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New year brings new era in Canadian air mobility

by Holly Bridges
Air Force News

Now that the Canadian Forces have welcomed their first CC-130J Hercules tactical aircraft into service in Afghanistan, many of those involved with the mission describe it as historic.

This marks the first time the new J-model Hercules has flown in Afghanistan and the last tour of duty for older H-model that has been sustaining the CF in theatre since the fall of 2001.

While the H models are maintained by 8 Aircraft Maintenance Squadron at 8 Wing Trenton, Ont. the CC-130J marks a return to squadron maintenance.

As a result, the H-model aircrew as well as the CC-130J aircrew and maintainers are all members of 436 (Transport) Squadron, also based at 8 Wing Trenton, Ont. This marks their first deployment as a complete squadron.

"It is historic," says commanding officer Lieutenant-Colonel Colin Keiver. "This mission isn't just about introducing the J. This is also about recognizing 50 years of service by the legacy crews and maintainers."

"For the next four months there will be a J and an H on the ground working together. And when that final legacy aircraft comes home and the J takes over, we will be parking the Air Force's legacy tactical airlift operations. The service they have given this country is exceptional."

Captain Chad Gehl, who flew the H-model Hercules for three years before being upgraded to aircraft commander on the J-model, is excited about the Afghanistan mission.

"With all the time we've spent training over the past year and a half it'll be nice to take this brand new aircraft into Afghanistan," Capt Gehl said prior to his departure.



Photos: MCpl Lori Geneau, 8 Wing Imaging

Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton (fourth from left), and Lieutenant-Colonel Colin Keiver, 436 Squadron CO (third from left), along with many members of 436 Squadron bid their comrades a farewell as they deploy the first CC-130J model to Afghanistan on December 28, 2010.

"The J-model was developed for just this type of theatre of operation. The legacy aircraft was great; I've deployed on the H-model and it was an excellent aircraft as well, but the J-model has upgraded avionics, engines and other state-of-the-art capabilities so I'm looking forward to seeing how it performs in theatre. It'll be just fantastic."

Corporal Christopher Ricard, an aviation technician with nine years experience on the H-model Hercules, is looking forward to applying all of his expertise in theatre.

"I'm very honoured to be able to serve my country and it's very exciting to be on a new aircraft and usher a new aircraft into a new era," Cpl Ricard said before leaving for Afghanistan.

Cpl Ricard will also be working as a technical crewman on board the J-model Hercules, flying with the aircraft whenever it is planned to land at a destination. See "CC-130J Hercules," Page 2



Members of 436 (T) Squadron, including first officer, Captain Jason Danyluk, wave goodbye aboard their CC-130J Hercules as they taxi towards the runway before leaving for Afghanistan.



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CC-130J Hercules in Afghanistan, Continued from Page 1

tion away from its operating base.

"I'm a technician first, but this is a new position on the J-model. Since there is no flight engineer on the J-model, I am more or less an advisor or a quick reference until we land. I don't have any set in-flight duties but I definitely pull my weight."

The flight into Afghanistan carried both the first J-model crew and last H-model crew.

Four months from now, the first J-model crew will return home to Canada and be replaced by another crew, while the H-model crew will return home from Afghanistan permanently.

"I'm so proud of all them – the legacy and J-model crews," said LCol Keiver. "All of them have continually stepped up to the plate, the legacy folks having served in Afghanistan for almost 10 years.

"Who knows how long we'll be there or what we'll do next, but somewhere sometime there will

probably be CC-130s doing something on behalf of this nation over the next 50 years and to be a part of that is awesome."

ABOUT THE CC-130J HERCULES

The CC-130J provides additional capability and reliability, and will help ensure our continued success in operations thereby helping the Air Force to meet its goal of being the "best in class" for its size, while remaining highly interoperable with our allies.

The first CC-130J Hercules tactical aircraft arrived in Canada on June 4, 2010, six months ahead of the original scheduled delivery date.

The Air Force team demonstrated its agility, flexibility and professional capabilities by readying the aircraft and its crews for deployment to Afghanistan in less than seven months.

Training, maintenance and operation procedures needed to be

adapted to the specific characteristics of this aircraft, while ensuring an efficient and effective implementation schedule that will facilitate safe, effective, and sustained operations.

The new CC-130J Hercules aircraft will belong to the Tactical Aviation Unit (Task Force Canuck), which is part of the Joint Task Force Afghanistan Air Wing.

This tactical aircraft will be used for missions such as intra-theatre transport of troops and cargo, battlefield illumination, and drops of combat packages. A second CC-130J Hercules aircraft will deploy to Afghanistan in late spring 2011.

All 17 CC-130Js will be based at 8 Wing Trenton, Ont. along with the future Air Mobility Training Centre that will house the equipment and personnel required to train the operators and maintainers of the CC-130J Hercules aircraft.

Skate with the Belleville Bulls at the RCAF Arena

Once again the Belleville Bulls are scheduled to drop by the RCAF Arena.

Come out to meet and skate with a few of the players and the mascot this Sunday, January 9, 2011 from 1:00 to 2:30pm. Regular drop in fees will apply.

Patiner avec les Bulls!

Les Bulls de Belleville seront encore une fois à l'aréna de l'ARC le dimanche, 9 janvier, de 13h00 à 14h30.

Venez faire leur rencontre et patiner avec quelques-uns des joueurs et leur mascotte. Les frais réguliers d'accès s'appliquent.



WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Wing Supply has supported both Domestic and Overseas Operations from the 2010 Vancouver Olympics to Haiti and our ongoing commitment to our forces in Afghanistan. It is at this time of year for us to reflect on the year past and prepare for what the future may bring. Major Lefebvre and all of us at Wing Supply wish everyone a bright and prosperous New Year and look forward to supporting 8 Wing with service second to none. Welcome 2011! *Servitium Nulli Secundus*

Contact

It is possible to fly without motors, but not without knowledge and skill.

— Wilbur Wright



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Thanks, from the bottom of our hearts

by Captain the Reverend
Jean-François Noël, JTF-Afg/
National Support Element

Here we are in Afghanistan at Christmas, and I have to tell you that it's wonderful to see how generous the people of Canada are to us.

Cards, drawings, letters with personal messages, gifts, delicacies, toiletries, books and other things too numerous to mention — pour in by the thousands. We are absolutely convinced by this great bounty that our fellow Canadians are thinking of us while we are far away from those we love, and who love us.

Many people here are hard at work distributing the cards, letters and parcels to the troops on the ground in forward positions. We want everyone to benefit from all this abundance.

The Christmas cards, in particular, put some colour into camp life. They cover many walls in our buildings and the Canadian gymnasium,

banishing the everyday drabness.

