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CC-130 Hercules "Grand-daddy" logs 45,000 flying hours

by Captain Dean Menard

Kandahar Airfield, Afghanistan; December 2008 — With a rumble of tires on tarmac, Hercules number 130308 – Herc 308 to friends – rolls steadily to a stop, no surprise with this veteran aircraft.

On this trip, Herc 308 became the grand-daddy of the Canadian Forces' tactical airlift fleet with the completion of 45,000 flying hours.

The mighty CC-130 Hercules transport entered service with the Royal Canadian Air Force in 1960, and the Canadian Forces still depends on it to haul troops, equipment and cargo in tactical environments, and to fly low and slow in the riskiest search and rescue operations.

It carries the sick and injured to safety in countless medical evacuations, and delivers humanitarian aid to trouble spots around the world. It also serves as a flying gas station. A Herc configured as a tactical air-to-air refueller transfers 1,000 to 2,000 pounds of fuel per minute, and tanks up a CF-18 Hornet in less than five minutes.

Photo: Cpl Andrew Saunders

Pilots and crew from 436 (Transport) Squadron – the Tuskers, from 8 Wing Trenton – gather for a photo after landing Herc 308, now the grand-daddy of Canadian Forces tactical airlift with the completion of 45,000 flying hours.

With a maximum range of nearly 10,000 km and a cruising speed of 556 km/h, Herc 308 has probably flown more than 25 million km. "If you were to compare this to a car, it would have driven over 5 million km by now," said Sergeant Reg Lapierre of 436 Squadron, Herc 308's flight engineer. "This aircraft is running great here in Afghanistan, and I give full credit to the maintainers for their determination and drive to keep the aircraft operational."

Delivered to the RCAF in 1965, Herc 308 is still flying strong, although it is destined for mothballs after this mission in Afghanistan.

"Sometimes the older Hercs fly better than the newer ones," said Captain Neil Prescott, also of 436 Squadron. "Overall, our current fleet of Hercs are very capable and versatile. Whether we are doing bundle drops into remote areas, or landing under austere conditions, these Hercs are extremely dependable."

In 2010, the first of 17 new J-model Hercs will begin replacing the oldest aircraft in the Hercules fleet. Although it looks like the old workhorse, the C-130J was completely re-engineered, and is now the world's most technologically advanced tactical airlifter.

Virtually every system, component and structural part of the new Hercules was upgraded to make it more capable, more durable, more productive, easier to maintain, and less expensive to operate.

Faster, and with more range and better fuel economy than its predecessor, the C-130J is an impressive tactical platform.

Capt Dean Menard is the Public Affairs Officer deployed with the Joint Task Force Afghanistan Air Wing.

Annual CF Appreciation Night held: Hockey Night in Toronto!

by LCol D. Miller
8 Wing Administration Officer

The Toronto Maple Leafs played host to their annual Canadian Forces Appreciation Night on January 3, 2009 at the Air Canada Centre.

The 8 Wing/CFB Trenton contingent was lead to Toronto by Acting Wing Commander, Lieutenant-Colonel Art Agnew and Acting Wing Chief Warrant Officer Gerry Poitras, with two CF buses transporting servicemen and women, along with their families, to the game.

That evening the Leafs did battle with the Ottawa Senators and won with a final score of three-to-one.

The physical, hard-fought affair brought back memories of the bitter games the teams played in years past for the crowd of 19,406 on Canadian Forces Appreciation Night at the Air Canada Centre.

Over 450 military personnel and their families took in the game courtesy of Maple Leaf season ticket holders.

In a pre-game ceremony, the Leafs honoured the Canadian Forces. It seemed appropriate that the Chief of the Defence Staff (CDS), General Walter Natynczyk drop the puck for a ceremonial faceoff along with his two sons, John and Will, and daughter Margaret, who also serve in the Canadian Forces.

Photo: Submitted

Warrant Officer J. Marshall (right) with son Robert(left) pose with Toronto Maple Leaf player Matt Stajan at the annual Canadian Forces Appreciation Night on January 3, 2009 at the Air Canada Centre in Toronto. The Leafs soundly defeated the Ottawa Senators 3-1. *(Take that, Gilmour Tuttle!)*

The CDS and his family then joined the crowd in the singing of O Canada. As soon as the puck dropped, Toronto and Ottawa waged their own on ice war.

During stoppages in play, messages from soldiers serving in Afghanistan were shown on the video board. Of course all the messages urged Toronto on to their victory.

And like a page from David Letterman, the Leafs had their own top 10 list, that of Leafs who served in the military, it included Syl Apps, Conn Smythe, Howie Meeker, Johnnie Bower andTurk Broda

There was a lot more battle in the latest instalment of the Battle of Ontario on Saturday night, with the Toronto Maple Leafs withstanding an early physical barrage to best the Ottawa Senators.

A good time was had by all in attendance, given the three-to-one Toronto win, and after it was all said and done, the Leafs wanted a huge team picture at centre ice of those military personnel in attendance. This team picture included the CDS as well as several Leaf players. Then it was back on the buses for the ride home.

Other units represented at the CF Appreciation Night included: London, Meaford, Kingston, Petawawa, Ottawa, Borden, North Bay, and of course Toronto. Thanks to the general management of the Toronto Maple Leafs.

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

Op Tempo
Then & Now!

I have been told by many that back in the day, the Canadian (Armed) Forces was the place to be. Life was good, the operational tempo was reasonable and the work/home life was balanced.

From my point of view, that's not true. Here comes the "when I was a young airman" part; but I'm the Wing Chief and it's my column, so I get to do that.

When I was a young airman, the bad guys were the "Communist Hoard." The government at the time decided to increase the CF manning level. So there was a huge number of new, untrained and unqualified members in the Forces. For example, my trade field, the air maintenance trades, had been closed for recruitment for 10 years. Sound familiar?

Within two years I was qualified on two aircraft types in both my parent trade and its paired trade. Upon receiving my corporal rank, I was an authorized aircraft releaser, a huge responsibility.

Shortly thereafter, I was posted to 444 Tactical Helicopter Squadron in Lahr, Germany. The squadron was manned at less than 70 per cent of its war time establishment. Training units in Canada got priority manning. My flight had six aircraft and for maintainers we had a warrant officer, a sergeant, a master corporal and three techs.

Besides aircraft maintenance, I was also a fuel bowser driver. On exercise, the corporals covered security three hours each and every night, and the warrant officer, sergeant, and master corporal manned the Flight Command Post. I never worked so hard in my life, or had such a good time.

Well, after four years of stemming the tide of communist aggression in Europe, I got posted back to Canada. Guess what? The squadron I was posted to was manned at 74 per cent. Two years later I left Tac Hell and went to North Bay and 414 Squadron. The manning level was much better at 88 per cent but the op tempo was unreal. I knew several techs that had over 180 days away from home every year.

At this time, the CF was heavily involved in the Gulf War (Part 1), and the Oka event. A few years later I was a master warrant officer and the unit warrant officer for 450 Squadron in Ottawa. Good news - 103 per cent manning, but our primary customer at the time. (I can not say who it was) was always training; plus, add in the fact that the squadron was moved from Ottawa to Montreal, and it too was a very busy time. This was also the start of the pay and recruitment freezes.

As the Wing Chief Warrant Officer, I try my best to interview every NCM that is releasing from the Canadian Forces here in Trenton. I am averaging one every work day. I try to keep the interview informal and discuss the member's career, his/her family, his/her future plans. The one pointed question I always ask is. "How did you enjoy your career in the Canadian Forces"? With only two exceptions in my 2 ½ years, everyone has stated they had a great career, and that they would do it all over again. They love the work and love the people they work with/for. The one minor caveat I always get is the amount of work and lack of trained personnel to do the work. Sounds like my 35 years in a nut shell.

Just a thought.

CWO T.J. Secretan

TRENTON NATIVE DEPLOYED OVERSEAS

KANDAHAR AIR FIELD, AFGHANISTAN - Trenton, Ontario native, Master Corporal Shawn Crowder, a member of 408 Tactical Helicopter Squadron based in Edmonton, checks over a vehicle report list. Master Corporal Crowder is a Maintenance Support Equipment Operator at the new Canadian Air Wing in Afghanistan. He is the Wing Transport representative and is responsible for all the vehicles at the Wing. Over the next six months he will be participating in Operation Athena, Canada's contribution to the International Security Assistance Force (ISAF) in Afghanistan. This is Master-Corporal Crowder's second tour in Afghanistan; he also served six months in 2006.

In the month of December, Canada took possession of six Chinook D-model helicopters. The addition of the Chinook will enhance ISAF's ability to conduct air and aviation operations within Canada's area of operations. The Air Wing will be composed of six CH-147 D Chinook medium - to heavy - lift helicopters, eight CH-146 Griffon helicopters, three CC-130 Hercules aircraft, and up to three Heron Unmanned Aerial Vehicles (UAV). The new Air Wing is proud to be standing up and participating in Canada's committed effort to helping the Afghan people reconstruct their country and live more peaceful and secure lives.

Photo: Captain Dean Menard
CF Public Affairs Officer

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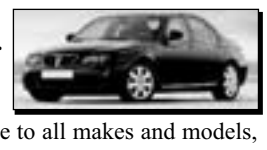

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Terrific team effort in Quebec plane crash rescue

by Lt Annie Morin,
8 Wing Public Affairs Officer

The sun was still hours away from rising when the Joint Rescue Coordination Centre (JRCC) in Trenton received a phone call from the Montreal Area Control Centre (ACC). "We've got a possible airplane crash."

A Piper 28, with four people on board, crashed approximately 65 km south east of Quebec City early morning on January 6 in a heavily wooded and mountainous area. The aircraft was on a trip from Renfrew, Ont. to Saint John, N.B., including a short stop in Quebec City.

Two passengers were critically injured during the crash while the two others, including the pilot, lost their lives.

Shortly after the call from Montreal ACC, JRCC contacted 424 Transport and Rescue Squadron and crews were called in to go search for the aircraft.

"I knew right away it was gonna be something critical when I got the call," said 424 (T & R) Sqn CC-130 Aircraft Commander Captain Dominic Paquette.

