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• Volume 46 Issue Number 9 •

CC-177 Globemaster assists in moving civilians out of Libya

by Capt Tim Stokes, 429 (T) Squadron

A CC-177 Globemaster crew that was stopped in Germany on its way to Kandahar was told that, due to the ongoing situation in Libya, military airlift was going to be required to assist in the departure of personnel from the Tripoli airport.

Four hours later, the CC-177 lifted off and headed to Rome, Italy to pick up several government officials and transport them to Tripoli for the departure. Canadians and citizens of other nations were to be transported to the island of Malta off the coast of Sicily, a few hundred miles north of Libya.

After arriving in Rome, the crew readied for departure to Tripoli.

Before long, news arrived that the security situation in Tripoli had degraded to the point that landing at night was deemed inadvisable.

As it was already 11:00 p.m. in Rome, the mission was put on hold for the night. The aircrew spent the next day at an airport hotel, waiting by the phone for the call to resume the mission.

Between reports from Canadian Forces operations and the international news the significance of the mission became clearer throughout the day.

It wasn't until the evening that the aircraft was ordered to be repositioned in Malta, where

it would be an easy jump across into Libya to extract stranded Canadians.

The crew made a late evening departure to an unfamiliar airfield in the Mediterranean.

Upon arriving in Malta, the crew, hailing from 429 Transport Squadron at 8 Wing/CFB Trenton, received word that the go-ahead for the mission was imminent. Minutes before sunrise, with minimum crew rest, all were en-route to Tripoli.

The hour-long flight from Malta to Tripoli went by quickly and thanks to sunny weather in Libya, the malfunctioning field instrument landing system did not pose any problems.

Word came shortly after engine shutdown that 45 passengers of various nationalities were awaiting their departure.

However, because of the situation outside airfield security and inside the terminal, local airport officials estimated the arrival of passengers at anywhere between 15 minutes and five hours. A passenger bus full of exhausted people pulled up after hours of commotion in the terminal.

The precious cargo was quickly loaded and the crew was quickly airborne, heading back to Malta.

Weather at the Luqa airfield in Malta was rainy and cold, but nobody seemed to care. Passengers were disembarked and Canadian embassy officials assumed responsibility.



Canadian and foreign nationals, who were assisted in departing from the chaos in Libya, deplane a CC-177 in Malta on Feb. 26. Forty-six people were evacuated on this flight.

CC-130J HERCULES DEPLOYS FOR MALTA



Photos: MCpl Lori Geneau, 8 Wing Imaging

In response to Government of Canada request, two CC-130J model Hercules departed from 8 Wing/CFB Trenton, on February 27, en route for Malta in relief efforts to the situation in Libya. Members of the Canadian Forces Operational Liaison and Reconnaissance Team (OLRT) arrived at Malta International Airport on February 28, on board the CC-130J Hercules as part of the multinational effort to assist in the departure of stranded Canadians and other foreign nationals from Libya. About 30 Canadian Forces members with expertise ranging from aircrew to medical and logistics are involved in daily flights into Libya.



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Wing Commander's Column

A message from Colonel Dave Cochrane



PRIORITIES – OPERATIONAL SUCCESS, PEOPLE, TRANSFORMATION



Amazing it is March already. Over a year has now passed since I assumed command of 8 Wing and what an experience it has been!

I am continually impressed at how much the men and women of 8 Wing are able to accomplish day in and day out, and in particular, on such short notice.

Just a few more short weeks and winter will be a thing of the past and as with all Spring seasons - we welcome the end of the fiscal year, PER season and March break.

It goes without saying that time is always at a premium at 8 Wing/CFB Trenton - many of us could easily admit to being able to use more hours in the day and I think I can safely say that we all fall victim to our task prioritization now and then.

Time shortages also seem to go hand-in-hand with increased operational tempo and resulting personnel shortages, adding further pressure to our already busy schedules.

While we all recognize this as a reality we face, in the hectic pace of the day-to-day, we must remain mindful that our people are the cornerstone to our ability to ensure continued operational success.

As such, I ask all supervisors to remember to be thorough and timely in their PER processes, focusing on recognition of personal and collective achievements.

Please remember to do everything you can to set your personnel on the right path to success and also acknowledge their wonderful accomplishments.

For example, the list of recipi-

ents at the past few quarterly Wing Honours and Awards ceremonies have been extremely impressive in both numbers and content, a testament to the numerous ongoing accomplishments of the men and women who form the cohesive 8 Wing team.

The March 1st ceremony was no exception to this and I pass on my sincere congratulations to all the recipients of medals, commendations and awards. Our people (military, civilian and contractor) deserve their due recognition and they continue to demonstrate exceptional results time and time again.

8 Wing is all about collaboration, and I was absolutely thrilled to see the incredible numbers that turned out for the 2011 Winter Carnival hosted by PSP in early February.

The spirits of teamwork and friendly competition were front and centre for the event and I must once again thank everyone for participating. Hats off to PSP for their tremendous efforts in organizing such a successful and amusing event. All of us I am sure are looking forward to next year's edition!

February also saw the official opening of the 8 Wing Integrated Personnel Support Centre (IPSC), established to care for ill and injured personnel and to provide support for their families.

Mr. Bruce Leedham and his team have worked tirelessly to get the centre up and running and the IPSC provides an added resource to our 8 Wing military members and families, allowing us to give the highest quality of care and improved services aimed at allowing users of the facility to concentrate on healing, regaining their strength and choosing their best way forward.

Our families make incredible sacrifices; they are the pillars of our strength. The IPSCs recognize the stresses that military life, including demanding domestic and international operations, place on Canadian Forces personnel and their families and they work to offer strong support networks to military families and strive to improve the resources available to them.

Planned and short-notice deployments are a reality we all face daily. With the escalation of conflict and chaos in Libya, this last week has proven itself especially hectic at 8 Wing/CFB Trenton with a large percentage of

the 8 Wing fleets and accompanying personnel being deployed in support of evacuation efforts overseas. I could not be more proud of our personnel and I wish to highlight the great work by all involved in the coordination and execution phases of this mission.

With less than 24 hours notice to move for many personnel and associated aircraft, flexibility remains the key to air power.

Thank you ladies and gentlemen for stepping up to the plate so quickly and eagerly once again to ensure the safety and well-being of our fellow Canadians and other foreign nationals who unexpectedly found themselves in harm's way. Rest assured that your contributions are not going unnoticed.

On a local note, I wish to congratulate the 8 Wing/CFB Trenton Men's Flyers Hockey team on their recent win at the Ontario Region championship.

They will represent the Base and the Ontario Region at the Canadian Forces National Men's Hockey Championship the week of March 19.

As well, the 8 Wing Trenton Men's Old Timers Hockey team also won the Ontario region championship on February 11. 8 Wing is now hosting the National championship for Old Timers hockey from March 5 to 11 and we could not be more thrilled at the unique opportunity to host the event here in Trenton.

All the best to the participants and please, go out and cheer on your Trenton base team who is so proudly representing the province of Ontario. Good luck to all!

Looking to the coming weeks, we look forward to hosting our distinguished guest speaker, the Honourable David C. Onley, Lieutenant Governor of Ontario, at our upcoming Air Force Mess Dinner on Thursday March 31st.

I also look forward to seeing the senior NCMs and officers earlier that day for some professional development at the annual 8 Wing Leadership Seminar where some distinguished guest speakers will share some important words with us.

As we near the end of the Fiscal Year, many of us (myself included) will be taking advantage of March break with our families and using up what remains of our annual leave.

Enjoy your time off and take advantage of the opportunity to get some well-deserved rest.

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436 Squadron welcomes new Honorary Colonel



Outgoing and incoming Honorary Colonels of 436 Squadron sign the scrolls on February 24, 2011. Shown above, from left to right: Honorary Colonel John Smylie, Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and former Honorary Colonel Dave Devall.



436 Squadron Honorary Colonel John Smylie makes a speech after taking over as the new 436 Squadron Honorary Colonel.



Above: Lieutenant-Colonel C. Keiver (left), 436 Squadron Commander, and Squadron Chief Warrant Officer B. Horvat (right) present a gift to outgoing Honorary Colonel Dave Devall in the Officers' Mess on February 24, 2011.

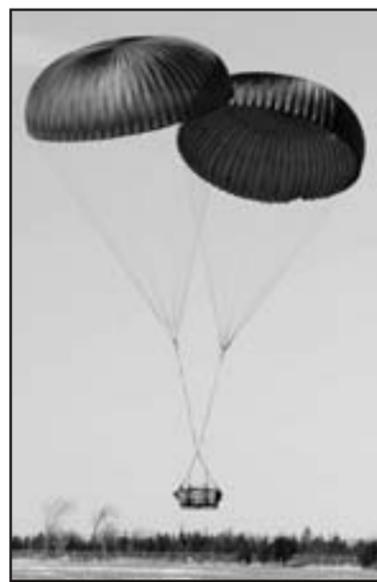
Left: Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, makes a speech during the Investiture Ceremony of Honorary Colonel John Smylie.

Photos: Cpl Levarre McDonald, 8 Wing Imaging

MAJAID proof of concept flight successfully carried out at 8 Wing



Photo: Sgt Julie Whyte, CFLAWC



A proof of concept flight was conducted by 436 Squadron on February 23, 2011 to facilitate the change of the Major Air Distaster (MAJAID) support aircraft from the CC-130H to the newly acquired CC-130J. During the flight, one ARGO amphibious vehicle, one 20-man survival kit, seven parachutists from the Canadian Forces Land Advanced Warfare Center (CFLAWC) and two Search and Rescue technicians were dropped from CC-130J aircraft 604 at Drop Zone Hodgson located near Canadian Forces Detachment Mountain View. The CFLAWC parachutists and SAR techs used the equipment immediately upon landing to ensure its proper functioning. The successful proof of concept flight will further ensure that 8 Wing is prepared to carry on its role as the Canadian Forces MAJAID Implementation Base.