We are doing all we can to reply to as many of our correspondents as possible, not just individuals, but also churches, schools and organizations. In token of acknowledgement, a card of thanks is on its way, signed in person by Lieutenant-Colonel Sébastien Bouchard, the commander of the National Support Element (NSE), and by Chief Warrant Officer Gilles Godbout, the NSE Regimental Sergeant-Major.

Finally, on behalf of all the Canadian Forces members deployed in Afghanistan, I must thank each and every one of you who took the initiative to send us a card or a gift for Christmas.

Love truly knows boundaries, and it soothes away the difficulties that can be encountered here. Every package we receive is an outward and visible sign of this inward and invisible affection.

From the bottom of our hearts, thank you for all your support.



Photo: Padre Jean-François Noël

Shown above from left to right: Lieutenant-Colonel Sébastien Bouchard, commander of the NSE; Chief Warrant Officer Gilles Godbout, Regimental Sergeant Major of the NSE; René Parent, Director of the Personnel Support Program (PSP); and Shelly Moore, PSP operations manager.

Un grand remerciement!

par Captain the Reverend Jean-François Noël, FOI-Afg / Element de soutien national

Nous sommes en Afghanistan en cette période de Noël et je vous avoue qu'il est beau de constater combien est grande la générosité des gens du Canada à notre égard.

C'est par milliers que nous recevons des cartes, des dessins, des lettres avec des confidences, des cadeaux, de la nourriture, des articles de toilette, des livres et j'en passe. Vraiment, c'est la surabondance et nous sommes convaincus que bien des gens de notre pays pensent à nous alors que nous sommes loin des personnes que nous aimons.

Plusieurs personnes s'activent à redistribuer le matériel et les cartes sur les terrains avancés. Nous voulons que tous profitent de ces multiples attentions.

De plus, les cartes de Noël nous permettent d'ajouter de la couleur et de la vie à nos établissements. Plusieurs murs de nos bâtisses et du

gymnase canadien sont tapissés de ces cartes. Cela met de la vie dans notre quotidien.

Nous faisons tout en notre possible pour répondre au plus grand nombre de personnes, d'Églises, d'écoles, d'associations, etc. Une carte de remerciement signée de la main du Lieutenant-colonel Sébastien Bouchard, le commandant de l'Élement de soutien national (ÉSN), et de l'Adjudant-chef Gilles Godbout, le sergent-major régimentaire de l'ÉSN, est en route en guise de reconnaissance.

Enfin, au nom de tous les militaires canadiens déployés en Afghanistan, je tiens à remercier toutes les personnes qui ont pris l'initiative de nous envoyer un de ces présents à l'occasion de Noël.

Cela met un baume sur les difficultés rencontrées ici. L'amour n'a pas de frontières.

Toutes les boîtes que nous recevons en sont un signe visible. Merci infiniment pour votre appui!

Search & Rescue Update



424 Squadron would like to wish all a Happy New Year, and hope everyone had a great holiday season

We were involved in rescuing 57 stranded motorists from Hwy 402 near Sarnia to warming centres. We had four Griffon crews flying missions for three days as well as a Herc crew or two being used as a communication platform, making the job a little easier.

After all was back to normal, our crews got back to business. Our Griffon crew was tasked to fly "top cover" and medevac support for 21 sailors from the MV Herman Scholting who had taken ill. They were all transported to shore by the pilot vessel JW Cooper and then to hospital. Our crew was released and returned to Trenton.

Our Herc crew was up next, tasked to investigate a EPIRB (Emergency Position-Indicating Radio Beacon) that was going off in the area of Hamilton. The signal was traced to the city of Hamilton where it was eventually located in a delivery truck.

Until next week, stay safe!

Missions for 2010: 195 Missions for Dec: 13 Persons rescued: 69

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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 (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.
Jpeg-Maximum (8X10), 300 dpi
- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

Letters to the Editor:

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



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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. Thank you.

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Ladies Day

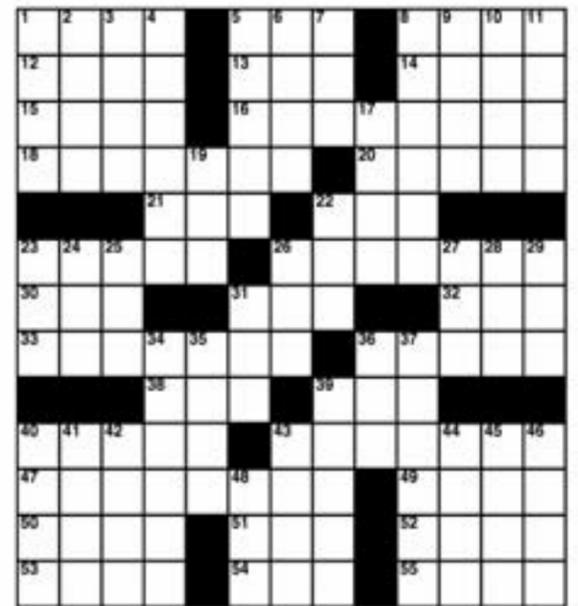
By Bernice Rosella and James Kilner

ACROSS

- 1 Quebec's Ville de _____
- 5 Abraham familiarly
- 8 Scottish hillside
- 12 Alberta's St. _____ River
- 13 Indian city
- 14 Shelf
- 15 Entered a plea
- 16 Quebec's Ville de _____
- 18 More rocky
- 20 Possessor
- 21 Tolkien creature
- 22 Mil. rank
- 23 Quarries
- 26 Manitoba's _____ City
- 30 Poetic contraction
- 31 Mil. address
- 32 Brew
- 33 Ontario town
- 36 Ontario town or actress Hilton
- 38 Honey maker
- 39 _____ de mer
- 40 Chairman Mao or Kim Il-Sung
- 43 Sufi ascetic
- 47 British Columbia's Capital
- 49 Resound
- 50 Healing herb
- 51 Novelist Fleming
- 52 Tide type
- 53 Progeny
- 54 Seasonal sandwich
- 55 Wimbledon champion

DOWN

- 1 Electrical units
- 2 Make ale
- 3 Common cookie
- 4 Cape Breton city or actress Sylvia



- 6 Lace part
- 7 Slob
- 7 Receptor
- 8 Scraps
- 9 Precipitation
- 10 Teen terrorizer?
- 11 Thrifty one
- 17 Fibrous
- 19 Elites
- 22 Magnon preceder
- 23 Nacelle
- 24 Classic car
- 25 Sea bird
- 26 Accounting pro
- 27 Seaman
- 28 Caliph

- 29 Nielson to friends
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- 34 Lessens
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- 36 Golf score
- 37 Saskatchewan village
- 39 Intended
- 40 Actress Gardner and others
- 41 Farm storage unit
- 42 Image
- 43 Place a call
- 44 Frappes
- 45 Eastern ruler
- 46 Fraser River town
- 48 Cut of beef

See Answers, Page 19



This Week in Contact

January 7, 1981 – MND visits Hong Kong – Defence Minister Gilles Lamontagne, after leading a Canadian delegation to the ceremonies marking the 35th anniversary of the liberation of Canadian Troops in Hong Kong.

