex from 8 a.m. to 10 a.m.

out starting at 7:30 a.m. when the facility

opens.

Numbers for service will be handed

Bronze Cross is a prerequisite for the

work and emergency procedures.

Classes will take place on Mondays and Wednesdays (in the upper Studio at the Southside Gym).

Classes began on Monday, March 23, to Wednesday, June 3, from 6:30 to 7:30 p.m. (No class on Monday, April 13 and Monday, May 18).

Cost is as follows: \$55 for military community and \$65 for the general public.

Drop-in fee (space permitting): \$4 for military community with ID, and \$5 for the general public.

and Einst-Aid, DocDla

The course will take place on

Cost is \$150 for military community

Saturdays, from April 4 to June 20, from

1:30 to 4:30 p.m. (No classes on

and \$170 for the general public.

Manuals fees extra if required. (Manuals

used are the same as Bronze Medallion)

Saturday April 11 and May 16)

the first class.

Red Cross Swim Lessons: Registration

A seven-week body

conditioning program designed to stretch, strengthen and balance the body.

within the rebalancing the body.

Pilates will take Wednesdays from April

Cost is \$45 for military community and \$55 for the general

There is a drop-in fee option available (space permitting).

IT'S NOT TOO LATE

Receive Price

Pilates targets the deep postural muscles body through a series of exercises aimed at building muscle strength and

place on Mondays and 15 to June 3, from 5 to 5:50 p.m. (No class on Monday May 18).

public.

Drop-in fees are as follows: \$4 for military community with ID and \$5 for the general public.



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Registration for the 8 Wing Community will continue until Tuesday, March 31, at the RecPlex during normal hours of operation.

Registration for general public will begin on Wednesday, April 1, at the RecPlex from 5 to 7 p.m. Numbers for service will be handed out starting at 4 p.m.

Registration for all will continue until the first class.

The Contact 8 March 27, 2009

Fitness & Health







FITNESS & HEALTH PROMOTION



Watch for signs of talking yourself back into smoking

Beware of thoughts that might creep up on you. How might you talk yourself back into smoking? Here are some common examples of "relapse self-talk" along with some counter-arguments to keep in mind:

RELAPSE SELF-TALK	Your Response
I miss smoking	Was it really that nice? I had a rotten taste in my mouth. I coughed. My partner hated kissing me. My clothes, my car, my whole house smelled of smoke. Even my kids smelled of smoke.
I'll have the odd smoke. I can handle it.	What if I can't? Then all the progress I made goes down the drain. Why take the chance?
I'm edgy since I quit. I need a cigarette to calm down.	I'm still edgy sometimes, but not nearly as bad when I first quit. I'll hang in for another week. Meanwhile, I will take 30 minutes to myself every evening to take a bath, listen to music, or go for a walk.
I just have too much going on right now. Maybe later will be a better time.	There's never a perfect time to quit. Now is as good a time as any.
I would be better off smoking than the way I feel right now.	I might feel out of sorts temporarily, but in time, I will feel MUCH better as a non-smoker. Guaranteed.
I drank more than I expected. If I smoke now that I'm drunk, no one can blame me.	I might blame myself, and that's the most important thing. If I blame myself for having a slip, I could have trouble getting back on track. It's just not worth the risk.
I just have to have a smoke or I will completely blow my stack.	I'll go for a brisk walk, or take my anger out on the squash court. That will work better than a cigarette.
I didn't feel like being the only non-smoker.	I wasn't the only non-smoker. It just felt like it to me. Next time, I'll bring my helper with me so I don't feel so alone.
I'm dying for a cigarette.	This urge is like a wave. It will wash over me, then fade away. I will use one of the "4 D's" until it goes away: Delay, Deep Breathe, Drink Water, or Do

Something else.

HP Program: Top Fuel for Top Performance

What you eat makes a difference! If you are interested in obtaining information and tools you need for balancing your energy requirements in varied situations throughout your life.

Health Promotion is offering a Top Fuel For Top Performance course on April 1, and April 2, 2009.

To register for Top Fuel for Top Performance please visit http://healthpromotion.cfbtrenton.com.

Please be advised that space is limited to sixteen people for this course. Thank you.

Mark your calendars for Friday, June 12, 2009, and start your training right now for what will prove to be the best Surf and Turf Relay Race in the event's 23-year history.

Did You Know?

Repetitive strain injuries (RSIs) are the result of cumulative trauma where tissues are damaged by overuse or repetitive movements such as running or typing rather than a single traumatic event. The most common activities in which members experience an RSI are sports/physical training (PT)/adventure training (AT), military work duties and military training.



"Did You Know?" is brought to you by your 8 Wing Health Promotion department.



Nutrition Month

Stay Active. Eat like a Champion!

March is Nutrition Month. The Tips of the Week are as follows:

Five to 10 is easier than you think! A medium fruit or half a cup of fresh, frozen or canned vegetables is all it takes to make up one Canada's Food Guide serving.

Drink fortified soy beverages if you do not drink milk. Check the food label to see if your soy beverage is fortified with calcium and vitamin D.

When watching your waistline, consider limitalcohol intake. ing Calorie counts in alcohol can add up significantly: 12oz bottle of 5 per cent beer has 157 calories, 1.5 oz of spirits contains 93 calories, 5 oz glass of red wine has 102 calories, 5 oz of sweet dessert wine has up to 220 calories.

Stop by the Health Promotion Offices for a copy of the new Canada Food Guide.



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Well, it has been an especially long, long week for yours truly. And it's only Tuesday.

That will normally happen when your favourite hockey team rolls over and lets the lowly Toronto Maple Leafs scratch its belly all night long on national television. On home ice. On Hockey Night in Canada. Without a doubt, the nightmare that has been the Canadiens second half continued on Saturday with a thorough drubbing at the hands of the Marlie-Leafs.

I'm not really sure what was worse, actually watching the horror show of a hockey game unfold over several excruciatingly painful hours, or being reminded that I would have to fork out a large sum of money to several knuckle-dragging salivating, Toronto fans on Monday morn-

Actually, I know what was worse. Having my old man call from the wilds of Saskatchewan shortly before the end of the third period demanding to know what the hell was wrong with the Habs. Good thing he has a calling plan.

Of course, the Canadiens' play against Toronto, and their performance in the four games before Saturday, were all eerily similar. Crappy power play.

Lack of heart. Lost battles in the corners. Disappearing acts by Montreal's supposed "heart and soul" - Kovalev and Koivu. From all accounts Gainey's version of the Canadiens is no different than Carbonneau's version of the

Canadiens, and that is going to make for a very interesting last 10 games in the season.

For what it's worth, the rest of my children's college fund (well, at least the child who thinks she may be a Leafs fan) will be bet on the Habs holding on to the eighth and final playoff spot in the Eastern Conference.

That won't change the fact that Montreal will likely get thumped in the first round by either the Devils or Bruins, although a series against the B's could prove interesting given Montreal's run of luck against Boston in the post season.

Now before anyone accuses me of being a fair-weather fan, let me make it perfectly clear that I will be suitably ecstatic (and intolerable) if Montreal makes the playoffs and can advance a round or two.

However, I also need to stay somewhat grounded in reality (that's what the medication is for) and with the Centennial now largely a bust, the team currently being iced in Montreal has been found wanting.

Gainey will stand pat as GM but there will be wholesale changes this summer with the roster and the man behind the bench. Fortunately or unfortunately, Montreal will have to deal with a large number of free agents and can easily turn over a large number of players without the necessity for many trades. My best guess, Bob Hartley takes over as Coach and Montreal says au revoir to Kovalev and Koivu,

among others.