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Congratulations CWO Sandor Gyuk

Photo: Sgt Serge Gouin, Rideau Hall



Chief Warrant Officer Sandor Gyuk, 8 Wing Chief Warrant Officer, is appointed as a Member of the Order of Military Merit by His Excellency the Right Honourable David Johnston, Governor General of Canada, at a ceremony held at Rideau Hall on February 18, 2011. Created in 1972, the Order recognizes meritorious service and devotion to duty by members of the Canadian Forces.

Allô, ici la Terre!

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LOGO CONTEST : "YOUR WING, YOUR NEIGHBOURS"

DEADLINE EXTENSION: MARCH 8

The 8 Wing/CFB Trenton Open House committee is looking for an official event logo and is calling on YOU to help design it. A logo contest has been launched and all individuals are welcome to submit entries to the contest. The contest closes on March 8, 2011.

For more details on the contest including rules and submission guidelines please visit www.cfbtrenton.com/openHouse/rules.php



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The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base - 8 Wing/CFB Trenton.

We are the primary internal and external communications tool for 8 Wing/CFB Trenton and began publishing in November, 1940.

We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work.

The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies.

In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel Dave Cochrane, CD, Wing Commander, 8 Wing/CFB Trenton.

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Guidelines for submissions: ARTICLES AND PHOTOS

The CONTACT delivers news and information about 8 Wing/CFB Trenton; at home and around the world. We depend on you and our military community for articles, personal stories and photos.

We work hard, with a limited staff, to bring you a quality weekly newspaper. You can help considerably by following these guidelines on preparing your submissions for the paper:

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

er.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.

- Articles must include author's full name, unit and phone #.

- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction. *Jpeg-Maximum (8X10), 300 dpi*

- Please label all disks and hard copies with article name, contact person and phone numbers, date.

• ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.



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

CORRECTION

In the February 18, 2010 issue of *The Contact*, incorrect information appeared on under "Showcase" on Page 20.

It was brought to our attention that Sergeant D. Power received his 2,000 Flying Hours certificate for the CC-130 Hercules, and not for the CC-150 Polaris as otherwise indicated below Sgt Power's photo. The certificate was presented by LCol J. Roy, CO 426 (T) Squadron. The Contact regrets the error.

ATTENTION

Contact readers and contributors

Please be advised that any articles and/or photos you wish to submit to *The Contact Newspaper* can be sent to Amber Gooding, Acting Managing Editor, at amber.gooding@forces.gc.ca (alternatively, the intranet address can be found on the DIN).

To contact the publication by phone, or if you have any question or concerns, please feel free to call 613-392-2811 ext. 3978.



Celebrating National Aviation Day at the NAFMC

by Barb Neri, Public Relations, National Air Force Museum of Canada

On February 23, 1909, aviation history was made in Canada with the first powered flight taking place in the skies above Nova Scotia.

In 2009, the Canadian government officially proclaimed February 23 as National Aviation Day in Canada.

On February 23, 2011, in honour of the day, the National Air Force Museum of Canada (NAFMC) announced the grand opening of their Silver Dart exhibit and the launch of their new Education Program.

Emcee and Chairman of the NAFMC Board of Directors, Bob Burke welcomed everyone to the event saying, "All the volunteers and staff are proud and passionate about the museum. Everyday there's something new."

Burke went on to explain how a conversation between museum Executive Director Chris Colton and Silver Dart engineer Ed Lubitz at an air show last July resulted in the acquisition of this wonderful new addition to our collection. "It took very little time for Chris to convince Ed that Trenton was the ideal home for his magnificent Silver Dart replica. Now that it is on display, it has drawn numerous comments on Ed's craftsmanship. It has proven to be an important addition to our growing fleet of historic aviation artifacts," stated Burke.

In 2008, two friends and aviation enthusiasts, Ed Lubitz and Mark Taylor, decided to do something spectacular to mark the 100th Anniversary of John McCurdy's historic flight at Baddeck, Nova Scotia in 1909.

In October of that year they began building their own Silver Dart replica, and after eight months of construction activity, their masterpiece was completed.

The project was meticulously researched, using the original drawings, notes, and photographs. The overall philosophy of the replica's construction was that the aircraft was made to the original specifications with concessions to modern materials. Construction of the aircraft was a true labour of love, and the outstanding craftsmanship is evident. So far, the aircraft has been flown four times, with Lubitz at the controls.

Also announced on Wednesday was the inauguration of the museum's new Education Program. Speaking at the program launch, NAFMC Curator, Dr. Georgiana Stanciu stated "Regardless of their profile: Science and technology, art, ethnic, military, social or you name it, museums today can't exist outside the educational component. How else are traditions, stories of the past, tangible and intangible heritage to be transmitted to our children?"

The immediate objective of the pro-

gram is to attract Grade 6, 9 and 10 students, as the artifacts within the museum directly correlate with parts of their studies. The programs are designed to provide interactive learning that will meet or exceed the learning outcomes summarized in the Ontario Ministry of Education guidelines, specifically within the Flight module of the Grade 6 Science syllabus, and the Canadian History since World War I module as part of the Grade 9 and 10 Canadian and World Studies course.

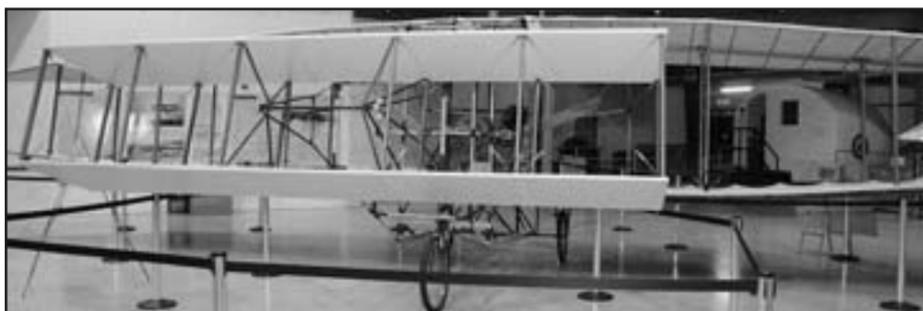
Curriculum development is ongoing with more grades and activities being added continually. "The teams of facilitators including myself are very proud, committed and excited to put into practice the lesson plans designed specifically for curriculum achievement and for students' enjoyment," said Christina Edwards-Scott, the museum's Education Programmer.

Overall, the education programs concept is based on building a strong community partnership with schools and school boards. Coordinating efforts that can provide support for students and their learning achievements is the Education Programmer's goal. Volunteer facilitators with distinctive military backgrounds will contribute their expertise and enthusiasm towards a unique learning experience that supports students' success.

"Today, as a result of the tremendous work done by the employees and volunteers of the National Air Force Museum of Canada, we are now able to use this distinctive facility to further the education efforts of today's youth" said Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton speaking at the launch. "... Now, thanks to Mr. Lubitz and his generous offer to add the Silver Dart to the Museum's already impressive collection, participants in the education program can start learning from the very beginning, and perhaps they too will be inspired to become pioneers someday, breaking down barriers and contributing to a better tomorrow."



Erica Meeks, assistant to Rick Norlock, Member of Parliament (MP) for Northumberland and Quinte West, presents Bob Burke, Museum Board Chair, with a certificate from MP Rick Norlock after the unveiling of the Silver Dart exhibit.



The Silver Dart was unveiled at the National Air Force Museum of Canada on February 23, 2011. The Silver Dart was first flown in 1909 during the first heavier than air controlled and sustained flight in Canada.

Photos: Cpl Levarre McDonald, 8 Wing Imaging



Ed Lubitz (far right) one of the builders and donators of the Silver Dart cuts the ribbon at the unveiling of the Silver Dart on February 23, 2011. Holding the other end of the ribbon is Bob Burke, Museum Board Chair, with Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and Chief Warrant Officer Sandor Gyuk, 8 Wing Chief Warrant Officer, in attendance.



A group photo at the unveiling of the Silver Dart on February 23, 2011. The Silver Dart (shown in the background) was first flown in 1909 during the first heavier than air controlled and sustained flight in Canada. Shown above, from left to right: Museum Board Chair Bob Burke, Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, former Air Canada Captain Ed Lubitz, Airframe Technician Mark Taylor, 8 Wing Chief Warrant Officer Sandor Gyuk and Quinte West Mayor John Williams.

Celebration of Local Business Renovation



Suzanne Andrews, Quinte West Chamber of Commerce, David Weir BA, CD Top Sales Rep for Royal LePage ProAlliance Realty, Mark Rashotte, owner of Royal LePage ProAlliance Realty, and Mayor John Williams are seen cutting the ribbon in celebration of the newly renovated second floor office space at 253 Dundas Street East in Quinte West.

The \$125K renovation represents the first phase of the 25 year old building's revitalization. An additional \$500K will be spent in the local economy when the second and third phases are completed over the next two years.

Rashotte, who is also owner of The Empire Theatre in Belleville, will also house one of his Dominion Lending Mortgage franchises in the Trenton office. This will allow for one-stop shopping as far as real estate and mortgage business is concerned. Royal LePage ProAlliance is the closest real estate office to CFB Trenton and captured more than 50% of the local real estate market in 2010.

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FITNESS & HEALTH PROMOTION



Good luck to all March 1st "I Quit" participants!

Things for you to be mindful of during the quitting process...

TENSION RELIEF

Most people experience an increase in tension as they are trying to quit using tobacco. It may show up as tense muscles, irritability and worry.

Take time to relax and practice relaxation as a strategy for managing the tension. Watch for the new schedule from the fitness and sports flight that will include a relaxation/yoga class.

SOCIALIZING

Prepare a standard line for refusing tobacco.

Be positive, unapologetic and straightforward (e.g., No thanks, I've quit). You want to be prepared rather than tongue-tied when faced with an offer for a cigarette.

CONCENTRATION

If your concentration is

falling try going for a walk, take a stretch break or open a window. If your concentration is competing with thoughts of using tobacco, try drinking water or chewing gum instead.