January 2, 1991 – Acquisition of 5 new Hercules aircrafts – The Minister of National defence, Bill McKnight announced that treasury board has approved the acquisition of 5 CC-130 Hercules transport aircraft. The newly acquired aircraft will be based at CFB Edmonton.

January 5, 2001 – Four snowmobilers rescued in dramatic New Year's SAR launch – SAR techs from 424 Sqn jumped from their Hercules aircraft in the middle of the night, New Year's Day after spotting a group of snowmobiles who had crashed through the ice on a lake near Bagotville, Quebec.

Created by Lt J. H. MacDonald,
 Compiled by Adriana Sheahan



Every picture tells a story: A year in photos at 8 Wing/CFB Trenton



Photo: MCpl Kevin O'Donnell

Sergeant Dave Payne, a Search and Rescue Technician with 424 (Transport and Rescue) Squadron, holds a six-month-old baby during a medical evacuation flight from Port-au-Prince to an American naval hospital on board USNS Comfort on February 1, 2010 as part of Operation HESTIA, the Canadian Forces response to the disastrous earthquake in Haiti on Jan. 12, 2010.



Photo: 2Lt Vincent Bedard

Flanked by a CC-177 Globemaster III, the US Ambassador to Canada, Mr. David Jacobson, and his entourage are welcomed to CFS Alert by the Commander of 1 Canadian Air Division Major-General Yvan Blondin, the Chief of Staff of Canada Command, Brigadier-General Greg Matte, the Commander of Joint Task Force - North, Brigadier-General David Millar and the Commanding Officer of CFS Alert, Major Steven Power, and their respective staff. The Ambassador was introduced to the Canadian Forces operations in the High Arctic and to the Canadian vision of things to come in the far North.



Photo: Submitted

A group photo of 8 Wing/CFB Trenton members, comprised of personnel from both 8 Mission Support Squadron (8 MSS) and 8 Air Maintenance Squadron (8 AMS) in front of new signage for the Jacmel Airport in Haiti. Jacmel's airfield was cleared of debris by Canadian troops and opened to air traffic two weeks after the devastating earthquake.



Photo: Pte Gisele LeBlanc, 8 Wing Imaging

A historical group photo was taken on June 25, 2010, of 436 (Transport) Squadron with Honorary Colonel Art Adams. The group was arranged in front of the DC3 Dakota, the CC130J and the CC130 Hercules aircraft outside of 10 Hangar on the north side of 8 Wing/CFB Trenton.



Photo: Submitted

On August 24, 2010, Canadian Base Operators conducted their company's first ever aircraft de-icing at Canadian Forces Station (CFS) Alert. The capability received Operational Airworthiness Approval in October 2009 by BGen Thuen, DComd Msn Support; however, until today, there was never a need.



Photo: Capt Annie Morin, 8 Wing Public Affairs

Dan Mikkonen and Roxanne Lodge take their wedding picture in front of the well known sign at Canadian Forces Station Alert on Saturday July 17, 2010. Padre Allan Lynk of 8 Wing/CFB Trenton oversaw the ceremony, which became the northern-most wedding performed in an inhabited area.



Photo: Captain Trevor Henderson

A new snowbird was seen at Canadian Force Station Alert on Wednesday, April 14, 2010, as a CC-177 Globemaster III from 429 Transport Squadron conducted its first flight to CFS Alert, the most northerly, permanently inhabited location in the world. The crew, led by aircraft commander Major Jean Maisonneuve of the Transport and Rescue Standardization and Evaluation Team based out of 8 Wing Trenton, brought the aircraft in just before 8:30 a.m. local time and was greeted by CFS Alert Commanding Officer Major Steve Power.



Photo: Submitted

Personnel prepare to load a CH-146 Griffon helicopter onto a CC-177 Globemaster as part of Op CADENCE. The efforts of five different units, three based at CFB Edmonton and two from CFB Trenton, made this very evident on June 14 when a 429 Squadron CC-177 Globemaster III aircraft arrived at the Edmonton International Airport to transport three Edmonton-based CH-146 Griffons, along with 19 passengers and their personal kit, to Ontario for Op CADENCE, the CF contribution to the RCMP-led security operations for the G8 and G20 summits.



Photo: Cpl Levarre McDonald, 8 Wing Imaging

After taxiing in off the runway, the hold is opened to start unloading supplies for Operation BOXTOP. The Canadian Forces CC-177 Globemaster III has made its debut on Operation BOXTOP. With its much greater carrying capacity, the CC-177 strategic aircraft can move approximately three times more cargo to CFS Alert on each trip.



Year in Pictures ~ Continued from Page 5



Photos: Pte Gisele LeBlanc, 8 Wing Imaging

Constable Jon Goobie from The Tactical Response/O.P.P. Unit walks with the RMI (Remote Mobile Investigator) to destroy the package found at 182B Yukon, 8 Wing/CFB Trenton. This was a part of Exercise Vendetta, an Emergency Exercise held at 8 Wing/CFB Trenton.



Photo by Cpl Levarre McDonald, 8 Wing Imaging

Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, presents the Air Force Coin to Chief of Air Staff Lieutenant-General Andre Deschamps on November 15. Lieutenant General Deschamps came to 8 Wing for the 50th Anniversary of the Hercules in Canada.



Photo: Cpl Shilo Adamson

Sgt Jim Melanson, traffic technician from 8 Wing/CFB Trenton, and part of the Strategic Lines of Communication Detachment in Cyprus, pushes a pallet of military kit off a CC-177 Globemaster returning from Afghanistan. The detachment in Cyprus, under the command of CANOSCOM, is one of two locations currently supporting ongoing operations in Afghanistan, after the closure of Camp Mirage.



Photo: Andrea Steiner, Contact Staff

Georgiana Stanciu, Curator at the National Air Force Museum of Canada, LCol Ross Fetterly, 8 Wing Administration Officer, and Mr. Chris Colton, the museum's Executive Director, pose beside the National Air Force Museum of Canada's acquisition of a rare Memorial Cross.



Photo: Cpl Drew Deics, 8 Wing Imaging

Runners up Dilana, from Rockstar Supernova, took to the stage with her high energy rock and roll during a CF Show Tour Performance on the evening of 20 February 20, 2010 at the Junior Ranks Mess.