I'm not going to speculate on what free agents Habs management will bring in but the city is thirsty for a true francophone superstar. Vinnie Lecavalier thirsty. And given the Canadiens' collapse this year and the failure of Montreal's impact players to grab the team by the scruff of the neck and haul it out of the doldrums, the Habs will make the move (and pay the price) they should have made before the trade deadline. OK, maybe I'll speculate a little.

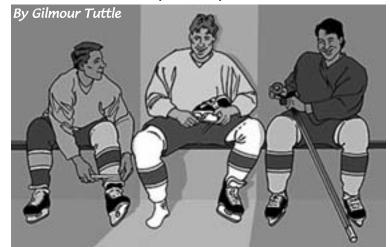
CHARLIE POTATOES

Montreal Canadiens (to turn a Simpsons' phrase, "Won't someone think of the children?!?"The Habs' play has been especially gruesome as of late and if it weren't for the Sabres and Panthers also stumbling badly down the stretch, Montreal's playoff hopes would have been long ago dashed), Mike Milbury (Wow. I mean. Wow. Milbury is the best that CBC could come up with for a Hockey Analyst? That 89-90 President's Trophy and Stanley Cup Finals appearance are a long, long time ago. On the bright side, he does make a nice whipping boy for Al Strachan), Evgeni Malkin (His hit to the head on LA's Wayne Simmonds proves two things: a) Malkin is no angel; and b) The NHL has a complete double standard when it comes to levying suspensions against its superstars. Had a third or fourth line

mucker delivered the same blow they would have gotten 3 games at a minimum), Marian Hossa (Marian has not exactly stormed out of the gates since his return from injury with only two goals and two assists in five games. That might be OK for other teams but the bar is a bit higher in Hockeytown), David Krejci (Where have all the points gone? Superstar from November to January has been a no star in February and March. With only one goal and three assist this month the Bruins will need him to pick it up as the post season

MEAT AND POTATOES

Alex Tanguay (One of the few bright spots for Les Habitants with two goals, three assists and a +5 rating in the seven games back from his injury. Yes, THIS is Montreal's bright spot), Alexander Ovechkin (May not hit the 65-goal mark he set for himself last year but topping the 50-mark two years in a row is pretty remarkable. Too bad he will be remembered more for his celebratory antics than for the goal, though), Alex Burrows (Flipped the switch in March, netting nine goals in 10 games so far this month. He had only 22 goals in the three seasons prior so it will be interesting to see if his performance this year is an aberration or a breakout), J.P. Dumont (Having another nice year in Nashville with little offensive support around him. He will break his career high of 45 assists set in 2006-2007 but his high of 29 goals tallied last year is safe as he has only 15 this season), Simon Gagne (One of the quietest 30 goal performances of the season. His sixgoals and eight assists this month means he is heating up at just the right time for the playoff bound Flyers).



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



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8 Wing/CFB Trenton to host Leadership Semin

On 1 April, 8 Wing/CFB Trenton will be hosting a leadership seminar.

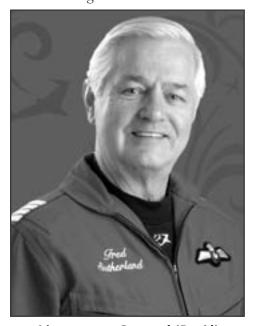
It is a great opportunity for "leaders to come together to reflect on leadership - its challenges and how it is being successfully applied in our ever-changing environment" says Colonel Mike Hood, Commander, 8 Wing/CFB Trenton.

During the event, presentations will be given by many impressive speakers who have gained through the years an invaluable amount of leadership skills and knowledge.

This seminar is a great opportunity to gain insight and learn from the speakers' experiences.

The seminar is aimed at the Wing's junior officers and senior NCOs. It will take place at the Astra Lounge and attendees are asked to be seated by 0820 in their dress of the

the following:



Lieutenant-General (Ret'd) Fred Sutherland, former **Chief of the Air Staff**

LGen (Ret'd) Sutherland will speak about strategic level leadership, which is the leadership exercised essentially at NDHQ by the generals and admirals, in a Canadian context. Roles, responsibilities and challenges at that level of "leading the institution" will be covered during his presentation.

LGen Sutherland joined the Royal Canadian Air Force in 1960. He attended le Collège militaire royal de Saint-Jean and graduated from the Royal Military College in 1965 with an Honours Bachelor of Arts degree in Political Science and Economics.

In 1966, LGen Sutherland completed his pilot training at CFB Gimli, Manitoba. He served as an Advanced Jet Instructor on the T-33 Silver Star at Gimli until 1969, and was then posted to Central Flying School until 1971.

From 1971 to 1973 he completed a Masters of Business Administration at the University of Western Ontario.

Between 1973 and 1975, LGen Sutherland served as a staff officer with the Directorate of Air Requirements at National Defence Headquarters.

In 1975, he trained on the CF104 Starfighter at Cold Lake. In 1976, he was promoted to Lieutenant-Colonel and posted overseas to attend the

Royal Air Force Air Warfare Course.

That same year he was appointed Commanding Officer of 439 (Tiger) Squadron at CFB Baden-Soellingen. Returning to Canada in 1978, he served as the Executive Assistant to the Commander of Air Command.

In 1980, he was promoted to Colonel and posted to NDHQ as the Director of Air Operations, Training, and Nuclear Weapons. He assumed command of CFB Cold Lake in July 1982, where he oversaw the implementation of the CF-18 Hornet programme. In July 1984, he was promoted to Brigadier-General and seconded to the Privy Council Office in the Foreign and Defence Policy Secretariat. LGen Sutherland was promoted to Major-General in July 1986 and was appointed to Chief of Personnel Development at NDHQ.

In July 1989, he was promoted to The speakers this year will include Lieutenant-General and took command of Air Command. In 1991 he was appointed as the Vice-Chief of Defence Staff and served in that appointment until his retirement from the Canadian Forces.

Upon leaving the Canadian Forces, LGen Sutherland was employed as the Deputy Minister of Industry, Trade and Tourism for the Province of Manitoba and spent two years as Corporate Vice-President Human Resources with McCain Foods Ltd.

He is currently appointed as a member of the Senior Directing Staff at the Canadian Forces College. As a pilot in command, LGen Sutherland has accumulated over 3,500 hours in training and fighter jet aircraft.



Mr. Tom Jenkins, Executive **Chairman of Open Text Corporation**

Mr. Jenkins will speak about business leadership and technology.

Leadership is a well known discipline in so far as we can observe what has worked in the past using the methods of the era studied.

While there are pillars of wisdom that have always been true since human beings themselves, which do not change very much, situations that challenge our leadership capabilities continue to evolve.

It is difficult to observe and learn leadership lessons using current technology, since by definition innovations are happening in real time.

However, that is the very secret to winning the competition: innovating faster than the other guy.

Leadership is essential to continuous innovation. Conflicts do not occur every day and so observing methods in other areas, such as the private sector, that are competing with the latest technologies can assist in this study.

The leadership lessons learned in the private sector can be applied to military situations. It is possible to study specific situations where there are many similarities between globally competitive companies and the mili-

Both types of organizations must be prepared to strategize and defeat an adversary at the both the large formation level as well as the tactical small unit level. Since adversaries continuously innovate in global competition using the very latest in technology, studying the methods by which a competitive advantage is gained in the private sector may provide lessons that can be applied to the military.

Since there are so many more situations in the private sector that can be studied today using current technologies, these situations may provide an indication for the leadership methods that may be best employed in the future to lead a team and defeat an adversary.

Mr. Jenkins serves as an executive and director on the board of Open Text Corporation, Canada's largest software company based in Waterloo. Open Text is the largest global provider of software to manage digital content at the enterprise level which called Enterprise Content Management (ECM).

