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• February 6, 2009 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 44 Issue Number 05 •

WLEO Branch busy supporting myriad operations across the base

by CWO Charlie Fleming, WLEO Branch CWO

As you all are most certainly aware, the construction on the Wing over the past two years has been at an astronomical pace, and it will continue for the foreseeable future.

When we think of construction, we automatically think CE (Construction Engineering). Of course, Wing CE has the lead when it comes to base construction projects. However, these projects affect all other WLEO supporting units as well and the construction affects some to an enormous degree.

Let's take a few moments to consider some of these perspectives that appear to linger in the background of all of these construction projects, in the hopes of better understanding of who the branch is and what it does. For instance, it may seem small in the big scheme of things but with the number of contractors on the base, Wing Foods must prepare more meals to accommodate the extra paying customers from these company employees. Wing Foods also orders and provides all food supplies for CFS Alert and is responsible to provide food and drink for families and VIPs at Repatriation Ceremonies.

WTISS has the enormous responsibility of laying cable, providing communication support (both telephone and computer) for all new construction on the Wing - including the new CANEX building, as well as maintain the never-ending amount of computer equipment on the Wing.

Wing Transport/EME must make preparations to provide vehicles and maintenance for not only the new units opening at 8 Wing but also must continue to replace our aging vehicle fleet while maintaining an operational airfield. In addition, they also provide continuous SNIC support to the Wing and Mountain



A cake bearing the insignia of 8 Wing/CFB Trenton Logistics Branch is cut ceremonially by (l-r) Lieutenant-Colonel J.P. Pichette, Canadian Forces Aerospace Warfare Centre; Chief Warrant Officer M. Pelletier, Wing Transportation & Electrical and Mechanical Engineering Squadron; Captain A. Roussel, A/Wing Comptroller; Lieutenant-Colonel D. Miller, 8 Wing Administration Officer; and Lieutenant Colonel C. Fortier, Wing Logistics and Engineering Officer. About 80 military and civilian members attended the 41st “Birthday Party” for Logistics Branch, held February 3 in the Astra Lounge.

View.

Wing Supply is tasked to order all new furniture, computers, and aircraft parts for both the C177 and the new J-Model Hercules. Supply must also maintain the myriad of parts required for the existing fleets and continue to provide services to replace existing office supplies, equipment and operational clothing.

Wing Environment is heavily involved with all

working on the Base meet all safety requirements as well.

As mentioned earlier, WCE has the lead on all construction projects on the Wing. Not only must they manage the contractors but they also must plan these projects so as not to interfere with Wing Operations. For example, an aircraft parking ramp cannot be reconstructed unless an alternate area is identified, approved by Wing Environment and meets new and existing requirements.

This is all just food for thought but necessary information to help you understand whenever you become upset with one of the WLE units because your request for service is delayed. Many of the additional responsibilities at this rapidly changing Wing means that customer patience is an essential virtue when dealing with the Branch since no new resources have come with the increase in taskings to meet new surge requirements. Please consider the fact that all WLE support trades are deployed on a minimum of six month tours. The six months actually calculates into a minimum of 10 to 12 months away from their unit due to pre-deployment training, which must be done with their deploying unit. That is to say that, when one of the support trade personnel deploy they are attached to that particular deploying unit for the duration of the pre-deployment training (usually 4-6 months) as well as the deployment itself.

In closing, the WLE Branch asks for your patience when the Yukon Galley is full to capacity at lunch time, you cannot get your computer fixed today or supply does not have your boot size, please consider the aforementioned workloads placed upon people and take a little time to reflect on the fact that they are busy supporting operations and keeping up with the new capabilities coming to 8 Wing.

SMALL ARMS TRAINER OPENS



Photo: Cpl Simon Duchesne, 8 Wing Imaging

Colonel Mike Wood, Commander, 8 Wing/CFB Trenton (second from left), cuts the ribbon for the opening of the Small Arms Trainer (SAT) on January 29, 2009. Holding the ribbon is Lieutenant-Colonel Carrie Fortier (left), 8 Wing Logistics and Engineering Officer; Capt Jim Boland, Readiness Training Flight (right); Chief Warrant Officer Tom Secretan (8 Wing CWO, third from left) and Major Steve Camps, 8 Wing Ops (second from right) were also present.

OLDTIMERS FACE OFF IN TOURNEY



Photo: Pte Tina R.J. Gillies, 8 Wing Imaging

The CFB Borden Stars faces off against the CFB Petawawa Stags at the 2009 Canadian Forces Ontario Region Old Timers Hockey Championship. See Page 7 for more coverage.

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



The Wedge Cap

Current dress regulations of the Canadian Forces include the "Cap, wedge" centered and worn on the right side of the head

....one inch above the right eyebrow."

The wedge cap is a good example of how a tradition was born some 60 years ago and thrives to this day. The Air Force affinity for this type of headdress is well known. It all began when the RFC was established just before World War I.

The field service cap, as it was then called, was adopted by the RFC along with a tunic with a high, stand-up collar secured by buttons at the far right side of the chest. With the cap cocked

well over to the right, this uniform with its jaunty air, became synonymous with the daring new fighting Air Force. This headdress, designated the wedge cap in 1941, continued to be worn throughout the life of the RCAF (1924-68) and continues to be the preference of many personnel today. There is little doubt that in the days when goggles and leather helmets were worn in open cockpits, the wedge cap lent itself to handy storage in a pocket, ready for use on return to base.

When inclement weather was encountered, the sides could be unhooked and pulled down to cover the ears and the forward flap tucked under the chin. Today's version of the "Wedge" is sewn in a slightly different manner, but it continues to provide the officer and the NCM that distinctive Air Force identity.

Just a Thought.

T.J. (Bull) Secretan
CWO
8 WCWO

Source: www.forces.gc.ca

Children's acute-care clinic opens locally

by Barry Ellsworth
The Intelligencer

When it comes to minor ailments, bumps, bangs and scrapes, youngsters account for a sizeable percentage of visits to hospital emergency wards.

Now there's an alternative. Belleville's first acute-care clinic exclusively for children opens Wednesday.

Bumps, bruises, fever, rashes, vomiting, ear infections and more are on the treatment schedule at Quinte Pediatrics, 100 Station St., every Monday, Wednesday and Friday from 9 a. m. to 3 p. m.

Dr. Paul Dempsey said the clinic's doctors are asking parents who are thinking of heading to the hospital emergency department, but "it is not really an emergency," as in the case of an ear infection, to instead consider the acute-care clinic.

"We just heard from so many of our patients that they had to go to (hospital) emergency ... and wait for hours and hours," said Dr. Kelly Vanier, a pediatrician who

joined Dempsey's clinic about 18 months ago.

Parents who have youngsters with typical childhood ailments can find themselves routinely shuffled to the end of the triage line at hospital emergency wards. But, at the clinic, staff are geared toward treating such illnesses in a timely manner.

Dempsey said there are so many families with children who have no family doctor — so-called "orphan" patients — there was a need for the acute-care clinic.

If the demand is sufficient, he said the clinic could add additional hours to the six-hour, three-day-a-week schedule.

Vanier said the clinic and staff are not equipped to deal with broken bones, or children who need X-rays, nor will the physicians and nurses there provide such things as immunization shots.

But for most other child ailments, the clinic is a good option.

It is for "anyone who is acutely unwell and cannot get into their family physician or does not have

a family physician," Vanier said.

Dempsey said the children's acute-care clinic — in the former Belleville Squash Club/GoodLife Fitness building — is the first of its kind in the Quinte area.

Vanier came to Belleville after a residency stint at Quinte Pediatrics, as did Dr. Kyle McKenzie, another pediatrician who joined the centre in September.

Vanier studied medicine at McMaster University and did her residency at the University of Ottawa, Children's Hospital of Eastern Ontario.

"I love the community," she said, of Belleville. "It is a nice place to raise a family."

McKenzie studied in Calgary and did his residency in Kingston.

He said he enjoys practising in Belleville because there's "a really good variety to the practice. There's not as many specialists (here) ... It's a good way to maintain and build new skills."

For more information about the acute-care clinic, call 966-1999.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



WTISS Technical Maintenance Flight is responsible for the maintenance of all Air Traffic Control Navigational Aids and Air Ground Air (AGA) communication equipment at 8 Wing. Cpl Jenny Heroux is shown performing corrective maintenance on the Precision Approach Radar (PAR) display at the Instrument Flight Rules Control Center (IFRCC). Cpl Heroux is currently serving at CFS Alert and all the members of WTISS wish her the best.

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New Tailoring Services

Due to recent mandated changes in PWGSC Contracting Policies and 1 Canadian Air Division Supply Policies, there will be some procedural changes with regard to customers requiring tailoring services on the Wing.

Customers requiring tailoring services or court mounting of medals are now required to obtain a tailoring request form from Clothing Stores counter staff prior to proceeding to the tailor.

This form can be obtained either from the front counter of Clothing Stores or from the office of I/C

Clothing, located directly across the hall from the tailor.

In the near future, all accoutrements (badges, slip-ons, etc.) will also be held at Clothing Stores vice Tailor Shop and are to be obtained in conjunction with the tailoring request form.

WSupply Clothing Stores staff will be working closer together with Contracted Military Tailoring Services at 8 Wing Supply to ensure the best possible customer services during transition to these mandated changes.

All inquiries or concerns are to be directed to WO Rob Stadnisky, WSup MCO (D), local 3835.

Message important: Nouveaux services de tailleur

En raison de récents changements prescrits apportés aux politiques sur les marchés de TPSGC et aux politiques d'approvisionnement de la 1 DAC, certaines procédures seront modifiées en ce qui concerne les clients qui ont besoin des services de tailleur de l'Escadre.

Les clients qui nécessitent les services de tailleur ou de montage de cour des médailles devront dorénavant obtenir un formulaire de *Demande de service de tailleur* auprès du personnel du magasin d'habillement avant de se rendre chez le tailleur. Ce formulaire est disponible soit au comptoir du magasin d'habillement, soit au bureau du responsable de l'habillement qui est situé directement en face du tailleur.

Dans un avenir rapproché, tous les accessoires (insignes, épaulettes amovibles, etc.) seront dorénavant disponibles au magasin d'habillement, plutôt que chez le tailleur, et seront obtenus en même temps que le formulaire de *Demande de service de tailleur*.

Le personnel du magasin d'habillement de l'Escadre travaillera plus étroitement avec les Services de tailleur militaires contractuels de la section d'approvisionnement de la 8^e Escadre afin d'assurer le meilleur service possible durant cette transition.

Les questions ou les préoccupations doivent être adressées à l'Adj Rob Stadnisky, (D) OCM Appro Ere, au poste 3835.

HAPPY, HAPPY BIRTHDAY!!!



Happy Belated Birthday to Master Warrant Officer (MWO) Paula Staples (nee Shallow) from all her colleagues and friends at 8 Air Reserve Flight. Photo (taken during basic training at CFRC Cornwallis in 1974) courtesy of Corporal D.A. Godwin. Cpl Godwin notes that MWO Staples "is as cheerful now as she was back then."



Please recycle this newspaper. Thank you!