Photo: Pte Gisele LeBlanc, 8 Wing Imaging

The Honourable Peter MacKay addresses members of 8 Wing/CFB Trenton during a ceremony held to welcome the new CC-130J Model aircraft on June 4, 2010. The arrival marked the first of 17 CC-130J Hercules tactical aircraft scheduled for 8 Wing, made possible through Canada First Defence Strategy.



Photo: Sgt Ron Flynn

During Operation NANOOK 2010, Canada's Air Force showcases its capabilities as two CF-18 Hornets and a CC-150 Polaris fly over Resolute Bay Airfield, Nunavut while a CC-177 Globemaster and a CC-130 Hercules prepare for flights.



Photo: Submitted

Mr. Justin Trudeau interacts with course cadets from the General Training Course. Mr Trudeau, eldest son of the late Pierre Elliott Trudeau (former Prime Minister of Canada), spent an hour visiting the TACSTC. Mr Trudeau's visit to the Quinte area was focused on volunteerism, and youth, two areas for which he has been a long-time advocate.



Photo: Cpl Isabel Lavallee-Raby, 8 Wing Imaging

Pte Reese Paton, Pte Shane Southern and Cpl Kerri Welcel, load medical and dental supplies donated by the Vancouver Olympic Committee on to a CC-177 Globemaster aircraft bound for Port au Prince, Haiti on March 27. Over 2,000 pounds of surplus medical and dental supplies and equipment that was provided to support athletes during the 2010 Winter Games was sent to Canadian medical teams in Haiti as part of the Vancouver 2010 Olympic Truce program and as a legacy of the Games.



Photo: Cpl Levarre McDonald, 8 Wing Imaging

Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, is shown with staff from PSP, MFRC and 24 Canadian Forces Health Service Centre for a group photo with some of the recipients for this year's CF Health and Fitness Award. 8 Wing was announced as the winner during the annual (CF) Sports Awards achievement dinner, held November 6 in Ottawa.

SPORTS & RECREATION

2011 CF National Running Championship

The 2011 Canadian Forces Running Championship will run in conjunction with the National Capital Race Weekend in Ottawa from May 22 to 24.

Categories are as follows: Under 19; 20 to 24 years; 25 to 29 years; 30 to 34 years; 35 to 39 years; 40 to 44 years; 45 to 49 years; 50 to 54 years; 55 years and over.

Races are as follows: 5 Km; 10 Km; Half Marathon; Marathon.

To be eligible, all participants must be a member of the Regular Forces, Class B or C Reserve.

Each region is limited to 25 runners, provided they meet the qualifying times. Personnel who do not meet the qualifying standards may still participate but won't qualify for temporary duty status.

The qualifying times listed below are the minimum times that must have been achieved on a certified course within 14 months prior to race day. Proof of time must be forwarded to Military Sports Coordinator, Dan

Cormier, no later than March 1, 2011.

Under 19 - Male: Marathon, 3:15:00; Half Marathon, 1:35:00; 10 km, 38:00; 5 km, 18:00. **Female:** Marathon, 3:30:00; Half Marathon, 1:45:00; 10 km, 44:00; 5 km, 22:00.

20 to 24 years old - Male: Marathon, 3:15:00; Half Marathon, 1:35:00; 10 km, 38:00; 5 km, 18:30. **Female:** Marathon, 3:30:00; Half Marathon, 1:45:00; 10 km, 44:00; 5 km, 24:00.

25 to 29 years old - Male: Marathon, 3:15:00; Half Marathon, 1:35:00; 10 km, 38:00; 5 km, 18:30. **Female:** Marathon, 3:30:00; Half Marathon, 1:45:00; 10 km, 44:00; 5 km, 24:00.

30 to 34 years old - Male: Marathon, 3:15:00; Half Marathon, 1:35:00; 10 km, 38:00; 5 km, 19:00. **Female:** Marathon, 3:30:00; Half Marathon, 1:45:00; 10 km, 44:00; 5 km, 25:00.

35 to 39 years old - Male: Marathon, 3:30:00; Half Marathon, 1:40:00; 10 km, 45:00; 5 km, 22:00.

Female: Marathon, 3:45:00; Half Marathon, 1:50:00; 10 km, 50:00; 5 km, 27:00.

40 to 44 years old - Male: Marathon, 3:30:00; Half Marathon, 1:40:00; 10 km, 45:00; 5 km, 22:00. **Female:** Marathon, 3:45:00; Half Marathon, 1:55:00; 10 km, 51:00; 5 km, 27:00.

45 to 49 years old - Male: Marathon, 3:45:00; Half Marathon, 1:48:00; 10 km, 45:00; 5 km, 25:00. **Female:** Marathon, 4:00:00; Half Marathon, 1:58:00; 10 km, 53:00; 5 km, 30:00.

50 to 54 years old - Male: Marathon, 3:40:00; Half Marathon, 1:53:00; 10 km, 50:00; 5 km, 30:00. **Female:** Marathon, 4:00:00; Half Marathon, 2:05:00; 10 km, 58:00; 5 km, 35:00.

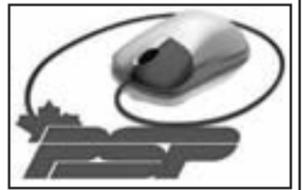
55 years old and over - Male: Marathon, 4:30:00; Half Marathon, 1:55:00; 10 km, 55:00; 5 km, 35:00. **Female:** Marathon, 4:45:00; Half Marathon, 2:20:00; 10 km, 65:00; 5 km, 45:00.

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.



Military Family ID Card

The Military Family Identification Card (MFID) has been designed to provide immediate family members with a standard means of identification.

It provides tangible recognition that the military family member is an integral part of the Canadian Armed Forces.

This card is available upon request to the immediate family (spouse and dependent youth ages 10 to 18) of all CF members (Regular and Reserve Classes A, B and C).

Military members wishing to obtain the Military Family ID Card for their dependants can complete the Military Family ID Card Application at www.cfcommunitygateway.com.

The form can be completed online before printing.

Please note: Military member and dependant(s) must be present with a completed application form at the 8 Wing/CFB Trenton RecPlex, located at 21 Namao Drive, Middleton Park, Trenton. To obtain the ID Card, dependants must be at least 10 years of age.

8 Wing/CFB Trenton Badminton Playdown

CFB North Bay will be hosting the Ontario Region Badminton Championship to be held from March 4 to 6, 2011. Smash, drop and clear your way to the championship with 10 positions.

The playdown will be held at The Gymnasium from Monday, January 17 to Friday, February 11, 2011. Registered players will play a round robin tournament. Players will get a list of all registered players and play competitors on their own time.