Mr. Jenkins has been serving as an executive and director December 1994, as the Chairman since June 30, 1998 and most recently as the Executive Chairman since June 30, 2005. From July 1994 until June 2005, Mr. Jenkins served as President and then Chief Executive Officer of Open Text. After June 2005, he assumed the role of Chief Strategy Officer.

Mr. Jenkins has been recognized as one of the 100 most influential people in the world of Knowledge Mana-

From December 1986 until June 1994, Mr. Jenkins held several executive positions with DALSA Inc., an electronic imaging manufacturer based in Waterloo. Prior to these positions, Mr. Jenkins was employed in a variety of technical and managerial capacities at entrepreneurial information technology based companies in Canada.

In addition to his private sector experience, Mr. Jenkins was a member of the Royal Canadian Air Cadets starting in 1972 and rose to the rank of Squadron Warrant Officer.

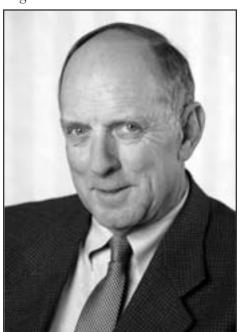
He joined the Canadian Forces Reserve and was a leadership instructor for the Senior Leaders Course at CFB Cold Lake from 1976 to 1978. Mr. Jenkins received his commission in the Canadian Forces in 1980 and served with the air element of the CIL until 1986.

Mr. Jenkins received an M.B.A. in entrepreneurship and technology management from Schulich School of Business at York University, an M.A.Sc. in electrical engineering from the University of Toronto and a B.Eng. and Mgt. in Engineering Physics and commerce from McMaster University. Mr. Jenkins was awarded the Chancellors' Scholarship from 1978 to 1979 and **NSERC** an Post Graduate Scholarship from 1982 to 1986.

Mr. Jenkins is the Chair of the Federal Centre of the Canadian Digital Media Network and an appointed member of the Social Sciences and Humanities Research Council (SSHRC).

He is a past appointed member of the Federal Competition Policy Review Panel which reported in June 2008, and the Ontario Commercialization Network (OCN) Review Committee which reported in February 2009.

Mr. Jenkins is a member of Canada Company and he is a member of the Regimental Council of the Royal Highland Fusiliers of Canada.



Brigadier-General (Ret'd) Don Macnamara

BGen (Ret'd) Don Macnamara will speak about future leadership challenges in a changing world.

The world is in a constant state of change and the leadership challenges start with being aware of the changes, their impact on Canada's interests, having an awareness of and sensitivity toward different cultures in Canada and the global areas to which the CF may be deployed.

Effective communications at the tactical, operational and strategic levels with Canadian and allied forces and especially politicians and public servants in Canada will be a continuing challenge.

Senior officers and NCMs must be prepared to address this ever-changing environment to meet their leader-

ship responsibilities. Don Macnamara had a 37-year

career in the RCAF and Canadian Forces, starting as an Aircraftsman Second Class Radar Technician in 420 Squadron and finishing as a Brigadier General specialist in international and strategic studies at the ...Leadership, Continued on Page 11



8 Wing/CFB Trenton to host Leadership Seminar

National Defence College. His ai force experience included being an air traffic controller, bioscientist in operations research and development, DS and Director at both the CF Command and Staff College, the National Defence College Director, Strategic Policy Planning and Director Arms Control Policy in National Defence Headquarters (NDHQ).

During the four year period in NDHQ, he maintained his sanity through being a drummer in the Air Command Pipes and Drums which left him deaf for three days after a Tuesday night practice.

He was the beneficiary of a series of education opportunities, including an undergraduate degree in science from Western, a master's degree in nuclear safety from the University of Toronto, the RCAF Staff School, Canadian Forces Staff College, the National Defence College, service in Canada, the UK, the US and Germany and visits to over 75 countries

On retirement from the CF in 1988, he immediately started a 20-year stint teaching international business and strategy at the Queen's University School of Business.

At Queen's he taught in undergraduate, MBA and Executive Programs, had a three-year appointment to start up the Queen's International Study Centre in Herstmonceux Castle in East Sussex, UK, directed the international program for the Executive MBA Program and was for 10 years the director of the Queen's Public Executive Program.

He is in his thirteenth year as the first Honorary Colonel of the Canadian Forces College, serves on the Air Command Advisory Council, the RMC Board of Governors, the Board of the Canadian International Council (CIC) and chairs the CIC Strategic Studies Working Group.

He finally retired from Queen's in the fall of 2008 and lives in Sidney, BC, having moved there with his wife, Lee, in 2005.



Colonel Fred Lewis, Canadian Land Force Command and Staff College

Colonel Fred Lewis will talk about operational leadership from his experiences in Afghanistan.

Although he refers to the Canadian Forces official leadership doctrine, his talk draws mostly from practical lessons learned.

Col Fred Lewis was the Deputy Commander of Canada's Joint Task Force Afghanistan from August 2006 to February 2007.

During this rotation Canadian troops were at the centre of what was called Operation MEDUSA, up until that time NATO's largest ever ground combat operation.

These unprecedented operations saw a significant growth in Canada's capability in Kandahar, including the first real deployment of main battle tanks since Korea.

In addition, it was during this time that Canada reorganized its command and control structure so that Canada commanded its own troops within essentially, a brigade construct.

Colonel Lewis joined the Canadian Forces in 1976. He graduated from the Royal Military College of Canada with a degree in civil engineering and was commissioned into the Canadian Military Engineers in 1980.

As a combat engineer he commanded at the troop and squadron level in 4 Combat Engineer Regiment in Lahr, Germany and then commanded 1 Combat Engineer Regiment in Chilliwack, British Columbia.

He has deployed on operations as a military observer with the United Nations on the Golan Heights and Southern Lebanon (UNTSO), as a squadron commander in the former Yugoslavia (UNPROFOR) and as the Canadian Contingent Commander/Chief Advisor Operations to the Cambodia Mine Action Centre in Phnom Penh.

Most recently he has served as the Deputy Commander to Canada's Joint Task Force in Afghanistan.

He has staff experience with Headquarters 1 Canadian Mechanized Brigade Group, as both a G3 operations officer and G1, at Headquarters 1st Canadian Division as the Engineer G4, National Defence Headquarters as a section head responsible for nuclear, biological and chemical (NBC) defence operations and on the Land Staff as Director Army Doctrine.

Colonel Lewis has also taught as a tactics instructor at the Canadian Forces School of Military Engineering and as directing staff at the United States Army Command and General Staff College (CGSC).

He is a graduate of the Canadian Land Forces Command and Staff College, the British Army Staff College and the Canadian Forces College (Advanced Military Studies Course).

Colonel Lewis has a masters degree in Military Arts and Sciences from United States Army CGSC.

He assumed command of the Canadian Land Force Command and Staff College in June 2007.



Lieutenant-Colonel Tony O'Keeffe, Royal Military College

He will speak about health, fitness, and leadership with a focus on responsibilities and challenges, from both a personal and chain of command perspective, and the impact on operational effectiveness.

He will also discuss goal setting and motivation, and the importance of personal philosophies and leadership by example.

LCol Tony O'Keeffe enrolled in the Canadian Forces in 1981 as a private and was posted on the Canadian Pine Tree Line early warning as a Radar Technician. In 1984 he was selected for air-crew training and received his wings as an Airborne Electronic Sensor Operator. In 1988 he was selected for commission under the Officer Candidate Training Program as an Aerospace Control Officer.

LCol O'Keeffe's operational tours include 405 Maritime Patrol Squadron from 1984-1987 at CFB Greenwood, and 42 Tactical Radar Squadron as the Standards Officer from 1989-1992 at 4 Wing Cold Lake. He served with 410 CF18 Tactical Fighter Training Squadron as the Deputy Weapons and Tactics Officer from 1992-1995, also at 4 Wing. From 1998 to 2001, he was attached with the United States Air Force as a Mission Crew Commander on the E3A - AWACS with the 963rd Squadron at Tinker AFB, Oklahoma.