Search & Rescue UPDATE



424 had only one tasking this past week. Both airplanes were tasked to search for an ELT by Matawaki after a reported Mayday call was heard on 121.5 overnight Sunday. Both crews were replaced by fresh crews early Monday morning and the search continued all day without any luck; finally the case was stood down and the crews returned to base Monday evening.

Until next week, stay safe.

Missions for 2009: 12 Missions for Jan: 12 Persons rescued: 4



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

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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 for the paper:

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do **not** include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (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:

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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 main 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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A message from the Editor

Groundhog Day

I have to admit that I never really understood Groundhog Day. As a child, I naturally found it fun and exciting, and I bought into the whole silly story. Now, I just find the whole thing irritating.

Here's my first problem: How can we possibly expect a groundhog (a member of the squirrel family) to accurately predict the weather when state-of-the-art weather tracking instruments cannot?

Next, Spring generally arrives mid-March, give or take (especially with the recent quirks due to global climate change). So, the squirrel-hog sees his shadow, six more weeks of winter. And if he doesn't, spring is just around the corner (er, like in six weeks?!?)

I think Groundhog Day is just a diversion for cranky winter-haters, to take their minds off the mind-numbing cold and relentless snow. Pure hog-wash.

I decided to conduct a little research about the origins etc. of Groundhog Day. According to stormfax.com, German settlers who arrived in Pennsylvania in the 1700s brought along a tradition known as Candlemas Day. Superstition held that, at the midpoint between the Winter Solstice and the Spring Equinox, if the weather was fair, the second half of winter would be stormy and cold. The Germans watched a badger for a shadow, but switched to a groundhog once settled in America.

Pennsylvania's official celebration of Groundhog Day began on February 2, 1886 and the animal chosen was named Punxsutawney Phil (who, quite tellingly, has only been right 39 per cent of the time!)

Now, all this is very interesting and all, but is it just folklore? If it is, then the Germans were not the sole believers.

There is an old English saying:

If Candlemas be fair and bright,

Winter has another flight.

If Candlemas brings clouds and rain,

Winter will not come again.

And from Scotland comes:

If Candlemas Day is bright and clear,

There'll be two winters in the year.

Here's my new saying:

Forget about forest creatures and shadows. Winter will be over when it's over. Deal with it.

Canadiana Crossword

Hurricane Havoc

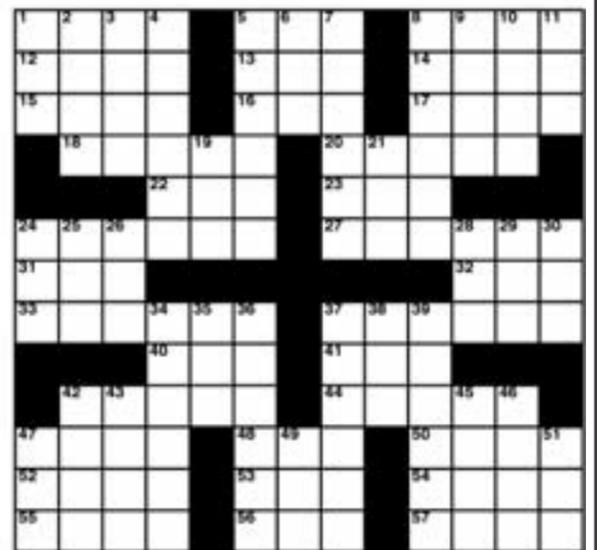
By Bernice Rosella and James Kilner

ACROSS

- Hurricane that slammed Nova Scotia in 1971
- Tramp
- Little cavern
- Double curve
- Greek letter
- Jeans maker Strauss
- Objective
- A kind of alert
- October birth stone
- Snoozed
- Hurricane that blasted New Brunswick in 1953
- A gruff no
- Mohammed _____
- Goddess of wisdom
- Goober
- South seas dish
- Prefix with Therm or bar
- Hurricane that battered Cape Breton in 1977
- Vagabond
- Yes vote
- Big snake
- Hurricane that pounded Nova Scotia in 1963
- Hurricane that blasted Ontario in 1954
- Cajole
- Pitch preceder
- Asian inland sea
- Cricket or quois
- Tune
- Taj Mahal locale
- Bishops' attire
- Okay
- Propitious

DOWN

- Peaty place
- Selves
- Game duck



- Hurricane that struck Newfoundland in 1958
- Hurricane that roughed up Cape Breton in 1996
- Shoshonean
- Daredevil
- Hurricane that attacked Gaspe in 1985
- Take back, slangily
- Ellipse
- Until, condensed
- Kitchen utensil
- Brewery product
- Imitate
- With mazel, Jewish celebration
- Hurry
- None
- Employ
- Scottish hill
- Catamounts
- Desire
- Deny
- Detests
- Big New Zealand bird
- Market
- Objective
- Metrical foot
- Consequently
- Name for a son, in Scandinavia
- Accounting pro
- Falsehood
- Place

See Answers, Page 22



This Week in Contact

1979 – 8 Wing/CFB Trenton celebrated DND's third annual Energy Conservation Week, noting that the "combined efforts of military personnel, their dependents and civilian employees" practicing "good conservation habits" should help to reach a target of 15 per cent reduction in PMQ energy usage over the 1979-1980 fiscal year.

1989 – Four athletes representing the CFB Trenton Curling Club won the Canadian Forces Ontario Regional Curling Championship in Toronto. Warrant Officer Jesse, Sergeant Greensides, Master Warrant Officer Beatty and Master Corporal St George won gold after going undefeated in round-robin play. The team's reward was a berth at the CF National Curling Championship later in February at CFB Lahr, Germany.

1999 – Construction on 8 Wing/CFB Trenton's "Configs Hangar," designed to accommodate reconfiguration of the CC150 Airbus from freight to passengers, neared completion. Configuration kits were being stored off-base at the time. The new facility would allow personnel to warehouse all Airbus kits on-base, and to dock an aircraft nose inside the building to make reconfiguration more efficient.

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



Quarterly Awards Presented at 24 CF Health Services Centre

by Cathy Yeager
Quality Improvement
Manager, 24 CF H Svcs C

Quarterly awards for the period October to December 2008 were presented to staff members at 24 Canadian Forces Health Services Centre (24 CF H Svcs C) last week. The first award presented was the Award of Clinical Excellence.

The criterion includes providing exceptional support to the team environment; consistently contributing to a positive work/team environment through inspiration, professionalism, dedication and leadership; successfully introduce/implement a best practice that improves service delivery and/or go over and beyond their normal roles/responsibilities to provide excellent patient care.

Leading Seaman Suzanne Cowan, a Medical Technician in CDU 1 has provided exemplary clinical support to the team and patients by taking an active role in ensuring patient flow and efficiently taking care of any issues that would arise. She always took her responsibilities seriously and did so with genuine enjoyment.

It was always evident

throughout her daily activities that the patient came first and she never lost sight of that. She will be missed while at home with the family's newest addition. For her exceptional performance, she is the recipient of the Fourth Quarter Award of Clinical Excellence.

The second award presented was the Award of Support Excellence.

The criterion includes providing exceptional support to the team environment; consistently contributing to a positive work/team environment through inspiration, professionalism, dedication and leadership and/or consistently recognizing excellence in others.

Master Corporal Jennifer Beaton has displayed exemplary performance in managing orderly room staff and processes. Her enthusiasm in embracing the challenges of patient-related problems establishes her as a clinic role model in customer service and leadership.

The staffing shortages within her section have added to the complexity and demands of her position as Acting Chief Clerk, yet her superior guidance ensures patients are served with utmost courtesy and that clinic

staff receive exceptional administrative and financial support.

Her polite and friendly demeanour makes her highly approachable and people enjoy the opportunity to seek guidance based on her administrative knowledge.

For her exceptional performance in providing outstanding service to patients and clinic staff, MCpl Beaton is the recipient of the Fourth Quarter Award of Support Excellence.

The clinic awards and recipients pictures are on display in the clinic as you make your way to the Pharmacy, Lab or X-ray department.

Please help support our program by nominating our staff members who meet the criteria for the Chief Warrant Officer Bradford Annual Award.

Nomination forms and information are available in the clinic and on our website at http://trenton.mil.ca/lodger/MedSqN/Bradfordaward_e.htm. Once you complete a nomination form please forward it to the Quality Improvement Manager, Ms. Cathy Yeager by mail or by email at yeager.ca@forces.gc.ca.

You can nominate our staff at any time throughout the year.



Left to right: Major Derek Miller (Health Care Administrator) Commanding Officer of 24 CF H Svcs C, Warrant Officer Glenn Bureau (Physicians Assistant), Master Corporal Jennifer Beaton (Resource Management Support Clerk) and Captain Neil Pritchard (Acting Wing Surgeon/Medical Officer).



Left to right: Major Derek Miller (Health Care Administrator) Commanding Officer of 24 CF H Svcs C, Warrant Officer Glenn Bureau (Physicians Assistant), Leading Seaman Suzanne Cowan (Medical Technician) and Captain Neil Pritchard (Acting Wing Surgeon/Medical Officer). Photos: Pte Gisele LeBlanc, 8 Wing Imaging

Please show appreciation and respect for the health and happiness of yourself and others. Choose a designated driver when attending a party and, when hosting a party, be sure to supply non-alcoholic beverages for guests who are driving.



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NEW PATIENTS WELCOME!



8 Wing Personnel at Work: Corporal Kyle Seleski

by 2Lt Jennifer Jackson
8 Wing Public Affairs OJT

Parking a CC130 Hercules Aircraft with the necessary precision is no easy task, but it is one of several that Aviation Systems Technician (AVN Tech) Cpl Kyle Seleski does while on shift.

As a member of 8 Air Maintenance Squadron's (8AMS) Aircraft Servicing Organization (colloquially known as "Snags"), Cpl Seleski performs flight-line servicing on aircraft ranging from the CC144 Challenger to the much larger Russian Antonov An-124.

Cpl Seleski joined the Canadian Forces in January 2001 after growing up in Redcliff, Alberta.

He chose to become an AVN Tech to further pursue interests he had developed in high school and through the Royal Canadian Air Cadets.

He was posted to 8 AMS in February 2002 after completing seven months of training at CFB Borden. He was deployed overseas in both 2006 and 2007.

As a Level-A technician on the CC130 Hercules Airframe, Cpl Seleski is qualified to service all parts of the aircraft except the Avionics

(computers) and engines.

A typical 12-hour shift working on the flight-line can involve everything from refuelling, towing, liquid oxygen replenishing, marshalling (parking), engine starts and shutdowns.

Cpl Seleski and other members of 8 AMS park all aircraft that arrive at 8 Wing with the exception of the CC-177 Globemaster III. Parking aircraft involves not only directing the aircraft to the proper position through the use of signals to the pilot, but also placing chocks at the wheels and indicating to the pilot when engine shut-down is complete.

This routine must be completed every time an aircraft arrives no matter the weather or time of day and if aircraft are not placed correctly, there is a risk of collision with other aircraft.

Cpl Seleski enjoys the many opportunities he has to get his hands dirty. When asked which task he enjoys performing the most, Cpl Seleski says "de-snagging" without hesitation.