Operations at 3 Wing Bagotville and JRCC Halifax were also contacted to see if they could provide additional assets. In the end, one CC-130 Hercules and a CH-146 Griffon from 424 (T & R) Squadron in Trenton, one Griffon from 439 Squadron in Bagotville, Que. and one CH-149 Cormorant from 413 Squadron in Greenwood, N.S. contributed to the Canadian Forces assets. The Canadian Coast Guard also had a helicopter in the area but had to return home due to the bad weather.

"I was amazed by the amount of assets thrown at us. It was amazing. All different units came together (…) it was quite the experience," added Capt Paquette.

Despite all the assets available for the rescue, the weather rendered access to the crash site quite difficult. The crews were at the search and rescue operational limit, facing the worst weather they could potentially fly in. Capt Paquette added: "that's the worst weather I've performed a rescue in by far!"

The Griffon from Bagotville was the first crew to find the exact crash site. Only five to eight minutes after arriving in the area, they found it. Broken tree tops in a straight line was what tipped them off that they were at the right place.

When asked how Griffon Aircraft Commander Major Alain Tanguay felt when they discovered the crash site he said,: "Happy in a sense. We knew there were survivors. It was also a relief to have found them so quickly."

The search and rescue technician (SAR-Tech) onboard the Bagotville Griffon was lowered to the crash site to immediately tend to the victims, but more help was needed. Two of the SAR-Techs from 424 (T & R) Squadron, Sargent Andrew MacKenzie and Master Corporal Damien Robison, onboard the Hercules jumped out of the aircraft into a nearby clearing. They were then picked up by the Bagotville Griffon and brought to the site, since the Hercules could not get close enough.

The two survivors were then hoisted into the Cormorant, and then flown to the helipad at the Canadian Coast Guard in Quebec City. They were then transferred to an ambulance and rushed to the hospital.

Meanwhile, two members of the Sûreté du Québec and one firefighter also managed to get to the nearly inaccessible location first by snowmobile, then by snowshoes when it got too dense.

While two lives were lost in the crash, the situation could have been worse if it was not for the team efforts. "Without the Cormorant, it would have taken an extra two hours to [accomplish what we did]," said Capt Paquette. This made without a doubt a significant difference when minutes count.

Photo: Submitted

The site of a plane crash in Quebec this week that claimed two lives. Two people were rescued.

Search & Rescue UPDATE

Since the arrival of the New Year, personnel from 424 Squadron have been on their toes. On New Year's Day, the CH-146 Griffon was tasked to search for two missing hikers. The crew was stood down before arriving as the hikers were successfully found by the O.P.P.

Tuesday, January 6 was an intensive day of Search and Rescue. A Piper airplane crashed outside of Quebec City. The Griffon and CC-130 Hercules were tasked to the search as well as Cormorant support from Greenwood. Despite working in marginal weather conditions, there were two people rescued and two unfortunate casualties.

Later on January 6, the Griffon was tasked again to investigate a possible person on ice/in the water in the Port Dover area of Lake Erie. The rescue crew could not access the site due to poor weather and was soon stood down as the ground search party turned up nothing.

Until next week, stay safe.

Missions for 2009: 5 **Missions for Jan: 5** **Persons rescued: 2**

WO & SGTS' MESS

January 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 **Happy New Year!**	2 Every Friday... Toonie Lunch 1130 - 1300 hrs Fireside Lounge **TGIF** Main Lounge 1630 hrs	3
4	5 0800 – 2200 Marine Advanced Istaid Games Rm Toasting Party Conference Rm	6 **MFRC 1800 – 2200 BALLROOM DANCING Main Lounge**	7 **MET/AC Op/ATC** 0900 – 1030 M/L Ballroom Dancing M/L MFRC 1800 – 2200	8	9 Toonie Lunch Soup & Sandwich **TGIF** Main Lounge Fish & Chips 1500 – 2030	10 **Marine Advanced Istaid**
11 **Marine Advanced Istaid**	12	13 **MFRC 1800 – 2200 BALLROOM DANCING Main Lounge**	14 **MFRC 1800 – 2200 BALLROOM DANCING Main Lounge**	15 **CFPU Conference Rm 0800 – 1600** PMC Coffee Break F/S Lounge 1000 hrs	16 CFPU Toonie Lunch Soup & Sandwich **TGIF** Main Lounge Chinese 1500 – 2030	17 **Marine Advanced Istaid**
18	19	20 **DGPFSS All Facilities 0800 - 1600** MFRC 1800 – 2200 Ballroom Dancing Main Lounge	21 **MFRC 1800 – 2200 BALLROOM DANCING Main Lounge**	22 **TGIT** Donairs	23 Toonie Lunch Soup & Sandwich Retirment M/L – 1300 **TGIF** Roast Beef 1500 – 2030	24
25	26	27 MFRC 1800 – 2200 BALLROOM DANCING Main Lounge	28 **Health Prom Conference Rm** MFRC 1800 – 2200 Ballroom Dancing M/L	29	30 Toonie Lunch Soup & Sandwich **TGIF** Main Lounge Chicken Tenders 1500 – 2030	31

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The Contact Newspaper

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

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

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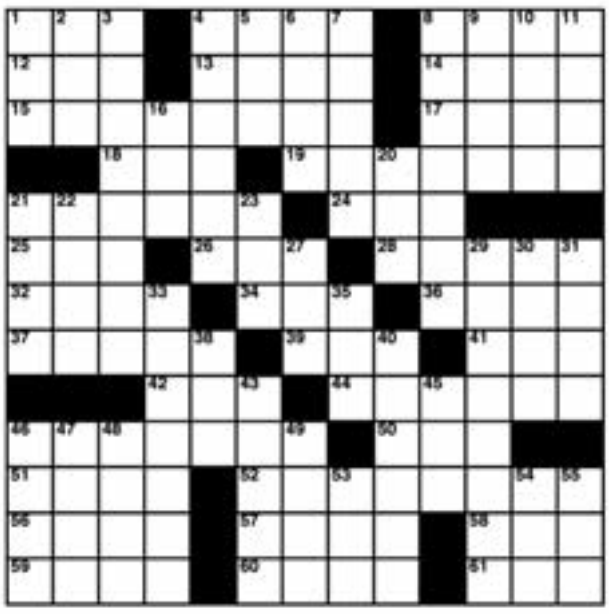

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43 Wild oxen
45 China's chairman, once
46 Toupees
47 Double curve
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55 Arid

See Answers, Page 18

This Week in Contact

1979 – Two young CFB Trenton Dolphin swimmers dominated the Ontario Winter Games in Kingston, Ontario, bringing home a combined 14 medals – eight gold, five silver and a bronze. Darrell Sparkes, 14, and Reema Abdo, 15, were the most decorated swimmers at the games, held in late December 1978, winning fully 10 per cent of swimming gold medals.

1989 – The Royal Cape Breton Air Force (RCBAF), through Chief of the Air Staff, Squadron Leader John H. Billard, extended invitations to all "august" members to attend its 33rd anniversary celebrations at the CFS Sydney Officer's Mess. The activities were to include a Friday night stag featuring RCBAF games, sightseeing local points of interest and a traditional mixed mess dinner on Saturday night.

1999 – Under the direction of Wing Commander, Colonel E.Gaston Cloutier, CFB Trenton continued preparing for 75th anniversary celebrations of the Royal Canadian Air Force (RCAF). The Canadian Aviation Corps, comprised of two flying officers, one mechanic and $5,000 worth of equipment, was formed in 1914, and quickly decommissioned in 1915. The Canadian Air Force was born in 1920 at CFB Borden, and officially given the "Royal" designation on April 01, 1924.

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

Reporter/photographer happy to join Contact team

by Tom Philp
Contact Staff

Let me introduce you to the new kid on *The Contact* block.

My name is Tom Philp, and I'm a veteran journalist bringing a lot of experience, both in and outside newsrooms, to the CFB Trenton community. While gathering and writing news and feature stories is my business and my passion, I wasn't always known as the guy with a notebook in one hand, a pencil in the other and a camera slung around his neck.

I've managed to circle several career blocks in this lifetime, including service as a police constable and training officer, social worker, businessman and communications assistant to a Member of Parliament. Of course, writing has always been my anchor, and the one talent that has meant the most to me over the years.

While serving with the Ontario Provincial Police, I was fortunate to have several postings and a myriad of responsibilities. I spent several years in the Meaford Detachment on the shores of Georgian Bay, with a service area that included an enormous parcel of land known affectionately as the "Meaford Military Tank Range." It fell to us to police the perimeter of this site when the military was not conducting exercises there.

From Meaford, I moved to Sioux Lookout as a member of a flying squad called the Northwest Patrol Unit, charged with policing 24 communities spread over nearly 400,000 square miles of remote Northern Ontario countryside. During "down" time, we socialized regularly with Forces personnel stationed at Hudson.

I transferred eventually to Peterborough Regional HQ where I assumed duties as a Training Officer and prepared to "move up the ladder," as they say. However, a longstanding desire to complete my university education interrupted the continuation of my policing career, and I exchanged the tools of that trade for the classrooms and libraries of Trent University.

My wife, Linda, and I have raised three children who are now following their own paths. And being blessed with three grandchildren over the past five years has brought life in general into perspective.

After graduating from Trent, I was given a number of opportunities to work as both a reporter and editor of community newspapers in Canada. I have also been able to contribute articles about varied and interesting subjects to other publications across this great land and beyond. The travels have now brought me full circle to the area where I was raised, and I've been given a wonderful opportunity to share, and learn, and grow with my colleagues at *The Contact*.