TRIGGERS

If you would generally have tobacco after a meal and are finding this time hard try brushing your teeth right after eating.

Move away from the table when finished eating, start the dishes immediately after your meal.

Move into another room to listen to music while others finish eating.

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March 1st
I QUIT!

Take the Challenge!

Did You Know?

Smoking cravings and urges rarely last longer than a few minutes. Practicing the 4 D's - Delay lighting up, Distract yourself, Drink water, Deep breathing - can help you work through them.

Le saviez-vous?

Les envies irrésistibles de fumer durent rarement plus longtemps que quelques minutes. Mettez en pratique les quatre principes suivants : retardez le moment d'allumer une cigarette, distrayez vous, respirez profondément, buvez de l'eau; ils vous aideront à surmonter vos envies.



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

Bonne chance à tous les participants au défi « Le 1er mars, j'arrête »!

Points à tenir compte dans la démarche de renoncement au tabac...

Le soulagement de la tension : La plupart des personnes ressentent une montée de tension lorsqu'elles essaient de renoncer au tabac. Il peut s'agir de tension dans les muscles, d'irritabilité et d'anxiété. Il faut alors prendre du temps pour se détendre et faire de la relaxation comme stratégie de gestion de la tension. Consultez le nouvel horaire de l'escadrille de conditionnement physique et des sports qui comprend des cours de yoga et de relaxation.

Les relations sociales : Prévoyez votre réponse pour refuser une offre de fumer. Soyez positif et ferme, sans éprouver de gêne (c.-à-d. non merci, j'ai cessé de fumer). Il vaut mieux être préparé plutôt que de rester bouche bée quand on vous offre une cigarette.

La concentration : Si vous éprouvez des problèmes de concentration, allez marcher, prenez un moment pour vous étirer ou ouvrez une fenêtre. Si l'idée de fumer se fait envahissante, essayez de boire un peu d'eau ou de mâcher de la gomme.

Les éléments déclencheurs : Si vous aviez l'habitude de fumer après le repas et que vous avez de la difficulté à ce moment précis, brossez vos dents tout de suite après avoir mangé. Tenez-vous loin de la table après avoir mangé ou commencez à laver la vaisselle immédiatement après avoir fini le repas. Changez de pièce et écoutez de la musique pendant que les autres terminent leur repas.

Soutenu avec fierté par :



SAVE THE DATE: JUNE 10

Mark your calendars! This year's Surf and Turf Relay Race is set to take place on June 10, 2011.

Plan now to register your team of eight, your TinMate team of two, or to take on the challenge as a solo competitor.

More information will be available in the coming weeks.

Marquez la date, le 25ème anniversaire du pré et marée de la 8 Ere Trenton est le 10 juin.

Planifiez maintenant l'enregistrement de votre équipe de 8 personnes, de votre "Tinmate" de deux personnes ou allez solo!

Restez à l'écoute pour plus de renseignements.



Photos: Amber Gooding, Contact Staff



SPORTS & RECREATION

Family Urban Poling During March Break

Join us for Family Urban Poling! This will take place throughout the March Break, from Monday, March 14 to Friday, March 18, from 11 to 11:45 a.m.

Cost for military community is as follows: \$15 for adults ; \$10 for children under 12 years old.

Cost for general public is as follows: \$20 for adults; \$15 for children under 12 years old.

Register at the RecPlex or at PSP Online.

Batawa Ski Hill Pass

The Rec Association has purchased a corporate ski pass for Batawa Ski Hill.

The pass may be rented and signed out by military personnel and CRA members only. Available for adults only.

Cost: Weekdays: \$20 (Regular price \$ 27); Weekends, Day: \$30 (Regular price \$ 36); Weekends, Night: \$20 (Regular price \$ 27)

March Break Kidz Kamp

The March Break Kidz Kamp is for kids 6 to 12 years of age. The camp will run from March 14 to 18, from 8 a.m. to 4 p.m. at the RecPlex.

Before and after care are available from 7 to 8 a.m. and 4 to 5 p.m. Register now at the RecPlex.

Cost for military community is as follows: One child, \$100; two children, \$170; three children, \$215; four children, \$250; and trip day, \$10.

Registration for the general public will begin on February 14, at 10 a.m.

Cost for the general public is as follows: One child, \$115; two children, \$190; three children, \$240; four children, \$275; and trip day, \$10.

Introduction to Urban Poling

An introduction to Urban Poling will take place on Sunday March 6, from 1:30 to 3 p.m.

Cost for military community members is \$5.00, and \$8.00 for the general public. Register at the RecPlex or at PSP Online.

Snow Shoe rentals available

Take advantage of the great trails in our area by renting a pair of our snowshoes and getting outdoors!

Great family fun. Take it easy or push it for a great winter workout. The RecPlex has a limited number of adult, youth and children's snowshoes for rent.

Cost is \$ 10/day for adult and teen size shoes; \$5 for the children's shoes.

Snowshoes may be rented by military personnel and Rec Association members only.

Evening Aquafit

The Spring Session of Evening Aquafit takes place on Tuesdays and Thursdays, from 7 to 8 p.m., beginning on April 5 and running through until June 9 (for a total of 20 classes).

PSP On-line registration and in-person registration begins Tuesday March 8.

Morning Aquafit

Morning Aquafit will take place on Mondays, Wednesdays and Fridays from 8:30 to 9:20 a.m.

This deep water class takes place in the main pool.

Please note that participants will wear a buoyant belt and do not need to know how to swim.

The Spring Session will run from March 28 to June 24 (total of 36 classes). PSP On-line registration and in-person registration begins Tuesday, March 8, 2011.

The CRA presents "PSP Online"

Register for the winter session of Community Recreation Association programs from the comfort of your home. If you do not have a user name and a password, you will need to contact the PSP Comm Rec Association to arrange set up of a client account. Simply drop by the RecPlex at 21 Namao Drive or call the RecPlex Reception at: 613-392-2811 ext 3361 Monday to Friday from 9 a.m. to 8 p.m. Weekends 1:30 to 3:30 p.m or extension 2929 Monday to Friday, from 9 am to 3 pm.



Bowling news from Astra Lanes

Submitted by Wendy Phillips

Hi from the Astra Lanes! Lots of fun and great bowling have been going on since September. The Astra lane is host to six bowling leagues. Monday Mixed Match Play League, Tuesday Mixed, Wednesday Men's, Thursday Scratch League, Saturday Youth League and Sunday Mixed League.

The leagues have completed three zone tournaments thus far and here are the winners:

Executive Tournament: Dallas Bentien, Wayne Fenton and Mike Stoddart.

High Low Doubles Tournament: Dallas Bentien and Kristy Frances.

Holiday Classic Tournament: Randy Coates, Robert Roy, Marisa Roy, Brenda Mills and Shane Parent.

The winners of the zone rounds will now advance to the provincial rounds to

compete for a trip to a sunny destination. The tournaments will be held in Hamilton later in the season. Best of luck to all the winners!

During league play there has been a couple of fantastic games bowled. Mike Stoddart bowled a 440 on our Monday Night League and Joseph O'Hara bowled a 398 in our Saturday Youth League. Congratulations on your achievements!

If you are looking for a fun night out and a chance to compete in great tournaments then give Astra Lanes a call.

We currently have openings in the Monday, Tuesday, Wednesday and Sunday night leagues. We are open to the public for casual bowling on Friday evenings from 6 p.m. to 10 p.m.

We also welcome birthday party and group bookings.

For information on leagues or how to book a party or group call Barb at 613-392-2811 extension 3305.

SENIOR LANE SWIM

Senior Lane Swim will take place on Monday, Wednesday and Friday mornings. Register for one of the following times: 7:30 to 8:20 a.m. (12 spots available); 8:30 to 9:20 a.m. (12 spots available).

Spring Session runs from March 28 to June 24 (36 swim periods)

PSP On-line registration and in-person registration begins on Tuesday March 8.

New: Evening Aqua Jogging

Jog or run - it's all up to you and your level of fitness.

Aqua Jogging is an alternative to most running programs.

It provides a low impact workout for adults of all ages; it is a great rehabilitation program for knee and legs injuries.

This program consists of running in deep

water alternating with extra arm, leg and ab exercises, with stimulating music.

The Spring Session of Evening Aqua Jogging takes place on Tuesdays and Thursdays from 6 to 6:50 p.m. (for a total of 20 classes).

PSP On-line registration and in-person registration begins Tuesday March 8 .

NEW! Morning Aqua Jogging

Jog or run - it's all up to you and your level of fitness. Aqua Jogging is an alternative to most running programs. It provides a low impact workout for adults of all ages; it is a great rehabilitation program for knee and legs injuries.

This program consists of running in deep water alternating with extra arm, leg and ab exercises, with

stimulating music. Classes will take place on Mondays, Wednesdays, Fridays from 7:30 to 8:20 a.m.

The Spring session runs from March 28 to June 24 (for a total of 36 classes).

PSP On-line registration and in-person registration begins Tuesday March 8, 2011.



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CF Old-Timers Hockey Championship

8 Wing/CFB Trenton is hosting the Canadian Forces National Old-Timers Hockey Championship from March 5 to March 11, 2011.

Come out and support the Old-Timers Hockey Team composed of Sgt

Butt, Maj Beauchesne, Sgt Cosstick, WO Frank, MWO Prophet, WO Rice, Sgt Makarchuk, Sgt Gauthier, Cpl Owens, Cpl Turland, Capt Isenor, PO2 Denyes, WO Simpson, CWO McKenzie, Maj Bronsard, Maj Duffy.