"[De-snagging] is like a big puzzle—you have to figure it out, and then put it back together without causing a delay to operations," he

Photo: Private Allyssa D. Carter, 8 Wing Imaging



Corporal (Cpl) Kyle Seleski applies power to Hercules aircraft CC130327 on the tarmac at 8 Wing/CFB Trenton. He joined the Canadian Forces (CF) in January 2001 and was posted to 8 Air Maintenance Squadron (AMS) at 8 Wing Trenton in February 2002 as a first line Maintenance/Aviation Technician. His hometown is Redcliff, Alberta.

says.

It takes a lot of time and energy to keep the CC130 Hercules flying. Simple mistakes in the air or on the ground can make a world of difference in the amount of maintenance time required.

Cpl Seleski says there are

advantages to the new 12-hour shift schedule at 8 AMS.

"The new shifts are great because you have a better chance of fixing problems. It is nice to be able to start and finish a snag before it is time to go home. This new shift

also allows me to spend more time with my family," he says.

A resident of Grafton, Cpl Seleski is married and has two dogs.

In his spare time he does very fine dove-tail cabinetry, a hobby he has been able to turn into a small business.

8 WING QUESTION OF THE WEEK

QUESTION:

"What is your favourite outdoor winter activity?"

WO John Hall
ATESS, 8 Wing/CFB Trenton

"Since I became an adult, I don't think there is a single activity."

Cpl Nicole Munro
CFHSvc, 8 Wing CFB Trenton

"I snowshoed on Friday for the first time, and really enjoyed it."

Major Donnie Munroe
ATC, 8 Wing/CFB Trenton

"Does hibernation count?"

Pte Tina Gillies
Imaging, 8 Wing/CFB Trenton

"Snowball fighting with my three children."

Sgt Kevin Thompson
21 Squadron, CadsOps

"I love to get out ice fishing with my 9-year-old son."

PET OF THE WEEK

Hi! I'm Luther, an approximately 4 year old rottweiler, neutered, and house trained. I am loveable, but also protective of my loved ones. I can not go to a home with children or small animals. I am good with some other dogs. I love to cuddle, give kisses and go for walks, and I am even good on a leash.

Contact the Quinte Humane Society for more information.

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SPORTS & RECREATION

Ontario Region Oldtimers Hockey Championship

Teams competing for the Ontario Region Canadian Forces Oldtimers Hockey Championship took to the 8 Wing/CFB Trenton ice from February 2 to 9, 2009 to see which group could out-wheeze the other to the final game.

In early action on Monday, the North Bay Silver Foxes, considered an underdog in the tournament, held a 2-0 lead over the favoured Petawawa Stags until 14:56 in the third period when "Pet" tied it up.

The Foxes went on to win that game 3-2 in a shoot-out, thanks in large part to outstanding goaltending by Major J. Cloutier from 22 Wing.

Other Canadian Forces teams represented Kingston, Borden, Trenton and a self-described "dog's breakfast" team with players from Hamilton, Toronto, London and Meaford.

At press time, Kingston was taking on Petawawa, and Trenton was preparing to battle Borden in the semi-finals, according to Warrant Officer John Hall, ATESS, 8 Wing/CFB Trenton, the senior timekeeper and statistician for the tournament.

Photo: Pte Tina RJ Gillies, 8 Wing Imaging



Photo: Pte Tina RJ Gillies, 8 Wing Imaging

Photos: Players from the CFB Borden Star's Men's Hockey Team (top right). Petawawa Stags players watch from the bench (right), as they battle against the Borden Stars (below).

Photo: Tom Philp, Contact Staff



8 Wing Astra Lanes bowling update

by Wendy Phillips
Astra Lanes

It has been a while since you have seen any news from 8 Wing/CFB Trenton's Astra Lanes.

My name is Wendy Phillips and I have been asked to do publicity by the Astra Five Pin Bowlers Association.

I have just moved to the area, and know that bowling is a great way to meet new people when you are posted!

Astra Lanes has five Adult Leagues and a Youth league in-house this year. Over the past few months we have had some in-house tournaments that have resulted in some winners!

The tournaments and winners are as follows:

The Executive Tournament was held on November 16, 2008. The winners were Dave Swartz, Blair Archer, and Donna Stoddart.

The High-Low Doubles in house league tournament was bowled during league play, those that qualified to the next round bowled on December 6, 2008.

The result of the house round was Christine Fenton and Helene Courtney, who will be travelling to Hamilton in February to compete in

the next round. Congratulations and good luck!

Our Youth Bowlers have been having a great year so far. The following showcases the results of their efforts from January 24, 2009.

Peewee Division: Madeline Gray led our Peewee's with games of 62 and 59; which was 23 pins over her average of 49. Way to Go Madeline!

The boys were led for a second week in a row by Drake Pierson who bowled an 89 and 90 which was 47 pins over his average of 66. Keep going Drake!

Other averages for the Peewee Division were Ethan Hendry with 79 and Nathaniel Hendry with 83.

Bantam Division: Patrick Mitts led the Bantams by bowling a total of 30 pins over his average of 81. Great Bowling Patrick!

The Bantam Girls were led by Ceileigh MacNeil with 23 pins over her average of 103. Keep up the good work Ceileigh!

The High Average for the Bantam Boys is Eric Gray, with 103, and the High Single for the Bantam Boys is Matt Laporte with 159.

High Average for the Bantam Girls is Ceileigh MacNeil with 104, and the High Single for the Bantam Girls is Ceileigh MacNeil with 169.

Other Averages for the Bantam

Division are Matt Laporte with 99, Patrick Mitts with 82 and Ashley Mailhot with 87.

Junior Division: There was some fantastic bowling being done by our Junior Division last Saturday.

The Junior Division was led by Matt Mailhot who bowled a 179 to put him 89 pins over his average for the day.

Kendra O'Keefe wasn't too far behind with a plus 70 over her average of 117.

Other High games that day were Seamus MacNeil with a 195 single, and Brittany Laporte with a 172. That's some amazing bowling!

The High Average for the Junior boys is Seamus MacNeil with 150, and the High Single for the Junior Boys is Seamus MacNeil with 237.

High Average for the Junior Girls is Brittany Laporte with 125, and the High Single for the Junior Girls is Brittany Laporte with 198.

Other Averages in the Junior division are: Kendra O'Keefe with 117, Matt Mailhot with 111, Alex Jones with 108, Nicolas Mailhot with 93, and Heather Carrier with 91.

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.

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FITNESS & HEALTH PROMOTION

“March 1st, I QUIT” Challenge is back!

It's that time of year again! We are gearing up for our annual March 1st I Quit! smoking cessation challenge.

This challenge offers a chance for smokers to finally butt out and join the majority of Canadians who've already worked hard at quitting smoking.

Smokers are challenged to register with two non-smoking supporters using the website (DIN) at <http://hr.ottawa-hull.mil.ca/health-sante/iquit-jarrete/default-eng.asp> or using the hard copy brochures displayed across the base.

If you quit smoking by March 1, 2009 and stay smoke free for the entire month, you may be eligible to win a prize.

This year there is \$18,000 in prizes to be won with the top prize worth \$3000.

Thank you to CANEX and SISIP who have graciously provided these prizes.

So what are you waiting for?

Find two non-smoking supporters and register!

The deadline to register is February 28, 2009. Smokers who quit after September 1, 2008 are also eligible.

The challenge is open to the entire Department of National Defence (DND) team.

Please see the website and/or brochure for eligibility criteria, rules, and more details.

Non-smoking supporters are also eligible to win prizes.

Make 2009 the year you quit smoking! It's not easy, but it's definitely achievable.

If you're ready to quit, Take the Challenge!

**March 1st
I QUIT!**

**8 Wing
Health Promotion Office**
177 Hercules St. Bldg 119
Shalyn Mann, local 3768
Angela Prescott, local 4122
Kendra Lafleur, local 3767

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Thinking of Quitting...or Not

Finding it harder to be a smoker in today's society but just not sure if you are able to quit?

Many smokers would agree that quitting is one of the hardest things they've ever done, so let the 8 Wing Health Promotion team help you with the process.

A large part of smoking is habitual. Coupled with a nicotine replacement therapy (NRT) to dissipate your physical craving, our Butt Out program will show you how to focus on the behavioural aspects of smoking.

Next time you have a cigarette ask yourself why? Were you physically craving nicotine or was it because you always have one after lunch?

Thinking of quitting...or not, join us at Wing HQ Theatre on February 11, 2009, from 0800 to 1000 for more information. Speak to a pharmacist to find out if NRTs are right for you and learn more about what programs are available to help you quit.

The only thing you have to loose is a bad habit!

Did You Know?

Products like "vitamin waters", "enhanced waters" or fitness waters are not needed to get the most out of a workout from a vitamin and mineral perspective.

The added flavour may help some people drink more which can help with hydration during exercise. However, food from a balanced diet is a better source for vitamins and minerals.



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

Will medication help me quit smoking?

Nicotine is an addictive drug. When you stop smoking, you will likely experience some physical withdrawal.

For some people, the symptoms are mild. For others, they can be intense.

Fortunately, there are medications available that can reduce cravings for cigarettes and physical withdrawal. You can choose from four possible therapies: Nicotine Replacement Therapy chewing pieces (Nicorette®), Nicotine Replacement therapy patch (Nicoderm®), bupropion pill (Zyban®) or varenicline tartrate (CHAMPIX®).

These therapies are optional, but experience and research tell us that they can increase success. They reduce physical withdrawal symptoms, allowing you to focus more energy and attention on strategies to deal with the psychological and social dimensions of

your smoking habit.

These are the dimensions of the smoking habit that linger longer than the physical addiction, and are often the reason for relapse back to smoking, well after the time when any physical addiction remains.

For this reason, it is strongly encouraged to combine medication with a smoking cessation program such as BUTT OUT.

BUTT OUT can help you identify your personal reasons for smoking, then help you develop and practice substitutes for smoking that provide you with the same positive results, without the negative long-term effects that smoking gives you.

If you decide to use medication, the next step is to decide which one to use.

Speak to your pharmacist or health care provider about which medication is right for you.

The Fitness and Sports Flight presents the Winter Carnival 2009

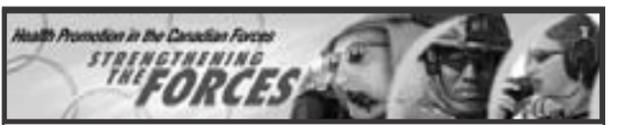
Have a heart - register a team for this year's Winter Carnival scheduled for **Friday, February 13, 2009.**

The Winter Carnival will take place at Baker Island.

Sign-in will be held at 0830 hrs and the games will begin at 0900 hrs. Teams of 10 - One volunteer.

Come and enjoy a day of fun with a number of games, a barbecue and great prizes to be won.

Show us your spirit! Pick a team name and a costume! Register today! Contact Cindy Tromp at cindy.tromp@forces.gc.ca



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VIEW FROM THE PINE



Damnit. I really don't feel like starting off another week by apologizing for the Montreal Canadiens.

The missus would say that apologizing is a foreign concept to me but the way things are going for the Habs I might have to make this a weekly ritual.

OK, so here goes. Once again on behalf of Montreal Canadiens fans everywhere I would like to offer my sincere apologies for those seizure inducing throw-back jerseys worn by the team on Super Bowl Sunday.

The minute I saw the first players step onto the ice I figured Montreal was doomed to lose the game which, of course, they did. Now Montreal was already 16 points back of the Bruins at the start of the match so two more tacked onto the bill didn't really matter all that much.

