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Construction update: Moving forward one square-foot at a time

by Tom Philp, Contact Staff

Development and improvement of 8 Wing/CFB Trenton infrastructure has been ongoing since Air Force Station Trenton was established in 1931; but never in the history of this base has the level of construction activity been as high as we've witnessed over the past couple of years.

In June 2007, the Department of National Defence announced the latest round of defence construction projects at Trenton: nearly \$34 million committed to a new air traffic control tower, the rebuilding of several taxiways and expanding a ramp to accommodate CC-177 Globemaster IIIs, projects that would create many local jobs.

By October of that year, the list of completed construction projects was substantial, including the CC-130 Hercules Training Facility; the CC-177 Globemaster III parts warehouse and temporary hangar; hangar door repairs at 9 Hangar; roadwork at Mountainview; drainage work; a new sports field; and, of course, the new CANEX.

As significant as that June 2007 announcement and subsequent activity was, it paled in comparison to one made by Minister of Defence, the Honourable Peter MacKay, last September when he committed a further \$500 million, over five years, to upgrade and expand 8 Wing/CFB Trenton to improve its ability to support CF operations as well as accommodating the expansion of Canadian Special Operations Forces Command (CANSOFCOM) assets in the area.

New taxiways, ramps, aprons and hangars, a new fire hall, and other infrastructure projects to support the varied needs of forces and civilian personnel on base, were now officially on the funding table.

One of the initiatives that has been ongoing almost since Minister Mackay's 2008 announcement is the southeast apron project, an extensive base upgrade needed to accommodate the Globemasters. It is an accomplishment of which Defence Construction Canada's (DCC) on-base manager, Vern Haggerty, is very



An aerial view of the construction site housing the new control tower being built on North Perimeter Road, north of the 8 Wing/CFB Trenton runway. Photo: Cpl Simon Duchesne, 8 Wing Imaging

pleased.

"For the second consecutive year, the apron work has proceeded smoothly, at an average construction value of about \$150,000 per day," said Haggerty. "That is incredible construction value, and I believe the folks who've made it possible deserve all the credit they can get."

Earlier this week, Haggerty provided a "Reader's Digest" update of DCC-managed projects undertaken here "to ensure safe air operations, upgrade Trenton's aging infrastructure and support the arrival of those CC-177 Globemaster IIIs."

His company awarded 43 construction contracts worth about \$60 million in 2008; and the estimated

value in construction projects scheduled to be awarded in 2009 approaches \$170 million.

"Every project has its challenges," Haggerty said. "We pride ourselves in completing projects as expected, but sometimes the weather, delivery of materials or owner-requested changes can lead to scheduling challenges."

Construction of the new \$11 million Air Traffic Control Tower is one of the initiatives that has slowed because of weather. Although Haggerty said construction of the tower is proceeding well now, severe weather last winter presented a challenge his crews could not overcome.

"We base our schedules on a nor-

mal winter, but last year's record snowfall was definitely a challenge on the control tower," he said. "However, should the (winter) norm be outside a 10-year recorded average, the contractor can request a non-compensable extension of time."

Each construction project on the base is supervised by a project manager who reports directly to Haggerty. With 30 years in the business, Haggerty has developed a professional intuition that has resulted in very little lost production time overall, and an excellent safety record.

"James Klassen is our full-time (civilian) Safety Officer here and he conducts minimum monthly audits on all active projects," Haggerty said.

"Safety is not only important on the job; it is a key part of DCC's corporate culture."

Haggerty discussed some of the projects either completed or underway at CFB Trenton.

Included in the lengthy list of accomplishments over the past two years: \$35.8 million in taxiway reconstruction, with Phase I completed in 2007, Phase II completed last year, and Phase III scheduled to start early this year. Additional phases are also planned, but not scheduled at this time; \$6.2 million project to build a temporary hangar to support initial CC-177 III operations, completed last year.

See Construction, Page 3

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Wing Commander's Column

A message from Colonel Mike Hood



As this is my first column of the New Year, I would like to offer my family's most sincere best wishes for 2009. Louisa, Charlotte and I hope that the coming year is filled with joy, love and prosperity for you and your families.

I anticipate that 2009 will see our pace of activity remain high, carrying on from where it left off in 2008. Our support to air operations in Afghanistan will continue to increase as the Air Force introduces new capabilities into theatre, and will spike considerably with the deployment of the 8 Wing Mission Support Squadron (MSS) later this year.

On the local front, there will be many more new construction projects started this year – we are only seeing the tip of the iceberg at the present moment – while a few notable ones will be completed (CFAWC, ATC Tower, Sports fields etc).

Lastly, the introduction of the CC-150 Air-to-Air Refueler, the preparation for the arrival of the CC-130J, and the continued growth of our nascent CC-177 capability, will all demand considerable time and effort from a wide variety of elements across the Wing.

Ongoing commitments to SAR and VIP Airlift will inevitably keep the Wing hopping.

Within this operational context, I would now like to outline my priorities for 8 Wing/CFB Trenton for the coming year – I call these my "Three Ts": *Training, Transformation and Tempo.*

Training

Force generation training across all 8 Wing capabilities, both collective and individual, remains paramount.

You have done an outstanding job over the last year and I am very pleased with the readiness levels we have achieved – particularly in the area of pre-deployment training.

The Wing continues to invest prudently to improve our capability to train, most notably with airfield improvements at Mountainview; but also in areas such as weapons training, where we will shortly be opening the new small arms training facility.

I intend to continue this trend in 2009 as our ability to train effectively directly affects our success on operations.

Transformation

The face of 8 Wing is changing – even I have a tough time keeping up with the daily construction!

But, it is not only new construction; it is also new equipment and capabilities.

These changes inevitably bring challenges as we have to adapt new tactics, techniques and procedures into our day-to-day work – whether in the air or on the ground.

In many cases, these changes are coming to areas that have essentially operated in a relatively static manner for many years. What I need everyone at the Wing to focus on is creating an atmosphere that embraces these changes.

We need to retain best practices, hard earned through years of operations; yet not be so beholden to tradition as to dogmatically continue to operate "as we always have."

Transformation presents opportunity – and we must ensure that we create the culture here at 8 Wing that is adaptive to the types of changes recently arrived and on the near horizon.

What an opportunity!

Tempo

I have been told countless times since my arrival here by visitors that they are amazed at the pace of operations here at 8 Wing. It is indeed impressive and you should all be justifiably proud of the professionalism you put forward day in and day out – regardless of the hour.

Some of you may have heard the old analogy of "sprinting during a marathon" used to describe spikes in op tempo. But I prefer to liken our current pace as the steady one required in a long-distance, multi-disciplinary race, like a triathlon. There may be short periods of sprints – but not necessarily.

Rather, what is often required for success is a steady determination to get to the finish line within the allotted time.

This is an important analogy – we need to be prepared, to be "fighting fit," to ensure we can answer today's call, while having enough in reserve for new challenges. In support of this aim, 8 Wing is blessed with a tremendous support network, one whose sole aim is support you and your families as you tackle the many challenges inherent in your work.

Whether it is fitness, healthy lifestyle choices, family support, medical, mental health, our dedicated Padres – the list is endless – there is a network here to prepare you to deal with the challenges of today's tempo.

In summary, I am exceptionally honoured to be the 8 Wing Commander – to lead such a tremendous group of professionals during a period of incredible growth and operational relevance.

My priorities as I've laid out to your Commanding Officers and Branch Heads is simple: think "the Three Ts" – Training, Transformation, and Tempo.

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WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



On December 11, 2008, Captain Bellamy presented a photograph to 8 Wing Supply Squadron. The presentation was in recognition of exceptional service provided to the SkyHawks by Clothing Stores. The photo was signed by the entire team and was proudly accepted by Major F.D. Burley, OC Supply and Foods, and the Clothing Stores section. Clothing Stores provides support to 8 Wing/CFB Trenton as well as lodger units and VIP's such as members of show tours that go overseas. As the Bin Rat would say, *Servitium Nulli Secundus* and have a great 2009!

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Construction, Continued from Page 1

\$2.4 million Hercules Training Facility to house a decommissioned CC-130 aircraft for practical training of CC-130 technicians, completed last year.

Phase I of the new \$21.7 million CAN-SOFCOM facility was completed last year after the contract was awarded in 2006. Groundbreaking for Phase II took place in December 2008.

Haggerty said one of the unique construction projects on the base is the \$30 million Air Warfare Centre. The contract was awarded to Peak Engineering and Construction in 2007 and "substantial completion" of the Sports Complex was noted on November 26, 2008. The building is scheduled to be completely enclosed sometime in February 2009, with the balance of construction activity running through January 2010.

"This is a unique project for us, because it is the first guaranteed maximum price design build contract we've awarded," he said. "Its maximum cost is \$30 million. It may come in under, but it won't exceed that amount."

Haggerty said DCC's Trenton business volume has risen dramatically since 2004.

"The total amount of tendered construction projects at CFB Trenton in 2004 was \$3.9 million," he said. "By 2007, that had jumped to \$45 million, and again to about \$60 million last year. DCC is projecting tenders of over \$170 million for 2009."

What lies ahead?

"With the Minister's (of National Defence) commitment to invest in CFB Trenton's aging infrastructure, we anticipate many multi-million-dollar projects will be implemented here over the next few years," Haggerty said.

Among those new projects, an additional \$23 million in taxiway and apron work will be tendered in the spring of 2009, with anticipated completion of those projects by December of this year. After the

temporary de-icing facility was completed last year, a permanent, \$9.9 million set-up will be tendered sometime in 2009.

The replacement of Hangar #1, at an estimated cost of \$105 million, will likely begin this summer, representing "only one of many such buildings that will be constructed over the next few years," Haggerty said.