LCol O'Keeffe's staff appointments include RMC as both Squadron and Division Commander from 1995 - 1998, and later with the Director Military Careers as the AEC Career Manager in NDHQ, from 2001-2003.

Following that, he was posted to the Canadian Defence Academy as staff officer for CF professional military education.

In 2007, LCol O'Keeffe was promoted to his present rank and posted to Royal Military College (RMC) as the Chief of Staff. In 2008, he was appointed as the Director of Cadets.

LCol O'Keeffe served two tours on Operation Southern Watch as Mission Crew Commander on E3A's, enforcing the UN sanctioned no-fly zone over Iraq. He also served in Bosnia and Herzegovina on Operation Bronze 2006/07.

LCol O'Keeffe has a Bachelor's degree in Military Arts and Science

from RMC, and a Masters of Arts Degree from the University of Oklahoma. He is a graduate of the CF 18 Fighter Weapons Instructors Course, and the USAF Air Command and Staff College.



CWO Lacroix, Canadian Forces
Chief Warrant Officer

He will discuss leadership from a non-commissioned member perspective.

He will present an update on the latest issues and initiatives that concern Canadian Forces Leadership through an optimistic lens and provide a candid outlook with an NCM perspective on things.

ČWO Lacroix enrolled on 17 February 1977 in the city of Montreal. He was first posted to 3 Field Squadron, Canadian Forces Base Chilliwack, British Columbia, and then to 2 Combat Engineer Regiment Petawawa in 1978, where he enjoyed all of the adventures associated with 2 Troop (Para). Chief Warrant Officer Lacroix then returned to Europe in 1980 to 4 Combat Engineer Regiment, Lahr, Germany.

In 1984, he instructed at the Canadian Forces School of Military Engineering and was subsequently posted to 5e Régiment du génie de combat, Base des Forces Canadiennes Valcartier, Québec.

Promoted to Master Warrant Officer in 1992, he returned to the Canadian Forces School of Military Engineering Chilliwack, where he was employed as Bridging, Rafting, Watermanship, and Rigging Troop Commander and as the Squadron Sergeant-Major of the Field Engineer Training Squadron.

CWO Lacroix was promoted to his present rank in July 1996. As a Chief Warrant Officer he has been employed in Engineer Standards at Combat Training Centre Gagetown, Regimental Sergeant-Major of 2 Combat Engineer Regiment, School Chief Warrant Officer at Canadian Forces School of Military Engineering, Gagetown, and as the Multi-National Division South-West Division Sergeant-Major in Bosnia.

CWO Lacroix was appointed as the Deputy Chief of Defence Staff Group Chief Warrant Officer in May 2001, and as the Army Sergeant-Major in 2003, a post he held until 30 July 2007, date of his appointment to Canadian Forces Chief Warrant Officer.

The Contact 12 March 27, 200

News

A.



by Jodi Ann Eskritt Wing Heritage Office

"Para-belle" - the nickname suggested demure, genteel southern belle even though these "belles" were capable of surviving the harshest conditions the Canadian hinterland could throw at them. But it was somewhat better than "Para-Pet" or "Jumping Jessie" - these last two nicknames were deplored by the women who felt their use, especially in the press, only trivialized their accomplishment as Canada's first para rescue nurses.

It was all experimental, of course, challenging RCAF nursing sisters and medical staff to survival training and the para rescue role. Para rescue was born in the Second World War when W.R. "Wop" May, the famous First World War and bush pilot charged with overseeing No.2 Air Observer School (AOS) in Edmonton, noticed an increase in forced landings and lost aircrew over the Northern Staging Route. Increasingly 2 AOS was being asked to help assist in search operations for missing aircraft, only to find aircrew had survived a forced landing but not the often hostile climate. May quickly set about creating an air rescue team, consisting mostly of civilian personnel, to assist aircrews in distress along the Staging Route.

At war's end, Para Rescue took on a more organized structure RCAF, including RCMP, Department of Fisheries and Department of Transport involvement. By 1944, cue team had been integrated into the RCAF. Two years later, the entire county was divided into five Search and Rescue regions, each with its own headquarters and rescue teams including ground teams, fast rescue launches, and commercial salvage companies. A key component was the RCAF para rescue teams capable or jumping into any situation to provide assistance and emergency first aid. The initial training courses were dominated by aero mechanic tradesmen when until 1951



F/O Isabelle Thomson was assigned to the para rescue unit at RCAF Station Trenton, 1952 (DND).

increased publicity around the mercy missions made Northwest Air Command's Senior Medical Officer increasingly aware of the potential of a mishap.

The RCAF decided to include medical personnel in para rescue units across Canada.

Five nursing sisters stepped up to the challenge on 16 July 1951: Muriel Beaton, Anne Isabelle Peden, Thomson, Marian Neily and Marion MacDonald. None of their training would prove glamorous or genteel as Muriel Beaton soon learned when she broke her leg in the early phase of "bush lore" training, an eleven week survival course in some of the most difficult terrain Canada has to offer, and was forced to quit the course. Once having mastered survival training, each had to face parachute training and the dreaded Edmonton "Wop" May's civilian res- mock tower. Finally, it was on to Jasper for the real thing - jumping from the Noorduvn Norseman into

Canadian wilderness. No preference was asked and none was given. Marjory Fulton (nee Fera), who participated in the second course including nursing sisters, remembered: "We were treated the same as the boys. We were close. You would eat, sleep, work with them 24 hours a day." They were even awarded the unique distinction of being permitted to wear the flight suits normally allotted

only to male paratroopers and flight crew. Although, the first course did recommend they be allowed to tailor the uniforms to better fit their smaller frames – the nursing sisters had looked a bit like they had donned their big brother's uniforms.

More seriously, all parachute equipment used was designed and fitted for men.

The parachute rigger's extra tug on the harness might be reassuring but it was no guarantee of a correct fit. Grace Woodman, on her first operational jump in July 1952, landed in the treetops, slipped out of her harness, and was left dangling over a 40-metre drop by a single leg. With only a 30-metre release rope, Grace spent two hours reaching the ground to spend a cold night on her own until she managed to rejoin the rest of her team at the crash site the following morning.

Oversized uniforms and equipment aside, these four intrepid women would earn the coveted para-rescue trade badge, then worn on the sleeve. Yet in one of those ironic twists of fate, officers were not authorized to wear the trade badge and all the RCAF nursing sisters were officers. Until June 1954, when the new Para Rescue badge was authorized, para rescue nurses wore no distinctive insignia. When they did finally put up the new badge, it "marked

the first time that female officers of any Canadian service could wear a Canadian badge emblematic of aerial operations."2

Flying Officer (F/O) Isabelle Thomson was assigned to the para rescue unit at RCAF Station Trenton shortly after graduation. Within months, she was jumping onto the scene of one of the more tragic air accidents in military aviation history. On 22 July 1956, during joint Canadian-U.S. air manoeuvres as part of OP SIGNPOST, a Lancaster bomber and a Vampire jet trainer collided mid-air over the rugged terrain surrounding Lac Marchand, Quebec. Search operations were launched from Trenton and Bagotville. During the thirty hour rescue operation that followed, the story was front-page national news.

It was Isabelle Thomson's sixteenth jump. Briefly, it was feared it had been her last. Although the para rescue team carried radio equipment, they had lost contact shortly after jumping into the crash site. Radio silence lasted long enough to cause worry back at RCAF Station Trenton.