What really hurt was the MASH unit that had to be set up in the Habs' dressing room with Lang, Latendresse and D'Agostini all admitted. Lang, the Canadiens second highest scorer, will be the biggest loss with an Achilles tendon cut by a skate.

Unless Koivu or Plekanec picks up the slack at centre, or Montreal pulls off a big trade, Lang's production will be sorely missed. The Habs will still make the playoffs, but the rosy predictions of a 100th Anniversary Stanley Cup are fading fast.

I don't usually comment too much on the Bruins mostly because I dislike them so much. Well, dislike may be a bit weak. I hate them. It's a mandatory feel-

ing if you are a Habs fan so even if I was a more open-minded, touchy-feely, sandal wearing person (which I'm not), I would still have to feel this way. But I can still admit they are a good, if unspectacular, team.

Actually, I kind of compare them to last year's Habs, as much as that makes me want to upchuck all over my keyboard.

They may play a more physical game than the Canadiens but they have a number of players like Tim Thomas, Blake Wheeler, and David Krejci (to name a few) playing over their heads. They will hold on and finish first in the Eastern Conference but will end up ceding the President's Trophy to the Sharks. They won't make it to the finals this year, though. Maybe Montreal can pull out another post season victory over the B's (a Spring tradition that is somewhat likely), or maybe the Bruins meet up with a hot Devils team with a rejuvenated and well rested Martin Brodeur (more likely). None of this should matter to Boston fans, though, because regardless of what happens the Bruins are relevant and that has been a long time coming.

Well the trade drums are now beating daily with a lot of big names being rumoured to be on the market. I won't waste my breathe talking about Vinnie Lecavalier as that dead horse has been beaten enough for now. One of the biggest new shocks is that Anaheim may look at testing the waters to see what Chris Pronger would fetch them. I'm thinking quite a lot. What may

be more interesting is what impact the big man's supposed availability will have on the overall market as prior to his name popping up the biggest D-men on the block were Kaberle and Bouwmeester.

Supply will never exceed demand in the NHL for an impact number one offensive defenceman but having two or three on the market at the same time should even out the asking price just a bit. That will still mean combination of draft picks, prospects and probably at least one NHL ready player. It won't matter in the end though, as GM's will be lining up to pay it.

As is the norm every year, there will be the usual number of wily veterans offered up by team's out of contention (think Guerin and Weight of the Islanders) to team's in contention. Or teams wanting to be in contention. Think rental players. Think Mats Sundin (sorry Canuck's fans, the truth hurts).

CHARLIE POTATOES

Alexei Kovalev (And the roller coaster ride continues with Kovie hitting one of his trademark slumps. With Habs forwards dropping all around him and Montreal in a tailspin, he is needed now more than ever. Will he respond?), Toronto Maple Leafs (Slightly better effort for Doug Gilmour Night than the sad sack attempt for Wendel Clark but still not good enough for a player of Killer's calibre. Seriously, they just need to play back a few videos of Montreal's many cere-

monies for the blueprint on how to do things. How hard is that?), Denis Gauthier (Repeat offender head hunts against Josh Gorges and earns a five game suspension. Where is Georges Laraque when you need him?), Dion Phaneuf (The assists are there but the goals are way off. He has 5 this year and had 17 last year. Most disappointing? His minus seven rating), Vesa Toskala (Leaf goaltender can't find any consistency between the pipes for the Buds. You may not expect a lot of wins but a SV per cent north of .900 and a GAA under 3.00 would be nice).

MEAT AND POTATOES

Jamie Langenbrunner (seven goals, seven assists and plus 11 in his last 10. Jersey right winger pouring it on as of late. With Brodeur coming off IR soon and the team getting secondary scoring from the likes of Langenbrunner the Devils are hitting all the right notes heading down the stretch), Kristian

Huselius (Columbus winger clicking after a stint on the IR. four goals, eight assists and plus six in the month of January. He will likely finish a bit shy of his 66 points last year with Calgary but if he can keep it up the Blue Jackets have a decent shot at making the big dance), Mark Streit (Former Hab now has 22 of his 37 points on the year on the power play. You think the Canadiens are regretting letting him go during the summer?), Nicklas Backstrom (Wild goaltender quietly having another excellent season sitting at 24-16-2, .925 SV percentage, 2.26 GAA and five shutouts. Too bad it is going to waste as even if Minnesota holds on and makes the playoffs they are still only treading water and won't make a serious push for Stanley's mug), Marty Turco (Turco appears to be primed for a big second half after collecting sevens wins in January. His GAA and SV percentage still are on the low side but they should pick up moving forward).



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

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It's that time again...time to talk RRSP's

by Pierre Goulet, CFP, FMA, FCSI
SISIP Financial Services, Ottawa

January and February are typically the time of year when many Canadians make their Registered Retirement Savings Plans (RRSPs) contributions. The first sixty days of each new year gives us the time to top-up contributions, borrow to make contributions if we haven't done so throughout the year, or to start a new contribution plan. All contributions made up to March 2, 2009 can be claimed either on your 2008 or your 2009 tax return.

1. Don't wait until the last minute. You work hard for twelve-months of the year to earn your money. Don't wait until the deadline to seek out your investment options. It's easier to invest in small doses. Try making your investment decisions throughout the year, when you will have more time to reflect on these decisions, and you can avoid the February rush.

2. How much to contribute? When contributing to a RRSP, time is money! However, because we can carry over our unused contributions for an indefinite period, some of us have a lot of contribution room.

Decide how much effort you want to make towards your 2008 contribution and what you would like to con-

tribute in 2009. Be reasonable. Do not invest every dollar of your surplus cash or borrow too much through a RRSP loan. This could cause you financial difficulties and prevent you from properly planning future contributions.

If you do not have surplus cash and you do not want to borrow, it is better to simply focus on the year ahead and start a monthly contribution plan into a RRSP. Doing so will put you ahead of the game at this time next year.

3. Whose RRSP to contribute to? Generally, the purpose of a RRSP is to build savings that will provide a source of income at retirement. If you have a pension plan and your spouse does not, you may wish to make spousal RRSP contributions. Such contributions are still deducted from the income of the contributor, but help build a retirement income for the spouse with no pension plan.

4. Determine your risk tolerance and RRSP investment choice. An understanding of your objectives and risk tolerance is key to your investment success. Good advice can really pay off. Let a financial planner assist you in determining your risk tolerance level and the appropriate investment vehicle.

This article is for general information purposes only and is the opinion of the writer, Pierre Goulet, CFP, FMA, FCSI, Practice Manager, Financial Planning and Insurance Services,

C'est la saison des régime enregistré d'épargne-retraite (REER)

En janvier et en février, bien des Canadiens et Canadiennes cotisent à un régime enregistré d'épargne-retraite (REER). Durant les 60 premiers jours de chaque année, nous pouvons compléter nos cotisations, emprunter de l'argent pour y cotiser si nous ne l'avons pas encore fait, ou commencer un nouveau programme de cotisation. Vous pouvez présenter toutes les cotisations que vous avez faites jusqu'au 2 mars 2009 sur votre déclaration de revenus de 2008 ou 2009.

1. N'attendez pas à la dernière minute. Vous travaillez dur douze mois par année pour gagner votre argent. N'attendez pas l'échéance pour choisir vos options de placement. C'est plus facile de placer de petites sommes à la fois. Tentez de prendre des décisions de placement durant toute l'année, alors que vous avez plus de temps pour y réfléchir. Vous éviterez ainsi la course aux REER en février.

2. Combien cotiser? Lorsqu'il

s'agit de cotiser à un REER, le temps c'est de l'argent! Or, puisque nous pouvons reporter indéfiniment les déductions inutilisées, certains d'entre nous en avons accumulées beaucoup. Décidez combien vous désirez cotiser à votre REER pour 2008 et combien vous aimeriez y cotiser en 2009. Soyez raisonnables, ne placez pas toutes vos liquidités excédentaires et n'empruntez pas trop au moyen d'un prêt REER. Une telle démarche pourrait vous causer des ennuis financiers et nuire à vos projets de cotisation futurs.

Si vous ne disposez pas de liquidités excédentaires et que vous ne voulez pas emprunter, il est préférable de mettre l'accent sur l'année qui vient et de commencer à cotiser mensuellement à un REER. Vous aurez ainsi une longueur d'avance l'an prochain à la même époque.

3. À quel REER cotiser? En général, le REER sert à faire des économies qui constitueront une

source de revenu au moment de la retraite. Si vous avez un régime de pension et que votre conjoint n'en a pas, vous pourriez cotiser à un REER de conjoint. Ces cotisations sont déduites du revenu du cotisant, mais elles permettent au conjoint n'ayant pas de régime de pension de disposer d'un revenu de retraite.

4. Déterminez votre tolérance aux risques et votre choix de placement en fait de REER. Pour réussir vos placements, vous devez comprendre vos objectifs et votre tolérance aux risques. Les bons conseils peuvent être très rentables. Laissez les planificateurs financiers vous aider à déterminer votre tolérance aux risques et le mode de placement qui vous convient.

Rédigé par Pierre Goulet, CFP, CGF, FICVM, Gestionnaire spécialisé en planification financière et en assurance, Services financiers du RARM, Ottawa. Le contenu précédent est offert à titre informatif seulement et l'opinion présentée est celle de l'auteur.

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Trenton man's search for family finds 437 Squadron link

by Tom Philp, Contact Staff

"OMNIA PASSIM" (Anything, Anywhere), the motto of 437 Transport Squadron, applies equally to passengers or payloads. Formed in England in September 1944, the original squadron became famous for ferrying men and supplies in Douglas (DC3) Dakotas to the very front lines of the Second World War conflict in Belgium and Norway; and, as the war waned, returning liberated Canadian and British Prisoners of War (POWs) to the welcoming shores of England.

It was that latter important task that eventually led Trenton resident George Robinson to discover a link between his brother-in-law and an Alberta-born Pilot Officer (P/O) named James E. "Tommy" Thompson.

Robinson's search for family roots connected him with Allan Thompson of Meeting Creek, Alberta. Through exchanges of information with Allan, Robinson became fascinated with the history of that man's father, Tommy Thompson. And although it has yet to be confirmed, there is evidence that the senior Thompson, as a member of that original 437 Squadron, flew Robinson's brother-in-law Lew MacAfee out of airfield B154 at Soltau, Germany in May 1945.

MacAfee, a mid-upper air gunner in a RAF Sterling bomber, had been the sole survivor when his plane was shot down after a successful bombing raid of a German munitions factory in 1942. Captured and interned as a POW, MacAfee eventually joined hundreds of fellow prisoners in early 1945 on a forced, 600-mile march from a Polish camp to just south of Hamburg, Germany. As British forces moved closer, MacAfee's German guards abandoned the POWs, who eventually made their way to the Soltau airfield and the welcome flights of 437 Squadron Dakotas.

Now a retired air traffic controller, Robinson is fascinated by the possible connection with the forerunner of what is now the "Husky" squadron; but it is the story of Tommy Thompson, and what brought him to war time service with that unit, that interests the Trenton man even

more. To that end, he shared Thompson's story, hand-written by the Alberta rancher before his death in 2005 at the age of 83, with *The Contact*.