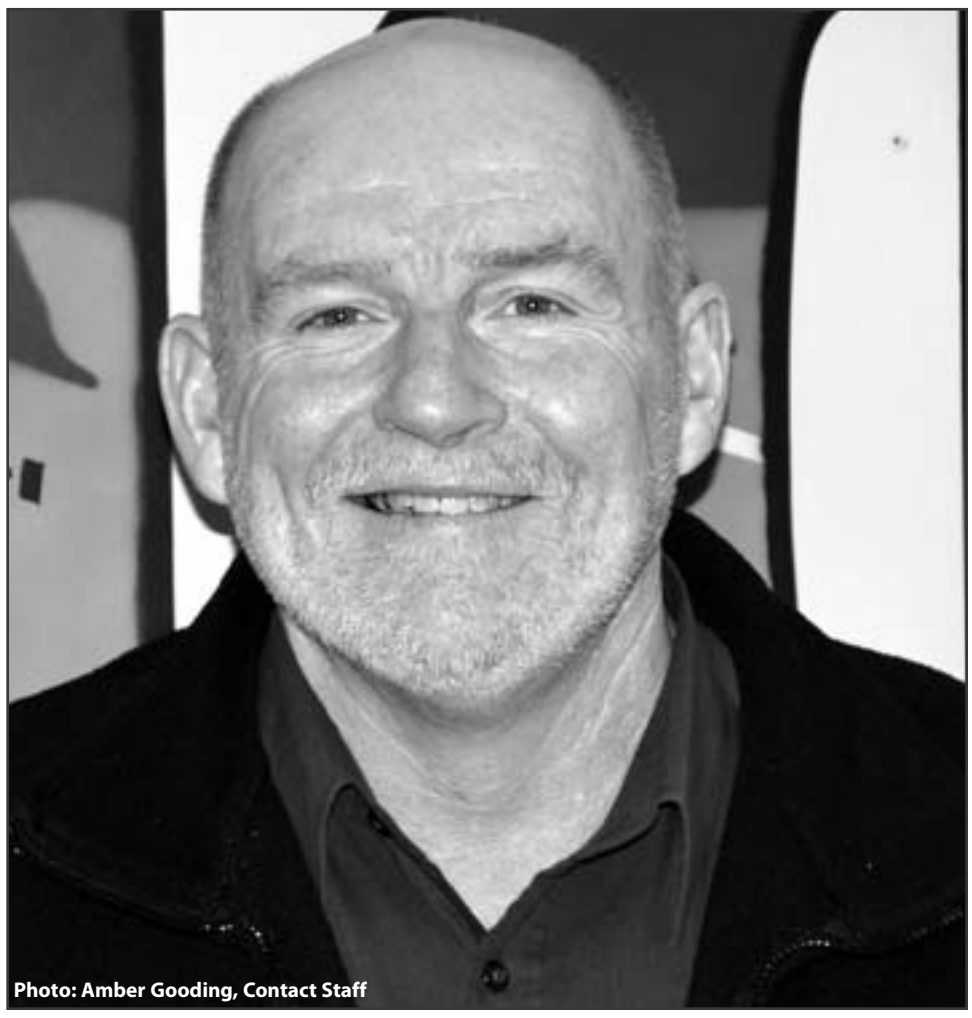

Photo: Amber Gooding, Contact Staff

Tom Philp just this week joined the staff at The Contact Newspaper as the new reporter/photographer. He brings with him a wealth of experience.

I look forward to meeting you, hearing your stories and sharing what's happening in your lives with the rest of this great military community. Remember, if it's important to you, it's probably important to the women and men who make up 8 Wing/CFB Trenton.

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8 Wing Personnel at Work: Captain Gavin Ellis

by 2Lt Jennifer Jackson
8 Wing Public Affairs OJT

Photo: Cpl David Hardwick, 8 Wing Imaging

Captain Gavin Ellis (right), a Communications and Electronics Engineering Officer with 8 Wing Telecommunications and Information Systems Squadron (WTISS), supervises as Corporal Carol Laven (left) traces a wire in the main telecommunications room of the WTISS building. Originally hailing from Ottawa, Ontario, Capt Ellis has spent the past three years in the Canadian Forces.

As members of 8 Wing/CFB Trenton, most of us use both a computer and phone on a daily basis. Many of us have even encountered some technical glitches which have led us to call for help, so we can continue with our day-to-day work.

Captain Gavin Ellis is the Technical Services Flight Officer (TSO) who manages the 46 military, civilian and ADECCO employees who keep members of 8 Wing/CFB Trenton communicating not only with each other, but also with the outside world.

Newly promoted, Captain Ellis enrolled in the Canadian Forces in January 2006 as a Direct Entry Communications and Electronics Engineering (CELE) Officer, and was posted to his current position with the 8 Wing Telecommunications and Information Systems Squadron (WTISS) in February 2008.

As the TSO, he is responsible for ensuring all computers on base, and anything they are connected to work properly. To do this, he relies on the expertise of Master Warrant Officer Tim Holland, an Aerospace Telecommunications and Information Systems Technician (ATIS), for the day-to-day management, and ensures MWO Holland has all the resources he needs to keep things up and running.

"A large part of this job is to look ahead, and plan ahead so that the right person and equipment is in the right place, at the right time. You're busy and days go by fast," says Capt Ellis.

Although he might not always be the one working on the equipment, he is responsible for approving any moves, changes or additions to the 8 Wing Network, managing the Help Desk, and steps in to trouble-shoot any roadblocks encountered which are beyond the level of technicians.

"Every day is different. I deal with base personnel on a regular basis, and I want to make sure the best service is provided," he says.

Capt Ellis also conducts routine inspections of all network and telecommunications equipment and is responsible to liaise with Ottawa, 1 Canadian Air Division, and civilian organizations.

Capt Ellis has a degree in Computer Engineering from Ottawa University and resides in Trenton. In his spare time, he plays on the WTISS Hockey team, which is on a five game undefeated streak, and is also the Deputy Bar Officer on the 8 Wing Officer's Mess Committee.

GLOBEMASTER DELIVERS GRIFFON

Photo: Sergeant Paz Quillé, Combat Camera

A CH-146 Griffon Helicopter from 438 Tactical Helicopter Squadron located at St-Hubert (Quebec), is loaded into a CC-177 Globemaster III aircraft at Mirabel Airport, where they will be shipped to Afghanistan. The CH-146 Griffon will provide tactical support for OP ATHENA, which is Canada's participation in the International Security Assistance Force (ISAF) in Afghanistan.

PET OF THE WEEK

Lily is a young adult female boxer/shar pei mix. She was seized from a puppy mill and after a couple months of rehab, she is up for adoption. Lily gets along well with other med/large dogs and is very sweet & loving with adults but should not go to a home with children.

Contact the Quinte Humane Society for more information.

Animals are from the Quinte Humane Society
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Please Recycle this Newspaper

Spitfire Pilot drops puck for Spitfires game

On the evening of December 11, 2008, Honorary Colonel of 427 Tactical Helicopter Squadron, HCol Bob Middlemiss, was given the honour of dropping the puck for the inauguration of the Windsor Family Credit Union Centre, new home of the Windsor Spitfires of the Ontario Hockey League (OHL).

In front of a capacity crowd of 6,600 fans, HCol Middlemiss, a wartime Spitfire pilot, shared with Windsor Mayor Eddie Francis the duty of initiating the symbolic face-off between Windsor Spitfires captain Harry Young (left), and Belleville Bulls captain Eric Tangradi.

A flag party from 16 Wing Borden added an Air Force presence to the ceremony. Unfortunately for the Spitfires, the Bulls spoiled their big opening night with a victory of four-to-one.

HCol Middlemiss was asked to take part in the ceremony because of his background as a Spitfire pilot during the Second World War, when he flew the legendary fighter aircraft in the defence of Malta.

During these operations, HCol Middlemiss shot down three enemy aircraft and was awarded the Distinguished Flying Cross.

He was later shot down and, against overwhelming odds, was subsequently rescued from the sea. Having survived Malta, he returned to Britain and was posted to 403 Squadron under the famous flying ace Johnnie Johnson.

After completing three tours flying Spitfires, he was posted back to Canada.

Photo: Borden Yewchyn

Left to right: Windsor Spitfires captain Harry Young; Honorary Colonel Bob Middlemiss; Windsor Mayor Eddie Francis; and Belleville Bulls captain Eric Tangradi.

Stomp and Romp

Stomp and Romp will take place on Tuesday mornings, from January 13 to March 3, 2009.

Each session will run from 10 to 10:45 a.m. (for a total of eight weeks).

Come and enjoy a fun exercise program with your children!

Stomp and Romp provides an introduction to stretches, gymnastics and dance followed by free-time with lots of great play equipment!

Cost is $20 for military community members and $25 for the general public.

There is also a drop-in fee option available at a cost of $4 per week.

Register now at the RecPlex.

Basketball Hoops Program

The Hoops Program helps kids to understand the game of basketball and develop skills. The program is good for the beginner right up to advanced.

Each session includes 25 minutes of skill development and a scrimmage consisting of two 15 minute halves.

Hoops will take place on Mondays in the RecPlex Gym, from January 12 to March 2, 2009.

Pre-registration is required. Please register at the RecPlex.

The first session is open for eight to 10 year olds, from 6 to 7:15 p.m.

The second session is open for 11 to 13 year olds, from 7:15 to 8:30 p.m.

Cost is $40 for the military community and $50 for the general public.

Photo: Contact Archives

Children from the 2006 Hoops Program fine-tune their dribbling skills during their weekly session. The Hoops Program introduces the concepts of the game, and helps children to perform such skills with confidence.

Fitness Classes

Community Recreation Association

Spinning

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

Spinning will take place on Mondays and Wednesdays, from January 12 to March 11, from 6 to 6:50 p.m.

Cost is $50 for military community members and $60 for the general public.

Pilates

A body-conditioning technique designed to stretch, strengthen and balance the body. Pilates targets the deep postural muscles within the body through a series of exercises aimed at building muscle strength and rebalancing the body.

Pilates will take place on Mondays and Wednesdays, from January 12 to March 11, from 5 to 5:50 p.m.

Cost is $50 for military community members and $60 for the general public.

New Pilates

For those of you available during the day, join us on Tuesday mornings at the RecPlex for this body-conditioning class designed to stretch, strengthen and balance the body.

These new Pilates classes will take place from 11 to 11:50 a.m.

Cost is $25 for military community members and $30for the general public.

Body Sculpting

Body Sculpting is intense but easy to follow. This class utilizes various resistance apparatus to tone and sculpt.