"Many buildings here have surpassed their service life and will be demolished and replaced," he said.

Those buildings include Maintenance Hangars 2, 3 and 4 at a total replacement cost of about \$220 million, with construction of 3 scheduled to begin this November and completed in late 2011. The new Hangar 2 is also expected to be ready for occupancy in November 2011.

The replacement for Hangar 4 is projected to open its doors in October 2012. Plans are also underway to replace maintenance shops and supply stores at an estimated project cost of \$30 million.

Other 8 Wing/CFB Trenton projects that remain to be tendered include Fire Protection/Suppression Distribution (\$10 million); utilities and roads upgrades (\$7 million); relocation of ASME and demolition of Hangars 5 and 6 (\$14 million); relocation of CFLAWC and demolition of Hangars 7 and 8 (\$23 million); fuel storage and distribution upgrades (\$9 million); and office accommodation and Wing Ops (\$22 million).

"It seems like a lot, but these projects really represent only a few of the large initiatives that will be undertaken at CFB Trenton over the next few years," Haggerty said.

And is there a single construction project that makes Haggerty beam with pride?

"It would be unfair to single out one project," he said. "I take pride in the people I work with and the fact that DCCer's, no matter the service line, take ownership of their projects."

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 la 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, épauettes 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.

Search & Rescue UPDATE



424 Squadron had no taskings this week. We concentrated on catching up with training and office duties.

Until next week...stay safe!

Missions for 2009: 5

Missions for Jan: 5

Persons rescued: 2



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- 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.
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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.**

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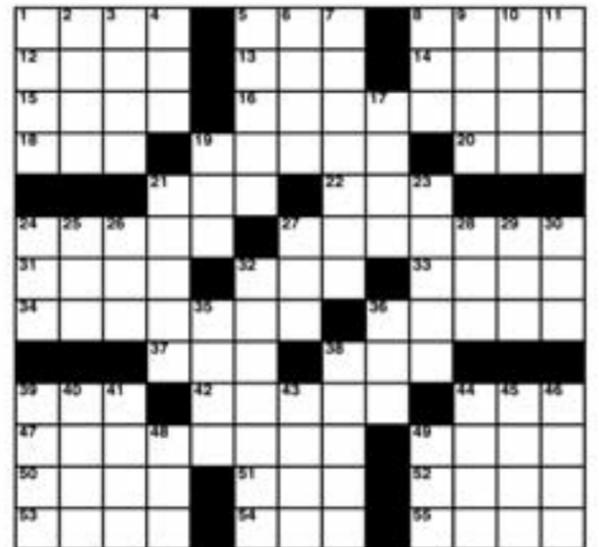
By Bernice Rosella and James Kilner

ACROSS

- 1 Pleased
- 5 Banking acronym
- 8 Kids card game
- 12 Belgian river
- 13 Caspian or Sargasso
- 14 Common cookie
- 15 Of the verb to lie
- 16 Card game in which players peg
- 18 Bro
- 19 Metric weight
- 20 Pal of Winken and Blinken
- 21 Take a seat
- 22 Tweedy topper
- 24 Popular pub game
- 27 Game using black blocks with white dots
- 31 Winged
- 32 Cleopatra pal
- 33 Singer Jones
- 34 Popular rummy game
- 36 Board game with cards and markers
- 37 Word before tai
- 38 Lettuce
- 39 Consume
- 42 Manly
- 44 Some sophs goals
- 47 Word game with lettered tiles
- 49 Whip
- 50 Formal for grads
- 51 ___ autres
- 52 Prefix denoting outside
- 53 Abominable snowman
- 54 Printer's concern
- 55 Playlet

DOWN

- 1 Weir's game
- 2 Falsifier



- 3 The Orient
- 4 Lair
- 5 Race or tie
- 6 Shore bird
- 7 Mainmast platform
- 8 Watch retainer
- 9 Arab nation
- 10 Lily bulb
- 11 Weeded
- 17 Gymnast's concern
- 19 Poet's it is
- 21 Vapour
- 23 Skirts
- 24 Webster, familiarly
- 25 Words before mode, in Montigny
- 26 Sought office
- 27 Mil. medal

- 28 Plus preceder
- 29 Assn.
- 30 ___ Paulo
- 32 Friendly
- 35 Metrical foot
- 36 Deplore, in a way
- 38 Yanofsky's game
- 39 Catch sight of
- 40 Area measure
- 41 Hoof it
- 43 ___ Kaddiddlehopper
- 44 With gammon, popular board game
- 45 Italian wine growing region
- 46 Assassinated
- 48 Friend, in Falaise
- 49 ___ hommes

See Answers, Page 18



This Week in Contact

1979 – Flight crews of Hercules aircraft from CFB Trenton and Edmonton, supported by Base Aircraft Maintenance & Engineering from CFB Trenton, conducted "Operation Baton," airlifting more than 400 Canadian, American, British and other foreign nationals out of strife-torn Iran. The three-day, round-the-clock mission faced severe winter weather and no air traffic control from Iran.

1989 – CFB Trenton was "invaded" by a team of 25 members of 33 Squadron of the Royal Australian Air Force (RAAF), who spent five days here learning about cold-weather operations. Hosted by 437 Squadron, the Aussies did some local flying to see how their Boeing 707 performed in a cold climate. Rumour has it there was some time for socializing too.

1999 – The 1st Annual Wing Commander's Winter Carnival was announced, a one-day event scheduled for February 05, 1999. Open to both military personnel and DND employees, those wishing to compete in a series of team and individual events were encouraged to register through 8 Wing Fitness and Sports Flight. Planned activities included toboggan racing, blind broomball, snow-shoe biathlon, log sawing, arm wrestling and snow sculpture. Teams had no gender restrictions.

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



Thunderbirds update: 426 (Transport Training) Squadron

The end of 2008 was a busy time for 426 Transport (Training) Squadron staff as a number of courses, some having commenced in June, graduated in December.

Of equal significance, the graduations marked a milestone for a number of students.

The CC-130 Combat Ready Course 0802 was completed on schedule, graduating all of its 15 students.

Three Aircraft Commanders, three First Officers, one Navigator or Airborne Combat Systems Officer (ACSO), six Loadmasters (LM) and three Flight Engineers (FE) all made the grade.

All of these graduates, less one FE, are now settling in at 436 Squadron where they will surely dazzle their peers with their new-found skills. One FE is off to Winnipeg to fly Search and Rescue with 435 Squadron.

It is also noteworthy that on graduation day, the five new Loadmasters received from the CO 426 Squadron, their Loadmaster wings. Congratulations!

The CC-150 Airbus Training

Flight, which recently stood-up in August 2008, also graduated its first class of students.

Two First Officers completed the course and are posted to 437 (Transport) Squadron.

Both of these pilots were 'pipeliners,' meaning that they had come directly from attaining their wings to flying the CC-150, a first for Air Mobility. Well done!

In addition to the graduation, the loadmaster section completed a Quality Standard Writing Board for the CC-150 Loadmaster, Flight Attendant, and Flight Steward qualifications and is now incorporating changes to the Training Plans. Also completed in December were a Flight Systems Course and the Avionics Aircraft Systems Course.

426 Squadron stood down for two weeks at the end of December for a much deserved rest, but not before some festive celebrations filled with holiday cheer and reflection of the past year's accomplishments.

A great wind-down of a very busy year filled with many new challenges,

personnel, course development and projects was enjoyed by all.

The new year begins with many new and returning students, and the staff well rested and ready for the upcoming year.

Presently, both the CC-130 Conversion Training Flight and the CC-150 Airbus Training Flight have courses on the go. CC-130 serial 0803 has 21 students in-house while the CC-150 courses have staggered start dates commencing in January with graduation in April.

The Technical Instruction Flight is also running four courses; two Flight Systems courses are being taught with assistance from 8 Air Maintenance Squadron (8 AMS), an Avionics and a Propulsion course for a total of 32 students in-house.

Many new initiatives are being implemented as well this year.

Improvements to the delivery/methods of training are constantly being updated for all TIF courses.

Blended learning utilizing Virtual Task Training (VTT) is being utilized to improve portions of the AVN



courses. The new Hercules Training Facility (HTF) is attracting great interest from the community.

The squadron has enjoyed receiving numerous requests from various schools for tours to showcase our newest assets and instructional capabilities.

Centennial of Flight in Canada Coin

Ottawa – The Royal Canadian Mint released its first new collector coins and gift products of 2009, choosing the centennial of flight in Canada as the theme of its highly anticipated 2009 Proof Silver Dollar.

This coin leads a formation of annual releases consisting of \$100, \$200 and \$300 face value gold issues, as well as proof, uncirculated and specimen coin sets celebrating popular and meaningful themes.

The Mint's fine silver version of the Historical Commerce Collection, "new look" gift sets and new greeting card coins complete the line-up.

"The Royal Canadian Mint continues to stand out among the world's mints by producing collector coins of striking appearance and exceptional quality," said Ian E. Bennett, President and CEO of the Royal Canadian Mint. "The first collector coins of 2009 are shining examples of our passion for crafting coins of outstanding beauty and value for buyers from across Canada and around the world".

The 2009 Proof Silver Dollar – 100th Anniversary of Flight in Canada (1909 – 2009)

Canadian history was made 100 years ago on the surface of a frozen Nova Scotia lake as the Silver Dart, Canada's first successful flying machine, celebrated its maiden flight on February 23, 1909.

From its proving grounds in Baddeck, Nova Scotia, Alexander Graham Bell's Aerial Experiment Association laid the groundwork for a century of Canadian distinction in



The Royal Canadian Mint's first collector coin of the year celebrates the 100th Anniversary of Flight in Canada.

the field of aeronautics.