GAMES WILL BE PLAYED AT THE RCAF ARENA AS FOLLOWS:

SUNDAY, MARCH 6

0915 hrs: Opening Ceremonies
1000 hrs: Shearwater vs. Trenton
1400 hrs: Edmonton vs. Esquimalt
1900 hrs: Ottawa vs. Shearwater

TUESDAY, MARCH 8

1000 hrs: Edmonton vs. Shearwater
1500 hrs: Esquimalt vs. Ottawa
1900 hrs: Trenton vs. Edmonton

MONDAY, MARCH 7

0830 hrs: Esquimalt vs. Trenton
1030 hrs: Ottawa vs. Edmonton
1500 hrs: Shearwater vs. Esquimalt
1900 hrs: Trenton vs. Ottawa

WEDNESDAY, MARCH 9

1000 hrs: Second place vs. Third place
1500 hrs: First place vs. Fourth place

THURSDAY, MARCH 10

1000 hrs: Final

**Closing Ceremonies to follow Finals*



Photo: Cpl Precious Carandang, 8 Wing Imaging

8 Wing/CFB Trenton's Old-Timers Hockey team (RCAF Flyers) stand for the National Anthem during the Opening Ceremonies of the Ontario Region Old Timer's Hockey Championships, held at the RCAF Flyers Arena in February. The RCAF Flyers have won the Ontario region title six years in a row and are ready to play their way to the top at the Canadian Forces National Old-Timers Hockey Championship.

ATESS WIDENING THEIR HORIZONS



Photo: Submitted

Lieutenant-Colonel Gary Hook, 2 Canadian Air Div AF Training, was recently in Trenton presenting the "Seven Habits of Highly Effective People" course to 30 Aerospace and Telecommunications Engineering Support Squadron (ATESS) personnel at 8 Wing/CFB Trenton, from February 22 to 24, 2011.

This highly coveted three-day workshop is based on the best selling books by Stephen R. Covey, and is intended to cover all aspects of life, from personal/private to professional relationships. The most common phrase heard when asked about this workshop from many of the participants "best course I've ever taken".

This course offers many invaluable tools to help you understand where you are, and assist you in getting to wherever you may want to go; a "life-changer". Highly recommended!



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TIME: 7 - 9 PM

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8 Mission Support Squadron members shine...again!

by Maj Eric Cyr
Officer Commanding
8 MSS and WTISO

Upon the historical and monumental task of closing out Camp Mirage in less than 30 days as part of the Theatre Support Element (TSE), many members of 8 Mission Support Squadron (8 MSS) were redeployed forward to Afghanistan.

While the majority was sent to the KAF Air Wing, others were reassigned to the National Support Element (NSE), Task Force Engineers (TF Eng), or to the Task Force Headquarters.

Despite a very challenging year for 8 MSS who deployed to Haiti on Operation Hestia prior to deploying to TSE and closing out CM, members of 8 MSS continued to shine in theatre.

Such is the case of Master Corporal Gosse and Corporal Hunter, both 8 MSS linemen and currently employed at 8 Wing Telecommunications and Information Services Squadron (WTISS), who were awarded the Regional Command (South) Commander's coin for exceptional sup-

port and dedication displayed during a major upgrade project within RC(S).

MCpl Gosse and Cpl Hunter were critical to the successful installation of cabling and communication infrastructure required to support the large command and control footprint required for RC(S) operations. They were also commended for mentoring the multinational detachment in theatre on proper fiber optic cable installation, circuit termination, grounding and testing, and other specialized linemen tasks.

Another group that distinguished themselves is the 8 MSS Engineers who were assigned to the TF Eng. Upon arrival in KAF, they were quickly scattered across various forward operating bases "outside the wire" to support numerous construction and improvement projects essential to maintain the battle group operations.

In the end, the 8 MSS Engineers were awarded the Joint Task Force Commander's Commendation for outstanding dedication and professionalism displayed sup-

porting the numerous construction projects in the vast area of operation.

The return of the 8 MSS Engineers on 25 Jan 2011 marks the end of a long and successful journey for 8 MSS.

With the Force Generation (FG) initiated in October 2008, 8 MSS has successfully supported three FG exercises and two deployments on international operations within two years, and was part of two historical moments: the first deployment of a Mission Support Squadron while on High Readiness (Op Hestia, Haiti), and the closeout of Camp Mirage (Op Athena).

To that end, Master Warrant Officer Doucette (8 MSS Sergeant-Major) and I would like to send our sincere thanks and appreciation to all the men and women of 8 Wing/CFB Trenton who were either part of 8 MSS or in some way or another supported us along the way.

Similarly, none of this would have been possible without the continuous support from the families of those deployed – husband, wives, children, sig-

nificant others, friends and family members – for which we are extremely grateful.

The significant achievements of the squadron is nothing but the product of the outstanding professionalism and can-do attitude of all those who were involved with the Squadron.

You have certainly enabled 8 Wing/CFB Trenton to stand tall and proud, and undoubtedly helped shape the Air Force expeditionary capability. Well done!



Master Corporal Gosse (right) and Corporal Hunter (left) displaying their RC(S) Commander's coins.



8 MSS Engineers receiving their JTF(A) Commander's Commendation. Shown above from left to right: Master Warrant Officer Doucette, Warrant Officer Gray, Corporal Griffin, Corporal Evans, Corporal Simonsen, Master Corporal Costain, and Master Corporal Connors.



"Camp Mirage": A team from the MSS Supply section tears down the warehouse used for aircraft spare part. Camp Mirage was successfully closed in less than 30 days, a monumental task - June to November 2010.



"Camp Bison": 8 MSS opened the Jacmel airfield during Op Hestia and enabled the immediate flow of relief aid to the Haitian population - January to March 2010.



"Camp KAF" a 550-person camp designed, built, sustained, and torn down by 8 MSS during their validation exercise (Ex Osons Hammer) with 2 Combat Engineer Regiment at CFB Petawawa - October to November 2009.

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WE CARE FOR ALL VETERANS OF ALL AGES AND THEIR FAMILIES



Army jumpers experience "awe factor" of new Hercules

by Captain Jess Solinas
CFLAWC

The Canadian Forces Land Advanced Warfare Centre (CFLAWC), located at 8 Wing/CFB Trenton recently conducted a basic parachutist course for members of the Army.

Aside from being the first course of 2011, it also achieved another milestone by being the first basic parachute course to be supported by the Air Force using the new CC-130J Hercules aircraft.

Largely unchanged over several decades, the course is one of the most measured, exacting, and deliberate courses the CF has to offer.

With little downtime and even

less for extraneous activities, the training progression is steady, clear and predictable, with very low tolerance for error.

Covering approximately three weeks in its entirety, the course consists of two phases: a ground stage that covers the first two weeks; and the jump stage (affectionately known as 'J-Stage') which happens in the final week.

The first phase requires candidates to pass a strict standard to move on to the second that consists of four sub-components: aircraft drill, flight, landings and equipment.

J-Stage was comprised of a series of five parachute descents, beginning with a no-equipment daytime jump and progressing to a

full-equipment nighttime jump as the finale.

Our double-door mass exit, which was the third in our J-Stage series, was made from the new Hercules and marked the inaugural use of the J-Model by CFLAWC for both basic parachutist and jumpmaster qualification.

The balance of our jumps was conducted from a Casa 212, a much smaller civilian aircraft that is configured for ramp exits only.

The Casa is admittedly less "high-speed" and therefore less military-focused than the Hercules to be sure and although it did not detract from our experience, the anticipated increase in CC-130J support will undoubtedly add to the 'awe factor' of future courses.



Credit: CFLAWC

Army jumpers prepare to climb aboard the 436 (T) Squadron CC-130J Hercules used for their jump.

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Chronique du commandant d'escadre

Un message du Colonel Dave Cochrane



PRIORITÉS – SUCCÈS OPÉRATIONNEL, RESSOURCES HUMAINES, TRANSFORMATION



nos tâches.

Avec les horaires chargés vient un rythme opérationnel accru et des ressources humaines limitées, ajoutant une pression supplémentaire à notre quotidien.

Bien que nous reconnaissons tous la réalité à laquelle nous faisons face, nous devons garder à l'esprit que notre personnel est la pierre angulaire qui assure le succès des opérations.

Pour cette raison, je prie à tous les superviseurs de compléter les RAP de façon complète et sans retard indu en mettant l'emphase sur la reconnaissance des réalisations personnelles et collectives. Veuillez faire tout ce que vous pouvez afin d'assurer que votre personnel est sur le bon chemin de la réussite en soulignant leurs grandes réussites.

Par exemple, les récipiendaires aux dernières cérémonies de distinctions honorifiques ont été très impressionnants en nombre et en mérite, ce qui place d'avantage l'emphase sur les nombreuses réalisations en cours des hommes et des femmes qui forment l'équipe cohésive de la 8^e Escadre.

Étant donné que la cérémonie du 1^{er} mars ne fait pas exception, je souhaite sincèrement féliciter tous les récipiendaires des médailles, mentions et récompenses. Notre personnel (militaire, civil et contractuel) mérite d'être reconnu and il continue de démontrer des résultats exceptionnels de façon courante.

La 8^e Escadre est synonyme de collaboration et j'ai été absolument ravi de constater le nombre incroyable de présences au carnaval d'hiver 2011 organisé par le PSP au début de février. L'événement a vraiment fait ressortir l'esprit d'équipe et la compétition amicale. À tous les participants, merci. Chapeau à l'équipe du PSP pour leurs efforts considérables dans l'organisation d'un événement réussi et amusant. Nous avons tous très hâte à l'édition 2012!

Février a également vu l'ouverture officielle du centre intégré de soutien au personnel (CISP), de la 8^e Escadre, établi pour offrir un soutien aux militaires malades ou blessés et à leur famille.

M. Bruce Leedham et son équipe ont travaillé sans relâche afin que le centre puisse être opérationnel et le CISP constitue une ressource additionnelle pour les membres et les familles de la 8^e Escadre. Celui-ci nous permet de fournir des soins de haute qualité et d'améliorer les services visant à permettre aux utilisateurs de l'installation de se concentrer sur la guérison, de reprendre leurs forces et de choisir le meilleur retour à la vie active.