The focus is placed on muscular endurance and strength.

Body Sculpting will take place on Mondays and Wednesdays, from January 12 to March 11, from 7 to 7:50 p.m.

Cost is $50 for military community members and $60 for the general public.

PA Day Kidz Kamp

The RecPlex will be hosting a new PA Day Kidz Kamp on Friday, January 30, and Monday, February 16, (Family Day), from 7 a.m. to 5 p.m.

This will include a pancake breakfast, bowling, swimming and fun in the gym. If there's snow....we'll be playing in it!

This is open to kids from 6 to 12 years of age. Cost is $ 30 for military community, and $40 for the general public. Pre-registration is required. Please register at the RecPlex.

FITNESS & HEALTH PROMOTION

Avoid the "too good to be true" pitfalls of dieting

The New Year often brings resolutions to get fit.

If you have been struggling with your weight for a long time or just recently thought it might be time to "shape up", fad diets and magic formulations promising weight loss can be tempting.

"Buyer beware" is the catchphrase when it comes to the many miracle diets that are on the market.

So many weight loss plans and products sound appealing because the testimonials they use always focus on the "success stories".

How can you tell a safe and reliable method from one that will only lighten your pocketbook?

Here are a few things to watch out for:

Goes against common sense: A plan that claims you can lose weight without cutting calories or exercising is pulling your leg.

Promises incredible results: Get-thin-quick schemes that guarantee you can "lose 30 pounds in 30 days" seldom deliver and may endanger your health.

Also beware of dramatic language such as "breakthrough" or "miracle diet".

Plays the blame game: Programs that blame a particular food or food group for weight gain should be regarded with scepticism – there is no one "perfect" food, nor are individual foods the "cause" of weight gain.

Uses testimonials to tout success: Quoting a few "satisfied users" is no substitute for reliable weight-loss methods based on scientific research.

Masks a sales pitch: Be suspicious of programs that require you to invest in expensive special foods, supplements or gadgets.

Bashes reputable advice (or claims respected groups are "against them"): Remember, weight loss advice from reputable organizations such as Dietitians of Canada or the Heart and Stroke Foundation is based on years of sound scientific research.

If it sounds too good to be true, it probably is.

Don't let the promise of "easy' weight loss lure you into investing hard earned money in scam programs.

Upcoming Courses

~ Health Promotion ~

Alcohol, Other Drugs and Gambling (AODG) - Supervisor Training:
January 28, from 0800 to 1600 hrs

Stress: Take Charge:
February 4, from 1300 to 1600 hrs

ASIST (Applied Suicide Intervention):
March 19 and 20, from 0830 to 1600

Top Fuel for Top Performance:
April 1 and 2, 0830 to 1600 hrs

Register online at healthpromotion.cfbtrenton.com

Winter Carnival 2009

Friday, February 13, 2009

Beginning at 0900 hrs

Join us for this year's version of what will be another winter outdoor Fitness and Sports event. For more information, or to register, please email Cindy Tromp at cindy.tromp@forces.gc.ca

Successful SPIN Challenge

The Fitness and Sports Flight woul like to thank all who participated in the December Spin Challenge at the South side Gym.

The Trenton Care and Share Food Bank reaped the benefits of your contributions with boxes of food donated.

A special thank you to Colonel Mike Hood, Commander, 8 Wing/CFB Trenton; Lieutenant-Colonel Debbie Miller, 8 Wing Administration Officer; Chief Warrant Officer Tom Secretan, 8 Wing Chief Warrant Officer, for your support of this event, and once again to the Contact for the great promotion, and photo spread.

20 MSR Bookings

Please be advised that 20 MSR Bookings are being offered in January, on demand, and every Monday, Wednesday, and Friday at 0830 hrs.

Battle Fitness Test (BFT)

BFT's are being offered on alternating Fridays.

To book your BFT please call Todd at local 7160.

Did You Know?

Strengthening the Forces, Health Promotion services are available to the entire 8 Wing /CFB Trenton community; including regular and reserve members and their dependants as well as full-time civilian employees and their dependants.

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

The 8 Wing Health Promotion office is located at 177 Hercules, Bldg 119 (South side CANEX)

Visit www.cfbtrenton.com to learn more about the programs and services offered by 8 Wing Health Promotion, or feel free to contact your Health Promotion team.

Kendra Lafleur, HP Director Local 3767	Angela Prescott, HP Manager Local 4122	Shalyn Mann, Admin Assistant Local 3768

Pat Morgan

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VIEW FROM THE PINE

Joy-oh-joy, 2009 is here. Yawn. I hate to be a pessimist (actually, I LOVE to be a pessimist) but I do not see 2009 being significantly different than 2008.

The Toronto Maple Leafs will not make the playoffs, people will still be talking about Mats Sundin at the end of the regular season (in this case how little impact he actually had on the Canucks) and the total value of my RRSPs will only be able to buy me a cold, stale burrito.

But that's not to say that *everything* will be the same. The Senators will likely not be making a post season appearance this year and can join the Leafs on the links in early April, instead of having Toronto knock them out (faded glory reference for you Toronto fans out there).

My beloved Habs should at least make it to the Eastern Conference final provided they get healthy and make a trade for a power play quarterback.

And I believe this is the year that the San Jose Sharks seize the Western Conference crown from the Detroit Red Wings.

I have not made any New Year's resolutions this year as I figure I am about as close to perfect as I can get. Which is to say, of course, that I am still a long ways off. Seriously though, what fun are resolutions when you know at the exact moment that you are making them that you are doomed to break 'em.

I have attempted a few in the past, but they always end up in the garbage about five minutes after they are uttered. Stop making fun of Maple Leaf fans? Yeah, right. Sorry, the first time one crosses my path in a Sundin Jersey, track pants and drool cup I am all over that.

That's just a law of nature and no different than a hyena taking down a wounded gazelle trailing behind the herd. Stop buying over-priced Montreal Canadiens memorabilia? I don't think so. That's what credit lines are for.

Besides, would you turn down an opportunity to buy a used Craig Ludwig jock strap from 1986? Would you?

That's not to say that certain NHL players should not be making some resolutions of their own. Sean Avery, formerly of the Dallas Stars, should probably decide to adopt "no comment" as his personal motto for, I dunno, the rest of his career.

Mats Sundin would be best served to decide on the future of his playing career immediately following the end of this season instead of waiting until halfway through the next one.

Sorry, if he was really in it for a Cup he would not have signed in Vancouver (although the 2010 Olympics is not such a bad consolation prize).

The Wild's Marian Gaborik needs to start looking at becoming a two sport athlete with his second career being in ping-pong or curling (although I could still see him shattering a hip in curling somehow). Ditto for Rick DiPietro of the Islanders. Jonathan Cheechoo needs to forget the last couple of years and start partying like its 2005-2006 when he scored 56 goals and 93 points.

The entire Tampa Bay Lightning organization needs to make a resolution to stop running their team like a fantasy hockey pool by signing every overrated and over-the-hill star on the free market.

The Montreal Canadiens need to get off the fence and make a serious trade offer for a legitimate power play quarterback if they hope to get both their power play and Stanley Cup dreams back on track.

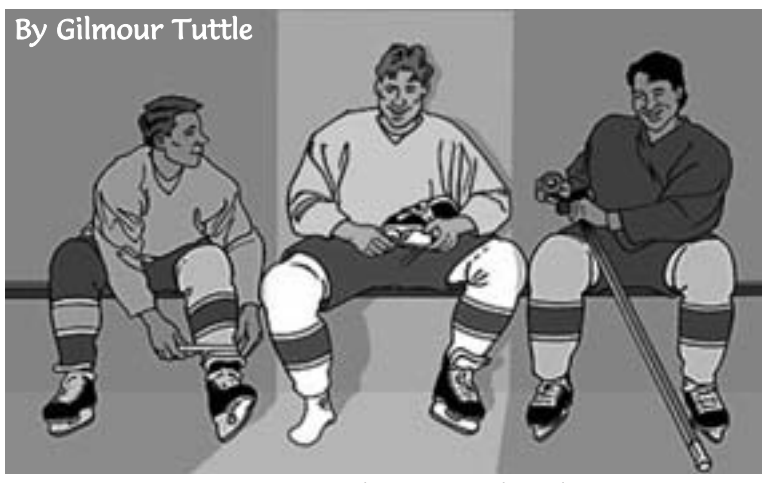
Florida's Jay Bouwmeester is available but would come at a substantial cost. You have to pay if you want to play, though.

Charlie Potatoes

Alex Tanguay (hard to blame him for getting hurt after getting hammered by Evgeny Artyukhin of the Lightning but as Montreal's high priced off season addition he is spending more time out of the line-up than in it), Florida Panthers (schizophrenic approach to their starting goalies. Constantly pulling both Anderson and Vokoun is doing nothing for their confidence and nothing for their pool owners. My bet is one gets traded by the deadline), Corey Perry (just looked to be breaking out of a slump with a goal and an assist against Philly and then takes a four game suspension for an elbow), Nashville Predators (seem to subscribe to same philosophy of handling goaltenders as Florida. Despite a 7-4-0 record and three shutouts, Pekka Rinne has struggled as of late opening the door to Dan Ellis to seize the job. If the Preds let him), NHL All Star Voting (OK, I am one of the largest Montreal Canadiens fans on the planet but even I think it is criminal that Kovalev and Komisarek are starting over a perennial All Star like Ovechkin and deserving d-men like Philly's Timonen, Washington's Mike Green, and Boston's Chara. I'm fine with Price and Markov, though. They deserve it).

Meat and Potatoes

Steve Mason (outstanding Blue Jacket rookie netminder has a 13-8-1 record, a .933 SV per cent and a 1.81 GAA with five shutouts. Oh, and did I mention he had three shutouts in a row?), Jason Pominville (Sabre forward is finally picking it up with three goals and sixassists in his last 10 games), Martin St. Louis (Finally turning it on with three goals and seven assists in his last five games), Bobby Ryan (young Duck making some noise with Teemu on the shelf. Four goals and eight assists in his last 10 games), Matt Hunwick (although he has slipped a bit lately, in 27 games this year with the B's the young defenceman is impressing with 15 points and a +15 rating).