The Royal Canadian Mint is proud to showcase Canada's many flying icons, from the Silver Dart to Canada's Snowbirds, on a beautifully contrasting proof silver coin.

Designed by Ontario artist Jason Bouwman, this sterling silver dollar features an image of a young person running with arms spread like an airplane's wings, symbolizing humanity's timeless dream of flight.

In the background, the silhouettes of the Silver Dart, the Avro Arrow and a "Snowbird" Tutor Jet, illustrate Canada's rich aeronautic engineering legacy. A close look at the overall design also reveals the ingeniously composed image of our beloved maple leaf.

Limited to a mintage of 50,000, the 2009 Proof Silver Dollar is available for \$47.95 CDN. The brilliant uncirculated version of this coin also retails for \$39.95 CDN and is limited to a mintage of 30,000.

Envol Centenaire en monnaie canadienne

Ottawa – La Monnaie royale canadienne lance aujourd'hui sa première série de pièces de collection et d'ensembles-cadeaux de 2009; le thème du dollar en argent épreuve numismatique tant attendu est le centenaire de l'aviation au Canada.

Cette pièce met en train une collection annuelle comprenant des pièces en or de 100 \$, 200 \$ et 300 \$, ainsi que des ensembles numismatiques, hors-circulation et spécimen célébrant des thèmes significatifs et populaires.

La version en argent fin de la collection Commerce d'autrefois, des ensembles-cadeaux au goût du jour et de nouvelles cartes de souhaits avec pièce complètent ce premier lancement.

« La Monnaie royale canadienne figure toujours parmi les meilleurs établissements de monnaie au monde du fait qu'elle produit des pièces de collection splendides et de qualité exceptionnelle, » a déclaré Ian E. Bennett, président de la Monnaie royale canadienne.

« Les premières pièces de collection de 2009 sont de brillants exemples de notre passion pour la fabrication de pièces d'une beauté rare et offrant une valeur exceptionnelle aux collectionneurs canadiens et du monde entier ».

Dollar en Argent Épreuve Numismatique 2009 – 100e Anniversaire de L'Aviation au Canada (1909-2009)

Le Canada est entré dans l'histoire de

l'aviation il y a 100 ans, sur un lac gelé de la Nouvelle-Écosse, lorsque le Silver Dart, premier engin volant avec succès au Canada, a pris son envol pour la première fois le 23 février 1909.

À partir de ses pistes d'essai à Baddeck, en Nouvelle-Écosse, l'Aerial Experiment Association d'Alexander Graham Bell jetait les bases d'un siècle de distinction canadienne dans le domaine de l'aéronautique.

La Monnaie royale canadienne est fière de rendre hommage à de nombreux symboles de l'aviation canadienne, du Silver Dart aux Snowbirds, sur une magnifique pièce en argent épreuve numismatique aux reliefs contrastés.

Conçu par l'artiste ontarien Jason Bouwman, ce dollar en argent sterling représente une jeune personne courant les bras tendus, comme en plein vol, symbolisant le rêve intemporel des humains de voler.

En toile de fond, les silhouettes du Silver Dart, de l'Avro Arrow et d'un avion à réaction Tutor « Snowbird » illustrent le riche patrimoine de l'ingénierie aéronautique canadienne.

Un deuxième coup d'œil au motif dans son ensemble révèle également une composition ingénieuse sous la forme de notre feuille d'érable bien-aimée.

D'un tirage limité à 50 000 exemplaires, le dollar en argent épreuve numismatique est proposé au prix de 47,95 \$CAN. La version brillante hors-circulation de cette pièce est également vendue au prix de 39,95 \$CAN et son tirage est limité à 30 000 exemplaires.

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8 Wing Personnel at Work: Corporal Stephane Caron

By 2Lt Jennifer Jackson
8 Wing Public Affairs OJT

Photo: Private Allyssa D. Carter, 8 Wing Imaging



Corporal Stephane Caron responds to a call at the Joint Rescue Co-ordination Centre (JRCC) at 8 Wing/CFB Trenton. As the Assistant Air Co-ordinator at the JRCC, Cpl Caron receives and inputs pertinent information to archive for future reference.

Corporal Stephane Caron is an Aerospace Control Operator (AC Op) in the business of helping save lives. He works as an Assistant Air Co-ordinator with the Joint Rescue Co-ordination Centre (JRCC), a 1 Canadian Air Division Unit located at 8 Wing/CFB Trenton.

Originally from St-Jean-sur-Richelieu, Que., Cpl Caron first joined the Canadian Forces in September 1995 as an Armoured Crewman, and was deployed to Bosnia twice, in 1996-97 and 1999. In February 2002, he re-mustered to AC Op for a different, interesting and unique challenge. He joined JRCC in September 2008.

As an Assistant Air Co-ordinator, Cpl Caron co-ordinates with all agencies involved in Search and Rescue (SAR) activities.

Whenever there is an indication that someone may be in distress, Cpl Caron works to support the Air Co-ordinator in investigating the signal and determining what action is required. This response can range from making a phone call, if an Emergency Locator Transmitter (commonly referred to as "the little black box" in aircraft) has been set off accidentally, to working with several different agencies to save endangered lives, or find lost people.

"My job is to support the Air Co-ordinator so he can do his job faster; we

are in the business of saving lives and every second counts," says Cpl Caron.

"Essentially, at first it is a bit of detective work to decide what response is required, but then I assist in the co-ordination of that response until the situation has returned to normal and everyone has come home."

Cpl Caron has the power to resolve situations up to the point of authorizing a launch of SAR aircraft, an action he can recommend to the Air Co-ordinator.

Cpl Caron routinely works with agen-

cies such as 424 Transport and Rescue Squadron, 435 Transport and Rescue Squadron, located in Winnipeg, the Royal Canadian Mounted Police, and the Canadian Coast Guard, members of which also work at the JRCC. During an operation, Cpl Caron draws search area patterns to be used by any Air, Ground or Marine SAR agencies involved.

He constantly updates and modifies the information for the agencies he is working with so they have a better chance of finding those in distress alive.

"I really enjoy the challenge of this job, I am always learning slightly different and new ways to resolve situations," says Cpl Caron. He then smiles and adds "but a slow day for me means a good day for everyone else. Help me have a slow day by staying safe and wearing a life jacket whenever you are on the water."

Posted to Trenton in April 2006, Cpl Caron is married and has five children. Since joining the JRCC in September 2008, he has helped co-ordinate seven searches.

8 WING QUESTION OF THE WEEK

QUESTION:

Did you make a resolution this year - and have you kept it?

 <p>Cpl Andrew Gyuk 429 Squadron</p> <p>"I hope to run the Ottawa marathon."</p>	 <p>Cpl John Winterburn 429 Squadron</p> <p>"I didn't make one this year. That way, it's easier to keep."</p>
 <p>2Lt Marie Doyon 2 Air Movements Squadron</p> <p>"I make new resolutions all year long, and I stick to those."</p>	 <p>CWO Tom Secretan 8 Wing Chief Warrant Officer</p> <p>"My resolution is simple: Be better and do good in every aspect of my life."</p>
 <p>Cpl Guillaume Durand 429 Squadron</p> <p>"I didn't make a resolution because I just end up getting them wrong anyway."</p>	

PET OF THE WEEK



Hi! My name is Doggie. I'm a very large adult neutered male cat. I was abandoned when my owner's moved away and wouldn't take me. I've been here for awhile now and would love to go home with you!

Contact the Quinte Humane Society for more information.

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SPORTS & RECREATION

March Break Kidz Kamp

Are you ready? It's coming! The March Break will be here before you know it and we want your kids!

Our program is a high energy, fun-filled week with a new adventure each day. Remember to bring a lunch, snacks and to dress for playing outside.

The Kidz Kamp will take place at the RecPlex (located at 21 Namao Dr East) from Monday, March 16, to Friday, March 20, 2009 from 8 a.m. to 4 p.m.

Before and after care is available, from 7-8 a.m. and from 4-5 p.m. for a cost of \$2 per hour, per child.

The military community is encouraged to register now. General public registration will begin on Tuesday, February 17, beginning at 10 a.m.

The weekly cost of the Kidz Kamp for military community members is as follows: \$85 for one child; \$155 for two children; and \$200 for three children.

The weekly cost for the general public is as follows: \$100 for one child;

Photo: Contact archives



Amanda Wu slides down a snow mound during the 2008 March Break Kidz Kamp at the RecPlex.

\$165 for two children; and \$225 for three children.

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 8 a.m. to 5 p.m.

Before and after care is available from 7 to 8 a.m. and again from 4 to 5 p.m. for a cost of \$2 per child, per hour.

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 the military community, and \$40 for the general public.

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

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.

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.

Red Cross Assistant Water Safety Instructor

The Assistant Water Safety Instructor Course is designed to reinforce water safety skills and knowledge and to introduce basic instructional and leadership concepts.

Completion of the Assistant Water Safety Instructor Course

provides candidates with the basic skills and experience necessary for entering the Water Safety Instructor Course.

The course will take place on Saturday, January 17 and 24, and Saturday, February 7 and 14, from 9 a.m. to 1 p.m.; and on Sundays

January 18 and 25, and Saturday, February 8 and 15, from 9 a.m. to noon.

Cost is as follows: \$295 for military community members and \$320 for the general public.

Please note: Cost of manuals is included.

New Year's Eve in January

We're late, We're late! But let's celebrate. Join us on Saturday, January 31 for a New Year's celebration.

Drop off is at the Youth Centre at 6:30 p.m. on Saturday and pick up is at 10 a.m. on Sunday.