The Base team plays every noon hour and Monday and Wednesday



Photo: sxc.hu

evenings from 1900 to 2200 hrs. Competition is open to all Canadian Forces, Class B and C Reserve members.

For registration or for more information, please contact Dan Cormier, Military Sports Coordinator, at local 3373.

2010 Canadian Forces Sports Awards

The Canadian Forces Sports Awards Program recognizes the exemplary contributions of athletes, coaches and officials to the CF sports program and to military life.

Individuals are first selected at the Wing/Base level and then staffed to Command for consideration of the Command Award in each category.

The Command Award winners are then eligible to be selected for the prestigious CF National Sports Awards, which are announced annually at the CF Sports Awards Ceremonies, held in Ottawa.

Please note that individual accomplishments outside the CF sports program are acceptable.

The CF Sports Award categories are as follows:

- Female Athlete of the Year;
- Male Athlete of the Year;
- Team of the Year;
- Official of the Year;
- Female Coach of the Year; and
- Male Coach of the Year.

The CF Sports Awards Program covers a specific calendar year period. Therefore, the period 01 Jan 10 to 31 Dec 10 will be used for all nominees in all categories.

Any Wing/Base personnel may submit nomination of CF members for Sports Award category. The Selection Criteria and Nomination Forms are available at The Gymnasium.

All nominations must be received by close of business on February 11, 2011.

When received, nominations



will be staffed to the Wing Council who will then review all nominations and select a winner in each one of the individual CF Sport Award categories.

For more information please contact Dan Cormier, Military Sports Coordinator, at local 3373.

2011 8 Wing/CFB Trenton Squash Playdown



Photo: sxc.hu

The 8 Wing/CFB Trenton Squash team will represent 8 Wing/CFB Trenton at the Ontario Region Squash Championship to be held at North Bay from March 4 to 6, 2011.

Rally your way to the championship in the following categories: Open Men's - Four players; Open Women's - Two Players; Under 30 - One player; Senior 40 to 44 - One player; and Masters 45 and over - One player.

Playdowns will be held at The Gymnasium squash courts from Monday, January 17 to Friday, February 11, 2011.

Registered players will play a round robin tournament. Players will get a list of all registered players and play competitors on their own time.

Competition is open to all Canadian Forces, Class B and C Reserve members.

Players must register with the Military Sports Coordinator, no later than, January 14, 2011.

For registration or for more information, please contact Dan Cormier, Military Sports Coordinator, at local 3373.

You miss 100% of the chances you never take.
- Wayne Gretzky

Contact



FITNESS & HEALTH PROMOTION

How to be SMART about New Year's resolutions

Quit smoking, drink less, lose weight, exercise more, eat healthy.

If you are one of the 96 per cent Canadians who made a New Years' Resolution on January 1, you may have set a health related goal.

Research shows that 20 per cent of Canadians achieve their resolutions.

You can be one of them by taking SMART steps to achieve your resolutions.

Resolutions are all about goal setting. SMART goals are Specific, Measurable, Achievable, Relevant and Trackable.

Specific: They define exactly what you want to achieve.

Measurable: They include clear benchmarks to know that you are succeeding.

Achievable: They provide challenge, but are still within reason.

Relevant: They are important to YOU.

Trackable: They include a way to record progress.

An example of a SMART goal would be: "I will use my pedometer to record my steps each day and increase my steps by 10 per cent each week until I am taking an average of 10,000 steps per day."

Goals can help to increase motivation by providing us with direction and build our confidence with increased feelings of success when they are met.

So what happens when motivation starts to fade? That is the time to revisit your goal.

Sometimes goals feel too big

to tackle or take so long to achieve that it is difficult to stay focused.

Consider breaking large goals into smaller "bite size" pieces and determine if your goals match your preferences.

Is it motivating for you to set goals slightly higher than you are likely to achieve?

Perhaps you prefer goals that are modest and can easily be met or exceeded, or you may prefer to have your goals match your performance.

By thinking about your preferences and adjusting your goals to fit, you can rejuvenate your motivation to achieve them.

Be SMART about your resolutions to help you reach your goals for 2011!



8 Wing Health Promotion
 177 Hercules St., Bldg 119
 Phone: x3768
 Email: healthpromotionTrenton@forces.gc.ca

Health Promotion Administrative Assistant:
Jessica Ivanko

Health Promotion Manager:
Lisa Refousse

Health Promotion Manager:
Angela Prescott

Health Promotion Director:
Kendra Lafleur

Visit healthpromotion.cfbtrenton.com to learn more about the programs and services offered by your 8 Wing Health Promotion team.

Les résolutions du Nouvel An, c'est SIMPL

Arrêter de fumer, consommer moins d'alcool, perdre du poids, faire plus d'exercice, manger mieux.

Quatre-vingt-seize pour cent des Canadiens ont pris une résolution du Nouvel An le 1^{er} janvier.

Si vous êtes l'un d'eux, il se peut que vous vous soyez fixé un objectif lié à la santé.

Selon les recherches, 20 % des Canadiens exécutent avec succès leurs résolutions.

Vous pouvez compter parmi ceux-ci en suivant des étapes « SIMPL ».

Les résolutions consistent à se fixer des objectifs. Les objectifs « SIMPL » sont Spécifiques, Importants, Mesurables, Possibles et vous Laissent effectuer un suivi.

Spécifiques : Ils définissent exactement ce que vous voulez atteindre.

Importants : Ils sont pertinent pour VOUS.

Mesurables : Ils comprennent des points de repère clairs vous permettant de voir que vous réussissez.

Possibles : Ils représentent un défi, mais demeurent dans la limite du raisonnable.

Laissent effectuer un suivi : Ils comprennent une méthode pour noter vos progrès.

Voici un exemple d'un objectif SIMPL : « Je vais utiliser mon pedomètre pour mesurer le nombre de pas que je fais tous les jours et

augmenter ce chiffre de 10 % par semaine jusqu'à en faire 10 000 en moyenne par jour. »

Les objectifs nous aident à maintenir la motivation en fournissant une orientation et à augmenter notre confiance en procurant un sentiment de réussite chaque fois que nous les réalisons.

Alors, que faire lorsque l'on commence à manquer de motivation? C'est le moment de réexaminer votre objectif.

Parfois, certains objectifs nous semblent trop ambitieux. D'autres prennent tant de temps à réaliser qu'il nous est difficile de les garder en vue.

Envisagez de décomposer ces objectifs en petits morceaux et déterminez si vos objectifs correspondent à vos préférences.