F/O Isabelle Thomson and Sergeant Warren Dawson landed within twenty-five feet of the charred remains of the Lancaster (FM 102) fuselage to find four of the crew had died instantly. The tail section had sheared off after the collision. There were reports of parachutes spotted. Attention now turned to finding the tail section of the Lancaster and the Vampire jet trainer - hoping survivors might still be found.

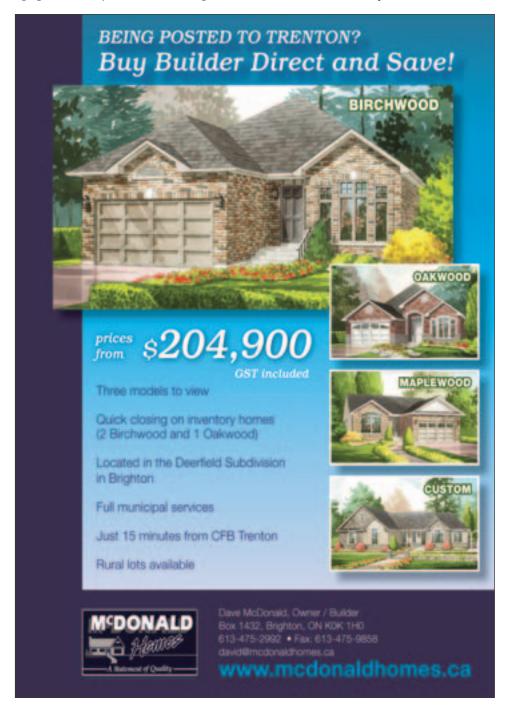
Food and medical supplies were dropped to the site. Using knives and hatchets, Thomson and Dawson hacked their way through two miles of "the wildest, thickest and most miserable' country she had ever seen" until they reached Lac Marchand and the rest of the rescue team. RCAF Station Trenton was advised that the para rescue team was

safe.

Night would force the team into camp. The next day would bring more hard work cutting through the brush to locate the tail section of Lancaster. Sadly, all seven aircrew had perished in the collision.

Shortly after it had begun training medical staff for para rescue, the RCAF decided it was too expensive to keep them in that role. RCAF nursing sisters served in para rescue for six years, until F/O Marian Neily, one of the first and the last active para rescue nurse, left the service in December 1956. Another female para rescuer would not enter the scene for over forty years, when Tammy Negraeff earned her SAR Tech Wings in 1997.

1 19 Wing Comox News Release, 18 May 2007 2 "The History of Para Rescue and Search & Rescue Technician" (www.pararescuecanda.br avenet.com/history.html) 3 The Toronto Daily Star, 24 July 1952









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Auto, 6cyl, 4dr, pm, pwr sunroof, air, leather, alloys, CD, 103,283km, Stk#Pl658



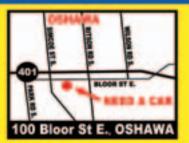
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*see dealer for detail

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Community Events







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 steiner.al@forces.gc.ca, at least 10 days prior to your event. *Call <u>613-392-2811 Ext. 7005</u> for more information.*





8 AMS 15th Annual Camp Trillium Charity Golf Tournament

Friday, June 5, 2009 at Oak Hills Golf Course, Stirling

Good Cause, Great Fun, Grand Prizes! Everybody wins!

Thousands of dollars in prizes: Best Team Spirit, Longest Drive - Hole #10, Closest to Pin - Hole #2, early bird registration, 50/50 Raffle Draw, and much more!

Tournament Entry Fee is \$76, which includes: Significant Donation to Camp Trillium Charity (close to 50 per cent of the entry fee!); Green Fee, including mandatory cart (2 pers/cart); and a delicious steak lunch with all the fixings

Registration: Email participants names (first and last) and team name (if applicable) to Capt Isabelle Arsenault: isabelle.arsenault@forces.gc.ca Sgt Mike Leblanc: michael.leblanc@forces.gc.ca or Sgt Rod Joice: rodney.joice@forces.gc.ca Register before 17 Apr 09 and get a chance to win extra prize!

Opening Ceremonies take place at 0730 (at the Clubhouse), Steak Lunch will be served at 1230 (Clubhouse) and Closing Ceremonies will begin at 1500 (Clubhouse)



Le FRANCO-PHARE vous invite à l'érablière Sweet Water Cabin à Carrying Place Dimanche le 29 mars @ 10h30 Pour les détails: www.franco-phare.ca ou 613-848-5080

Le FRANCO-PHARE is inviting you to Sweet Water Cabin Maplefest, in Carrying Place on Sunday, March 29, at 10h30. For details please visit www.franco-phare.ca or call 613-848-5080

Trenton Trimettes

Trenton Trimettes is a support group that encourages weight loss through healthy eating and exercise. There will be guest speakers and exercise.

The registration fee is \$5 and monthly dues are \$8. We meet Monday 7 to 8:30 p.m. at a new location, Bethel Pentecostal Church, corner of Herman and Dundas St. E., Trenton.

For more information call Sheila at 613-392-0353 or Sue 613-394-3992.

Please leave a message they will return your call. All fees are donated to local charities such as; Girls Home, Salvation Army, Three Oaks and many more.

Help Support Green Fundraising!

Please support Breadner School by donating your old cellphones, laser and ink jet cartridges.

This recycling program is great for the environment! Drop off items at the school office at 31 Gimli Rd. on the base.

Thank you for your support! For more information and questions email: hfell@cogeco.ca

Craft Fair and **Home Business Show**

Join us at the Trenton Children's Centre on April 5 for the Craft Fair and Home Business Show, from 10 a.m. to 3 p.m.

The Centre is located at 25 John Street (beside St. George's Church).

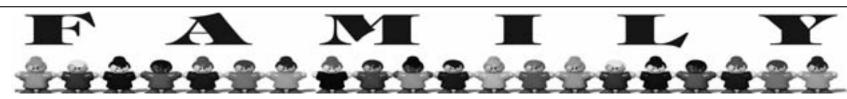
> For more information please call 613-392-0595





March 27, 2009 The Contact 15

** Feature



Activity: Dino Dominoes



Making and playing games like Dominoes is a fun and creative way to spend an afternoon together.

This simple Comfort, Play and Teach™ activity is one you will enjoy again and again!

You will need: Several pieces of cardboard or Bristol board, cut into rectangles; permanent marker; ruler; and dinosaur stickers

Instructions: Using a ruler and the permanent marker, draw a straight line width-wise across the middle of each piece of cardboard.

You and your child Comfort:

can place dinosaur stickers on each side of the line, up to six.

For example, one half of the cardboard might have only one dinosaur sticker. The other might have four.

Once you have created enough dominoes, you can play a matching game with them. Give each player an equal number of dominoes. Take turns arranging them so that the ends with only one sticker are touching, and ends with six stickers are touching etc.

Point to each dinosaur and count aloud to help your child to select a domino with the identical number of dinosaurs.

Continue laying down dominoes until there are none left.

Enjoy this more with Comfort, Play and Teach TM .

Comfort: Encourage

your child's efforts to count independently. Say, "you counted to six all by yourself!" or "thank you for finding the domino with three dinosaurs on it." He will be proud of his developing abilities.

Play: Enjoying a game together is a fun and easy way to help your child practice important social skills like taking turns and giving another person encouragement.

Teach: Looking at and pointing to the stickers will enable your child to strengthen thinking skills like matching and counting. She will see that a number stays the same, whether there are six T-Rex stickers or six triceratops stickers.

Courtesy of the D-News Network, DND-CF Public Affairs Newswire.

All text by Invest in Kids. www.investinkids.ca

Mealtime.org Chicken Arabica

We're so accustomed to think of cinnamon and cloves as sweet spices, that the notion of sprinkling them on chicken can seem a little cuckoo. But in Arab cuisines, cinnamon and cloves are poultry seasonings. This recipe shows how inspired the combination is, deliciously combined with the savoury-sweet flavours of vitamin A-rich canned tomatoes.