Nos familles font des sacrifices incroyables, elles sont les piliers de notre force. Les CISP reconnaissent le stress associé à la vie militaire, y compris les exigences des opérations internationales et domestiques infligées au personnel des FC et sur leurs familles. Le travail des CISP est axé sur un réseau d'aide aux familles militaires et sur l'amélioration constante des ressources mises à leur disposition.

Les déploiements planifiés ou à court avis sont une réalité quotidienne. Avec l'escalade du conflit et du chaos en Libye, la semaine dernière s'est avérée particulièrement mouvementée à la 8^e Escadre/BFC Trenton.

Un grand pourcentage de la flotte de la 8^e Escadre et du personnel d'accompagnement a été déployé afin d'appuyer les efforts d'évacuation à l'étranger. Il m'est impossible d'être plus fier de notre personnel et je tiens à souligner l'excellent travail de tous les intervenants dans les phases de la coordination et l'exécution de cette mission.

Avec moins de 24 heures de préavis pour déplacer le personnel et les avions, la flexibilité reste la clé de la puissance aérienne.

Mesdames et messieurs, merci encore une fois de votre implication si rapide et efficace pour assurer la

sécurité et le bien-être de nos concitoyens et d'autres ressortissants étrangers qui se sont retrouvés soudainement en danger. Soyez assurés que vos contributions ne passent pas inaperçues.

Localement, je tiens à féliciter les Flyers, l'équipe masculine de hockey de la 8^e Escadre/BFC Trenton pour leur récente victoire au championnat régionale de l'Ontario.

Ils représenteront la base et l'Ontario au championnat national de hockey masculin des Forces canadiennes la semaine du 19 mars. Également, l'équipe de hockey des vétérans des FC de la 8^e Escadre/BFC Trenton a aussi gagné au championnat régional de l'Ontario le 11 février.

La 8^e Escadre accueille le championnat national de hockey des vétérans des FC du 5 au 11 mars et nous ne pourrions pas être plus fiers de recevoir l'événement ici à Trenton. Meilleures chances aux participants et je vous encourage fortement de sortir et d'aller supporter votre équipe de la base de Trenton qui représente si fièrement l'Ontario. Bonne chance à tous !

Dans les semaines à venir, nous aurons l'honneur d'accueillir le distingué conférencier invité, l'Honorable David C. Onley, lieutenant-gouverneur de l'Ontario, lors de notre dîner régimentaire annuel de la Forces aérienne jeudi le 31 mars. J'ai également hâte de voir les officiers et militaires du rang supérieur plus tôt le 31 mars pour quelques heures de perfectionnement professionnel lors de la conférence annuelle sur le leadership où certains conférenciers distingués partageront quelques mots importants avec nous.

Comme nous nous approchons de la fin de l'année fiscale plusieurs d'entre nous (moi y compris) profiterons du congé de la semaine de relâche pour passer du temps en famille et utiliser nos congés restants. Profitez de votre temps libre et reposez vous bien. Vous l'avez mérité.

WOULD YOU LIKE TO SHARE A MEMORY ABOUT AIR FORCE OPERATIONS IN TRENTON?

The Contact is looking for personal stories and anecdotes relating to the base over the years. Please send your stories in to amber.gooding@forces.gc.ca.

Do you ever wonder why Trenton was chosen? Where the Memorial Gates came from? How long the water tower has been sporting that trademark checker-board colour scheme? Who planted the beautiful oak trees seen throughout the base?

Over the next few months, The Contact Newspaper will feature different stories about the history of CFB Trenton. Check it out in issues to come.

RCAF Arena Closure / Fermeture de l'arène RCAF

**RCAF Arena Closure
5 to 18 March
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For the CF OT Hockey Nationals
(5 to 11 March)
and WCE Infrastructure Work
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\$105.03 biweekly
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10 FORD FUSION SEL



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PD12592 AWD! Pwr sunroof! Pwr heated leather seats! 17" Alloy wheels! Sync, keypad entry, flex fuel, rear spoiler, dual climate controls, steering wheel controls, tilt, cruise, air, satellite radio, 6 disc changer, pwr mirrors, locks, windows, keyless entry, only 19,000kms!!!

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\$138.35 biweekly
0 DOWN

07 PONTIAC GR. PRIX



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07 PONTIAC WAVE



P12305 Pwr sunroof! Alloy wheels! Automatic, 4 cyl, 4 dr, steering wheel controls, air, cruise, tilt, AM/FM/CD/MP3, pwr windows, locks, mirrors, keyless entry, 75,000kms.

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\$68.48 biweekly
0 DOWN

11 TOYOTA CAMRY LE



4 TO CHOOSE FROM!
Previous Daily Rental

D12336 Pwr driver seat! Automatic, 4 cyl, 4 dr, steering wheel controls, air, tilt, cruise, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, only 14,000kms!!!

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0 DOWN



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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 amber.gooding@forces.gc.ca, at least 10 days prior to your event. Call 613-392-2811 Ext. 3978 for more information.

Free Admission

Thursday March 10th, 2011

Healthy Mind, Body and Soul

Guest Speakers
Info Booths
Door Prizes
Refreshments
Limited Seating
Reserve Early

Hosted by the Defence Women's Advisory Organization
Astra Lounge - Thursday March 10th - 8 am to 3 pm.
Dress of the day or civilian attire accepted.

Grooming products for Three Oaks or Red Cedars and Food Bank donations are welcome.
Open to all employees of 8 Wing, (male and female, military and civilian).

To register email:
+Int WD Trenton@WADMIN@Trenton

8 Wing Officers' Mess Ladies Club

is holding a Container Planting Seminar,
presented by Catherine Milne of Farmgate Gardens.
March 9, 6:30 pm in the Upper Lounge of the Officer's Mess.
Light snacks served.
Admission: Members free, invited guest of member \$5.
For info call Kim 613-962-2718 or Betty 613-392-4639

NAMI NATIONAL ALLIANCE ON MENTAL ILLNESS
Family-To-Family Education Program

This series of 12 weekly classes is structured to help family members, partners and caregiver friends understand, support and advocate for their mentally ill loved one, while maintaining their own well being. The course is taught by trained and certified volunteer family members, who know first hand what it is like to have a serious mental illness in the family.

There is no cost to participate in the NAMI Family-to-Family Education Program.

CLASSES START: Thursday, March 17, 2011, 7:00 – 9:30 p.m.
at Plainfield Children's Homes Meeting Room,
91 Millenium Parkway, Belleville

For more information and to register, contact Mental Health Services at 613-967-4734 and ask for Cathy.

AUTO HOBBY CLUB (AHC)
GENERAL MEMBERS MEETING
MARCH 28, 2011 AT 6 P.M.

Violence Awareness & Random Acts of Kindness Week: March 7 – 13, 2011

Opening ceremonies will be held on **Monday March 7 at 7:00pm** in Kindness Court, Quinte Mall where a touching candlelight vigil will be held and student winners from the school program will be presented with awards. Please join us. Violence Awareness & Random Acts of Kindness organizers will be in Kindness Court, Quinte Mall for the week (March 7 – 13, 2011) to provide information, raise funds, and accept nominations for the Kindness Citizen of the Year.

Remember...Kindness is contagious, please pass it on!

Bowl For Kids Sake 2011 is happening on March 27, 2011 at Quinte Bowl!

We are now accepting teams and corporate sponsors!
Opening Ceremonies at 2:30pm followed by bowling starting at 3 pm until 8 pm
www.bigsneeded.ca for more information

Entree gratuite

Jeudi 10 mars 2011

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Places assises limitées
Réservez tôt

Hôte: Organisation consultative des femmes de la Défense
Salon Astra - Jeudi 10 mars - 8 h à 15 h
Tenue du jour ou tenue civile acceptée.

Vos dons sont les bienvenus (produits de toilette pour Three Oaks ou Red Cedars et produits divers pour la banque d'alimentation)
Ouvert à tous les employés de la 8e Escadre, (hommes et femmes, militaires et civils).

Pour vous inscrire, adresse électronique:
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Feature



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The Contact Newspaper staff would like to acknowledge Trenton McDonald's as the weekly sponsor of our feature, The Contact Family Feature.

Nadiya's Zodiac Starcast

March 6 – March 12, 2011

Theme of the week: Uranus moves into the sign of Aries this week. We got a taste last summer of the themes that will define this decade. Now, we welcome a new era of independence and passion in our lives collectively and personally. This week's horoscopes focus on the recurring questions for each sign while Uranus makes his journey through Aries. It will be a great week, enjoy!

ARIES (March 21-April 19): This really is your decade. That doesn't mean it will always be easy. In fact, there may be memorable moments defined by how uneasy they are. However, you do become more "you" than ever. You become liberated in the most wonderful ways.

TAURUS (April 20-May 20): You feel connected to practicalities and desire to achieve, which is why a newfound feeling of spiritual connection may feel confusing at first. You develop a deeper understanding of a higher hand. By understanding your inner workings, you grow in compassion.

GEMINI (May 21-June 20): Your friendships may have dramatic ups and downs. If you thought there was a clique, group or association you would always be a part of, you find you have outgrown them or require a new independence. At least one seemingly unachievable dream is secured.

CANCER (June 21-July 22): Your career goes through dramatic changes. Many Cancers will find themselves in a brand new profession, the one that was obviously in line with their calling but eluded them until now. You achieve more than you ever dreamed possible.

LEO (July 23-Aug. 22): The world opens up to you. That's true, both intellectually and literally. You find new values that ring true. Instant conversions and profound light-bulb moments find you. There will be lots of chances to travel, as you find yourself itching to explore the world.

VIRGO (Aug. 23-Sept. 22): Your relationships are about to welcome a new era of calm. The toughest lessons are done. You should feel less challenged by your partners, which in turn will allow you to feel

the bond is more stable. Now, you come to know how deeply loved and cared for you are.

LIBRA (Sept. 23-Oct. 22): The way you connect to others starts to undergo a significant change. For some Librans this could be a dramatic change to your current status. You are moving towards greater honesty in all your relationships. You uncover what matters to you most and what no longer does.