Est-ce que vous vous sentez plus motivé en plaçant la barre légèrement plus haut que ce que vous serez capable, en toute probabilité, de réaliser?

Vous préférez peut-être les objectifs modestes que vous pouvez atteindre facilement et même dépasser ou ceux qui correspondent à votre rendement prévu.

En songeant à vos préférences et en ajustant vos objectifs en conséquence, vous pouvez retrouver votre motivation pour les atteindre.

Prenez des résolutions SIMPL pour réaliser vos objectifs de 2011!

Winter Wellness / Mieux-être en hiver

Winter offers crisp, bright sunny days, holiday celebrations, outdoor activities and so much more. Strengthening the Forces, Health Promotion invites you to browse through feature articles, recipes and tips for enjoying this incredible time of the year..

Visit <http://www.forces.gc.ca/health-sante/ps/hpp-pps/winter-hiver/winter-hiver-eng.asp>

L'hiver nous offre de belles journées ensoleillées et tonifiantes, des fêtes de fin d'année, des activités en plein air et plus encore. Énergiser les Forces, Promotion de la santé vous invite à parcourir les articles vedettes, les recettes et les astuces pour profiter au maximum de cette période incroyable de l'année...

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La nouvelle année est synonyme d'une nouvelle ère pour le transport aérien au Canada : Le modèle J du CC130 Hercules en Afghanistan

par Holly Bridges

Maintenant que le premier aéronef tactique CC130J Hercules des Forces canadiennes est entré en service en Afghanistan, plusieurs personnes qui ont pris part à cette mission la qualifient d'historique.

Il s'agit en effet du premier vol du nouveau modèle J du Hercules en Afghanistan ainsi que de la dernière période de service du modèle H que les Forces canadiennes utilisent sur le théâtre depuis l'automne 2001. Le 8e Escadron de maintenance (Air) assure la maintenance des aéronefs de modèle H à la 8e Escadre Trenton, en Ontario, mais le CC130J marque le retour de la maintenance au sein de l'escadron. Ainsi, l'équipage et les responsables de la maintenance du modèle H ainsi que ceux du CC130J sont tous des membres du 436e Escadron de transport, également basé à la 8e Escadre Trenton, en Ontario. Il s'agit de leur premier déploiement en tant qu'escadron complet.

« Il s'agit d'une mission historique qui vise à mettre l'aéronef de modèle J en service, mais également à souligner les 50 années de service des équipages et responsables de la maintenance des aéronefs de l'ancien modèle », explique le Lieutenant-colonel Colin Keiver.

« Au cours des quatre prochains mois, l'aéronef de modèle J et les aéronefs de modèle H seront employés côte à côte sur le terrain, et les aéronefs de modèle J prendront la relève lorsque les vieux aéronefs de transport aérien tactique de modèle H, qui ont exceptionnellement bien servi le pays, auront été ramenés au pays et remisés. »

Le Capitaine Chad Gehl, qui a piloté un aéronef Hercules de modèle H pendant trois ans avant d'être nommé commandant de l'aéronef du modèle J, est emballé par la mission en Afghanistan.

« Étant donné toute l'instruction que nous suivons depuis un an et demi, nous serons heureux de piloter cet aéronef flambant neuf jusqu'en Afghanistan », a indiqué le Capt Gehl avant son départ.

« Le modèle J a été conçu en plein pour ce type de théâtre d'opérations. L'ancien aéronef était toutefois efficace; j'ai été déployé à bord d'un aéronef du modèle H, et c'était en effet d'un excellent appareil, mais l'avionique et les moteurs du modèle J sont encore meilleurs, et ce modèle dispose d'autres fonctions plus sophistiquées. J'ai donc vraiment hâte de constater comment il se comportera sur le théâtre, et cela devrait être tout simplement formidable. »

Le Caporal Christopher Ricard, un technicien en aéronautique qui compte neuf années d'expérience avec le Hercules de modèle H, est également impatient de mettre toutes ses connaissances à profit sur le théâtre.

« Je suis honoré de pouvoir servir mon pays, et c'est très excitant de travailler avec un nouvel aéronef et de procéder à sa mise en service », mentionne le Cpl Ricard avant son départ vers l'Afghanistan.

Le Cpl Ricard travaillera aussi à titre de technicien navigant à bord de l'aéronef Hercules de modèle J. Il se trouvera ainsi à bord de l'aéronef chaque fois que celui-ci atterrira ailleurs qu'à sa base d'opérations.

« Je suis avant tout technicien, mais il s'agit d'un nouveau poste à bord de l'aéronef de modèle J. Comme aucun mécanicien ne se trouvera à bord, je suis plus ou moins celui qui donne des conseils jusqu'à l'atterrissage. Je n'ai pas de tâches précises pendant les vols, mais j'apporte sans contredit tout mon soutien. »

L'aéronef se rendant en Afghanistan transportait le premier équipage de l'aéronef de modèle J ainsi que le dernier du modèle H.

Dans quatre mois, le premier équipage du modèle J reviendra au Canada et sera remplacé par un autre équipage tandis que l'équipage du modèle H quittera l'Afghanistan pour revenir au pays définitivement.

« Je suis très fier de tous les membres d'équipage de l'ancien aéronef et de ceux du nouvel aéronef. Ils apportent tous continuellement leur contribution, et les membres d'équipage de l'ancien aéronef



Photo : Cplc Lori Geneau

Le Col Dave Cochrane, commandant de la 8e Escadre Trenton, s'adresse à l'équipage et au personnel de la maintenance du 436e Escadron de transport avant leur départ vers l'Afghanistan le 28 décembre 2010.

servent en Afghanistan depuis près de dix ans », ajoute le Lcol Keiver.

« Personne ne sait combien de temps nous y serons encore et ce que nous y ferons prochainement, mais à un moment ou à un autre au cours des 50 années à venir, des aéronefs CC130 mèneront vraisemblablement des missions au nom de notre pays, et ce sera formidable d'y participer. »

AU SUJET DU CC130J HERCULES

L'aéronef CC130J offre une fiabilité accrue et de nouvelles capacités et il contribuera à la réussite continue de nos opérations, ce qui aidera la Force aérienne à atteindre son but, à savoir « devenir la meilleure » de sa catégorie tout en conservant un haut degré d'interopérabilité avec ses alliés.

Le premier avion tactique CC130J Hercules est arrivé au Canada le 4 juin 2010, six mois avant sa date de livraison prévue à l'origine. L'équipe de la Force aérienne a fait preuve de son agilité, de sa flexibilité et de ses qualités professionnelles en préparant le déploiement de l'aéronef et

de son équipage en Afghanistan en moins de sept mois. Il a alors fallu adapter les procédures de formation, de maintenance et d'exploitation aux caractéristiques propres à cet avion tout en établissant un calendrier de mise en œuvre réaliste et efficace devant faciliter la réalisation d'opérations sûres, efficaces et soutenues.