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

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

News

Skipton-on-Swale: 424 Squadron's Wartime Home

by Captain Drouin
424 (Transport and Rescue) Squadron

Early in the summer of 1940, as a prelude to invasion, German Luftwaffe commenced an air campaign that had for objective the destruction of the RAF airfield. Later that same year, the German government changed tactics and attacks were now to be directed on civilian areas.

The Allies would eventually assume their own offensive and launch bombing raids against Germany, in which Canada would actively participate by providing several bombing squadrons, one of those being number 424. This significant help would eventually ensure the autonomy of Canada's Air Force.

Opened in 1942, the airfield of Skipton-on-Swale was located four miles West of Thirsk in North Yorkshire. The air base was originally a No. 4 Group facility, home of 420 Squadron until it was moved to Middleton in October 1942.

The airfield was then moved under the command of the Royal Canadian Air Force (RCAF) No. 6 Group (Canada Bomber Command), which also included 10 more air bases in Yorkshire. Skipton was built to the standard three-runway pattern.

The main runway (04-22) was 1900 yards long, which is about 500 yards longer than what was originally planned.

In November 1943, 424 Squadron joined No. 6 Group at Skipton-on-Swale after coming back from Kairouan in North Africa where it supported the invasion of Sicily and Italy.

At that point, 424 Squadron left aside the Wellington and re-equipped with the Halifax. Using its new aircraft it made its first raid on Berlin on February 15 and 16, 1944.

424 Squadron would see the end of the war at Skipton-on-Swale, but not before converting to the Lancaster in January 1945. It would remain in Bomber Command until disbanded in mid-October 1945.

RAF maintained a housekeeper unit at the airfield of Skipton-on-Swale for a few months, but there was no further use for it and by the 1950's, it was returned to agriculture.

Today, parts of the runways and buildings remain intact and are used as bases for poultry houses. For the last three decades, the greater part of the area has been devoted to poultry farming.

A memorial to the RCAF can be found at Skipton-on-Swale, in recognition of the work and sacrifice of those who served there.

For us, it is also a reminder of the active participation of 424 Squadron in the Second World War, one of its finest hours.

Photo: www.rcaf.com/6group/pages/SkiptononSwale.htm

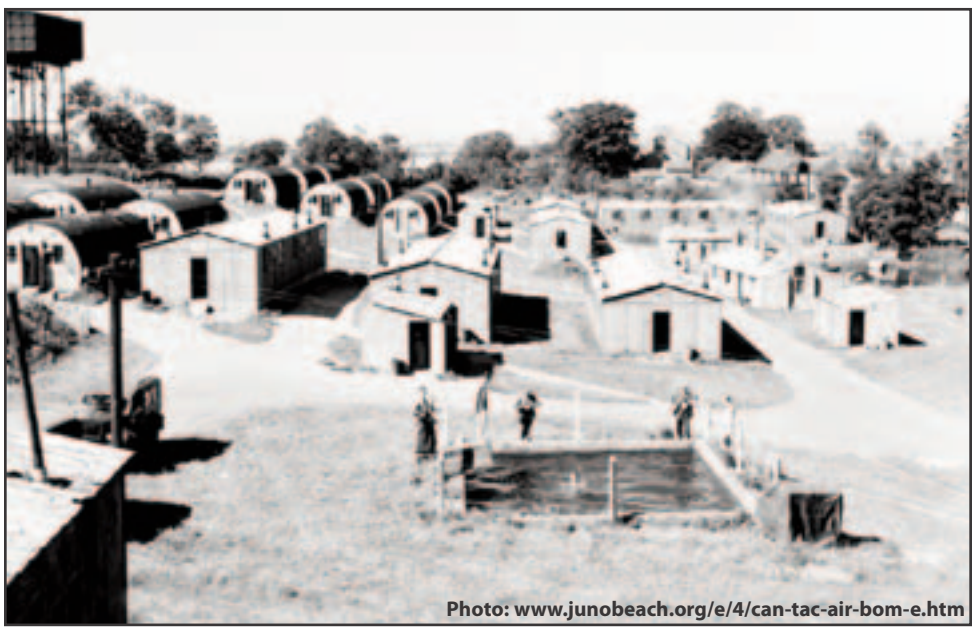


Photo: www.junobeach.org/e/4/can-tac-air-bom-e.htm

Top: An aerial view of Skipton-on-Swale, with the three-runway pattern and the Swale River on the west side of the airfield.

Bottom: Part of the Skipton-on-Swale Air Base facilities. The Nissen huts with their curved, corrugated iron roofs were used as lodging quarters, and could house about 1,900 male members and 200 female members.

Officers' Mess

January 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Le Bal des Masques hosted by the MFRC Saturday, 31 January 2009 Open to All Ranks and General Public For Tickets & Information Call 613-965-3575				1 *New Year's Levee*	2 *NO SANDWICH BAR*	3
4	5 BRIDGE CLUB 1300-1600	6	7	8 *TGIT Donairs*	9 Sandwhich Bar *1130 - 1315*	10
11	12 BRIDGE CLUB 1300-1600	13	14 Ladies Club	15 *TGIT Steak*	16 Sandwhich Bar *1130 - 1315*	17
18	19 BRIDGE CLUB 1300-1600	20	21	22 *TGIT Lasagna*	23 Sandwhich Bar *1130 - 1315*	24
25	26 BRIDGE CLUB 1300-1600	27	28	29 *TGIT Pizza*	30 Sandwhich Bar *1130 - 1315*	31 Le Bal des Masques

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Safety

Winter safety tips: The white stuff can kill

submitted by
Don Heans,
Wing General
Safety Officer

A woman was driving through a national park during a blizzard.

Unfortunately, the poor road conditions caused her to lose control of her vehicle. The car slid off the road and rolled down an embankment.

Although she was only a few meters from the highway, the leg and arm she had fractured in the accident prevented her from exiting the vehicle.

Her car was spotted by a grader operator who was plowing the road the next day, but by the time the operator reached the woman, she had frozen to death.

For most of us living in Canada, blizzards are an accepted part of life.

But every year blizzards and excessive cold in Canada claim more than 100 lives. This is more than the combined total from hurricanes, tornadoes, floods, extreme heat and lightning.

In Canada, blizzards can hit almost anywhere, but are especially common in the southern prairies, Atlantic Canada and the eastern Arctic.

Blizzards deserve the same respect that we would pay a tornado.

Many of us who hear of a blizzard warning will carry on as if there weren't any danger, but blizzards warrant preparation and caution.

The combination of snow, strong winds, cold temperatures and reduced visibility (due to the blowing snow) can be deadly.

One winter when I was driving a snowplow along the Jasper-Banff highway, my colleague and I were about to close the road due to a blizzard when we came across a man who had lost control of his vehicle. He had been there at least two hours. There was very little traffic, so he was happy to see us.

The man was dressed in summer loafers, dress pants and a light fall jacket. He had no mitts, toque, shovel or any other type of survival gear, and was almost out of gas.

Obviously, this man was not prepared for what could have become a life-threatening situation.

Here are a few recommended precautions for driving in Canadian winter:

Don't travel in a blizzard unless it's absolutely necessary.

If you must travel, call the local authorities to see what condition the roads you are planning to travel are in. Monitor conditions on the radio.

Always travel with a full tank of gas, extra warm clothes including winter boots, mitts and a sleeping bag. Also carry a shovel, tire chains, road flares, a bag of sand, an emergency food pack, booster cables, matches and a lighter, a candle, a flashlight, a fire extinguisher, and a hatchet or axe.

If you get stuck in a blizzard, stay in your car, run it for 10 minutes with the heater on then shut it off. You don't want to waste gas. Make sure you keep the exhaust pipe clear of snow and keep a window open on the leeward (downwind) side of the vehicle.

This will help ventilation and reduce the chance of carbon monoxide poisoning. Be prepared to build a snow shelter if ever you run out of gas and are stranded in a blizzard. At temperatures approaching -30 C a candle just won't give you enough warmth to survive if you're in a vehicle made of two tons of steel and glass.

Your vehicle will quickly turn into one large icebox. Not planning to travel? It's still a good idea to blizzard-proof your home or workplace.

Stock up on necessities - fuel, oil, food, medications, diapers for the kids, milk - whatever you need to make sure everyone is fed, safe and warm until the danger passes.

Source: Environment Canada. Check out their Web site at www.ec.gc.ca

HOROSCOPES

Weekly Astrology by Christine Davison

December 14 – December 20

ARIES (March 21-April 19): Try to open up your heart and mind if you are faced with difficult decisions. Property or funds may climb in value. You may feel regret over something you did, or didn't do, in the past. Try to go with the flow and know that you can correct things when the proper time arises. Good news involves favourite people or places.

TAURUS (April 20-May 20): Try to consult with your partner, relative or friends and assure them that you can make good choices together if you try. If you are pursuing future plans then now is a good time to cultivate allies and partnerships. A new friend could point you in positive directions. It's all just a big misunderstanding.

GEMINI (May 21-June 20): Choose the right path or make others aware of the options available. Your resourcefulness and ability to social network may help. Hold onto the wonderful things and people that you share your life with. Miscommunications that lead to delays with travel plans may plague you. Double check on things and make sure.

CANCER (June 21-July 22): Something that appears as a treasure to be opened may best be left alone. It's alright to sulk a little as long as you cheer up in time to receive the good news coming your way. Public funding may be your way to undiscovered wealth, but you might have to work a bit harder than you are used to, to get what's deserved.

LEO (July 23-Aug. 22): Realise that miscommunications sometimes occur and remain positive. A loved one may appear confused or act in an unfair way that is upsetting, or baffling, somehow. Trust in their words and actions, even if they seem hurtful for the time being, as you'll discover that kindness and love lay underneath it all along.

VIRGO (Aug. 23-Sept. 22): This is a good time to make up your mind regarding monetary matters of your own or of those in your immediate environment. You may be able to bridge gaps that leave you feeling happier, healthier and more secure. It's a good time to make compromises as no one is really in the right or really in the wrong.