This event is open to youth aged eight to 12 years, for a cost of \$20 per person.

This cost includes party food, party favours and breakfast.

Pre-register at the Military Family Resource Centre (MFRC) reception desk by January 23, 2009.

We'll dance, we'll play video games, and we'll create! Let's party!

For more information please contact Debbie at 613-392-2811 ext. 3265.

PA Day Ski Trip to Devils Elbow

Join us on Friday, January 30 for a ski trip to Devils Elbow. This event is open to those ages 13 to 18 years old.

A minimum of 20 participants is required for exceptional lift ticket and rental rates.

We will leave the RecPlex at 8 a.m. and return at approximately 6 p.m.

Pre-registration is required by Friday, January 23, 2009.

Cost is as follows: Group rate and

own equipment, \$45; Group rate and ski rental in advance, \$55; Group rate and snowboard rental in advance, \$60; Ski rental and lift tickets purchased on your own, (\$17 for the bus), totalling \$66; Snowboard rental and lift tickets purchased on your own, (\$17 for the bus), totalling \$76.50.

All participants must take a one hour lesson (included in price) in order to receive a ski lift ticket.

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FITNESS & HEALTH PROMOTION

Holiday Challenge: Final Results

The final results are in for the 2008 Holiday Challenge.

Members of 8 Wing / CFB Trenton chose to set the goal to maintain their weight over the holiday season and avoid the holiday gain.

Final Weight Status (group average): -1.20lbs.

Congratulations participants! Visit healthpromotion.cfbtrenton.com to



read what some of our participants had to say about the challenge.

SMOKE-FREE VEHICLES PROTECT CHILDREN



As of January 21st, 2009
motor vehicles must be smoke-free if children under 16 years of age are present.

Did you know that ...

Children exposed to second-hand smoke are at greater risk for:

- Sudden Infant Death Syndrome (SIDS)
- Colds, bronchitis and pneumonia
- Asthma and allergies
- More trips to the hospital
- Cancer and heart disease as adults.

Opening a window is not enough.

For more information, call the Tobacco Talk Line at 613-966-5513 ext. 600 or if long distance call 1-800-267-2803 ext. 600. TTY 613-966-3036 Monday - Friday 8:30 am - 4:30 pm.

Pick up smoke-free home and car decals, mirror hangers and pamphlets at your local Hastings & Prince Edward Counties Health Unit office.



Stress: Take Charge

Maintain peak performance by learning how to identify and cope with your personal stressors early in the stress sequence.

Let 8 Wing Health Promotion show you how to develop a personalized action plan.

Attend a half day session of *Stress: Take Charge!*, which will be held on February 4, 2009, from 1300 to 1600 hrs.

This course is for open to everyone.

When dealing with stress be proactive.

Put more tools in your toolbox today so you know where they are when you really need them!

Register online by visiting healthpromotion.cfbtrenton.com.



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 hrs

Top Fuel for Top Performance:

April 1 and 2, from 0830 to 1600 hrs

Register online at healthpromotion.cfbtrenton.com

Did You Know?

"Third-hand" smoke – which lingers in cars, on furniture and on smokers themselves after a cigarette is extinguished – leaves toxic chemicals that may harm the health of children.



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



National Non-Smoking Week

January 18 to 24, 2009

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



There was a time, long ago, when I didn't play sports pools. Life was good.

I was younger, better looking (well, less ugly anyways) and full of energy. I had more hair. Food tasted better. The sun shone brightly each morning.

Then, on one fateful day, a best friend invited me to join one of his yearly NHL pools.

Deciding to take him up on his offer was not an easy decision, however.

I had not played in a hockey pool since my high school days.

Hey, back then everyone was curious and many of us had dabbled in the occasional pool.

Those were wild and crazy times, though, and I was now an adult (at least according to my driver's license) with the soul crushing burdens of a career and family to deal with.

So what to do? My friend was very persistent and persuasive, telling me that, "It's just one pool", and, "Everyone's doing it". I held out for awhile, but not wanting to seem uncool I decided to sign up.

What could it hurt? I told myself I had the willpower to stop cold turkey anytime I wanted to. I could. I *knew* I could.

Well, you know what they say; a Hockey Pool is often considered a Gateway Pool and eventually leads one on a long, wild, roller-coaster ride to "harder" pools involving football, baseball and basketball.

There are even urban myths of those who have fallen so far as to take part in soccer, golf and NASCAR pools (and yes, I am grouping these three "sports" in the same category).

It was not long before I found myself in three or four NHL regular season pools and of course, the mandatory two or three playoff pools.

My wife was fairly easygoing and put up with it at the start.

I usually kept my pool activities confined to my office at night after she had gone to bed. Most of our family friends did not know.

I thought I had things under control but I was really sliding further and further towards the abyss.

My same "friend" who reintroduced me to hockey pools approached me five or so years ago to join one of his NFL Fantasy Pools that was short a manager or two (my wife still giggles when I say Fantasy like I am sitting in the basement in a Yoda t-shirt

playing Dungeons and Dragons with several thick glassed friends).

I was jonesing for some additional pool action so I took him up on his offer.

One NFL pool led to another and soon not only was I juggling my NHL pools, but I had quickly added two or three football pools to my repertoire.

My addiction was now completely out in the open with hours spent every night scouring sports websites for player news, team developments and scores.

Countless hockey and football draft magazines littered the house.

I suddenly became a walking fountain of knowledge on where players went to college, what junior team they played with, their draft position, was the defensive coordinator implementing a three-four or a four-three scheme; you know, the usual things.

My fall from grace was completed three years ago when I gleefully signed on to participate in two MLB pools.

I was now part of a small but blissfully dedicated group of fellow addicts who year after year engulfed ourselves in pool after pool after pool.

Actually, "wallow" might be

a more appropriate word. But that's OK. It's nice down here at the bottom of the barrel, in the dark. Comfy, actually.

The missus has long since given up caring that I start my days "setting my line-ups", and end my nights "checking my scores".

NFL Sunday Ticket, NHL Centre Ice and MLB Extra Innings have become as much of a fixture on the family television as Dora the Explorer and Sesame Street (and have led to some brutal battle royales between myself and my 3-year-old).

She may even grant me that a roster emergency will trump a diaper emergency from time to time. Sometimes. If I smile and bat my eyelashes.

At least no one can accuse of me of not being fully committed to my addiction.

I've managed my hockey pools from the Dominican during the week of my wedding. I've conducted baseball pool drafts (twice) from a Las Vegas hotel room while my buddies whooped it up on the casino floor.

Heck, I even handled all of my MLB, NFL and NHL pools from the middle of northeast Africa.

I know my limits, though. The four baseball, five football and five hockey pools that I am in this year are enough.

Any more would just be crazy. NASCAR pool crazy.

And I'm not going there. Not yet.

By Gilmour Tuttle



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

Mask and dance away your winter blues



listening to a quartet providing ambient music. Afterwards, enjoy dancing in the ballroom to the sounds of the Frank Howard Orchestra; the premiere dance band in Eastern Ontario. Booked for the last day of January, in partnership with Hilden Homes, the MFRC is hosting "Le Bal des Masques".

"Le Bal des Masques" will allow people to relive the past magnificence of masked balls of the late 1800's.

Guests are encouraged to come in formal period costume but are welcome to wear the approved formal wear of today.

A formal evening dress or gown for the ladies and a dark suit (tuxedo is optional) for the gentlemen. Masks will be mandatory for everyone! (Limited number of masks will be available at the door for a small donation.)

The guests at a Masked Ball are supposed to be unidentifiable,

and this creates an evening of mystery and fun as guests try to guess each other's identities.

The venue, the 8 Wing/CFB Trenton Officer's Mess, is a designated Heritage Building, and is an ideal location for reflecting the magnificence and grandeur of the Formal Balls of the past.

This event is open to everyone - civilian and military alike, and also promises to be an evening to remember.

So, join the Trenton Military Family Resource Centre at Le Bal des Masques (Dinner and Dance), at the 8 Wing/CFB Trenton Officers' Mess on Saturday, January 31, 2009, at 6:00 p.m.

Cost is \$50 per person (tickets available at the MFRC and Arden's Music in Belleville and Trenton).

For more information, please feel free to call 613-392-2811 ext. 2379. Hope to see you there!

On January 31, 2009, the Trenton Military Family Resource Centre (MFRC) invites you to *mask* and *dance* away your winter blues and join us for an enchanting evening at 8 Wing/CFB Trenton.

Picture yourself enjoying a gourmet sit-down dinner while

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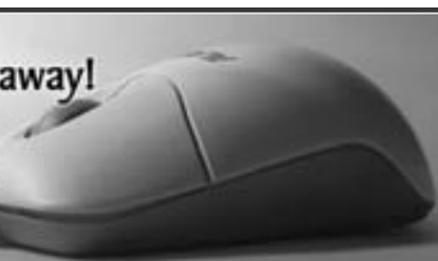
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Department of National Defence (DND) Mentoring Program

by 2Lt Jennifer Jackson
8 Wing Public Affairs OJT

The Department of National Defence (DND) launched the new DND Mentoring Program on December 9.

The program aims to develop leadership skills among civilian DND employees through a mentoring relationship with senior staff volunteers.

This national program was developed following a high demand from civilian DND employees, and is voluntary for all indeterminate civilian DND employees.

Mentoring involves one party, the mentee (in this instance the civilian employee), benefitting from the shared knowledge and experience of a more senior person (the mentor).

The mentors can range from senior civilian DND staff to senior CF staff members, and is also voluntary.

"This is an outstanding

program aimed at developing tomorrow's leaders by sharing senior management's knowledge and experience," said Colonel Mike Hood, Commander, 8 Wing/CFB Trenton.