Tommy Thompson's flying life began long before he recorded the last operational mission of that earlier 437 Squadron on May 30, 1946, with P/O Thompson, his crew, six passengers, 300 lbs of mail and 3,024 lbs of freight in Dakota KG577 ODO-K, from Brussels, Belgium to Oldham airfield in England. His diary reflects an early interest in aviation.

"I had always been fascinated by aeroplanes...from the first time I saw a plane fly over the farm, about 1926 or so," Thompson wrote. He kept a scrapbook of photos and news clippings related to flying, carved planes and props, and hand-made a scale model of a Gypsy Moth with working rudder, elevators and ailerons. The "dirty thirties" diminished the farm boy's hope of ever being able to fly, but Thompson was determined "if the opportunity ever came, I was going to take advantage of it."

When Canada entered the war in 1939, 17-year-old Thompson knew his chances of entering the air service would improve if he had a high school diploma. By 1941, Thompson had finished Grade 12, and was continuing his weekly training in Red Deer as a member of the local Air Cadet squadron. In July of that year, Thompson had been accepted for pilot officer training, reporting to the Manning Depot in Brandon, Manitoba.

Thompson soon learned the daily routine of a recruit, "marching to and fro for the daily routine of meals, drill, roll calls, haircuts, vaccinations, inoculations, lectures...and (learning) to honour, respect and fear all Corporals, Sergeants and Warrant Officers!"

Earning \$29 a month in wartime pay (\$20 of which he sent to his parents), Thompson completed basic training and shipped out in August, 1941 to Initial Training School (ITS) in Regina, Saskatchewan for four weeks of "concentrated" ground school. By mid-September, Thompson and those recruits who had not "washed out" were sent to No. 19 Elementary Flying Training School (EFTS) in Virden, Manitoba. The young

farm boy from Alberta would finally get his first ride in a plane.

"Finally, real aeroplanes," Thompson wrote. "Hangars full of next-to-new DeHavilland DH92A Tiger Moth biplanes, all bright yellow with black engine covers and registration marks, big RCAF roundels on the wings and fuselage."

Flying gear was issued, including helmets with a hole at the left ear to connect to a "Gosport" speaking tube to allow communication with the instructor. More intense ground school training was given. Flying instructors were all civilians, watching closely to determine if recruits would be allowed to solo "after about eight hours of instruction."

On the morning of October 18, 1941, Tommy Thompson soloed for the first time, did one circuit of the airfield and brought the Tiger Moth home. It was the beginning of a hands-on love affair with flying that would stay with Thompson until his death some 64 years later.

"I hated to switch off the engine and get out; but I did, and felt so damned proud I must have grown an inch right then and there," he wrote.

As his training continued, Thompson took his first flight in a Cessna Crane T-50, known in Canada then as the "Bamboo Bomber," powered by two, seven-cylinder Jacobs radial engines and capable of cruising at 135 mph with five crew aboard. He also flew Harvards, Avro Ansons and Airspeed Oxfords, having adventures in each of them, before being posted to 147 Squadron at Pat Bay Air Force Station on Vancouver Island (now the site of Victoria International Airport) in December, 1941. Japan had attacked Pearl Harbor; America had entered the war; and defence of North America's west coast was ramping up.

Thompson spent the next two-and-a-half years flying out of Pat Bay, patrolling the coastline, learning to fly different aircraft, training less experienced pilots, and even meeting a future president of the United States.

On one mission to the Lockheed manufacturing plant in Burbank, California, Thompson was given a personal tour of Hollywood studios where he



An original 437 Squadron insignia.

met many celebrities, including his tour guide, "a clean cut young actor by the name of Ronald Reagan."

By mid-1944, Thompson finally got his wish for an overseas posting, flying Dakotas and Lockheed Venturas out of bases in England as a member of the newly-formed 437 Squadron. Part of his duties included evacuating liberated Allied POWs, and captured enemy POWs from Germany and other countries to areas secured by the Allies. And it was during this time of his war service that James E. "Tommy" Thompson may, or may not have crossed paths with George Robinson's future brother-in-law.

One fact is unshakeable: James E. "Tommy" Thompson was proud to be an original "Husky" and carried that honour with him throughout the rest of his military and civilian aviation careers.

Tommy Thompson ended his service with 437 Squadron when it was disbanded scarcely 18 months after being formed. The current 437 Squadron was reformed in 1961 and continues to serve out of 8 Wing/CFB Trenton.

Mr. Thompson died on Feb. 27, 2005 in Innisfail, Alberta at the age of 83.

(Editor's Note: George Robinson has offered to make available copies of Tommy Thompson's diaries and Second World War photographs to anyone from 8 Wing/CFB Trenton who is interested in looking at them.)



Personnel from 437 Squadron are shown in a photograph taken sometime in April 1945, on the move from the United Kingdom to Nivelles, Belgium.



“VIP” 412 Squadron continues its long tradition of transport service

Formed at Digby, Lincolnshire on 30 June 1941, as the RCAF's seventh fighter squadron, 412 Squadron flew offensive and defensive air operations over Britain and in support of ground forces in North-West Europe.

In October 1943, the Squadron joined No.126 (Canadian) Wing of the 2nd TAF (Tactical Air Force) at Biggin Hill, where in November Spitfire Mk IXb's were received. Thereafter it was involved in operations over France leading up to the Normandy invasion in June 1944.

Moving to French soil within days of the landings, air superiority patrols followed until the breakout in August, after which a move to Northern France brought

the “Falcon” Squadron into operations over Nijmegen and Arnhem.

In September, 126 Wing moved into Holland.

In December 1944, the Germans launched one last offensive in the Ardennes, hoping to cut off the Allies supply line. 412 Squadron played a key part in action then followed up, in the final months of the war, in support of 21st Army Group as they pressed into northwest Germany. By war's end, the “Falcon” Squadron claimed a total of 108 victories.

After hostilities, the “Falcons” served as one of four RCAF fighter units assigned to the British Air Forces of Occupation (Germany).

412 (Fighter) Squadron was disbanded at Utersen,

Germany on 21 March 1946.

On 1 April 1947, 412 (Composite) Squadron was formed using elements of No.12 Squadron, a communications squadron that had established its reputation as a general air communication, light transport and testing unit on the home war establishment, and No.7 (General Purpose) Squadron. Two years later, the “Falcons” became 412 (Transport Squadron) and, in 1955, moved to RCAF Station Uplands (Ottawa).

Throughout its post-war history, 412 Squadron was known as the “VIP” squadron as its chief responsibility was the transport of dignitaries including British royalty, Canadian Prime Ministers and visiting foreign

public figures.

On 25 September 1964, 412 Squadron received their Squadron Standard for 25 years service.

Throughout the 1960s, the “Falcons” flew two Yukon aircraft on a weekly flight schedule to Marville, France and Gatwick, England. With the Yukon, they also set a number of cross-country and round-the-world records.

On 1 February 1968, 412 Squadron was integrated into the Canadian Armed Forces. Shortly thereafter, they exchanged the Yukon for Cosmopolitan and later the Dash 7.

Assigned to 8 Wing, the “Falcon” squadron continues to perform VIP transport and general duties with the CC144 Challenger.



**412 Transport Squadron 1941-
PROMPTUS AD VINDICTUM
(Swift to Avenge)**

Battle Honours: Defence of Britain 1941-1944, Fortress Europe 1941-1944, Dieppe, English Channel and North Sea 1942-1943, Arnhem, Normandy 1944, Rhine

Anniversary Anecdotes

“VIP” L'escadron 412 continue sa longue tradition du service de transport

Mis sur pied à Digby, dans le Lincolnshire, en Angleterre, le 30 juin 1941 en tant que 7e Escadron de chasseurs de l'Aviation royale du Canada (ARC), le 412e Escadron effectue des opérations aériennes offensives et défensives dans le ciel britannique et en appui aux forces de terre dans le nord ouest de l'Europe.

En octobre 1943, l'escadron se joint à la 126e Escadre (canadienne) de la 2e Force aérienne tactique (FATAC) à Biggin Hill, où sont livrés, en novembre, les appareils Spitfire Mk IXb. Il prend par la suite part à des opérations dans le ciel français qui mènent à l'invasion de la Normandie, en juin 1944.

S'installant en terre française dans les jours qui suivent les débarquements, il effectue des patrouilles de supériorité aérienne jusqu'à la percée d'août, après laquelle un déplacement vers le nord de la France permet à l'Escadron Falcon de se livrer à des opérations au dessus de Nimègue et d'Arnhem.

En septembre, la 126e Escadre s'installe en Hollande.

En décembre 1944, les Allemands lancent une dernière offensive dans les Ardennes, espérant couper la ligne d'approvisionnement des alliés.

Le 412e Escadron joue un rôle clé dans les mesures

prises au cours des derniers mois de la guerre, en appui au 21e Groupe d'armées qui pénètre en Allemagne

connu sous le sobriquet d'escadron VIP car il a pour responsabilité principale le transport de dignitaires,

**412e Escadron de transport
PROMPTUS AD VINDICTUM
(Prompt à venger)
1941 –**

Honneurs de guerre: Défense de la Grande Bretagne de 1941 à 1944, bastion Europe de 1941 à 1944, Dieppe, Manche et mer du Nord en 1942 et 1943, Arnhem, Normandie en 1944, Rhin

par le nord ouest.

À la fin de la guerre, le Falcon a remporté 108 victoires.

Après les hostilités, il devient l'une des quatre unités de chasseurs de l'ARC affectées aux Forces aériennes britanniques d'occupation (Allemagne).

Le 412e Escadron (Chasseurs) est dissous à Utersen, en Allemagne, le 21 mars 1946.

Le 1er avril 1947, le 412e Escadron (Composite) est mis sur pied à partir d'éléments du 12e Escadron, un escadron de transmissions ayant assis sa réputation en tant qu'unité de transmissions aériennes générales, de transport léger et d'essais au sein de l'effectif de guerre territorial, et du 7e Escadron (Service général). Deux ans plus tard, le Falcon devient le 412e Escadron de transport et, en 1955, il s'installe à la Base de l'ARC Uplands, à Ottawa.

Pendant tout l'après guerre, le 412e Escadron est

notamment de membres de la famille royale britannique, du premier ministre du Canada et de personnalités étrangères.

Le 25 septembre 1964, le 412e Escadron reçoit l'étendard couronnant ses 25 années de service.

Pendant les années 1960, le Falcon effectue sur deux aéronefs Yukon des vols hebdomadaires réguliers sur Marville, en France et sur Gatwick, en Angleterre. Il établit aussi, à bord du Yukon, un certain nombre de records nationaux et mondiaux.

Le 1er février 1968, le 412e Escadron est intégré aux Forces armées canadiennes et, peu après, il remplace ses Yukon par des Cosmopolitan puis, plus tard, des Dash 7.

Affecté à la 8e Escadre, l'escadron Falcon se charge toujours du transport de personnalités et de tâches de service général avec ses CC144 Challenger.