Ingredients:

8 ounces pasta shells, ziti or favourite shaped pasta

2 tablespoons olive oil

1 large onion, halved and thinly sliced

1 medium red bell pepper, diced

1 pound chicken tenders, cut into 1/2-inch chunks

1/4 teaspoon pepper

1 medium zucchini, diced

1 can (14 1/2 ounces) diced, no-salt added tomatoes, undrained

1 can (8 ounces) low-sodium tomato sauce

1/2 teaspoon ground cinnamon

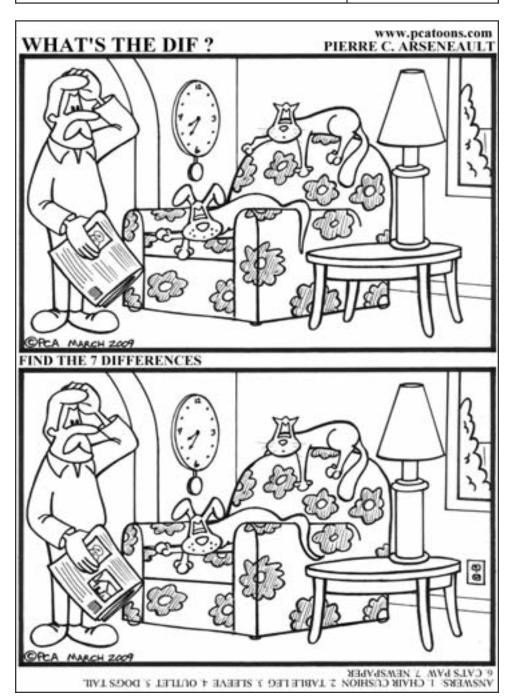
Pinch ground cloves

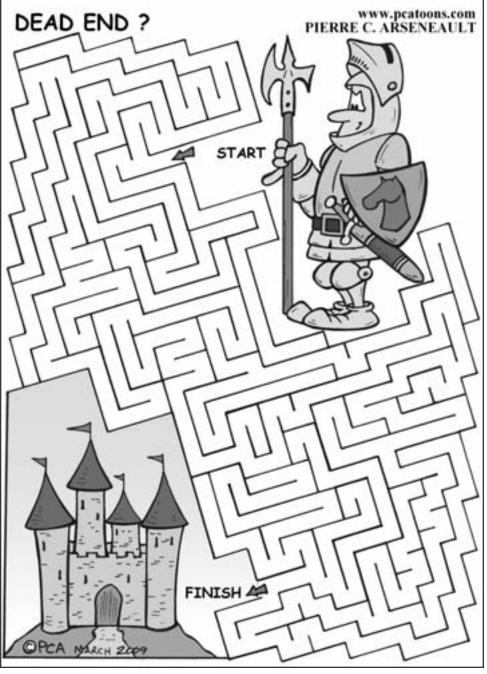
3/4 cup feta cheese crumbles

Preparation Time: 15 minutes Cook Time: 20 minutes

Preparation: Cook pasta according to package directions. Heat a large, non-stick skillet over medium-high heat and add oil. Add onion and bell pepper and cook for three minutes, stirring often, until tender. Stir in chicken and sprinkle with pepper. Cook, stirring often, until the chicken is cooked. Stir in zucchini, tomatoes, tomato sauce, cinnamon and cloves; bring to a boil. Reduce heat to low and simmer, uncovered, until lightly thickened, about 15 minutes. Drain pasta and toss with sauce. Sprinkle with feta and serve with a tossed green salad, if desired. Serves: Four

Nutritional Information Per Serving: Calories 630; Total fat 22g; Saturated fat 8g; Cholesterol 70mg; Sodium 890mg; Carbohydrate 76g; Fibre 6g; Protein 32g; Vitamin A 40 per cent DV*; Vitamin C 130 per cent DV; Calcium 15 per cent DV; Iron 20 per cent DV. *Daily Value





The Contact 16 March 27, 2009

HOROSCOPES

Weekly Astrology by Christine Davison

March 29 – April 4

ARIES (March 21-April 19): You will learn a great deal over the next seven days. Others will follow your lead and example and see you as a shining light in somewhat dark places. You can be of great service to others. Spiritual interests may dominate many days over the course of the week. Accept presents, praise, and tributes.

TAURUS (April 20-May 20): This is a great week to have some fun and to relax with children or those you mentor. You may feel as if you've undergone a rite of passage. There is a chance that you may be able to showcase your talents and befriend others you care about. Enjoy community projects and help others attain their charitable goals.

GEMINI (May 21-June 20): The beginning of the week will be a fun and social time full of gossip and flirtations. Like-minded others may invite you out for dinner or a night on the town. Social gatherings may wish to make you spend more time with your family later on in the week or perhaps, think about the past. You will be popular on Friday.

CANCER (June 21-July 22): Mid-week may bring an emotional, sensitive time full of melancholy and nostalgia. Take photographs and engage in conversations that bring you forward into the public eye. People think a great deal about you and may compliment you and extend a helping hand wherever possible. Travel and education fill the weekend

LEO (July 23-Aug. 22): Others see you as an interesting sort of person and also as an intellectual and true humanitarian. There's something mysterious about you that draws others and attracts attention. Your morals may be put to the test on Thursday or Saturday. Mysteries may be revealed and fortunes found.

VIRGO (Aug. 23-Sept. 22): Planetary aspects to your first house may make this a stoic, traditional, and passionate time. Expect the unusual and surprises. Things should work out in your favour where money, relationships, and mysteries are involved. This could be an auspicious and powerful time full of interesting lessons.

LIBRA (Sept. 23-Oct. 22): A new relationship may lead to hard lessons or spiritual insight. You can be of great service to others this week and the following week to come. Something you began with a loved one mid-week may blossom into something far more sentimental and passionate later on. It's a healing, meditative, and nurturing time.

SCORPIO (Oct. 23-Nov. 21): You are able to help others more than you know due to your grand influence and ability to network, socialize, and go behind the scenes to find information and resources. Charities, friends, and families may require your help and talents mid-week. The weekend should be full of fun, games, and social gatherings.

SAGITTARIUS (Nov. 22-Dec. 21): People trust your talents and insight and love to hear your stories. Your ability to lead and nurture, and your fertile imagination may earn you a special place in the hearts and memories of those around you. Your fondness and popularity will make you noticed at work. Congratulations!

CAPRICORN (Dec. 22-Jan. 19): Travel and education may be in store for you. Someone may have romantic notions about you or interesting expectations. Traditional strengths may combine with unusual and untried methods. Conversations will be lively and heart-felt. The weekend may be an insightful and passionate one full of adventure

AQUARIUS (Jan. 20-Feb. 18): This week may be filled with unusual, passionate, and interesting conversations. Be patient. Some place you travel may test your values or change the way you view your immediate surroundings. Avoid spite, prejudice, or eccentricity. Embrace passionate, sensual, and exotic ways. Money may come from underground.

PISCES (Feb. 19-March 20): It's a passionate and somewhat bold and tumultuous time. You may behave in a provocative manner or others may behave in such ways towards you. You may meet somebody who shares your morals and ambitions and who is as bold as you are. Something short term may only be the beginning where love is concerned.

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

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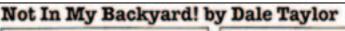
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The Contact Newspaper staff would like to acknowledge Royal Lepage ProAlliance Realty as the weekly sponsor of our feature, The Contact Comics.









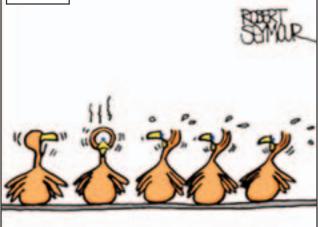
Not In My Backyard! by Dale Taylor







DuJour



OKI
WHO's got the WORM breath?