Le nouvel avion CC130J Hercules appartiendra à l'Unité d'aviation tactique (Force opérationnelle Canuck), qui fait partie de l'escadre aérienne de la Force opérationnelle interarmées en Afghanistan. Cet appareil tactique servira notamment à mener des missions de transport de troupes et de fret à l'intérieur des théâtres ainsi qu'à des opérations d'éclairage du champ de bataille et de parachutage de paquets de combat. Un second CC130J Hercules sera déployé en Afghanistan à la fin du printemps 2011.

Les 17 appareils CC130J seront tous basés à la 8e Escadre Trenton tout comme le futur Centre d'instruction de la mobilité aérienne, qui accueillera le matériel et le personnel nécessaires à la formation des responsables de l'exploitation et de la maintenance des CC130J Hercules.



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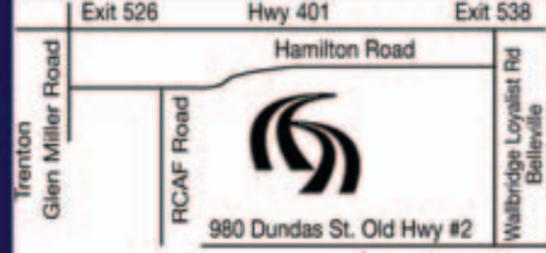
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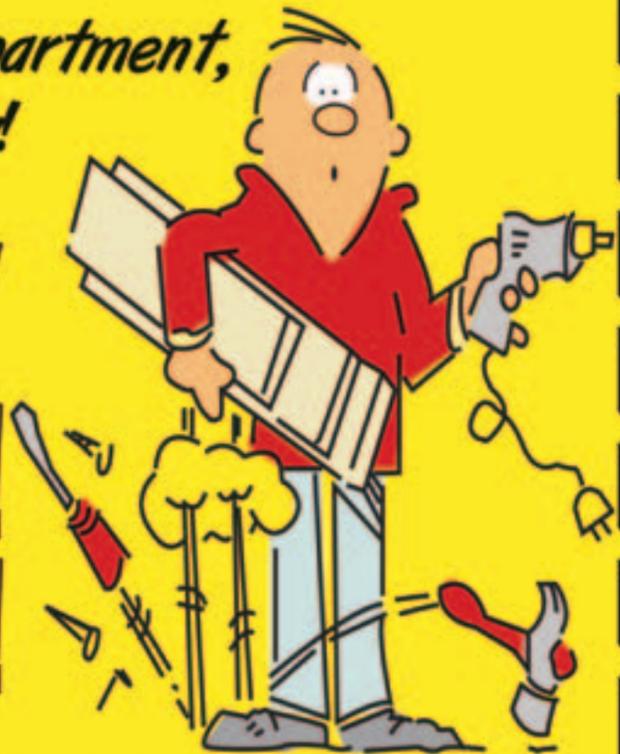
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Close calls reflect accident hazards



Submitted by
Wing General Safety
Office

A worker received an electric shock on a piece of equipment he was using. He was not injured, and he did not report the incident.

A few days later another worker also received a shock from the same defective equipment, and again did not report the problem.

Within days a third worker also received an electrical shock which killed him.

This true story illustrates what can happen when we ignore close calls in the work place. A close call is a chance to identify a hazard and correct it before someone is seriously injured or killed.

We have all had many experiences with close calls (also known as free warnings) in our everyday lives. The best thing we can do is to pay attention to them and learn from them.

For example, most of us have slipped while rushing down a stairway. We may have caught ourselves before falling,

and then resolve to slow down in the future.

Another example is pulling out to pass when driving and being faced with an on-coming car.

We quickly pull back into our own lane, and tell ourselves next time we will make sure it is safe before we try to pass.

In both instances, there was the potential for a serious accident but we were lucky. We have learned something by the close call, and will probably be more aware in the future.

Close calls in the workplace serve the same function. They give us an opportunity to recognize that something is wrong and to do something about it before someone gets hurt.

There are a number of common reasons for not reporting close calls. One is that we don't want to get into trouble with a supervisor or fellow worker. Another reason might be embarrassment.

Nobody likes to admit to being part of an accident or close call. Or we might find it is too much trouble to report it - forms to fill out and interviews to endure.

Another possible reason is that reporting an incident might ruin our crew's safety record, causing the loss of an incentive prize.

Of course, none of these reasons amount to much when you consider that reporting a close call

might save a co-worker from serious injury or death.

Imagine what it would be like to watch a buddy die because of a hazard which you knew about but did not report.

Think about it - what if you were the only one who knew materials were being stacked unsafely, because just last week you had to jump out of the way of a falling object?

How would you feel if another worker was crushed and killed when the stack collapsed again?

When an accident occurs and someone is injured or killed, chances are someone else knew that the hazards existed. Think about that.

Someone else probably had a hunch that the brakes were worn out, or the emergency exit was blocked, or the chemical container was in a position to be knocked over or whatever.

How do you think that person will feel after an accident occurs? Chances are, he'll wish he had reported the hazard.

A number of companies which have enviable safety records say that they treat close call incidents as if they were fatalities. They say that the aim is not to place blame, but to figure out the basic cause of the accident. By treating close calls as seriously as accidents, we can have fewer tragedies.

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Ideal For Empty Nesters

Plan Number 1-2-575

This home would be ideal for empty nesters, because the layout includes everything a downsizing couple could ask for, including a courtyard and a covered deck for hot summer days.

River rock and an iron gate mark the entrance to the courtyard, which contributes character to the exterior and gives the house definite curb appeal.

The den, reached through double doors off the foyer, is well-located for use as an office for a home-based business.

The open family area has plenty of windows to ensure ample natural light. The great room itself boasts a 10-foot ceiling, as well as a centrally placed gas fireplace and a large bay.

The kitchen includes a pantry and a work island with an eating bar that seats two.

A spacious, partly covered sundeck stretches across the width of the house, enjoying access from the dining room to the deck's covered portion. This spot will be ideal for year-round grilling, and the homeowners will enjoy the outdoors with shade from the sun during the warmer weather.

The master suite features a four-piece ensuite with a soaker tub for that touch of spa-like luxury. The second bedroom has an adjoining three-piece bathroom.

The double garage offers access to the house past the laundry room into the kitchen.

Exterior finished include horizontal siding, mullioned windows with painted trim. Pilasters with stone bases frame the entrance.

The house is 48 feet, 4 inches wide and 62 feet, 10 inches deep with 1,598 square feet of living space and an unfinished basement.