LIBRA (Sept. 23-Oct. 22): This is a good time to ask for favours as your ability to charm and influence is at its height. People may ask you to make decisions on their behalf. What is unknown to you now will be revealed later on. Something you value or desire may be temporarily kept from you due to a misunderstanding or problem with travel plans.

SCORPIO (Oct. 23-Nov. 21): Have others work, on your behalf and let go of the decision making process for awhile. The world is trying to send you a positive message, so try to listen for opportunity when it comes knocking. Watch your words and actions closely, especially ones that involve your past or your family. Persevere to find luck.

SAGITTARIUS (Nov. 22-Dec. 21): Try to take control, and do what you need to make everything feel right. You may be able to help out others more than you sometimes know or realise. You can put your talents to good use over the next month however it'll take more work than usual. You'll be better off by giving the benefit of the doubt.

CAPRICORN (Dec. 22-Jan. 19): There are things that you know that can help you reach previously unattainable heights. Open your heart and pocketbook but remember that advice sometimes helps more in the end. Something, you do by mistake may change your environment in awkward ways. Remember to take tiny steps, one at a time, to find success.

AQUARIUS (Jan. 20-Feb. 18): You may enjoy a unique perspective which lends you wisdom and an advantage over others. Miscommunications, misunderstandings and misadventures will occur so try to persevere and be patient and calm when dealing with others. Stick with it and you'll come out on top. Romantic focus may be upon you for the next few weeks.

PISCES (Feb. 19-March 20): If you feel good about what you are doing, then do what you need, to keep things flowing in the right direction. Trust in a confidante, this weekend, and all may be sunshine and roses as a result. Important lessons will be learned that may help to avert problems later on. Avoid misunderstandings; wisdom may result.

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

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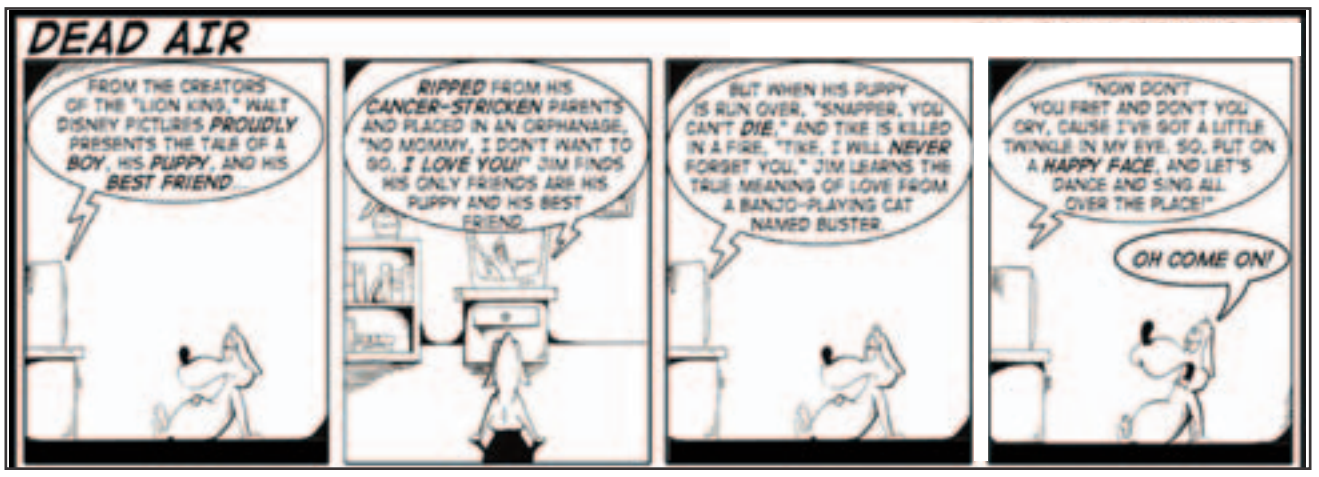
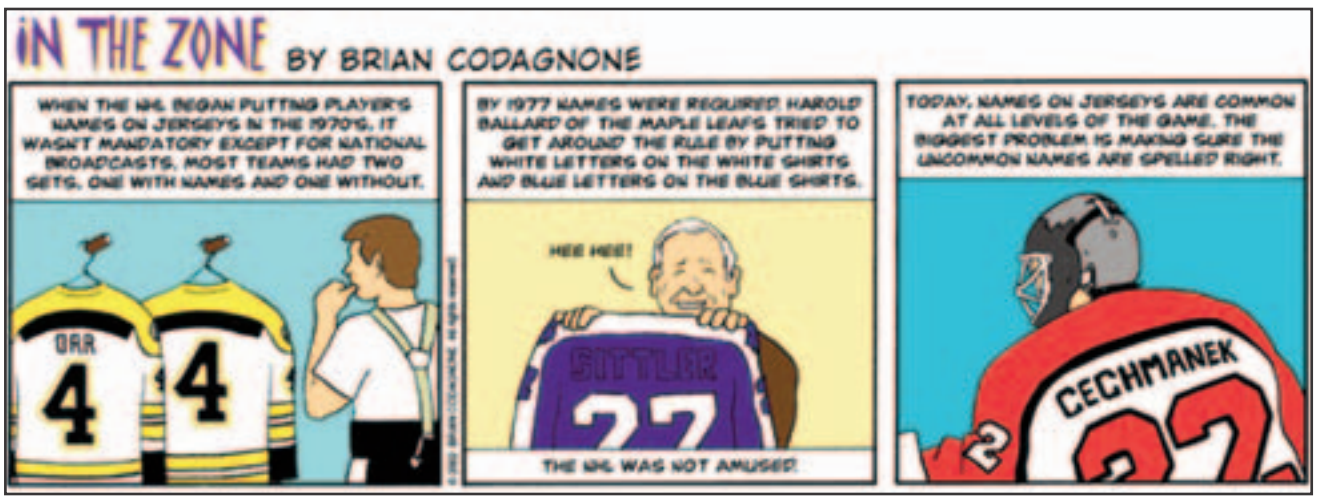
The Contact Newspaper staff would like to acknowledge Royal Lepage ProAlliance Realty as the weekly sponsor of our feature, The Contact Comics.





Community Events
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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 or email to steiner.al@forces.gc.ca, at least 10 days prior to your event. Call 613-392-2811 Ext. 7005 for more information.

Trenton Amateur Radio Club Meeting

Our radio club is having their meeting on:

Tuesday jan 13, 2009
Time: 7:00 p.m.

Location: 4 Beaver Ave (on the

south side of the base)

Our club meets every second Tuesday of the month.

Trenton Amateur Radio Club website:

http://www.qsl.net/ve3ytr/

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 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.regg@redcross.ca and let us know how to Red Cross touched you!

Sunday Service

Join us and worship with us every Sunday at 10:30 a.m. at the Orchard View Baptist Church, located at 178 Lester Road, in Trenton. This service is led by Pastor Raymond A. Wilson, D Min.

"A Celtic Evening"

Dinner and Dance
in celebration of Robbie Burns' 250th Anniversary

Friday,
January 23, 2009
Knights of Columbus
Hall, Stella Cres.
Trenton

Doors open at
6:00 p.m.
Dinner @ 7PM

Tickets $25.00 per person

Silent Auction,
Entertainment,
Traditional Scottish
Dinner

Presented by
Trenton Scottish Irish Festival &
413 Wing AFAC Pipes and Drums

Tickets Available at
Arden's Music, Trenton
Arden's Music, 23 College Ave, Belleville
For further information contact 922-9982

Showcase

Maj J. Miller
received a promotion to that rank, presented by LCol T. Dunne, CO 424 (T&R) Sqn.

Sgt D. Provoe-Mercer
received the Tiger of the Quarter for the third quarter of 2008 Award, presented by LCol T. Dunne, CO 424 (T&R) Sqn.

Sgt B. McQueen
received a promotion to that rank, presented by LCol T. Duane, CO 424 (T&R) Sqn.

Cpl S. Campbell
received a promotion to that rank, presented by Maj W. Norquay, CO 8ACCS.

MWO C. Ferlatte
received a promotion to that rank, presented by Maj W. Norquay, CO 8ACCS.

Pte (T) M. Tremblay
received a promotion to that rank, presented by LCol S. Friday, CO TSE Camp Mirage.

Cpl I. Belhocine
received a promotion to that rank, presented by Maj L. Roy and MWO S. Budykin, 8AMS.

Cpl A. Giroux
received a promotion to that rank, presented by Maj L. Roy and MWO S. Budykin, 8AMS.

Cpl M. Gervais
received a promotion to that rank, presented by Maj L. Roy and MWO S. Budykin, 8AMS.

Cpl D. Boutilier
received a promotion to that rank, presented by LCol D. Murphy, WOPS O.

Lt V. Hrusci
received his Certificate of Achievement for the CC-150, presented by LCol D. Cochrane, CO 426 Sqn.

Capt N. Pettitt
received his Certificate of Achievement for the CC-150, presented by LCol D. Cochrane, CO 426 Sqn.

Congratulations! Félicitations!

Feature

FAMILY

New Activity: Book Talk

Looking at picture books creates an opportunity to tell stories, to share ideas and opinions and to practice speaking and listening.

Remember that reading provides Comfort, Play and Teach time for you to share and enjoy books with your infant, toddler or preschooler at bed time, during play time, any time!

You will need: Books that interest your child - explore different kinds like board books, cloth books, bath books, pop-ups and picture books!

A book you've made yourself using a small photo album and pictures of family members and familiar things.

Enjoy this more with Comfort, Play and Teach™:

Comfort: Reading with your child is a simple way to build his language skills and to show them you are interested in talking and learning more about what he or she thinks and knows.

Create a daily reading routine where you can cuddle up together and enjoy a favourite book.

Play: Choose a story book that you and your child have read together many times. Encourage them to hold the book, turn the pages and tell you about the pictures!

Together you can point to and label familiar things. Older children can even make up their own story to tell you!

Teach: Provide books for your child at different times of the day. Select vinyl books for bath time.