The DND Mentor Program is rapidly being embraced by all levels of senior management, and enrolment is expanding both at 8 Wing/CFB Trenton and across Canada.

Lucia Scianname, who helped develop and currently administers the program at NDHQ, says 64 people have already registered for the program across Canada, and the number is expanding daily.

Lieutenant-Colonel Debbie Miller, 8 Wing Administration and Human Resources Officer, is involved with facilitating the program.

She says that it is an excellent way for younger workers to get the experience they need to excel further along their careers.

"The launch of this program will allow junior employees to gain easier access to the tools they need to successfully manage their own careers," said LCol Miller. "Ultimately, it will help spread the leadership knowledge and experience to a greater part of the civilian workforce, which is good for the employees and good for the Wing."

The program is focussed on developing leadership competencies in each mentee according to their expectations and goals.

It is up to the mentee to initiate contact and establish what they would like to achieve through the program.

Typically, after registering to be a mentee the web-based matching program will provide up to three different mentor candidates.

Once the mentee chooses their mentor, they meet up and the mentoring relationship is developed from there. The mentoring can happen face-to-

face and/or from a distance.

All mentor/mentee relationships are flexible, with contact normally occurring about once a month, and if for some reason the pairing does not work the relationship can be dissolved with no questions asked.

To help participants manage the mentoring relationship, they are encouraged to participate in the two hour on-line course available on the website.

Military and civilian personnel holding a senior position are eligible to register as mentors.

8 Wing Logistics and Engineering Officer, Lieutenant-Colonel Carrie Fortier, has already registered and is looking forward to being matched with one or two mentees in the near future.

"I have been a mentor for a number of years to several people, both civilian and military," she says. "The rewards for the mentee are based on what they want, whether they ask one



Photo: <http://hr.ottawa-hull.mil.ca>

question or one hundred, but it is also a very rewarding experience for the mentor as well."

If you would like more information about the program, or to register as a mentor/mentee, please visit <http://hr.ottawa-hull.mil.ca/DNDMentoring-mentoratMDN>.

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<p>Appledene Park (off Tripp Blvd.) Open House Sat. 2-3:30</p> <p>The Kirsten 1298 Sq. Ft. Trenton \$249,900</p>	<p>Appledene Park (off Tripp Blvd.) Open House Sat. 2-3:30</p> <p>The Sapphire 1372 Sq. Ft. Trenton \$269,900</p>	<p>Open House Sat. 2-3:30</p> <p>The Alma 1137 Sq. Ft. Belleville \$223,900</p>

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History: A riveting tale...Rose (Rosie) Will Monroe

by LCol D. Miller
8 Wing Administration Officer

As the focus of a Commonwealth-wide effort to instruct aircrew, Canada made a major contribution to Allied air superiority during the Second World War.

Called the "Aerodrome of Democracy" by US President Theodore Roosevelt, Canada had an abundance of air training space beyond the range of enemy aircraft, excellent climactic conditions for flying, immediate access to American industry, and relative proximity to the British Isles via the North Atlantic. Thus was born the British Commonwealth Air Training Plan (BCATP).

Canada had been the location of a major recruitment and training organization during the First World War and Britain looked to it again when war began again in 1939.

For Prime Minister W.L. MacKenzie King, the scheme had the advantage of keeping a large number of Canadians at home while also avoiding the raising of a large expeditionary force. In return for accepting most of the plan's costs, Canada insisted that the British agree that air training would take precedence over other aspects of the Canadian war effort. The British expected that their Royal Air Force would absorb Canadian air training graduates as in the First World War; however, that was not to be the case as King demanded that distinct Royal Canadian Air Force squadrons be formed.

The construction of the training schools was a massive undertaking in itself. On the prairies, farmer's fields were transformed in a matter of only a few months into operational schools. This involved the leveling and paving of runways, taxiways, and tarmacs; the building of several huge hangars, and dozens of other buildings for accommodating, teaching, and providing other services to the young airmen; and the installation of electrical, water, sewage, and other services.

At the Plan's peak, there were 94 schools operating at 231 sites across Canada, involving 10,840 aircraft, and a ground support organization that numbered approximately 104,113 men and women, with a monthly graduation rate of 3,000 trainees.

At a cost of more than \$1.6 billion, 131,553 pilots, navigators, bomb aimers, wireless operators, air gunners, and flight engineers were graduated in support of the war effort.

A collateral benefit to the BCATP was the growth of an aircraft manufacturing industry in Canada. The requirement to provide the thousands of aircraft to support the Plan resulted in



Photo: <http://www.lancastermuseum.ca/lanccanadian.html>

Workers at the Victory Aircraft Plant in Malton, Ontario celebrating the roll out of KB799, the one hundredth Canadian built Lancaster.

the creation of several companies such as Canadian Associated Aircraft (Ontario and Quebec companies), Fairchild Ltd, Canadian Car and Foundry (Montreal and Welland), Fleet Aircraft Ltd (Fort Erie), Pratt and Letchworth (Brantford), and Victory Aircraft (Malton), just to name a few.

As just one example of this, 1832 twin-engine Avro Anson Mk IIs were built at factories in Nova Scotia and Ontario during the war.

But these factories did not confine themselves to simply building the Anson, the Westland Lystander, the Noorduyt Norseman, the North American Harvard or the DeHavilland Tiger Moth, but also built the Avro Lancaster X (a contemporary of the Handley Page Halifax) and the Hawker Hurricane.

So who 'manned' the plants that produced the aircraft in support of the war effort? I knew you'd ask. It was 'Rosie the Riveter' and her colleagues.

Interestingly enough there was an actual individual for whom the moniker was named after. Her name was Rose Will Monroe and Norman Rockwell brought her to life when he created a "Rosie" image to appear on the cover of the *Saturday Evening Post*, May 29, 1943 – the Memorial Day issue.

The picture depicted a large woman wearing overalls, goggles and displaying various pins of honour on her lapel. She wore a leather arm band and flexed her bicep with a rolled-up sleeve, while sitting with a large riveting tool in her lap.

In one hand was a sandwich and she was wearing lipstick. Printed boldly beside her were the words, "We can do it."

Rosie the Riveter is a cultural icon in the United States as she represented approximately six million women who entered the workforce for the first time during the Second World War, many of whom worked in manufacturing plants that produced munitions, aircraft, ships, tanks, and materials. These women took the places of the male workers who were absent fight-

ing in the Pacific and European theaters.

Canada was not without her own version of 'Rosie', as young women all over the country took the place of men going to war or industries were switching over to war production. When in need, industries decided they were willing to hire women: after all, they wouldn't get drafted.

At first, there was a lot of reluctance on the parts of managers, husbands, male workers, and many women, to have women working in plants, but there was a requirement for a labour force and women certainly filled the need.

Mothers, daughters, secretaries, wives and even schoolgirls picked up the factory duties the men had left behind.

They stepped up to the plate without hesitation and gave up their domestic jobs to accomplish things that only men had done before them. They became streetcar drivers, operated heavy construction machinery, worked in lumber and steel mills, unloaded freight and much more. Proving that they could do the jobs known as "men's work" created an entirely new image of women in Canadian society, and set the stage for upcoming generations.

Every day, the women, both young and old, punched into work at shipyards, factories and munitions plants across America. During the war, the women increased the workforce by 50 per cent and towards the end of the war, nearly one million Canadian women worked in plants.

Two such women were sisters, Margaret and Bernice Cook from Snelgrove, Ontario (Snelgrove is a community in Brampton, straddling the border between Brampton and Caledon centred on Hurontario Street) who went off to work at the Victory Aircraft factory in Malton. The two sisters, 18 and 16 years old respectfully, needed a job and the plant was paying good money (average man working in a wartime plant was paid \$54.65/week, while women were paid \$31.21/week), so every day they would catch the Fullerton

bus from Brampton, where they boarded, to Malton along with all the other plant workers. Margaret worked in the area that manufactured parts for the Mosquito while Bernice toiled as a riveter on the Lancaster.

The women worked in pairs; the riveter and the buckler. The riveter used a gun to shoot rivets through the metal and fasten it together. The buckler used a bucking bar on the other side of the metal to smooth out the rivets. Bucking was harder than shooting rivets; it required more muscle while riveting required more skill.

The Malton plant was originally designated to produce the Martin B-26 Marauder; however, it received a contract on 18 September 1941 to build the Avro Lancaster X bomber. When the first drawings arrived in January 1942, the complexity of the project seemed daunting. Some 500,000 manufacturing operations were involved in manufacturing over 55,000 separate components that went into a Lancaster (excluding engines and turrets and small items such as rivets, nuts and bolts).

A Lancaster (R-5727) from Avro Aircraft (UK) was flown across the Atlantic in August 1942, to act as a "pattern" aircraft for production.

Differences between the British Lancasters and the Canadian built versions (known as the Mk X) revolved around engines, instruments and radio equipment manufactured in Canada or the United States.

The Rolls-Royce Merlin engines were the same design, but manufactured by Packard in the United States, and a later series Lancaster Mk X replaced the original Frasier-Nash mid-upper turret with a US-made Martin turret.

All major sub-assemblies of the Canadian Lancasters were interchangeable with the British versions so that in the event of damage, spare parts were immediately at hand.

Initially, all components were built at Malton except for the bomb doors, flaps, ailerons and elevators which were produced

by Ottawa Car and Aircraft Ltd. Later, more parts were subcontracted out with Canadian General Electric Co. Ltd. of Toronto constructing the fuel tanks, tailplane, fins and rudders while the outer wings were subcontracted to the Fleet Aircraft Limited plant in Fort Erie, Ontario.

The first blueprint to the first test flight took only sixteen months; an impressive accomplishment not lost on Avro (UK) management.