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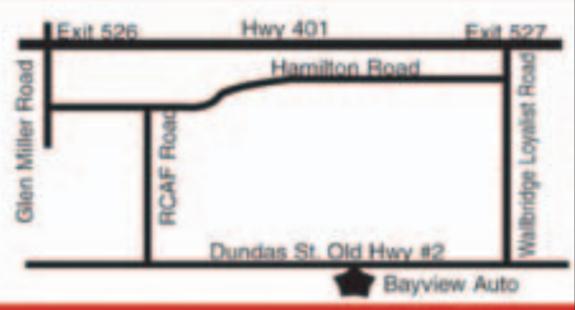


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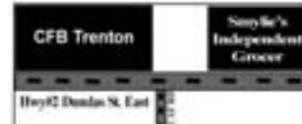
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at [613-965-7490](tel:613-965-7490) or email to steiner.al@forces.gc.ca, at least 10 days prior to your event. Call [613-392-2811](tel:613-392-2811) Ext. 7005 for more information.



"Give From The Heart Support Our Troops" Valentine's Dinner & Dance

at The Royal Canadian Legion Trenton Branch 110
on Saturday, February 14th.
Cocktails: 6:00 p.m.
Sit-Down Dinner: 7:00 p.m.
(Salad, Roast Beef, gravy, potatoes, mixed vegetables, Dessert: Chocolate Fountain & Pies)

Dance: 9:00 p.m. - 1:00 a.m. Music: Texas Tuxedos
Cost: \$25.00 per person. Dress: Semi-Formal

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Tickets can be purchased at Branch 110 office or call
Gary at 613-394-1635 or Buck at 613-392-0729.

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 7-8:30 pm 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.*



Crime Stoppers (Quinte) Inc. presents: Diners Reward Coupon Booklets 2009

These \$20 booklets let you save at many great restaurants AND help stop crime locally. Now on sale at the MFRC reception \$8 from every sale goes to TAPP-C (The Arson Prevention Program for Children) Valid until November, 2009



Free Seniors Computer Courses are back at the Quinte West Public Library!

Here is a sampling of courses to be offered in March:
Computer Essentials - March 9: 1 p.m.-2 p.m.
E-mail Essentials - March 16: 1 p.m.-2 p.m.
Internet Essentials - March 23: 1 p.m.-2 p.m.
"Hands On" Computer Training - March 30: 1 p.m.-3 p.m.

Are you unsure about computers and the Internet? Have you taken other courses but the instructor was too fast, not patient or wasn't able to answer your questions? Do you have a new computer, but can't get past the "on" button? Join instructor Peter Ferguson's classes at the Trenton Main Branch.

**Space is limited, so sign up now by calling:
613-394-3381 (Ext. 3322 or 3325)
or in person at your Quinte West Public Library Branch**

It's time to get outdoors and have some fun!

Winter Play Days - Feb. 13-14

Feb. 13 9 a.m. to 10 p.m.
Kick-off at Batawa Ski Hill
Live Outdoor Entertainment
Feb. 14 9 a.m. to 6 p.m.
Saturday start at Batawa Ski Hill
Events all day in Trenton Centennial Park
Take a skate on the marina, build a snowman, try your hand at ice fishing or sit back and enjoy the many other attractions.
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Canadian Red Cross Centennial Celebration

Red Cross wants to hear from those touched by its services and programs. 2009 will be the 100th Anniversary of the Canadian Red Cross. During these years of service, many people have served and were helped by the Red Cross.

To help us celebrate our years of service in the community, we are presently looking for people that were touched by the Red Cross.

If you were a volunteer, a member of the Red Cross youth, a Corps member during the Second World War, a veteran that received Red Cross packages in POW camps, Red Cross nurses in outpost hospitals, a Canadian or immigrant reunited with his or her family, a blood donor up until 1998, or simply a recipient of one of our programs, if you have a story to share, we would be happy to hear from you! Please call 613-966-0730 or email us at Shirley.gregg@redcross.ca and let us know how the Red Cross touched you!



Trenton Amateur Radio Club

A regular meeting of the Trenton Amateur Radio Club will be held on:
Date:
Tuesday, February 19, 2009
Time:
7:00 p.m.

Location:
4 Beaver Avenue (on the south side of 8 Wing/CFB Trenton)
The club meets every second Tuesday of the month.
For more information, visit the T.A.C Club website:
<http://www.qsl.net/ve3ytr/>



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strong. A happy, healthy heart pumps blood and oxygen from your head to your toes.

Being active also gives your skin a healthy glow.

Being active outside and breathing all that fresh air keeps your lungs in perfect shape.

Physical activity builds strong muscles and bones. It keeps you in shape and at a healthy weight.

Fun fitness activities: Play outside every day Walking every day with your family and friends is an easy way to be fit!

Running and playing games like tag are great ways to get your body moving!

It's so fun to hike with your friends and family.

There are a bunch of ways to jump rope.

Zip around your neighborhood on your bike. Rollerblading is a blast!

Ice skating in the winter is fun to do, or try

karate! Martial arts are really fun.

Use your skateboard to get around.

Gymnastics helps your balance, strengthens your muscles, and keeps your body flexible.

Team sports like softball and baseball are fun to play. The goal of soccer is to get outside and have fun. Playing basketball really keeps you moving!

Ask a friend to hit a few tennis balls with you.

Remember, it doesn't matter what you choose as long as you're active every day! Just wait till you see how great you'll feel!

Eating five to nine servings of fruits and vegetables each day keeps every part of your body healthy.

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

All text by Dole. www.dole5aday.com

Mealtime.org Rosemary Lamb Chops

Protein-rich and easily prepared, this recipe provides a new flavour avenue for the traditional spring lamb entree.

Ingredients:

- Non-stick cooking spray
- 4 lamb loin chops (about 4 ounces each)
- 2 tablespoons olive oil
- 2 tablespoons rosemary
- Salt and freshly ground black pepper, to taste
- 2 garlic cloves, chopped
- 1 can (16 ounces) cannellini or great Northern white beans, drained and rinsed
- 1 can (14 1/2 ounces) diced tomatoes, no-salt added, drained

Preparation Time: 5 minutes **Cook Time:** 20 minutes

Preparation: Heat a cast-iron pan or other heavy skillet on high for three to five minutes and then spray with a little cooking spray. Dry the lamb chops thoroughly and rub them with one tablespoon olive oil, one tablespoon rosemary, salt and black pepper. Cook the chops over medium-high heat for three to five minutes per side or to the desired doneness. Remove the chops from the skillet and keep warm on a plate. Reduce heat. Add the remaining tablespoon of olive oil, rosemary and garlic to the skillet. Cook for one minute. Stir in beans, tomatoes, salt and black pepper to taste. Cook for five minutes. Top chops and serve from the skillet. Serves: Four

Nutritional Information Per Serving: Calories 345; Total fat 22g; Cholesterol 66mg; Sodium 414mg; Carbohydrate 16g; Fibre 5g; Protein 20g.

Adapted from "Half Scratch Magic" cookbook, published by Clarkson Potter. Printed with permission.

WHAT'S THE DIF ?

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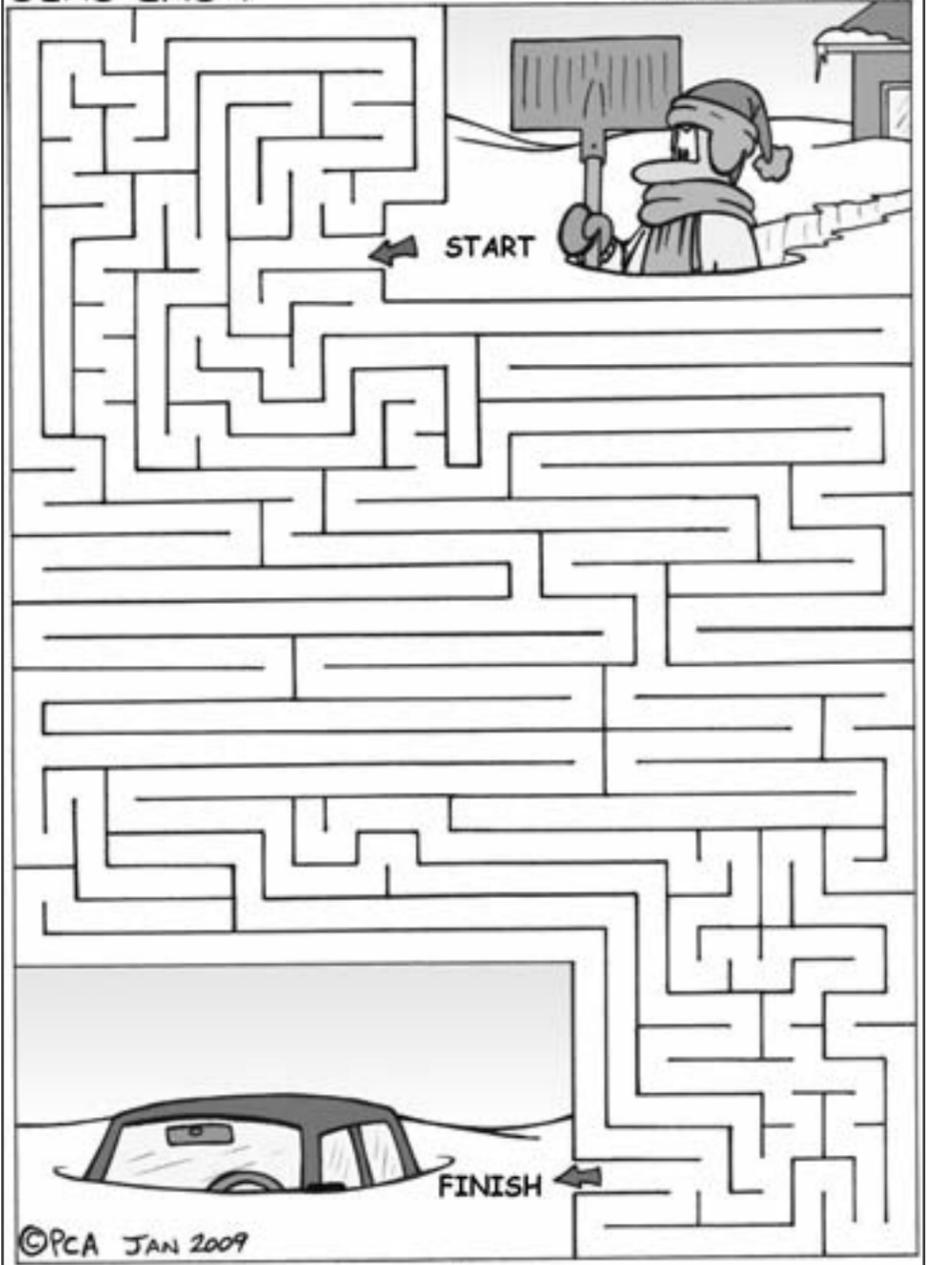
FIND THE 7 DIFFERENCES



ANSWERS: 1. DOGS PAW 2. NEIGHBORS TREE 3. GIRL 4. TURTLE 5. SNOW ON ROOF 6. NEIGHBORS WINDOW 7. MANS NOSE

DEAD END ?

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HOROSCOPES

Weekly Astrology by Christine Davison

February 8 – February 14

ARIES (March 21-April 19): People find you beautiful, attractive, and irresistible. Latent talents may come to the surface. People will recognize your abilities, love of nature and what is truly worthwhile. This is a good time for new relationships or old acquaintanceships. This week revolves around love, beauty, the arts, and music.