Add board books to your child's play materials so they can pretend to read to their teddy bear. Sing a lullaby book together at bed time.

Your child will discover that reading can happen during different routines!

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

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

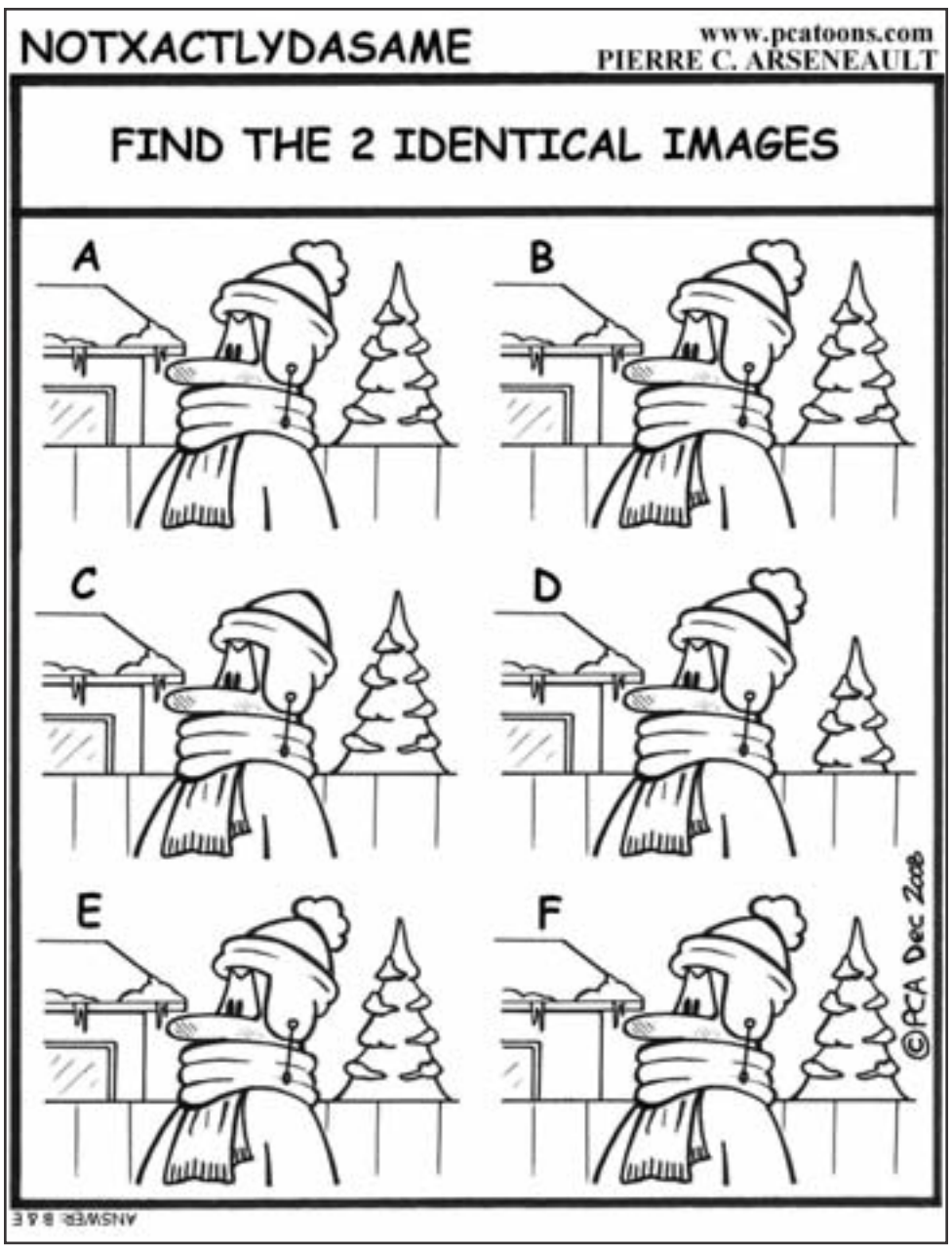
Mealtime.org Caribbean Salad

Ingredients:
1 can (10 ounces) chunk-white chicken in water, thoroughly drained
1 can (8 ounces) pineapple chunks in juice, thoroughly drained
1/2 cup drained, canned water chestnuts, quartered
1/3 cup sliced green onions
3 tablespoons mayonnaise
1 1/2 tablespoons minced gingerroot
1 tablespoon fresh lime juice
Salt and pepper, to taste
2 small papayas or 2 small melons, halved and seeded
Lime or lemon wedges
2 whole-wheat pita pockets

Preparation Time: 15 minutes

Preparation: Toss the chicken, pineapple, water chestnuts and green onions in a medium bowl. In a separate bowl, mix together mayonnaise, gingerroot, lime juice, salt and pepper. Add to chicken mixture and toss gently. Cut a thin slice from the bottom of each papaya half to make a flat surface for plating; place halves on four serving plates. Mound chicken salad in the papaya halves. Serve with lime wedges, and half pita per serving. Serves: Four.

Nutritional Information Per Serving: Calories 280; Total fat 17g; Saturated fat 3.5g; Cholesterol 55mg; Sodium 340mg; Carbohydrate 22g; Fiber 4g; Protein 11g; Vitamin A 20 per cent DV; Vitamin C 90 per cent DV; Calcium 6 per cent DV; Iron 8 per cent DV. *Daily Value*



TRENTON Military Family Resource Centre

INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Personal Development / Perfectionnement personnel

Tai Chi with Jocelyne Granger
Noon Hour Classes Monday and Wednesday
January 5 – February 23 12:00-12:50 p.m.
Cost will be $70 for reduced session , $35 for one week or a drop-in fee of $5.
8 week session will be $80 for full session, $40 for one week or drop-in fee of $5.
Registration is advised to reserve a spot.

Yoga with Kellie Dearman
Noon Hour Classes Tuesday and Thursday
January 13/15 - March 10/12
12:05 – 12:50 p.m. Cost is $60 per session.
Save when you sign up for Tuesday and Thursday.
18 sessions for $90. Drop-in fee will be $7.
Registration is advised to reserve a spot

Pilates with Roxinne
Monday and Wednesday 6:30 - 7:30 p.m.
January 5/ 7 – February 9/11
Cost is $60 for both sessions.
$5 drop-in fee

HipHop-ercise for Adults
Come and join Danielle for fun and exercise. This program will be a six week program. You can join one or both.
Tuesday January 13, - February 17
7:00 – 7:50 p.m.
Thursday January 15 – February 19
1:00 – 1:50 p.m.
The cost is $60 for both days, $30 for one week or a drop-in fee of $5.
We do recommend to register as space is limited.

Tai Chi avec Jocelyne Granger
Lundi et mercredi midi
5 janvier au 23 février 2009 Midi à 12h50
Coût: 70 $ pour la session écourtée, 35 $ pour une journée de cours par semaine ou un frais d'entrée unique de 5 $. Le coût de la session complète de 8 semaines est de 80 $, 40 $ pour une journée de cours par semaine ou un frais d'entrée unique.Il est conseillé de s'inscrire pour réserver une place

Yoga avec Kellie Dearman
Mardi et jeudi midi
13/15 janvier au 10/12 mars 12h05 à 12h50
Coût: 60 $ par session
Économisez inscrivez-vous pour les deux jours
18 sessions pour 90 $ Frais d'entrée unique de 7$

Pilates avec Roxinne
Lundi et mercredi 18h30 à 19h30
5/7 janvier au 9/11 février
Coût:60 $ pour les deux sessions ou un frais d'entrée unique de 5$

"HipHop-ercise" pour adultes
Joignez-vous à Danielle pour une session de six semaines de plaisir et d'exercices. Vous pouvez vous inscrire à une ou aux deux sessions.
Mardi 13 janvier au 17 février 19h00 – 19h50
Jeudi 15 janvier au 19 février 13h00 – 13h50
Les frais sont de 60 $ pour deux jours, $30 pour une journée/semaine ou un frais d'entrée unique de 5$. Les inscription à l'avance sont recommandées, les espaces sont limitées.

Causerie francophone

Chaque jeudi de 12:00 à13:00 au Centre des Jeunes

Si vous êtes nouvellement arrivés, ou si vous avez envie de rencontrer d'autres francophones, joignez vous à nous. Amenez votre lunch et venez bavarder de différents sujets selon vos demandes.
Les enfants sont bienvenus, toutefois, prenez note qu'il n'y a pas de service de garde pour cette activité. **Gratuit**

Training for Volunteers / Formation pour les bénévoles

First Aid/CPR
The MFRC volunteer program will be offering an Emergency First Aid/CPR course for MFRC volunteers. Space is limited so it is essential to RSVP and honour your commitment.
Date: January 24, 2009 Time: 8:30 – 5:00
Location: RCAF Room, MFRC
Please respond by Wednesday, January 21/09 to Wendy, loc 3557

Premiers soins \ RCR
Le programme du CRFM offrira un cours de premiers soins\RCR pour ses bénévoles. L'espace étant limité, il est très important de réserver et de respecter votre engagement.
Date: 24 janvier 2009 Heure: 8 h30 – 17 h
Lieu : Salle de l'ARC au CRFM
Réserver avec Wendy au poste 3557, *au plus tard mercredi le 21 janvier 2009.*

PROGRAM FOR YOUTH
AFTER SCHOOL PIT STOP

Parents do you have kids that are too old for care but just not quite ready to be on their own or have no where to go after school until work is finished?
We have a new program starting at the Youth Centre.
It is for youth, 12 – 15 years of age. Monday to Friday 2:45 – 5:15 PM.
The cost is $5 a day, which includes a snack. You will need to register your child and we will need a schedule and payment in advance.
Contact Susan for more information.

PROJET POUR LES JEUNES :
UN COIN ARRÊT POUR APRÈS L'ÉCOLE

Avez-vous des enfants qui sont trop vieux pour la garderie mais pas tout à fait prêts pour être laissés à eux-mêmes ou encore qui n'ont aucun endroit pour aller après l'école en attendant votre retour du travail ?
Nous avons un nouveau programme au Centre des Jeunes pour les 12 à 15 ans, les lundis après-midi de 14h45 à 17h15. Les frais seront de 5 $ et une collation est incluse. L'inscription de votre enfant est nécessaire. Vous devez fournir un horaire et un paiement à l'avance vous sera demandé.
Contactez Susan pour plus d'information.