The Malton work force climbed from 3,300 (1942) to 9,521 in 1944, most of them initially unskilled workers and about a quarter of them women. Almost exactly a year to the day that the "pattern" aircraft was flown to Canada, the Canadian prototype, (serial number KB-700), rolled off the Victory Aircraft assembly line on 1 August 1943.

Named the "Ruhr Express," much publicity was made of its christening, first flight and departure for England, flown by S/L Reg Lane DSO, DFC, who had completed two tours of operations and was one of the war's most decorated Canadians at the time. The Avro Lancaster setting off for war was an occasion for which the country could be proud.

Eventually, Lancaster production at Victory Aircraft Ltd. reached the impressive mark of one aircraft per day. After being ferried to England and sent to operational squadrons, the Canadian "Lancs" were assigned to No. 6 Group RAF, the RCAF component of Bomber Command, to complete this "all-Canadian" contribution to the war effort.

The Malton plant went on to build a total of 3,634 Avro aircraft comprising of 3,197 Ansons, 430 Mk X Lancasters, six Lancastrian transports (converted from Avro Lancasters) one Mk 15 Lincoln heavy bomber and a single York transport, by war's end. After all is said and done, almost half the total aircrew employed on British and Commonwealth flying operations were products of the BCATP.

Canadian graduates numbered 72,835, providing crews for 40 RCAF home defence and 45 overseas RCAF squadrons, as well as constituting about 25 per cent of the overall strength of RAF squadrons. This major commitment to the air war overseas, and particularly to Bomber Command, inevitably exacted a very heavy toll in Canadian casualties, a result very different from Mackenzie King's original aim.

This also resulted in the creation of an extended work force and the first stages of an aviation industry. There abounds a great many other stories yet to be told.



HOROSCOPES

Weekly Astrology by Christine Davison

January 18 – January 24

ARIES (March 21-April 19): There will be many romantic possibilities for you this week if you start things off on the right foot. Someone may approach you with a secret and may ask you to play the role of confidante. Accept but try to know exactly what you are getting into. You will learn new lessons spiritual this weekend.

TAURUS (April 20-May 20): Something may be found out through trial and error. Good things may happen on the 19th, 20, and 21st that help to propel you forward into the spotlight. Try to make sure you don't overdo it on the weekend. However, it should be a great time to go out and enjoy the company of friends, partners and family.

GEMINI (May 21-June 20): You may feel pressured to join in an activity that you don't entirely feel welcome at or comfortable with. However, benefits may come to you through exploring new relationships and friendships. If you don't give in to feelings of shyness or modesty and many rewards may come to your personal and professional lives.

CANCER (June 21-July 22): This may be a good time to come out of your shell a little bit. Your strength and talent may help you to uncover secrets and mysteries mid-way through the week. You may learn new lessons on Friday and Saturday. There is a chance you may become involved with educational pursuits or foreign interests at times.

LEO (July 23-Aug. 22): This week is full of conversations and pleasant flirtations. You may find yourself working yourself to the bone at the beginning of the week but you will soon see the results of your hard work and noble efforts. Secrets may be revealed to you from maternal sources. On Friday, don't venture where you weren't invited.

VIRGO (Aug. 23-Sept. 22): Pleasant conversations may be had on Monday. A word or action may inspire you to create and have a good time on Tuesday or Wednesday. Thursday, Friday, and Saturday will be a time of romance, jovial festivities, and good times. You may be invited out for a weekend with friends and family. Pay attention to finances.

LIBRA (Sept. 23-Oct. 22): The week is off to a tumultuous start. You may find yourself becoming involved with changes in your financial picture or that involve your children or other loved ones in some way. You have the ability to deal with problems as they arise, however don't make decisions this week. Take time to locate, reflect, and relax.

SCORPIO (Oct. 23-Nov. 21): This is a spiritual and philosophical time for you. Someone from your past may make a sudden and unexpected reappearance. This may pertain to your finances or close environment in some fashion. The weekend is a good time for fun, games, and creative insight. Spend that time with children or those who are young at heart.

SAGITTARIUS (Nov. 22-Dec. 21): Someone from a foreign land may wish to give you a valuable piece of advice. Take the lesson learned and the next few days will be pleasant ones. Conversations and errands may prove interesting mid-week. You may feel as if you are wearing your heart on your sleeve on Thursday. It's a great time to share photos.

CAPRICORN (Dec. 22-Jan. 19): Something that you do at the beginning of the week may make bring you new-found popularity. However good this is for your financial well-being and your community as a whole, you may find that this can be restrictive in that you aren't able to socialize as freely and be as private as you would like to be.

AQUARIUS (Jan. 20-Feb. 18): Happy Birthday Aquarius! Your words may carry a stronger influence. Others may copy your style of dress and emulate your behaviour, speaking or acting. People may find themselves irresistibly drawn to you. There is a good chance that you will be given a present or compliment. You can expect the unexpected.

PISCES (Feb. 19-March 20): Secrets revealed to you earlier may lead to greater religious insight and spiritual awareness. A visit with a foreigner earlier may help bring a certain amount of reward for recent hard work and efforts. No matter what you do, the weekend will result in an extremely pleasant, social, creative and active holiday.

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

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IN THE ZONE BY BRIAN CODAGNONE

IN THE SECOND GAME OF THE 1928 STANLEY CUP FINALS BETWEEN THE MARQUONS AND RANGERS, NEW YORK GOALIE LORNE CHABOT WAS HURT AND HAD TO LEAVE THE GAME.

THERE WAS NO BACKUP GOALTENDER, SO RANGER COACH LESTER PATRICK DECIDED TO DON THE PAD'S HIMSELF. ALTHOUGH HE'D NEVER PLAYED GOAL, PATRICK GAVE UP ONLY ONE SCORE IN A DRAMATIC OVERTIME VICTORY.

PATRICK WAS REPLACED IN THE NEXT GAME. INSPIRED BY HIS COURAGE AND LEADERSHIP, THE RANGERS WENT ON TO WIN THE STANLEY CUP.

YOU OKAY, LORNET?

PROTECT AN OLD MAN, BOYS!

NOT BAD FOR AN OLD GUY!

©2002 BRIAN CODAGNONE

Not In My Backyard! by Dale Taylor

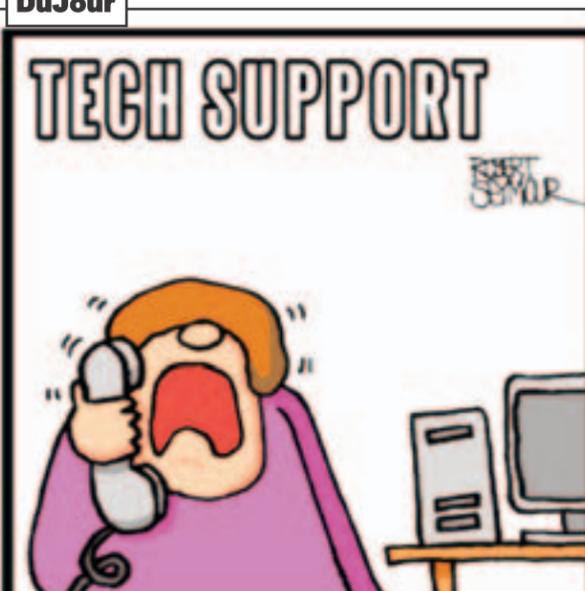
THAT SQUIRREL DRIVES ME NUTS!

HOW ARE THE BIRDS GOING TO GET ANY FOOD WHEN THAT STUPID SQUIRREL IS IN THEIR FEEDER!?

IT SURE IS NICE OF OLIVER TO KEEP OSCAR OCCUPIED.

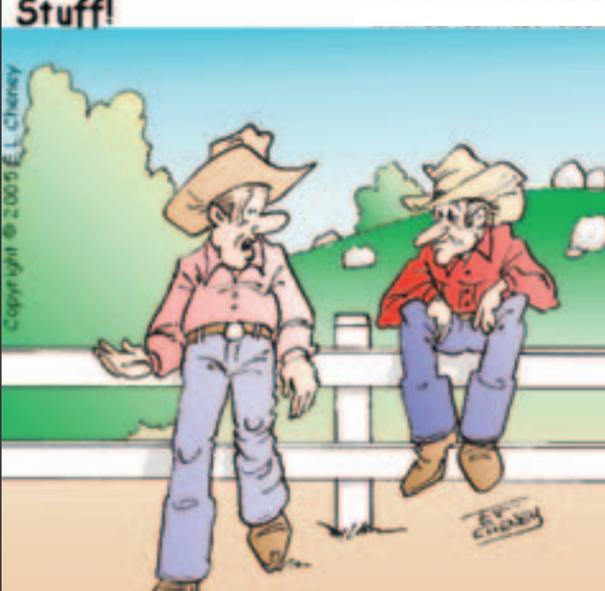
DuJour

TECH SUPPORT



I hit delete and Harold's GONE!!!
 ..Any chance he'll come BACK?

Stuff!



"The best things in life ain't only not free, they ain't even cheap!"



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.

"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 Tuxedas.
Cost: \$25.00 per person. Dress: Semi-Formal.

Profits to the Royal Canadian Legion Troop Morale Fund -
Buy the Troops a Tim's Coffee and Doughnut. Door Prize and Spot Dances.

OPEN TO THE PUBLIC.