TAURUS (April 20-May 20): You're a little bit too popular. Help will be there when you require it even if what you really desire is some time by yourself. Pursue spiritual and philosophical interests and you will be very glad as will others. Friends will still be there when you need them even if you wish to ignore them in favour of solace.

GEMINI (May 21-June 20): New friendships may be formed over the next several days due to something that you began two weeks ago. This is a good time to throw a party for an Aquarius or Leo that you know. Secrets may soon be revealed to you, involving past conversations or heated confrontations that you once had with a family member.

CANCER (June 21-July 22): You will get ahead in your career and home life if you are passionate, impulsive, kind, jovial, and competitive. You will have the best of both worlds over the next little while and rewards will come to you because of it. Follow your own path but be sure to recognize those who helped pave the way before you.

LEO (July 23-Aug. 22): News may come to you from overseas through things that you may have begun last week. This is a wonderful time for romance. Someone may behave provocatively. The answer is to behave just as bold in return, however, brash actions may confuse someone who comes from a different culture or who speaks a different language than you.

VIRGO (Aug. 23-Sept. 22): Secrets will be revealed. You may have been given this advice once before. Paternal and maternal influences may combine to bring you wealth or perhaps a wealth of information. Fortune may come from clandestine meetings or associations. Try to remember to be moral and act up front whenever it is necessary.

LIBRA (Sept. 23-Oct. 22): It's a romantic week filled with meaning and emotion. A loved one or a long term friendship may involve someone from your past or someone that you wish to spend your future with. This week is full of fun and games. If you finished necessary work over the past 14 days, then the week ahead should be jovial and fortunate.

SCORPIO (Oct. 23-Nov. 21): Little problems may occur if you choose to confront rather than cooperate. You'll learn valuable lessons due to emotional occurrences that happen on the weekend. Someone close to you may reveal interesting information to you that piques your curiosity and perhaps your romantic interests. Don't overindulge.

SAGITTARIUS (Nov. 22-Dec. 21): Children may become your focus over the course of the week. Something that you began two weeks ago may manifest results early on that will help you to explore your options for the future. This will be a highly fertile and imaginative time. Latent talents may come to surface. Try your hand at what you love.

CAPRICORN (Dec. 22-Jan. 19): You may rearrange furniture or beautify your surroundings. Financial dealings may involve someone from your past or perhaps something you did in previous years. Changes in your immediate environment or career may be related to something began 14 days ago. Good fortune may befall those you share your home with.

AQUARIUS (Jan. 20-Feb. 18): You will have the energy to do whatever you desire. You can help a great deal of people within a short period of time due to material influences. People are on your side. Wonderful conversations can be had with happy, go-lucky people. Laughter may fill the week. Check details before engaging in travel.

PISCES (Feb. 19-March 20): This week, you may have a chance to show what you are made of and people will respond in kind. Something that you began two weeks back may help to propel you forward in unexpected ways. Expect positive surprises. However, obstacles may still occur, though will be overcome through noble efforts.

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

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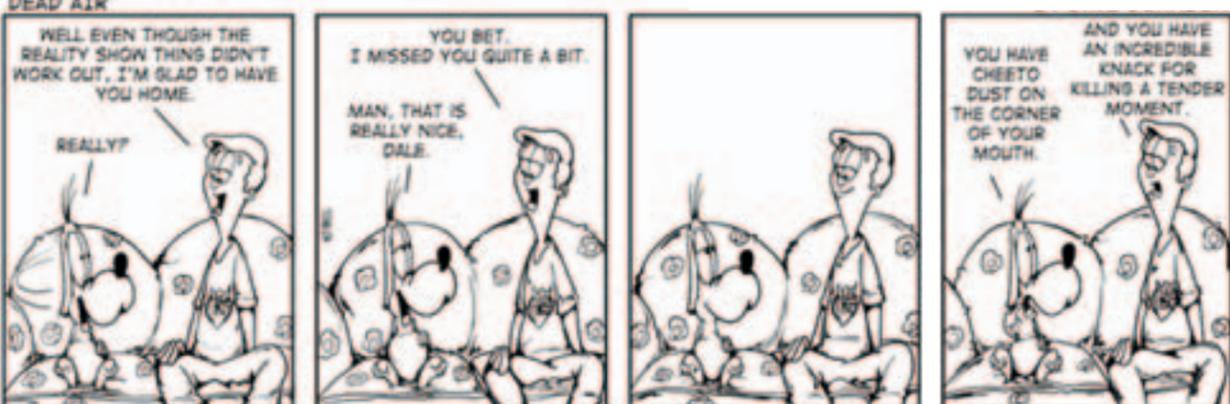
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DEAD AIR



WELL EVEN THOUGH THE REALITY SHOW THING DIDN'T WORK OUT, I'M GLAD TO HAVE YOU HOME.
 REALLY?

YOU BET. I MISSED YOU QUITE A BIT.
 MAN, THAT IS REALLY NICE, DALE.

AND YOU HAVE AN INCREDIBLE KNACK FOR KILLING A TENDER MOMENT.
 YOU HAVE CHEETO DUST ON THE CORNER OF YOUR MOUTH.

IN THE ZONE BY BRIAN CODAGNONE



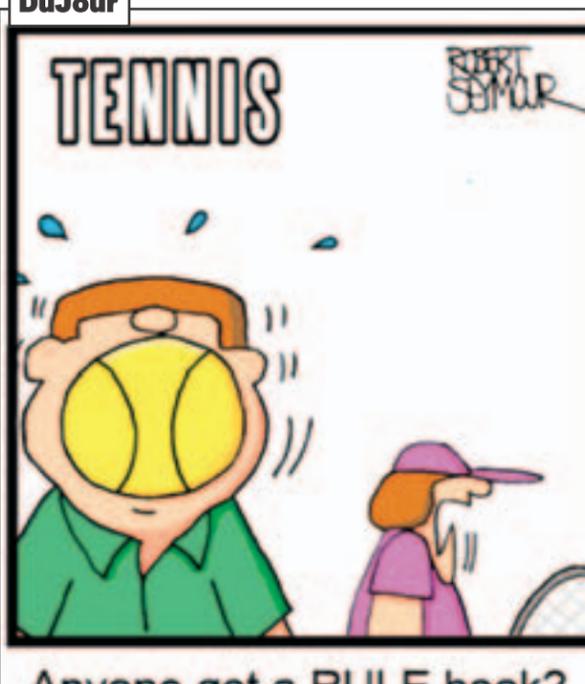
THERE WAS A TIME WHEN GOALIES DIDN'T WEAR FACE MASKS...
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 THANK YOU, JACQUES!

DuJour

TENNIS



Anyone got a RULE book?

Stuff!



"WHAT ?!"



Le Bal des Masques: I could have danced all night

Despite a winter storm that threatened to dampen the affair, more than 70 people attended Le Bal des Masques on January 31, dressed in formal wear, and wearing a variety of clever and well-designed masks.

Held at the 8 Wing/CFB Trenton Officers' Mess, the event was hosted by the Trenton Military Family Resource Centre in partnership with Hilden Homes, the main sponsor of the elegant affair.

Photos (clockwise from upper left): Patrons of the ball dance the night away while "hiding" behind their masks.

The Quinte Quartet entertained during the dinner, catered by local company, Occasions by the Bay.

Organizers (l-r) Roxanne Lamothe, Hope Stone from Hilden Homes, and Hélène Cadotte-Gagnon.

The Frank Howard Orchestra.



JR RANKS MESS

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6 TGIF 1700 hrs Subs Sports - Pool 1800 hrs	7
8 LL Women's Hockey Brief- Meet & Greet	9	10	11	12 Astra ATESS Professional Development Day	13 Variety Show Big Time Idol TGIF & Sports Cancelled	14 Valentine's Day
15	16	17 Astra CFAWC-ASIC Meeting LL - CJCR Writing Board	18 Astra CFAWC-ASIC Meeting LL - CJCR Writing Board	19 Astra DCSM Det Seminar LL - CJCR Writing Board	20 TGIF Donairs Sports - Euchre Astra / Lab Lounge Dental Group Conference	21 Astra / LL Dental Group Conference
22 Astra / LL Dental Group Conference	23 Astra / LL Dental Group Conference	24 Astra / LL Dental Group Conference	25 Astra / LL Dental Group Conference	26 Astra / LL Dental Group Conference	27 TGIF Chicken & Taters Sports - Pool Astra / LL Dental Group Conference	28
♥♥♥						♥♥

February 2009



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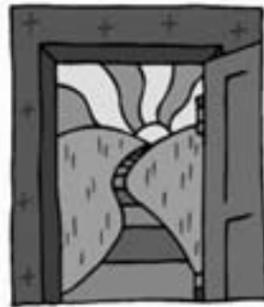
Symposium de petites entreprises pour les partenaires de militaires

Trenton MFRC Military Spouses' Small Business Symposium

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Public speaking and networking skills for entrepreneurs.
- 1:00 – 2:00 Dianne Whaley presents "Trenval Services & Self Employment Benefits Information Session"
- 2:00 – 3:00 Lorraine Harvey presents "Empower Your Thinking Process"
www.lorraineharveyseminars.com



When: Thursday, February 19/09 10:00 – 5:00
Where: Trenton MFRC/Siskin Centre 50 Rivers Drive East

Why: To provide a venue for Military Spouses to:
- Showcase and provide information about their own small businesses
- Network and explore information for those who are considering small business ownership.

Register: 1. Pre-register at the Trenton MFRC Reception \$5.00
2. Register online at jessvcatremblay@loyalistic.on.ca and pay \$7.00 at the door

All Exhibitors must pre-register with the MFRC - \$10.00 per table
Contact: Liz Nicholas at (613)392-2811 EXT 3852 or Jaimie Corriveau at (613)392-2811 EXT 4299

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NAMI FAMILY-TO-FAMILY EDUCATION PROGRAM

For Family Members and Caregivers of People with Mental Illnesses such as:

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- Major Depression
- Borderline Personality Disorder
- Schizophrenia and Schizoaffective Disorder
- Panic Disorder
- Obsessive-Compulsive Disorder
- Co-occurring Brain Disorder and Addictive Disorder

A series of 12 weekly classes, structured to help family members understand and support their ill relative, while maintaining their own well being. The course is taught by a team of trained volunteer family members who know what it is like to have a loved one with a serious mental illness in the family. There is no cost to participate in the NAMI Family-to-Family Education Program. Over 50,000 family members in the U.S.A. and Canada have completed this course. We think you will be pleased by how much assistance the program offers.

Classes Start: Monday, February 23 - May 11 2009 at 7:00 p.m MFRC
Facilitators: Don Halcrow and Annie Reijns
For further information and registration, please contact Susan at 613-392-2811-2382
FOR FAMILY MEMBERS or CAREGIVERS ONLY

This NAMI Family-to-Family Education Program is sponsored by the Family Support Network Hastings Prince Edward Counties
Classes are limited to 25 persons. Please register early.