Please read our newsletter "Touching Base"or visit www.trentonmfrc.cfbtrenton.com for more information
S'il vous plaît, consultez notre bulletin de nouvelles "Touching Base" ou visitez www.trentonmfrc.cfbtrenton.com

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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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Chaplain Services

8 Wing/CFB Trenton Chaplain Services
services offerts par l'aumônerie de l'escadre

WING CHAPLAIN SERVICES
SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE

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

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

As support staff - comme personnel de soutien
Rev Jim Craig, P Civilian Officiating Clergyman – membre du clergé civil

WORSHIP SERVICES

Our Lady of Peace (RC)
Christian community – communautée catholique
Notre-Dame-De-La-Paix (CR)
Chapel Life Co-ordinator
Father Philippe Boudreau
Co-ordinateur de Vie de Chapelle
Masses-Messes
Messe dominicale: 0900h
Sunday Mass at 1130hrs
Monday through Friday at 12:00hrs
Third Sunday bilingual Mass at 0900 hrs and coffee
3ième dimanche messe bilingue: 09h00 et café

St. Clement Astra (P)
Protestant Community
Chapel Life Co-ordinator
Padre Jim Craig
Worship Service
Sunday Divine Worship, 1015hrs
Holy Communion:
First Sunday of the month

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

Chapel organisations (RC)
Chapel Pastoral Council: third Tuesday –1900hrs
Knights of Columbus: first Thursday – 1900hrs
CWL: second Tuesday – 1900hrs
Chorale : mercredi – 1900h
Choir: Monday – 1900hrs

Parish organisations (P)
Chapel Guild: last Tuesday – 1930hrs

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

Planning to get married?

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

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

Vous planifiez de vous marier?

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

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

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

SACRAMENT OF BAPTISM

Parents wishing to have their child baptized are to contact the parish through the Wing Chaplain's Administrative Assistant at local 2490 at least two weeks prior to the desired date. After completing the request form, the dates for both the pre-baptismal session and the baptism will be booked. The pre-baptismal session is mandatory for both parents; however, godparents (one of them at least must be RC) are invited to participate. Proxy might be an option if godparents cannot attend.

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

SACREMENT DU BAPTÊME

A tous les parents désirant faire baptiser leur enfant, svp communiquez avec notre assistante de bureau au moins deux semaines avant la date désirée au poste 2490 pour entreprendre les démarches. Une rencontre est nécessaire avec le padré pour faire l'inscription. Il vous avisera de la date de la rencontre pré-baptismale obligatoire ainsi que de la date du baptême. Une rencontre pré-baptismale est obligatoire pour les deux parents (père et mère), tandis que les parrains sont invités à y participer. Au moins un des parrains doit être Catholique romain. Il est possible de désigner des mandataires si les parrains ne peuvent être présents. Pour des raisons liturgiques et de théologie sacramentelle, il n'y a pas de baptême célébré durant la période du Carême. Les parents civils qui souhaitent faire baptiser leur enfant à la chapelle de l'Escadre doivent contacter leur paroisse civile (étant pratiquants ou pas) avant de communiquer avec notre secrétariat. La communauté de chapelle Notre-Dame-de-la-Paix de la 8ième Escadre appartient à une juridiction canonique différente qui est celle du Diocèse militaire du Canada. Une lettre/courriel de délégation canonique de la part du prêtre de votre paroisse civile (appuyant votre démarche auprès de cette chapelle militaire) devra être envoyée à l'aumônier catholique de l'Escadre.

Chaplain Emergency Fund

You can help the chaplains help our military families most in need. ***How?*** Every time you make a purchase at our CANEX, ask to have the ***Club Xtra*** points put on the Chaplain's ***Club Xtra*** Card. The points will be used to help our military families during times of family crisis. For more information, ask one of the Canex employees.

Fonds d'urgence des aumôniers

Vous pouvez aider les aumôniers à aider les familles de nos militaires qui en ont le plus besoin. ***Comment?*** Chaque fois que vous faites un achat dans notre CANEX, demandez que les points du **Club Xtra** soient crédités à la carte **Club Xtra** des aumôniers. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales. Pour avoir des renseignements supplémentaires, demandez à l'un des employés du Canex.

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business • for sale • wanted • equipment • automobiles • child care • for rent • employment

Information

CLASSIFIED AD RATES

Word ad: 20 words $3.00 per insertion. GST included. Cash or cheque to be paid at time of insertion.

ORDERING AN AD

All advertising must be dropped off at The CONTACT, 142 Yukon Street, Room 26, before noon Wed. for the next edition and payment should be made at that time. In the event of a statutory holiday all deadlines are advanced by one day.

ERRORS & OMISSIONS

Advertisers should check their ad the first day it appears. The CONTACT shall not be liable for failure to publish an ad or any typographical errors in the publication except to the extent of the cost of the ad for the first day's insertion. Adjustments for errors are limited to the cost of the ad wherein the error occurred.

USERS & AD READERS

The CONTACT is not responsible for the products and/or services advertised. Readers should exercise their best judgement with the content.

The CONTACT will not knowingly publish any advertisement which is illegal, misleading, or offensive. In compliance with the Human Rights Code, The CONTACT reserves the right to make necessary changes in ad copy.

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Birthday Wishes

To Blue Eyes:
Have a
Happy Birthday!
Don't forget every year gets better.
Love from
Your Singing
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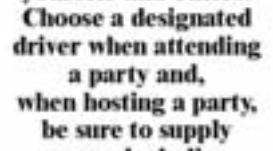

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Foster comfort and warmth in your kitchen

(NC)—Even in the most contemporary home, there's an argument to be made to go a little warmer when designing the kitchen.

As the most popular gathering place in the home for family and friends, the kitchen is considered by many to represent the heart of the home.

It's also the one room in the home that is generally available to all family members at any time, day or night. While the family room might occasionally be monopolized for gaming or television, it's generally accepted that the kitchen is not to be monopolized by any one person or group. We wander in and out at all times of the day, say a few words to one another and maybe fix a meal or cup of tea for someone in the family.

Here are some simple ways to ensure the kitchen stays warm and inviting that work for even a contemporary décor.

Switch from stainless steel appliances or countertops which foster a commercial look or use them minimally. Coloured appliances, whether one of the new bronze finishes or even old-fashioned white, always looks homier. Used sparingly however, stainless steel will not detract from a warm atmosphere. Small appliances or even stainless steel backsplashes, work well. The key is to avoid it for large surfaces where it dominates the room.

Use natural materials in warm colours wherever you can. Wood or warm tile floors and granite sinks and faucets add instant warmth. "One of our most popular colours in our line of natural granite sinks is called Silgranit Cognac," says Alexandra Marshall, director of marketing for premium-sink manufacturer Blanco. "We introduced Cognac, a warm rich coppery colour, over a year ago," says Ms. Marshall, "and it's been a pleasant surprise success. I think that not only are consumers attracted to the rich metallic colour that goes well with many of the new granite and quartz countertops today but they love how it enriches the room and adds a touch of luxury in a very cost-effective way." Blanco Silgranit sinks are also available in other warm terra

Photo: News Canada

colours including café, biscotti and stone biscuit, in addition to a line of cooler colours.

Instead of a chrome faucet consider either a softer metal like stainless steel or a coloured faucet. Blanco coloured faucets are made to match their Silgranit sinks and are available in seven rich colours. But they also can be paired with a stainless steel sink and matched to countertop, appliances or backsplash for a touch of warmth.

Cabinetry pulls in matte versus shiny finishes also warm up the room, even if the hardware is a metal. Rather than a shiny metal select from bronze, wood or matte metal finishes.

Keeping walls painted in a light colour and windows uncovered so that lots of warm natural light pours into the room, will help keep everyone feeling warm and comforted in the kitchen.

Finally, comfortable and casual seating is conducive to conversation and a great way to encourage late night chats with otherwise uncommunicative teenagers.

Use wood or warm colours for seating and tables and cushioned seats. Casual bar seating is ideal instead of more formal table seating which should be reserved for the formal dining area.

With just a few changes to add warmth and comfort to your kitchen, you may find more happy memories created at the kitchen counter than in front of the electronics in the family room. Another good reason to keep things warm in the kitchen.

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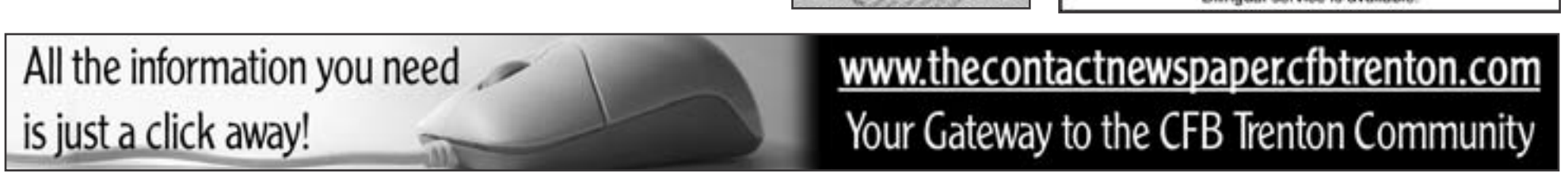

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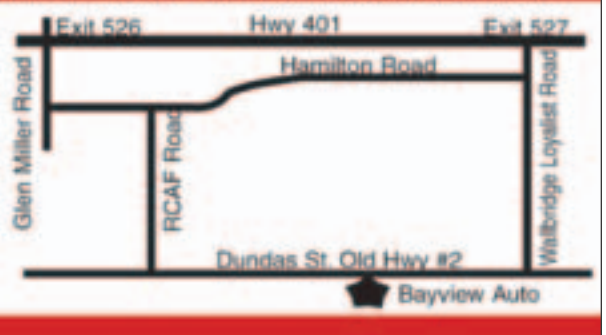
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