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

"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

The City of Quinte West presents the

Winter Play Day

Saturday, January 26th, 2008
Centennial Park, Trenton

Schedule of Events

8:00am - 11:00am	Pancake Breakfast at Trenton Senior Citizens Club
10:00am - 4:00pm	Tobogganing
10:00am - 3:00pm	Children's Ice Fishing Derby - Sponsored by Trenton Kiwanis Club
10:00am - 3:00pm	Family Games - Sponsored by Royal Canadian Legion Branch 110
10:00am - 3:00pm	Snowman Building Contest - Sponsored by Rotary Club of Trenton
11:00am - 3:30pm	Skating on the Marina
11:00am - 2:00pm	Music with the Mix 97 Cruiser
11:30am - 2:30pm	Community BrnBQ - Sponsored by Big Brothers, Big Sisters
3:30pm - 4:30pm	Community Hockey Game
4:30pm	Quinte West O.P.P. vs. Trenton Kiwanis Club
5:30pm	Community Bonfire Fireworks Display

Batawa Ski Hill Kick Off Party!

Friday, January 25th, 2008, 4:00pm - 10:00pm

Come out and enjoy live bands, \$10.00 lift tickets & \$15.00 rental packages. Ski Patrol will be hosting an evening BBQ!

Thank you to our event partners:

For more information please contact the City of Quinte West at 613.392.2541 or visit us online at www.city.quintewest.on.ca

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.

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!



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 – communauté 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

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

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

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 than 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 pré-nuptial, 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 pré-nuptial 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 padre 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 padre 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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FAMILY



Activity: Ice Cube Painting



Have you ever tried painting a picture using tinted ice cubes?

This is a simple art activity that will encourage your child's creativity while you enjoy some Comfort, Play and Teach™ time together!

You will need: Ice cube tray; water; food colouring or powdered paint; paper; tray; smock to protect your child's clothes

Instructions: Place a sheet of paper onto a tray.

If using ice cubes tinted with food colouring, place one or two onto the

paper.

Your child can grasp each ice cube and slide them around on the paper, creating patterns as the ice melts.

If using clear ice cubes and powdered paint, sprinkle two different colours of paint onto the paper so your child can observe what happens as the colours combine.

Comment on the way your child is painting (e.g., "Look at how you are making circles with the ice cubes!") or on the pattern he has created (e.g. "Your picture reminds me of falling snow!")

Enjoy this more with Comfort, Play and Teach™:

Comfort: Let your child know that you admire the artwork she has created.

Knowing that you appreciate her efforts will build her self esteem and encourage her to explore her creativity even further.

Play: Making paintings using ice cubes helps your child to think about creative ways to make designs.

What else can you experiment with? Try painting with feathers, pine cones, cotton swabs, crumpled tinfoil or other unusual items.

Teach: Painting with ice cubes introduces science concepts like freezing, melting and colour combining in a way that is simple and fun.

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

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

Mealtime.org Beefy Potato Volcano

Ingredients:

- 3 large baking potatoes, (Idaho), 10 to 12 ounces each, washed and dried
- 1 teaspoon vegetable oil
- 1 pound ground turkey or lean ground beef
- 1 teaspoon dried Italian seasoning
- 1 can (8 ounces) peas, drained
- 1 can (8 ounces) sliced carrots, drained
- 1 can (8 ounces) cut green beans, drained
- 1 cup canned, diced tomatoes, drained
- 1 can (15 ounces) beef or turkey gravy

Preparation Time: 5 minutes **Cook Time:** 40 minutes

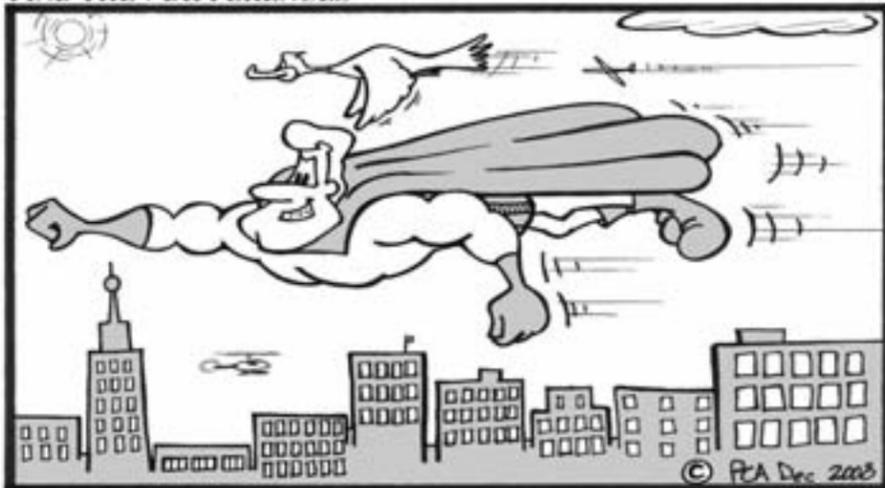
Preparation: Preheat the conventional oven to 450°F. Place the potatoes in a microwave-safe, oven-proof glass baking dish, such as a pie plate, that fits in the microwave oven. Microwave the potatoes at full power for 10 minutes (the amount of time it takes to preheat the oven). Transfer the potatoes to the conventional oven and bake until tender, about 20 minutes. Ten to 15 minutes before the potatoes are done baking, heat the oil in a large skillet over medium-high heat. Add the ground turkey and cook until lightly browned, chopping and turning as needed with a spatula so the turkey browns evenly, about five minutes. Add seasoning to the skillet, followed by the peas, carrots, green beans, tomatoes and gravy to make the stew. Stir gently to combine, simmer for five minutes. Keep warm. To serve: Cut each potato in half across its equator, set each half, cut-side down on a plate so that it looks like a small mountain. Cut a slit in the top of each potato half and squeeze sides gently forcing some of the potato to "erupt" from the top. Ladle one cup of the stew over each potato to resemble flowing lava; serve immediately. Serves: Six

WHAT'S THE DIF ?

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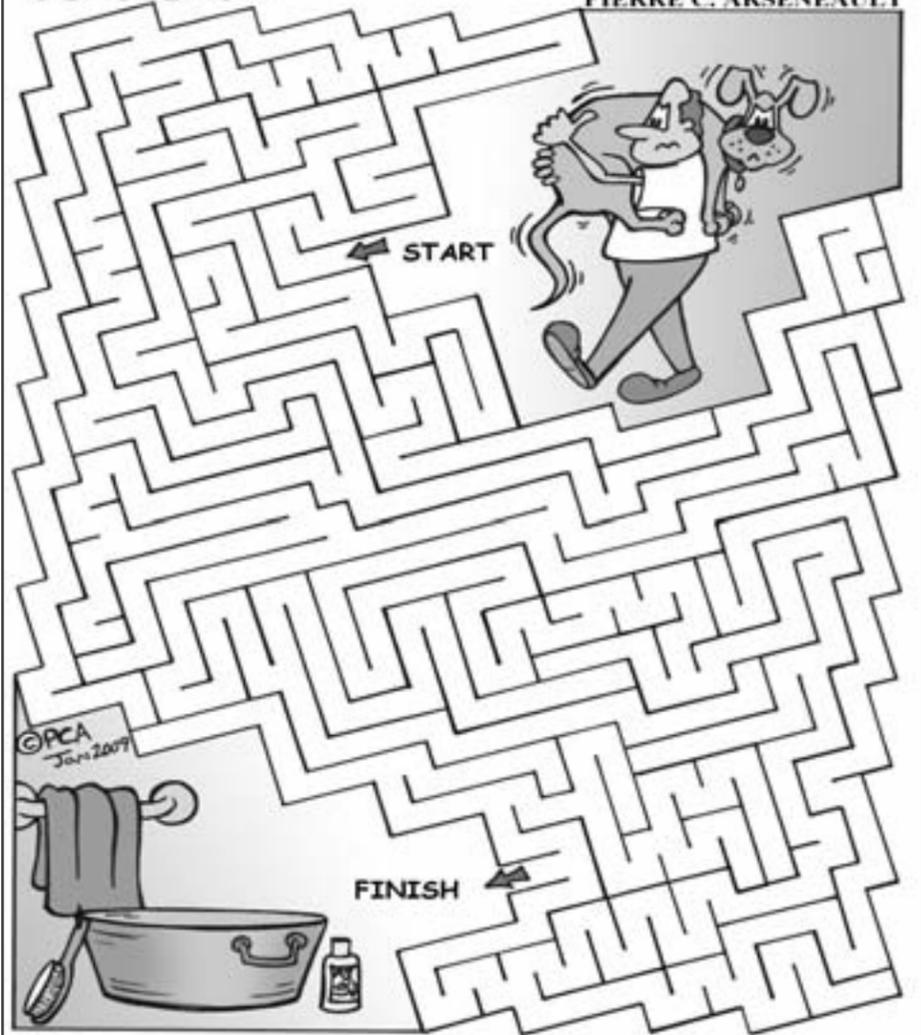
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What is ionizing radiation?

by WO Ronnie L White
Wing Radiation Safety Officer
Wing Environmental Management



For your general information, radiation is a form of energy.

Did you know that nuclear substances (also called radioactive materials) emit a type of radiation energy that can cause electrical charges in nearby matter through the formation of ions?

Radiation that can cause the production of these ions is called ionizing radiation.

Everyone is exposed to varying amounts of natural ionizing radiation every day.

This natural background radiation – from cosmic rays, from nuclear substances in soil, rocks, the foods we eat, the houses we live in and even from the natural nuclear substances within our own bodies.

The largest contribution is from radon, a naturally occurring radioactive gas.

Other activities can increase our daily exposure to natural radiation.

For example, airplane flights increase our exposure to ionizing radiation caused by cosmic rays; the burning of fuels, such as coal, release nuclear substances to the environment; and

people living at a higher altitude, such as Calgary, are exposed to more cosmic radiation than those living at sea level, such as Halifax.

We can choose to expose ourselves to several sources of ionizing radiation through our daily activities.