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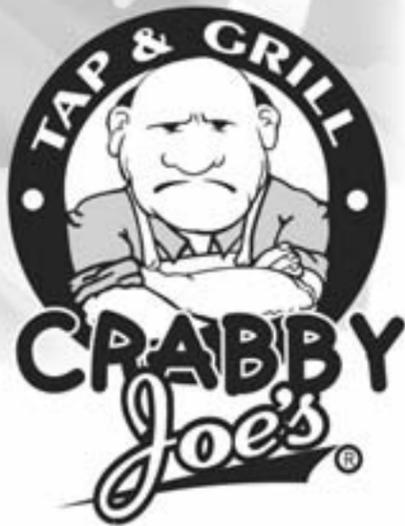
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Operational Stress Injury Social Support

Family members group

For family members living with someone suffering from an OSI. We will be meeting on the first and third Monday of the month at Trenton MFRC at 6:30 p.m. For further information, please contact Dee Leroy (Family Peer Support Coordinator) by phone at 613-392-2811 local 5058 or 613-242-0317. You may also contact Dee via email at familypsctnt@aol.com

Members and Veterans group

For Members and Veterans suffering with an OSI. We will be meeting every second Wednesday at Trenton MFRC at 6:30 p.m. For further information please contact Robyn May (Peer Support Coordinator) by phone at 613-392-2811 local 5060 or 613-242-9689. You may also contact Robyn via email at peersupporttnt@aol.com

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Safety stats improve in 2008: Days lost cut almost in half

by Tom Philp, Contact Staff

If figures released recently by Don Heans, 8 Wing/CFB Trenton General Safety Officer, are any indication, then both military and civilian members of the base are taking personal safety to heart.

Last month Heans presented safety statistics for 2008 to the Wing General Safety Committee, chaired by Lieutenant Colonel C.A. Fortier, Wing Logistics and Engineering Officer.

Among the most important data shared by Heans were figures showing total personal injury accidents at 8 Wing/CFB Trenton dropped to 113 last year, compared to 126 for 2007, a nearly 11 per cent reduction year-over-year.

Even more impressive was the improvement in days lost/light duty days, dropping by more than 47 per cent from 1,197 in 2007 to 631 last year.

Slipping and falling represented the majority of personal accidents experienced by base personnel in 2008. According to Heans, severe winter weather drove the numbers up.

"Most of the slips and falls were weather-related, and Mother Nature has not been kind to us," he said. "We can only stress awareness and common sense, such as wearing non slip footwear (when weather dictates)."

By category of accident, injuries were reported at 8 Wing/CFB Trenton last year included:

- Slip/fall injuries (weather related): 20
- Slips/Falls Other: 11
- Lifting/pushing/twisting incidents: 11
- Situational awareness incidents: Five
- Work process-related incidents: Nine

Heans said that, of those reported injuries in 2008, only three prompted an ambulance call.

One of the injury-related factors that managers pay particularly close attention to is the number of days lost/light duty days resulting from accidents.

The 2008 summary showed that both non-sports injuries, and those attributed to athletic activity, can lead to a significant loss in productivity.

Non-sports injuries reported last year, and the corresponding time lost, included

- Hand/finger: nine (nine days)
- Head/face: Eight (4 days)
- Arm/elbow: Six (47 days)
- Knee: Five (77 days)
- Toe/foot: Four (28 days)
- Wrist: Two (10 days)
- Back : 23 (127 days)

Sports-related injuries reported at 8 Wing/CFB Trenton in 2008

- Floor hockey: Six (32 days)
- Soccer: Five (46 days)
- Hockey: Four (25 days)
- Fitness training: Four (3 days)
- Handball: Three (55 days)
- Flag football: One (14 days)
- Volleyball: One (14 days)

"Generally, it is the type of injury that determines the days lost," Heans said. "In 2007, the severity of two back injuries and one wrist injury were factors that increased the days lost (in that category)."

The General Safety Officer said there is one back injury for 2008 that still has days not reported that will increase the severity rate, but that there is no specific reason for the lower severity.

"The majority of minor injuries or incidents are only millimetres or milliseconds away from being much more serious, and they all have the same potential for lessons learned," Heans said.

Of the 189 sports-related injuries recorded last year, six foot/ankle led to 42 days being lost; five back (49); five knee (29);

two leg (24); three shoulder/neck (four); one wrist (14); and two ribs/lung injuries results in 27 lost days.

Heans reported also that a significant number of safety-related courses were offered here last year.

Those information/qualification sessions included

- Safety Management (three courses) 64 persons attending
- Workplace Inspection (two) 39 attendees.
- Accident Investigation (two) 38 persons in attendance.
- WHMIS Trainer (one) 19
- Workplace Committee (one) 14 attending.
- Return to Work Awareness (one) 23 people in attendance.
- Safety Program Evaluator (one) 32 people trained.
- Air Force Investigative Technique (one) Seven attending.
- Basic Electrical Safety (One) 14 people trained.
- Safety Legislation (One) 12
- Occupational Health (One) 2

Heans said he looks forward to improving the 2009 safety record even more.

To that end, the Wing General Safety Committee is taking action to minimize the accidents that lead to the most person hours lost.

"This year we would like to focus on material handling/lifting in an effort to reduce the back injuries, and our office has many videos and resources to assist with the campaign," he said. "Also, during the Safety and Health Show on May 7, we will have a display of mechanical handling equipment."

Heans said that all safety officials at 8 Wing/CFB Trenton would also like "to highlight timely accident reporting - any incident or injury has to be reported to this office within one working day (this includes lodger units) as per Wing Standing Order 7.01."

Winter driving tips



Submitted by
Don Heans,
Wing General Safety
Officer

Driving requires all the care and caution possible any time of year.

But winter driving has even greater challenges because of wet and icy road surfaces, longer hours of darkness and poor visibility because of snow, rain and fog.

Here are twelve tips to help you drive more safely this winter.

1. Allow enough time to get to your destination. Rushing in difficult driving conditions can lead to an accident. Turn your radio on to listen to the road report and weather forecast.

Leave a few minutes earlier in the morning, and allow plenty of time to get to work. Buckle up your seat belt or safety restraint before you start driving.

2. Stay alert. Don't drive when you are under the influence of alcohol, drugs or certain medications. Read the labels of prescription drugs and over-the-counter medicines to determine if they can cause drowsiness. Driving demands your full attention.

3. Stay calm. Sometimes other drivers will become frustrated with slow-moving traffic.

Keep your temper and don't let other drivers aggravate you. Maintain a safe speed and drive defensively.

4. Keep a safe distance between you and other vehicles. The "two second rule" works well on dry roads and in ideal conditions, but in winter you should extend it to four seconds. Watch the vehicle directly ahead of you.

As it passes a stationary object start counting - "one thousand and one", "one thousand and two", and so on. Your vehicle should not pass the same object until you say the word "four."

5. Keep your car well-maintained and in good working order. This includes having good tread on your tires, the

engine tuned-up for winter, and all lights functioning properly.

In colder climates, you may need to add anti-freeze to the radiator. In some areas, gasoline antifreeze may be required.

6. Clean your windows and headlights frequently. Keep your windshield washer fluid topped up. Good visibility is essential to safe driving. Clean your windows and headlights of ice or snow before starting out, and repeat frequently throughout your trip.

7. Drive appropriately for the road conditions. The posted speed limit may be too fast under winter conditions.

Driving on a wet road can cause hydroplaning as a thin barrier of water builds up between your tires and the road surface, causing your vehicle to slip. If you begin to lose control of your steering, take your foot off the gas.

8. Stay with your vehicle if it breaks down. Put on your emergency flashers and wait for assistance.

Carry a sign for your window, asking other motorists to tell the police you need help.

9. Wait out bad weather. Strong icy winds in combination with snow or dust can make it impossible to see where you are driving - or walking.

Under these conditions it is usually safest to stay with your vehicle and wait out the storm.

10. Plan your moves carefully. In slippery conditions, never jam on your brakes in a panic stop, you will most likely skid and lose control of the vehicle. Instead, pump your brakes gently a few times.

11. Avoid driving through deep puddles, especially at high speeds. The water can make your brakes less effective and, if deep enough, can cause serious engine damage. If you must drive through water and you are not sure about the depth, slow right down and cautiously inch forward until you are certain it is safe.

12. Quit driving when you begin to feel sleepy. If you have a long distance to drive, take frequent short breaks for fresh air and a walk around the vehicle.

Winter driving can be challenging, especially if driving is a part of your job. Take your time and plan ahead.

The Contact

Accidents hurt. Safety doesn't.

Showcase

Showcase



LCol Y. Tremblay

received a promotion to that rank, congratulated by Col M. Hood, Commander, 8 Wing/CFB Trenton.



MWO L. Turner

received a promotion to that rank, presented by LCol Y. Tremblay, CO, CF AE Flight



Cpl M. Dionne

received a promotion to that rank, presented by Maj L. Roy and MWO J. Whalen, 8AMS.



Sgt N. Weatherbie

received a promotion to that rank, presented by CWO J. Picard, and Maj A. Spott, CO 2 Air Mov Sqn.



Sgt J. Cunningham

received a promotion to that rank, presented by CWO J. Picard, and Maj A. Spott, CO, 2 Air Mov Sqn.



Mr. L. Irving

received his Long Service Award for 35 years, presented by Maj C. Duncan.



Cpl A. Fairman

received a promotion to that rank, presented by Capt I. Arsenault, 8AMS.



Capt D. Giroux

received a promotion to that rank, presented by Maj S. Millette, and LCol J. McCaull, CO, ATESS.



Cpl G. Proulx

received a promotion to that rank, presented by Capt A. Clement and CWO J. Picard, 2 Air mov Sqn.



Cpl A. Bullied

received his Certificate of Service, presented by LCol J. MacCaull, and CWO J. Wudrick, ATESS.



Sgt T. Leeson

received a promotion to that rank, presented by Maj C. Selkirk, and CWO J. Wudrick, ATESS.

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O	G	E	E		E	T	A		L	E	V	I		
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Mastering your first do-it-yourself project

(NC) -Have you ever looked around your home and become overwhelmed by all the renovation projects you want to take on? Do you become lightheaded just thinking about where or even how to begin? Don't fret. It is possible to become a master of your own do-it-yourself project. The key to mastering your renovation aspirations is to start small and simple. Before you know it, friends may be asking in amazement, "Did you really do this yourself?"

"One way to familiarize yourself with your renovation abilities and the ins and outs of your home is by taking on a small inexpensive project," says David Flood, Insulation Expert, Owens Corning. "Start with a project such as insulating your attic - this may seem like a tall order but the renovation can be quite easy and can help save you money on heating costs over time."

While insulating your attic may not have people complimenting your craftsmanship, they will definitely envy your home upgrade and potential savings on your energy

bills. As a first-timer, don't be too ambitious. Rather, take charge and step up to your first endeavour in your attic. Here are some points to consider:

- Approximately 7,000,000 homes in Canada are under-insulated and do not meet the recommended attic insulation level of R-50. Make sure that your home isn't one of them!

- Inadequately insulated attics may cause hot air from inside your home to escape outdoors and right through the roof - taking your energy bills right along with it!

- Use PINK FIBERGLAS batt insulation to insulate your attic to achieve a value of R-50 (that's a total of 15 inches of insulation). This can help you qualify for a government grant of up to \$600 and may save you a significant amount in costs for the overall attic upgrade.

For step-by-step instructions on how to tackle your first attic insulation upgrade visit, www.pinksavesenergy.ca.

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