SCORPIO (Oct. 23-Nov. 21): You are about to understand self-care as a meaningful practice of self-love. There will be quick moments of insight that results in tears, and then, dramatic alterations to your habits and routines. You feel empowered to alter patterns you thought would always be.

SAGITTARIUS (Nov. 22-Dec. 21): You feel more like yourself than ever before. A new confidence arises, allowing you to take chances you never thought you were capable of. Take a gamble, but don't lose yourself in the process. Those that require little investment pay off beyond expectation.

CAPRICORN (Dec. 22-Jan. 19): Where do you feel most at home? You are beginning a new phase marked by a new understanding of what you most need. Changes to your home are likely, as is starting a prosperous home-business. You come to see your past in a more empowering light.

AQUARIUS (Jan. 20-Feb. 18): Yours is the sign of change that is dramatic, unapologetic, and noticeable. When your ruling planet changes signs, as it does this week, it isn't just your life that alters, but something deep within you. You tap into new talents, along with the determination to share them.

PISCES (Feb. 19-March 20): You have let go of an identity you thought would always be with you. You know freedom like you never have before. You will now bring a spirit of honesty to your finances, aligning what you most believe you are meant to contribute with your prosperity.

Nadiya Shah, M.A., Cultural Cosmology and Divination, UKC. For expanded forecasts visit www.nadiyashah.com

Science Kids

Bringing science + technology together!

- The word volcano originally comes from the name of the Roman god of fire, Vulcan.
- The volcanic rock known as pumice is the only rock that can float in water.
- Magma is the hot liquid rock under the surface of the Earth, it is known as lava after it comes out of a volcano.

- Most people think of volcanoes as large cone shaped mountains but that is just one type, others feature wide plateaus, fissure vents (cracks where lava emerges) and bulging dome shapes.
- Common volcanic gases include water vapour, carbon dioxide, sulphur dioxide, hydrogen chloride, hydrogen fluoride and hydrogen sulphide.

Source: www.sciencekids.co.nz

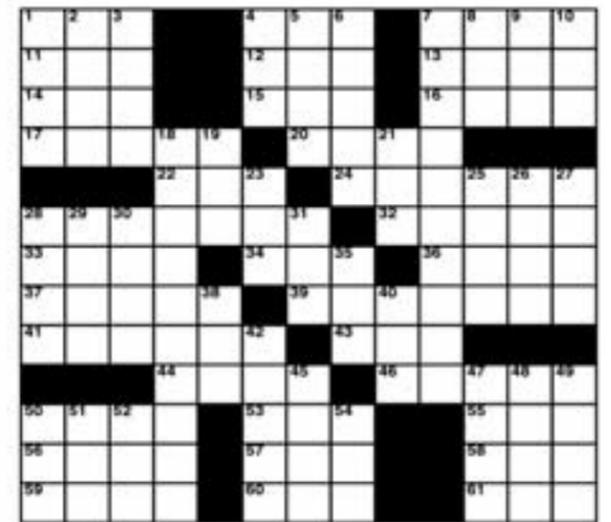
Canadiana Crossword

A Fine Filmographer

By Bernice Rosella and James Kilner

ACROSS

- 1 Environmental protection org.
- 4 Top left computer key
- 7 Spheres
- 11 Enthusiast
- 12 Damage
- 13 Word after nuclear or diesel
- 14 Egyptian king of kings
- 15 Jamaican folk music
- 16 Star in Lyra
- 17 Slippery
- 20 Small island
- 22 Extirpate
- 24 Famished
- 28 Birthplace of David Cronenberg
- 32 Djinn
- 33 Blackest black
- 34 Pouch
- 36 _____ Nui (AKA Easter Island)
- 37 Assistants
- 39 Dulcify
- 41 More enthused
- 43 Info to come
- 44 Semitic fertility god
- 46 The Baron of _____ (Cronenberg AKA)
- 50 The Dead _____ (1983 Cronenberg movie)
- 53 Pericarp
- 55 The _____ (1986 Cronenberg movie)
- 56 Hungarian violinist
- 57 _____ Hirobumi (Japanese Prime Minister)
- 58 Payment for services rendered
- 59 Rum with water
- 60 Condensation
- 61 Distress call



DOWN

- 1 Salamanders
- 2 Cronenberg's middle name
- 3 Opposed
- 4 Printers concern
- 5 Japanese brew
- 6 1996 Cronenberg movie
- 7 King _____ Horror (Cronenberg AKA)
- 8 Regret
- 9 Implore
- 10 P. Hearst captors
- 18 Great Canadian movie maker
- 19 Enate
- 21 Gear part
- 23 Drinkers' delusions (abbr.)
- 25 Bothersome biter
- 26 Mature
- 27 Give birth
- 28 Tropical hard wood
- 29 Off Broadway theatre award
- 30 Travelled on horseback
- 31 America's org.
- 35 Avoirdupois unit (abbr.)
- 38 Marmora or Caspian
- 40 Recede, (as a tide)
- 42 1977 Cronenberg movie
- 45 Stringed instrument
- 47 Electrical switch positions
- 48 Margarine
- 49 Colourants
- 50 Word after zig
- 51 Yours and mine
- 52 Prefix denoting new
- 54 Ruckus

See Answers, Page 19

Mealtime.org Black-Eyed Pea Stew

Called "kunde," this hearty vegetarian stew comes from East Africa. Made with protein-rich black-eyed peas and flavourful, vitamin-A rich tomatoes, served over brown rice and topped with peanuts, it's a hearty dish that makes a great meal!



Ingredients:

- 2 teaspoons peanut oil
- 1 medium onion, chopped
- 1 can (15 ounces) black-eyed peas, drained, rinsed
- 1 can (15 ounces) diced tomatoes
- 1 1/2 cups ready-to-serve canned, hearty tomato soup
- 3 cups cooked brown rice*
- 1/2 cup finely chopped peanuts

Preparation Time: 10 minutes **Cook Time:** 15 minutes

Preparation: Heat oil in a medium, non-stick saucepan. Add onion. Cook and stir until onion is translucent, about 5 minutes. Lightly mash peas with a fork. Add peas, tomatoes and soup to onions in saucepan. Cook over medium heat for about 10 minutes, stirring occasionally, until slightly thickened to a stew-like consistency. Add water or more soup if too thick. Put 3/4 cup rice in each of four bowls. Serve stew over rice. Top with peanuts. Serves: Four. *Tip: Cook rice the night before to save on preparation time.*

*Nutritional Information Per Serving: Nutritional Information Per Serving: Calories 450; Total fat 13g; Saturated fat 2g; Cholesterol 0mg; Sodium 680mg; Carbohydrate 69g; Fibre 10g; Protein 14g; Vitamin A 30 per cent DV**; Vitamin C 25 per cent DV; Calcium 10 per cent DV; Iron 20 per cent DV. **Daily Value*

Ontario law: Check before you dig



Submitted by Wing General Safety Office

Every year many people die from electrical shocks.

Some of these deaths are caused by contact with underground power cables.

Workers who are involved with trenching, back hoeing, fence post digging, water well drilling, pile driving, pole erecting or excavating are most at risk.

To protect yourself follow proper procedures and review the following safety suggestions:

Work safely around power cables:

Call the power authority responsible for your work area to ask for the location and voltage of underground cables and tell them where and when you are working in that area.

Advise co-workers be-

fore you start digging and mark on your blueprints, plans or maps the exact location of the cables.

Then place warning signs along the route. Usually they will already be posted by the power authority but do a double check.

Protect yourself by working with another person who can be a spotter and signaller, and can call for assistance in an emergency.

Always keep equipment, workers and materials well outside the minimum safety distance.

If an underground cable is struck:

Have someone call the power company immediately to shut off the electricity.

Stay on the equipment – don't attempt to jump off unless the machine is on fire and your life is in immediate danger.

Move the equipment away from the power source if it is at all possible. Warn others away from the accident, don't let anyone attempt to attach a winch line or approach the machinery in any way.

First aid for high-voltage electrical injuries:

Call 9-1-1, if it is avail-



able in your area, or other emergency response numbers for medical assistance.

Don't attempt to assist the person until the power is guaranteed to be off.

Never touch a victim while he is still in contact with a live power cable or line.

Treat the injuries by priority — get him breathing, stop the bleeding, keep warm and treat for shock, then attempt to stabilize any fractures. Stay with the victim.

Don't leave him unattended as he may stop breathing again.

Remember, with electrical accidents your first accident could be your last. Check before you dig, and work safely around electricity.

Remember to avoid underground cables and overhead lines when doing construction and landscaping at home, too.

Protect your family with one simple life-saving task

(NC) — Adjusting your clocks for Daylight Savings Time might prevent you from being late for work...but changing the batteries in your smoke and carbon monoxide alarms could most definitely save the lives of you and your family.

Fire safety experts point out that simply having working batteries in your smoke alarms doubles your chances of escaping and surviving a fire.

So why then, in more than 60 per cent of fatal fires in Canada, do investigators find smoke alarms with dead batteries, batteries removed or



Photo: News Canada

no batteries at all?

This year, be smart. Protect your family by installing fresh batteries in your smoke and CO alarms when you change your clocks ahead. Be ready. The switch to

Daylight Savings Time is on Sunday, March 13 at 2 a.m. local time.

More information on fire and carbon monoxide safety can be found at www.safeathome.ca and www.endthesilence.ca.

Retired fire captain continues carbon monoxide crusade

(NC)—After 34 years as a firefighter and most recently a fire captain, John Gignac retired his badge and did what many new retirees do — dreamed of golf and spending time with his wife Sandra and their grandkids.

Then tragedy hit. John's niece Laurie, her husband Richard and their two children Cassandra and Jordan died in December 2008 in their Woodstock, Ontario home when a clogged vent from their gas fireplace forced deadly carbon monoxide gas back into their home.

For any family, this was unthinkable. For a lifetime firefighter, it was unimaginable.