These include watching television, having an X-ray in a doctor or dentist office, or wearing certain types of luminous dial watches.

The level of natural radiation we receive cannot be easily controlled and, when this amount is added to the generated radiation, which can be controlled, the total dose received lies in the range of about two to three millisieverts (mSv) per year.

Now you understand more about ionizing radiation.

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January 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
11	12	13	14	15	16 TGIF Chicken & Taters Sports Euchre	17
18	19	20	21 Astra ATESS Career Mgr Brief	22	23 TGIF Pizza Sports Pool	24
25	26	27	28	29	30 TGIF Lasagna Sports Euchre	31 Astra Hastings Children's Aid Gala UFC

Please recycle this newspaper!

Thank you.

TRENTON

Military Family Resource Centre

UPCOMING EVENTS

Couples Evening

Rekindling Romance from Head to Heart

Thursday January 22nd 2009 6pm-8pm

\$5 per couple at the MFRC

Childcare available upon request at \$1/hour/child

Register at the MFRC, 613-965-3575, before January 20th

Événements à venir

Soirée de couple

Revoir la flamme de la tête jusqu'au cœur

Jeudi le 22 janvier 2009 18:00-20:00

\$5 par couple au Trenton MFRC

Service de garderie disponible sur demande \$3/heure/enfant

Inscrivez-vous au MFRC, 613-965-3575 avant le 20 janvier

Bus Trip to Toronto

"The Stephen and Chris Show"

Thursday, February 12, 2009

The bus will leave the Siskin Centre at 7:30 am, check-in time is 10:00 am.
The bus will leave Toronto at 3:00 pm, we should be back between 5:00 and 5:30 pm.
Cost: \$15.00 for transportation, please register and pay at the MFRC reception
613-965-3575
Reserve early, seating is limited.

Voyage en autobus à Toronto

"The Stephen and Chris Show"

Le jeudi 12 février 2009

L'autobus partira du Centre Siskin à 7h30, Nous devons arriver pour 10h.
L'autobus partira de Toronto à 15h, nous devrions être de retour vers 17 h-17h30.
Coût: 15\$ pour le transport, inscription et paiement au bureau d'accueil du CFRM
613-965-3575
Réservez tôt, les places sont limitées.

Trenton MFRC Military Spouses' Small Business Symposium

Do you have a small business? Would you like to start a small business? Consider joining us for a military spouse Small Business Symposium.

When: Thursday February 19th 2009.

Objective: To provide a venue for military spouses to showcase and provide information about their own small businesses.
To provide a venue for Military Spouses who are considering small business ownership the opportunity to network and explore information.

Symposium de petites entreprises des conjointe de militaires

Dirigez-vous votre petite entreprise? Aimerez-vous démarrer votre petite entreprise? Dans ce cas, envisagez de joindre le symposium de petites entreprises des conjoints de militaires.

Quand : jeudi 19 février 2009

Objectif : d'offrir un endroit aux conjoints de militaires pour démontrer leur entreprise et informer le public à propos de leurs services.
D'offrir un endroit où les conjoints de militaires qui considèrent démarrer leur entreprise, pourront obtenir l'information nécessaire et l'opportunité d'élargir leur réseau.



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For additional information: www.MFRC.CFBTrenton.com
or contact: Jaimie Corriveau ext 4299

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Showcase

Showcase



WO D. Daly

received a promotion to that rank, presented by Maj J. Latulippe, DCO 429 (T) Sqn.



MCpl F. Vollhoffer

received a promotion to that rank, presented by Capt R. Crew and Capt S. Vollhoffer, 24 CF AE Flt.



Cpl I. Stupendick

received the Commander's Commendation, presented by Col F. Bigelow, WComd 19 Wing Comox.



Capt G. Ellis

received a promotion to that rank, presented by Maj E. Cyr, WTISO.



Sgt S. Armitage

received a promotion to that rank, presented by Maj E. Cyr, WTISO.



WO P. Kellins

received a promotion to that rank, presented by CWO J. Wudrick and LCol J. MacCaull, ATESS.



Cpl D. Muir

received a promotion to that rank, presented by LCol C. Fortier, WLEO.



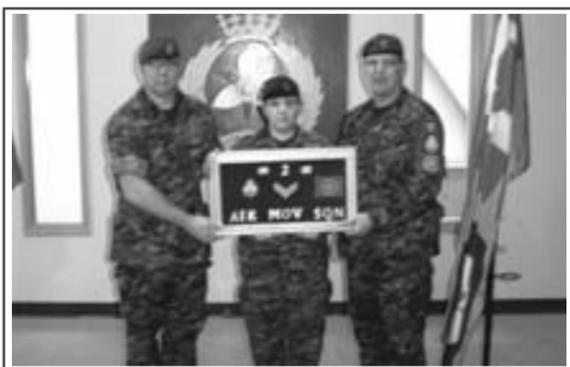
Capt F. Dubeau

received a promotion to that rank, presented by LCol C. Fortier, WLEO.



Cpl K. Rehberg

received a promotion to that rank, presented by Capt H. Ewing, A/OC Supply.



Cpl S. Connick

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



Cpl K.E. Fraser

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



Cpl D. Richardson

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



Cpl W. Morgan

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

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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 where in the error occurred.

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From the Management and staff of Personnel Support Programs

Crossword Answers

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L	A	I	N		C	R	I	B	B	A	G	E
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P	R	O	M		L	E	S		E	C	T	O
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Ventilate AND insulate - striking the right balance

(NC)-'Tis the season for all good home owners to ready their homes for the winter months. Come Christmas time you've likely done a pretty good job of sealing up drafts and reducing any leakages that might drive up your heating costs.

Your home may be cozy and warm, but all of a sudden you start to see condensation on the inside of your windows or signs of mold and mildew throughout your house. Food, pet and other unseemly odours simply won't disappear. More importantly, family members with asthma or allergies are showing more symptoms and even the healthy folks are feeling a bit stuffed up.

So what's the problem? A well insulated home does wonders for energy costs and personal comfort, but if you don't pay attention to your ventilation needs, you will be increasing your exposure to indoor air pollution.

When a living space is enclosed with no means for air to escape, it becomes a haven for all sorts of airborne pollutants that have no place to go. Many of the materials inside your home such as paint, carpeting, etc. give off fumes - not to mention all of the off-gasing from our cleaning chemicals in the kitchen, bathroom and laundry room. That's why it is critical when plan-

ning your winterizing efforts to put just as much time and research into ventilation equipment and some good common sense practices to make sure your environment remains healthy.

The industry likes to use the phrase "build it tight, ventilate right" when it comes to planning, according to Scott Stevens, Chair of the Indoor Air Quality Product Section for HRAI (Heating Refrigeration and Air Conditioning Institute of Canada). "With more building code restrictions and an increased focus on energy savings, homes are built tighter than ever. But you also need to balance this with good ventilation practices or you have only done half your job."

Ventilation is more than just opening up a window when things get a bit stuffy or damp, Stevens adds. "It also means looking at a variety of mechanical ventilation systems - from bathroom fans and range hoods to heat recovery ventilators. Basically, it means anything in your house that ventilates air to the outside."

A key to good ventilation is what Stevens identifies as "source control" - that is capturing air pollutants at their source to channel them outside. A bathroom fan running when you have a shower is an example of this. Likewise, a

range hood can control air flow in the kitchen during cooking and other food preparation activities.

However, even those that have a good network of mechanical ventilation systems in their homes aren't necessarily that good about using them to their fullest advantage. For example, it's important to run your bathroom fan when taking a shower and leave it on for about 15 minutes after you leave the room (installing a timer is an excellent way to ensure that the fan turns off automatically after a designated time span). The same rules apply to your range hood when you're cooking.

Also make sure that when you're selecting a ventilation system of any kind that it is correctly sized for your specific room size and air conditions. Too little ventilation power will waste a lot of time and energy with only marginal results to show for it.

There is a lot of information and professional expertise out there to help you understand how ventilation systems work, what you need to do to keep your home healthy in both the winter and the summer, and how to get the most out of what equipment you already have. You can start by visiting www.hrai.ca and www.hrac.ca to find a qualified professional in your area.



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Revolutionize your living room

(NC)-Home entertainment has become a multi-media world-and yet television remains as popular as ever.

"High definition television is really compelling for everyone that sees it," says technology expert Andy Walker, executive producer of butter-scotch.com. "Plus it's hard to deny the allure of a gorgeous flat, wide-screen HDTV. It's as dazzling as art when hung over a fireplace."

"However, your fantastic new television is nothing until it's got HD content on it. The big attraction here is the

recent explosion in availability of HD programming and the ability to watch it whenever you want. That's the magic of it all."

A recent Ipsos Reid poll, commissioned by Rogers, revealed that 27 percent of HDTV owners are watching more programming than they did last year, an indication, says Walker, of a strong return-on-investment due to choice, convenience and entertainment value. The HDTV experience is further enhanced when combined with a personal video recorder. A PVR

gives you the freedom to record, playback, fast-forward and rewind, giving you greater control over what you're watching.

"The viewing choices, of course, are the best part," said David Purdy, vice president of video product management at Rogers Cable. "HDTV programming is no longer just sports events and nature flicks, now you can watch the majority of your favourite prime-time programs in HD anytime you want. Get this great entertainment value for less than \$2 a day."

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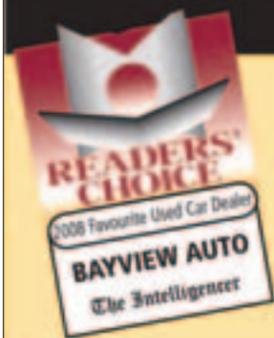
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