March 27, 2009 The Contact 17

News



Fuel yourself for top personal performance by eating well



Lieutenant Colonel Chantal Fraser, 8 Wing/CFB Trenton Administration (centre) and Wing Comptroller Major Gwen McEachern listen intently as Shalyn Mann, Health Promotion Administrative Assistant describes the purpose of a "nutrition crossword puzzle" being distributed in the Yukon Galley lobby.



ABOVE:Angela Prescott (left), Health Promotion Manager, 8 Wing/CFB Trenton, and Shalyn Mann, Health Promotion Administrative Assistant, discuss nutrition with Privates Sarah Parrish (foreground) and Georgia Jukaleas in the Yukon Galley lobby.

BELOW: Shalyn Mann, Health Promotion Administrative Assistant, 8 Wing/CFB Trenton, holds a test tube display representing the quantity of fat found in such commonly consumed foods as hamburgers, French fries, tacos and breakfast burritos. The tube with the least amount of fat represents a grilled chicken sandwich.



by Tom Philp, Contact Staff

March is Nutrition Month in the Canadian Forces, and though the month is nearly over, it is not too late to commit to lifestyle changes that will improve your health and drive your performance.

"Diet, nutrition, body composition, behavioural changes and other factors all affect the way we feel and perform during the day," said Angela Prescott, Health Promotion Manager at 8 Wing/CFB Trenton.

Prescott and her Health Promotion team have been gently pushing a Canadian Forces program called, "Top Fuel for Top Performers," encouraging both military and civilian members of the base community to take a close look at what they eat normally; and perhaps to understand that "normal" for many people is anything but "good".

The two-day program, offered free of charge to base personnel who have pre-registered, runs April 1 and April 2 at 177 Hercules St., building 119.

"What you eat does make a difference, and anyone attending the sessions will certainly come away with a new perspective," Prescott said.

Nutrition experts generally agree that what you eat, and how much you eat each day contributes greatly to a balanced physical, mental and emotional life.

But we live in a fast-food world, with a multitude of high-fat meals available fiercely competing outlets in nearly every community. What's a per-

son to do?

Well, according to Top Fuel for Top Performers, you begin by reducing your fat intake. A healthy diet should include no more than 20-35 per cent of total calories from fat. Saturated fats found in most processed foods can raise low-density lipoprotein (LDL) or "bad" cholesterol in the blood.

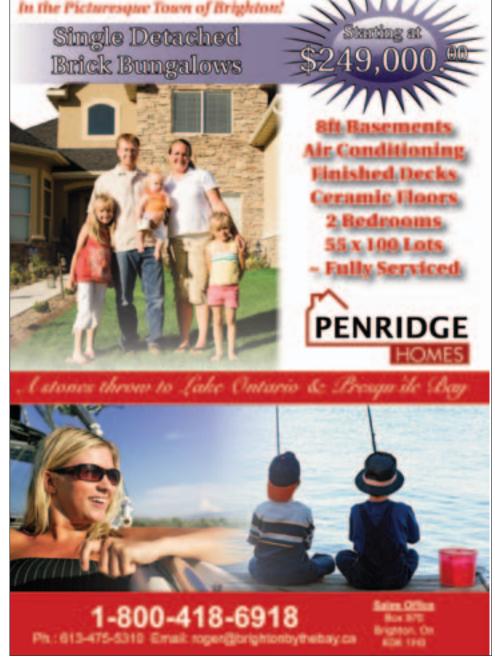
Secondly, read the labels on food packaging, and begin to understand the nutritive value...or lack of value... in the products you consume. Find out how much fat, sodium, sugars and other nutrients are in that item you just had to have.

When you go to a fast-food restaurant, ask for their nutritional information guide before you place your order. A "super" burger with processed cheese contains roughly 40 grams of fat, 1,800 milligrams of sodium and a whopping 700 calories.

Increase your protein intake to help build strong muscles, and to improve brain performance by providing the amino acids from which neurotransmitters are made.

These few suggestions for healthier living are just a few of the insights participants will gain by attending the Top Fuel for Top Performers workshops. Space is limited, so please call now to reserve a seat.

For more information, contact Angela Prescott at 613-392-2811, ext. 4122, or Shalyn Mann, Health Promotion Administrative Assistant at ext. 3768; or register by going online at healthpromotion.cfbtr enton.com.







Commissionaires: Celebrating 62 years in Eastern Ontario

by Captain (Ret'd) Gary R. Hayes, CD**, PLCGS, CAS **Business Development Coordinator** Commissionaires, Kingston Regional Office

Captain Edward Walter, a retired officer of the Crimean War, founded The Corps of Commissionaires in England in 1859 to help veterans make the difficult transition back to civilian life and employment.

In an effort to find jobs for these veterans, he convinced friends and acquaintances that the exemplary discipline, loyalty and dedication to service that veterans possessed could be put to excellent use in business. He succeeded in finding jobs for seven veterans and thereby launched the Corps of Commissionaires.

While Canada's Governor General proposed a Corps be formed in Canada after the First World War, it was not until July 25,1925, the Commissionaires opened offices in Montreal, Toronto and Vancouver.

By March 26, 1947, Kingston's Division was established by Colonel Elroy Forde, who was elected as the first Chairman of the Board and Commandant. Colonel (Ret'd) Forde served with the Corps of Signals and was instrumental in building Vimy Barracks and establishing the Signal Corps in Kingston.

Today, the division serves an area from Bowmanville to the Quebec border and employs over 800 Canadian Forces and Royal Canadian Mounted Police (RCMP) Veterans. The Regional Office is located at Arlington Park Place in Kingston, with district offices in Peterborough, Cobourg, Belleville, Brockville and Cornwall. Our services include; security guards, enforcement, mobile patrol, ink and electronic fingerprinting, Canadian Police Information Centre (CPIC) services, pardon applications, oaths and affidavits.

Although the Canadian Government has authorized a Long Service Medal to be awarded after 12 years of service, the Commissionaires are not an agency of the federal government.

We are a private, self-supporting, not-for-profit organization governed by a board of directors with the CEO located in Kingston's regional office. By operating in this manner, we are able to fulfill our original mandate of providing fair and meaningful work to veterans and serving members of the reserve force, while providing our clients with quality service at competitive



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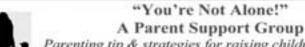
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> Doors open at 6:30 Show at 7:00



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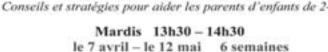


For Additional Event Information www.MFRC.CFBTrenton.com or contact: Jaimie Corriveau ext 4299



Évènements à venir

"Vous n'êtes pas seul!" Un groupe de soutien parental





Samedi, le 18 avril, 2009 Mess des Sgt et Adjudants Billets: 15\$

Le mariage avec la vie militaire abordé d'une façon humoristique.

> Portes ouvertes 18h30 Spectacle: 19h



Siéme Gala du ruban invisible Repas gastronomique, vin et vente aux enchères Samedi, le 2 mai, 2009 Billets: 75.00\$ par personne



Pour information événements additionnelle www.MFRC.CFBTrenton.com Contactez: Jaimie Corriveau poste 4299







Chaplain Services





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

Unit Chaplains – aumôniers d'unités

LCdr Padre Steve Merriman, 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 Civilian Officiating Clergyman – membre du clergé civil

WORSHIP SERVICES

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Protestant Community

Chapel Life Co-ordinator

Padre Jim Craig

Worship Service

Sunday Divine Worship, 1015hrs

Holy Communion:

1st Sunday of the month

Parish organisations (P)

Chapel Guild: last Tuesday - 1930hrs

Our Lady of Peace (RC)
Christian community – communautée
catholique

Notre-Dame-De-La-Paix (CR)

Chapel Life Co-ordinator
Father Philippe Boudreau
Co-ordinateur de Vie de Chapelle
Masses-Messes

Messe dominicale: 0900h Sunday Mass at 1130hrs Monday through Friday at 12:00hrs 3rd Sunday bilingual Mass at 0900 hrs and coffee

3ième dimanche messe bilingue: 09h00 et café

Confession - Réconciliation

Please, contact the Wing Chaplains' Receptionist to get in touch with a RC priest prior to coming over. Il est préférable de communiquer avec la réceptionniste des aumôniers afin de prendre vous-même arrangement avec le prêtre CR de la chapelle.

Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday –1900hrs Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs Chorale: mercredi – 1900h Choir: Monday – 1900hrs

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, sup appelez le téléphoniste de la Base au 613-392-2811 et demandez l'aumônier en devoir.

SACRAMENT OF BAPTISM

Parents wishing to have their child baptized are to contact the parish through the Wing Chaplain's Administrative Assistant at local 2490 at least two weeks prior to the desired date. After completing the request form, the dates for both the pre-baptismal session and the baptism will be booked.

The pre-baptismal session is mandatory for both parents; however, godparents (one of them at least must be RC) are invited to participate. Proxy might be an option if godparents cannot attend.

For liturgical reasons and the baptism sacramental theology, baptisms are not celebrated during the Lent Liturgical Season.

Civilian parents who wish to have their child baptized at our military facility must first contact their civilian parish (whether or not they are active at that parish) before contacting our chapel. As Our Lady of Peace belongs to the Military Diocese of Canada, a letter of canonical jurisdiction from your civilian pastor giving the reasons supporting your request will be needed.

SACREMENT DU BAPTÊME

A tous les parents désirant faire baptiser leur enfant, svp communiquez avec notre assistante de bureau au moins deux semaines avant la date désirée au poste 2490 pour entreprendre les démarches. Une rencontre est nécessaire avec le padré pour faire l'inscription. Il vous avisera de la date de la rencontre pré-baptismale obligatoire ainsi que de la date du baptême.

Une rencontre pré-baptismale est obligatoire pour les deux parents (père et mère), tandis que les parrains sont invités à y participer. Au moins un des parrains doit être Catholique romain. Il est possible de désigner des mandataires si les parrains ne peuvent être présents.

Pour des raisons liturgiques et de théologie sacramentelle, il n'y a pas de baptême célébré durant la période du Carême.

Les parents civils qui souhaitent faire baptiser leur enfant à la chapelle de l'Escadre doivent contacter leur paroisse civile (étant pratiquants ou pas) avant de communiquer avec notre secrétariat. La communauté de chapelle Notre-Dame-de-la-Paix de la 8ième Escadre appartient à une juridiction canonique différente qui est celle du Diocèse militaire du Canada. Une lettre/courriel de délégation canonique de la part du prêtre de votre paroisse civile (appuyant votre démarche auprès de cette chapelle militaire) devra être envoyée à l'aumônier catholique de l'Escadre.

Planning to get married?

If you are planning to get married in the Roman Catholic Church, on Base or off Base, the Catholic Party must contact first the Wing Chaplains' Offices at 613-392-2811, Ext 2490 to begin the pre-nuptial process six months prior to the wedding day. That is to provide you with time to take the pre-marriage class (which must be attended) and the padre to complete the marriage file, which must be sent to the Military Ordinariate's Chancery Office no less then three months prior to the wedding day). Please, keep in mind that pre-marriage classes are not offered from May to September. This is applicable to all members falling under Military Ordinariate's jurisdiction; that means for all CF personnel and DND employees who are RC. The later have the choice between their Wing Chaplains' Pastoral Services and their civilian parish's. If a Catholic party wants to get married under the Rite of a particular Protestant denomination, the above still applies.

If the marriage file is not processed on time, the Wing Chaplain's office will not be held accountable. Three months is the minimum time to process a canonical marriage file (to Ottawa and from... to the church of your wedding). If you belong to a Protestant denomination and you would like to get married at the Wing Chapel, you are asked to contact the chaplain of your denomination at the earliest convenient time.

Vous planifiez de vous marier?

Si vous projetez de vous marier selon le Rite de l'Église catholique romaine, aussi bien sur la Base qu'à l'extérieur, la partie catholique doit en tout premier lieu communiquer avec les bureaux des aumôniers de l'Escadre au #613.392.2811, poste 2490. Ce premier contact, qui enclenchera l'ouverture du dossier prénuptial, devrait être fait six mois avant la date de la célébration du mariage. C'est le temps minimum pour planifier la session de préparation au mariage (à laquelle les fiancés doivent participer et qui ne sont pas dispensées entre les mois de mai et septembre.) et de préparer le dossier de demande de mariage. Le dossier doit être envoyé au bureau du Chancelier de l'Ordinariat militaire du Canada, à Ottawa, au moins trois mois avant la date choisie. Ce qui précède s'applique à toute personne assujettie à la juridiction canonique de l'Évêque du Diocèse militaire du Canada; en d'autres mots, à tous les membres des FC et aux employés du MDN qui sont CR. Cependant, ces derniers ont le choix de faire appel aux services des aumôniers CR de l'Escadre ou de s'adresser au bureau du pasteur de leur paroisse civile. A noter que si la partie catholique veut se marier selon le Rite d'une Église protestante, ce qui précède s'applique encore.

Il importe également de prendre note que si le dossier prénuptial n'a pas été complété et envoyé dans les délais requis, le bureau de l'Aumônier de l'Escadre ne pourra être tenu responsable de toute complication et des coûts qui pourraient y être reliés. Trois mois précédant la date: voilà le temps souhaitable que les bureaux de l'aumônier et du chancelier ont besoin pour préparer et acheminer un dossier de demande de mariage.

Si vous appartenez à une Église de confession protestante et que vous souhaitez avoir votre célébration de mariage à la chapelle de l'Escadre, nous vous demandons de communiquer avec le padré de votre confession religieuse le plus tôt possible.

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News/Real Estate



March 27, 2009

Pancakes, predators round off March Break Kidz Kamp

The Military Family Resource Centre (MFRC) held another successful March Break Kidz Kamp last week, keeping 36 local children entertained and active with a wide variety of crafts, games, team sports and events. The week was rounded off on Friday, March 20 with a pancake breakfast in the morning, followed after lunch by a captivating presentation by Anne Youngblood of the Indian River Reptile Zoo. Among the predators Youngblood introduced was Chompsey, a baby alligator from Florida.







ABOVE: Day campers and staff ham it up during their chocolate chip pancake breakfast, held March 20 in the 8 Wing/CFB Trenton Chapel dining room.

LEFT TOP: March Break campers get to meet Chompsey the Florida alligator, courtesy of Anne Youngblood of the Indian River Reptile Zoo. Several other predators were introduced, including a Bearded Dragon and snakes from Western Canada.

LEFT BELOW: Kaleb (left) and brother Ethan Melvin-Bell were fascinated by the creatures brought to their March Break camp by the Indian River Reptile Zoo.



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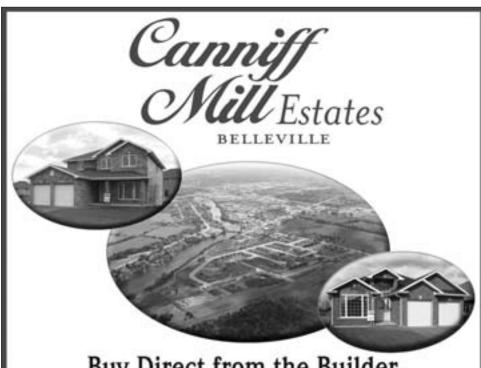


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