"As I stood beside my brother Ben, watching over Laurie as she fought for life in the hospital, I vowed I would do everything I could to make sure that no other family would ever have to face what we were facing," Gignac says. "That day I came out of retirement with a new mission in life. I would be Laurie's messenger to warn people of the dangers of CO poisoning and the need for CO alarms in their homes."

Gignac mobilized quickly. In the first year following the tragedy, he established The Hawkins-Gignac Foundation for CO Education to spread awareness of CO dangers and raise money to purchase CO alarms for less-privileged Canadians.

In 2010, he became an outspoken

advocate and educator on the need for CO alarms including appearing at the Ontario Legislature to urge MPPs to pass a bill that would make them mandatory in all homes across the province.

He has also done numerous interviews with media in many Canadian cities as carbon monoxide deaths and near-misses mount up.

Gignac's foundation recently passed a major milestone, receiving its first corporate financial donations from Scotiabank and the Co-operators Insurance Company. These, along with personal donations the foundation has received to date and its first annual charity golf tournament held last September, will allow him to continue his educational crusade and purchase CO alarms for fire departments in Canada over the coming months.

"My life's work will not be complete until every home has a working CO detector," Gignac says. "A CO detector in Laurie's home would have saved their lives. I know she is tapping me on the shoulder saying, 'Don't give up, Uncle John'. I am doing this for Laurie and for all Canadians whose lives will be spared by installing a CO alarm."

More information about The Hawkins-Gignac Foundation, life-saving CO tips and how to make a tax-deductible donation can be found at www.endthesilence.ca.

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Honours & Awards

8 Wing Honours & Awards



Cpl S. Brogaard
received the Service Person of the Year, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton.



Cpl M. Canuel
received the Wing Commander's Commendation Award, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton.



MCpl M. Downing
received the Wing Commander's Commendation Award, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton.



Liane Bush
received the Wing Commander's Commendation Award, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton.



Elaine Burke
received the Wing Commander's Commendation Award, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton.



Stewart Hoekstra
received the Wing Commander's Commendation Award, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton.



Capt D. Rood
received the Wing Commander's Commendation Award, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton.



Cpl B. Cowie
received the Wing Commander's Commendation Award, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton.



Simon Vidal
received the Wing Commander's Commendation Award, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton.



Don Ormston
received the Wing Commander's Commendation Award, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton.



Cindy Merritt
received the Wing Commander's Commendation Award, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton.



WO G. Kato
received the Wing Commander's Commendation Award, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton.



Sgt C. Kingston
received the Wing Commander's Commendation Award, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton.



Maj L. James
received the Wing Commander's Commendation Award, presented by Col D. Cochrane, Commander, 8 Wing/CFB Trenton.



Capt A. Morin
received the Air Force Officer Development Program Certificate, presented by Col D. Cochrane, Commander 8 Wing/CFB Trenton.



Cpl Z. Salmaniw
received the Flight Safety for Professionalism Award, presented by Col D. Cochrane, Commander 8 Wing/CFB Trenton.



Cpl M. Crowley
received the Canadian Expeditionary Force Commander's Commendation, presented by Col D. Cochrane, Commander 8 Wing/CFB Trenton.



MCpl C. Hood
received the Canadian Expeditionary Force Commander's Commendation, presented by Col D. Cochrane, Commander 8 Wing/CFB Trenton.



MWO G. Tanney
received the Canadian Expeditionary Force Commander's Commendation, presented by Col D. Cochrane, Commander 8 Wing/CFB Trenton.

Congratulations! Félicitations!



Consider some of the following before you fill out your tax return

by Pierre Goulet, CFP, FMA, FCSI, Practice Manager – Financial Planning and Insurance Services – SISIP

Now that the RRSP season is behind us, Canadians turn their attention to the deadline for filing their 2010 income tax return; **April 30, 2011.**

Depending on your situation, here are a number of **non-refundable** federal tax credits that can help reduce your tax base, minimizing the amount of income tax you are required to pay for the 2010 fiscal year:

First-time home buyers' tax credit: A temporary tax credit, for certain homebuyers who acquire a qualifying home after January 27, 2009. Calculated by multiplying the lowest personal income tax rate for the year (15 per cent in 2010) by \$5,000, for 2010 the credit is \$750.

You will qualify for the HBTC if: you or your spouse or common-law partner acquired a qualifying home in 2010 and you did not live in another home owned by you or your spouse or common-law partner in the year of acquisition or in any of the four preceding years; or if you are a person with a disability or are buying a home in 2010 for a related person with a disability;

the home must be acquired to enable the person with a disability to live in a more accessible dwelling or in an environment better suited to the personal needs and care of that person.

Pension Income Tax Credit: Some pension income may qualify for a federal and provincial/territorial pension income tax credit.

Can be transferred to a spouse or common-law partner if it is not fully used by the taxpayer.

If a taxpayer is under the age of 65 and receiving pension income eligible for the pension tax credit (qualified pension income) and splits their income with their spouse or common-law partner, the latter will also be eligible for the pension tax credit, regardless of age.

Pension income at age 65 can be converted from RRSPs to RRIFs or purchased as an annuity.

Spouse or Common-Law Partner Amount: If your spouse or common-law partner earned less than \$10,382, follow the calculation on line 303 of your return to see what amount you can claim.

If you were single, divorced, separated, or widowed you can claim a maximum amount of

\$10,382 minus the income for any dependent. This amount is called the "Amount for an eligible dependent" and is found on schedule five of your return.

Tax Credit for public transit: To help cover the cost of passes for buses, streetcars, subways, commuter trains and local ferries.

Can be claimed by the taxpayer, their spouse or common-law partner, or their children under age 19.

The pass must display: duration (one month at least or longer), date or period of validity, name of the issuing transit authority/organization, amount paid, identity of the rider (either by name or unique identifier).

Children's Fitness Tax Credit: Available to individuals for registration and membership costs of up to \$500 per child who is, under 16 years of age at the beginning of the taxation year, or under 18 for a child with a disability.

Calculated using the lowest tax rate (15 per cent for 2010) – maximum tax credit per child for 2010 is \$75.

For prescribed programs of physical activity which **must** contribute to cardio-respiratory endurance of the child and to one or more of the following: muscular strength, muscular

endurance, flexibility, and balance.

Tuition and education amounts: Claim fees paid for post-secondary courses of \$100 or more for each educational institution; the institution must provide you with an official tax receipt or a form T2202A.

A portion of the education amounts can also be transferred from spouses and children; complete the calculation on the back of your T2202A or schedule 11 in your income tax forms to find out what amount is eligible.

Medical expenses: Transferable between spouses.

Medical expenses can include amounts paid outside of Canada.

They must be more than three per cent of your net income or \$2,024, whichever is less.

The spouse with the lowest income should claim all expenses.

Claim the expenses of all immediate family members including parent, grandparent, brother, uncle, niece, who depended upon you for support during the tax year; the total of these expenses must be more than the lesser of \$2,024 or three per cent of the dependent's net income for the year



up to a maximum of \$10,000.

Claim medical expenses paid in any 12-month period ending in 2010 that were not claimed in the previous year.

The above mentioned credits and further explanations can be found in your General Income Tax and Benefit Guide 2010.

Take the time to read the portions of the guide that apply to your claims and let a SISIP Financial Services (SISIP FS) financial planner assist you; professional advice can really pay off and prevent you from making a costly omission.

This article is for informational purposes only and reflects solely the opinion of the writer.

Avant de remplir votre déclaration de revenus...

par Pierre Goulet, CFP, CGF, FICVM, Gestionnaire spécialisé en planification financière et en assurance

Maintenant que la saison des REER est terminée, les Canadiens se consacrent à leur déclaration de revenus de 2010 avant la date limite du **30 avril 2011.**

Selon votre situation financière, les crédits d'impôt **non remboursables** fédéraux ci-dessous vous permettront de réduire votre assiette fiscale, diminuant ainsi le montant d'impôt que vous devrez payer pour l'année financière de 2010.

Crédit d'impôt pour l'achat d'une première habitation (CIAPH) : Un crédit d'impôt temporaire, pour certaines personnes qui achètent une habitation admissible après le 27 janvier 2009.

Calculé en multipliant 5 000 \$ par le taux d'impôt sur le revenu le plus faible pour l'année (15 % en 2010), donc pour 2010, le crédit sera de 750 \$.

Vous aurez droit au CIAPH si :

vous ou votre époux ou conjoint de fait avez fait l'acquisition d'une habitation admissible en 2010 et vous n'avez pas habité, au cours de l'année civile de l'acquisition ou au cours des quatre années précédentes, dans une autre habitation dont vous ou votre époux ou conjoint de fait étiez propriétaire ; ou si vous êtes une personne handicapée ou si vous achetez une habitation en 2010 pour une personne handicapée qui vous est apparentée ; l'habitation doit être acquise dans le but de permettre à la personne handicapée de vivre dans un logement plus accessible ou dans un milieu convenant mieux à ses besoins et soins personnels.

Crédit d'impôt pour revenu de pension : Certains revenus de pension sont admissibles au crédit d'impôt pour revenu de pension fédéral et provincial ou territorial.

Un contribuable qui n'utilise pas la totalité de ce crédit d'impôt peut transférer la partie inutilisée à un conjoint ou à un conjoint de fait.

Si un contribuable âgé de moins de 65 ans touche un revenu de pension admissible au crédit d'impôt pour revenu de pension et qu'il partage son revenu avec son conjoint ou son conjoint de fait, ce dernier devient admissible au crédit d'impôt pour revenu de pension également, peu importe son âge.

À compter de 65 ans, vous pouvez convertir votre régime enregistré d'épargne-retraite en un fonds enregistré de revenu de retraite ou acheter une rente.

Montant pour les conjoints ou les conjoints de fait : Si votre conjoint ou conjoint de fait a gagné moins de 10 382 \$ l'an dernier, faites le calcul à la ligne 303 de votre déclaration de revenus afin d'obtenir le montant que vous pouvez déduire.

Si vous étiez célibataire, divorcé, séparé ou veuf, vous pouvez réclamer le montant maximal de 10 382 \$, moins le revenu de toute personne à charge. Il s'agit du « Montant pour une personne à charge admissible » qui figure à l'Annexe 5 de votre déclaration.

Crédit d'impôt pour laissez-passer de transport en commun : Ce crédit d'impôt s'applique aux coûts d'un laissez-passer d'autobus, de métro, de tramway, de train régional et de traversier régional.

Le contribuable, son conjoint ou son

conjoint de fait ou encore leurs enfants de moins de 19 ans peuvent réclamer ce crédit.

Le laissez-passer doit avoir une durée minimale d'un mois et comporter la date ou la période de validité, le nom de la commission ou de l'organisation de transport émettrice et le montant payé. Il doit aussi identifier l'utilisateur (par son nom ou un élément identificateur unique).

Crédit d'impôt pour la condition physique des enfants : S'applique aux frais d'inscription et d'adhésion s'élevant à 500 \$ par enfant ayant moins de 16 ans au début de l'année d'imposition, ou moins de 18 ans, s'il s'agit d'un enfant handicapé.

Le crédit est calculé selon le taux d'imposition le plus bas (15 % pour 2010), pour un maximum de 75 \$ par enfant pour 2010.

Afin d'être admissible, le programme doit comprendre des activités physiques qui contribuent à l'endurance cardiorespiratoire de l'enfant, en plus d'un ou plusieurs des objectifs suivants : la force musculaire, l'endurance musculaire, la souplesse et l'équilibre.

Frais de scolarité et montants relatifs aux études : Il est possible de réclamer les frais versés pour des cours postsecondaires de 100 \$ ou plus par établissement d'enseignement, à condition d'avoir obtenu de celui-ci un reçu officiel ou le formulaire T2202A.

Vous pouvez également transférer une partie des frais d'études à votre conjoint et à vos enfants. Il suffit d'effectuer le calcul à l'endos du T2202A ou de l'Annexe 11 des formulaires d'impôt pour connaître le montant admissible.

Frais médicaux : Transférables entre conjoints.

Les frais médicaux peuvent comprendre les dépenses engagées à l'extérieur du Canada.

Ces dépenses doivent représenter plus de 3 % de votre revenu net ou 2 024 \$, selon le moindre de ces montants.

Le conjoint ayant le revenu le moins élevé devrait réclamer toutes les dépenses.

Vous pouvez réclamer les dépenses de tous les membres de la famille immédiate, incluant les parents, grands-parents, frères, oncles et nièces qui étaient à votre charge pendant l'année financière.

Le total de ces dépenses doit être de 2 024 \$ ou supérieur à 3 % du revenu net de la personne à charge pendant l'année, soit le moindre des deux montants, jusqu'à concurrence de 10 000 \$.

Vous pouvez réclamer les frais médicaux que vous n'avez pas réclamés l'année précédente et que vous avez versés pendant toute période de douze mois antérieure à 2010.

Vous trouverez de l'information supplémentaire sur les crédits susmentionnés dans le *Guide général d'impôt et de prestations de 2010.*

Prenez le temps de lire les sections du Guide portant sur les réclamations qui vous touchent et n'hésitez pas à demander assistance à l'un des planificateurs financiers des Services financiers du RARM (SF RARM). Les conseils professionnels peuvent être très rentables et vous éviter une erreur coûteuse.

Cet article est publié à titre informatif et représente uniquement l'opinion de l'auteur.



Home of the Week Feature

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Executive-Style Home Plan Number 1-3-640

This roomy three-bedroom executive-style home, with an unfinished basement and a large bonus room over the double garage, includes all the amenities.

Sheltered by a covered entry, double doors open on to a foyer that leads directly to the great room. The gas fireplace will cast its comforting glow all the way to the open-plan kitchen and the breakfast nook.

A second archway leads from the kitchen, through a walk-in pantry, to the formal dining room, which boasts a dramatic sloped ceiling. French doors from the foyer open to a den, and could double as a guest room.

The kitchen is divided from the great room by a raised eating bar and work island, and is open to the breakfast nook. A doorway, conveniently placed near the kitchen, leads to the sundeck, making outdoor meals an easy option during warm weather.

The master bedroom, located at the back of the home for privacy, is well-separated from the secondary bedrooms. An archway separates the bedroom area from a corridor, with a display cabinet and clothes cupboard at one end. Through a second archway are two walk-in closets, and beyond them is the five-piece ensuite.

The two secondary bedrooms share a three-piece bathroom with a linen closet. A U-shaped staircase with a skylight above it is located across from the third bedroom and leads to the unfinished basement, included in the plans.

A separate mudroom opens to a short corridor that leads to the laundry room, which has access to the garage. Between the mudroom and laundry room are the stairs to the bonus room, located above the garage.

Outside, the main entrance is highlighted with stained wood pilasters set on brick bases, as well as decorative woodwork in the gabled portico.

This home measures 65 feet wide by 81 feet deep, including the 414-square-foot bonus room, for a total of 3,090 square feet. Ceilings are nine feet high throughout.



Plans for design 1-3-640 are available for \$869 (set of 5), \$980 (set of 8) and \$1049 for a super set of 10. Also add \$30.00 for Priority charges within B.C. or \$50.00 outside of B.C. Please add 12% H.S.T., 13% H.S.T. Or 5% G.S.T. (where applicable) to both the plan price and Priority charges.

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Les parachutistes de l'Armée de terre sont impressionnés par le nouveau CC-130J Hercules

par le Capitaine Jess Solinas
CISGTFC

Un cours de parachutisme de base pour les membres de l'Armée de terre a eu lieu récemment au Centre d'instruction supérieure en guerre terrestre des Forces canadiennes (CISGTFC), situé à la 8^e Escadre Trenton, en Ontario.

Il s'agissait non seulement du premier cours de 2011, mais également d'un moment historique. C'était en effet le premier cours de parachutisme de base à recevoir l'appui de la Force aérienne au moyen du nouvel aéronef CC-130J Hercules.

L'un des plus exigeants et des mieux réfléchis que les FC offrent, ce cours, durant lequel il faut réussir de nombreuses évaluations, est demeuré pratiquement inchangé pendant des dizaines d'années.

Les stagiaires ont peu de temps libre et encore moins de temps pour s'adonner à d'autres activités, car la formation exige des progrès continus, notables et prévisibles, et la marge d'erreur est très restreinte.

Du début à la fin, le cours dure approximativement trois semaines. Il comprend deux phases : l'étape au sol (deux semaines) et l'étape du saut (pendant la dernière semaine). Pendant la première étape, les candidats doivent réussir des évaluations strictes avant de passer à

Photo : CISGTFC



Des parachutistes de l'Armée de terre portant tout l'équipement, y compris des sacs à dos, des raquettes et un fusil, attendent que la porte s'ouvre et qu'on leur indique de s'approprier à sauter.

la deuxième étape, qui comprend quatre sous-éléments : les manœuvres à bord de l'aéronef, le vol, l'atterrissage et l'équipement.

L'étape du saut comprend une série de cinq descentes en parachute, commençant par un saut de jour sans équipement et se terminant avec un saut de nuit avec tout l'équipement.

Le troisième saut de la série, pendant lequel les stagiaires exécutent une sortie en groupe par deux portes, s'est fait à bord du nouveau Hercules. C'était l'inauguration du modèle J par le

CISGTFC aussi bien pour le cours de parachutisme de base que celui de chef largueur.

Les autres sauts ont été effectués à bord du Casa 212, un avion civil bien plus petit qui n'est configuré que pour des sauts par la rampe.

Le Casa est moins rapide et donc, bien sûr, moins adapté au contexte militaire que le Hercules, mais bien qu'il n'ait pas nui à notre expérience, la participation accrue du CC-130J que nous prévoyons sera certainement un élément impressionnant des futurs cours.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



A contractor from Teckno Feu repairs the snozzle of the new E-1 Fire truck that was damaged after hitting an over pass on delivery from Montreal to 8 Wing/CFB Trenton.

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Événements et Information

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 Pour le congé de mars
 Le matin – Camp Rock – 99\$
 L'après midi – Drame musical - 99\$
 Les 14 - 18 mars Contactez: 613-394-4891



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 Améliorer ton curriculum vitae avec notre cours sur la :
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The 7th Annual Invisible Ribbon Gala
 Gourmet Wine Dinner and Auction
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Saturday, May 7th, 2011
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 Tickets available at Trenton MFRC & Smylie's YIG



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Chaplain Services

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

WING CHAPLAIN SERVICES

SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE

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

Unit Chaplains – aumôniers d'unités

LCdr Padre Stephen Merriman, P; Capt Padre Robert Lavoie, RC; Lt(N) Padre Zbigniew Jonczyk, RC, Pastoral Associate/Agent de pastorale; Capt Padre Emanuelle Dompierre, RC, Pastoral Associate/Agent de pastorale; Capt Padre Blair Ross (P); Capt Padre Gerson Flor (P); Capt Padre Allan Lynk (P)

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 Robert Lavoie

Co-ordinateur de Vie de Chapelle

Masses-Messes

Messe dominicale: 11h30

Sunday Mass at 1015hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 1015 hrs and coffee

3ième dimanche messe bilingue: 10h15 et café

Confession - Réconciliation

Please, contact the Wing Chaplain's 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, 900hrs

Holy Communion:

1st 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.*

SACRAMENT OF BAPTISM

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

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

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

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

SACREMENT DU BAPTÊME

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

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

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

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

Planning to get married?

If you are planning to get married in the Roman Catholic Church, on Base or off Base, the Catholic party must contact first the Wing Chaplain's 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 latter have the choice between their Wing Chaplain's 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 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 padré de votre confession religieuse le plus tôt possible.

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S	L	I	C	K		I	S	L	E			
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