Plans for design 1-2-575 are available for \$654 (set of 5), \$735 (set of 8) and \$782 for a super set of 10. Also add \$30.00 for Priority charges within B.C. or \$55.00 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. Our 42ND Edition of the Home Plan Catalogue containing over 300 plans is available for \$3.50 (includes taxes, postage and handling). Make all cheques and money orders payable to "Home Plan of the Week" and mail to:

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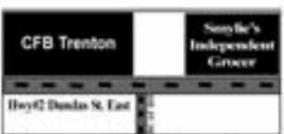
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

8 Wing Officer's Mess Ladies Club are presenting a Wellness & Nutrition Seminar

by Heather Williams Nutritionist & Dietician on
January 12, 2011 6:30 pm.

Upper Lounge of the Officer's Mess. Healthy snacks
from Heather's cookbook served.
Members Free, Guests \$5
For info call Kim 613-962-2718



Make A Difference

Community Living Quinte West is seeking people who want to be involved in making a difference in people's lives. If you are looking for ways to give back to your community call us to find out more about the rewards of Board membership at CLQW. We are looking for people who are:

- curious
- energetic
- collaborative
- dedicated

If the words above describe you, then read on. If you have leadership skills, fund raising expertise, or ability to advocate, and a belief in social justice, please contact us for more information on Board membership.

Community Living Quinte West helps people with intellectual disabilities to live as valuable members of the community. If Board membership interests you, you will have the opportunity to provide strategic direction to the agency while having the opportunity to learn more about the changing attitudes and ways to support people with intellectual disabilities. Your membership on this Board will make a difference.

Call Lisa Monsma, Chair of the Search Committee at 613-394-2222 or submit your letter of interest to:

Community Living Quinte West
Chair of the Search Committee
52 Lafferty Road
Trenton, ON K8V 5P7
or e-mail communitylivingquintewest@clqw.ca

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Links to Learning Resource Centre will be running a weekly no cost reading program for children of all ages. All books will be provided in a variety of levels. This is a drop in program so children who are interested can come between 1:30 to 3:30 p.m. every Saturday. They will be either read to or listened to as they read. Link to Learning is located at 188 Victoria Ave, Belleville (use the side door off the parking lot in the Quinte Bible Chapel).
Visit www.linkstolearning.ca to learn more.



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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.



Styrofoam egg craft projects

Styrofoam eggs are the base for these very comical snowmen and cardinals. This craft is sure to bring smiles to the face of the kids.

Supplies: 3" Styrofoam eggs; three Slices white bread; glitter gel; school glue; craft sticks; disposable dish; and paper clip.

Snowman: Silver chenille stem; two 1" tinsel pompoms; two 1/4" wiggle eyes; 1/2" orange pompom; and 10 black "E" beads.

Cardinal: Red acrylic paint; red feathers; black and yellow foam; two 1/4" wiggle eyes.

Instructions for snowman: Finely crumble three slices of white bread (with crust removed). Add 2 table- spoons glitter gel and 1 table- spoon water. Mix together with a craft stick.

Spread mixture on styrofoam with the craft stick. The dough may be sticky. Wet your hands under a faucet, then smooth the dough around the egg.

Unbend a paper clip and insert end into top of egg to make a temporary

hanger. Hang egg to dry, then remove paper clip.

Glue wiggle eyes, pompom nose and E-bead mouth into place. Cut a 5 1/2" length silver chenille stem. Bend into a U-shape. Glue chenille stem and 1" royal tinsel pompoms on sides of head for ear muffs.

Spray with clear acrylic finish or paint with a coat of glitter gel and water.

Instructions for cardinal: Repeat Snowman steps one through three, using the following recipe: three slices white bread, two tablespoons red paint, two tablespoons school glue and two teaspoons water.

Allow shape to harden for 30 min- utes. Make toothpick holes at wing, tail and top feather placement. Press a pencil eraser in to the mouth to make a 3/8" hole. Allow to dry completely.

Cut beak, feet and eye pieces from foam. Glue beak in mouth opening. Glue on eye piece and feet. Glue red feathers on body. Glue wiggle eyes on eye piece.

Mealtime.org Chicken Marinara

Here's how to turn a plain plate of spaghetti into a great meal. By adding four ounces of chicken breast, you up the amount of protein from about 10 grams per serving to 46 grams. As is, the recipe delivers more than one cup of vegetables, but serve it with a side salad and you can fit in more nutrient-rich vegetables.

Ingredients:

- 1 tablespoon olive oil
- 1 large skinless, boneless chicken breast half (about 8 ounces), cut in 1-inch chunks
- 1 can (14 1/2 ounces) crushed or chopped Italian-style tomatoes
- 1/2 cup canned mixed vegetables, drained
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- 2 cups freshly cooked spaghetti

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

Preparation: Heat oil in a medium skillet over medium-high heat. Add chicken, brown on both sides. Reduce heat to medium; add tomatoes, mixed vegetables, garlic powder and pepper. Cover and simmer for 10 minutes until chicken is cooked through. Serve over hot spaghetti. Servings: Two

Nutritional Information Per Serving: Calories 550; Total fat 12g; Saturated fat 2.5g; Cholesterol 95mg; Sodium 580mg; Carbohydrate 61g; Fibre 6g; Protein 46g; Vitamin A 110 per cent DV; Vitamin C 30 per cent DV; Calcium 10 per cent DV; Iron 25% DV. *Daily Value*



Nadiya's Zodiac Starcast

Nadiya Shah, M.A., Cultural Cosmology and Divination, UKC.
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January 9 – January 15

Theme of the week: With Mercury moving into the sign of ambition Capricorn, our thoughts become more focused on the goals we have for this new year. Notably, Mars moves into the sign of the rebel Aquarius, bringing us a new sense of spontaneity. It will be a great week, enjoy!

ARIES (March 21-April 19): You recently faced some difficult truths about yourself. It led to a major shift in the way you interact with the world. Be patient and stay in the process. Soon, you will have renewed hope in your dreams. You are on the path to living with more optimism than ever.

TAURUS (April 20-May 20): A bonanza of good fortune comes unexpectedly. However, you need to consciously strengthen the good news you hear by dwelling on it. Your default may be cautious, if not pessimistic. Overcome it to create positive momentum.

GEMINI (May 21-June 20): You have the ability to eloquently state your case. You may wonder about your power to be persuasive. The most compelling words will come from a spirit of spontaneity. Stay present and you will make a strong impression.

CANCER (June 21-July 22): You may be uncertain, but there is an umbrella of protection with you. There are few things you could do wrong right now. There may be fear that the good things now in your life are elusive. You care, that's great, but keep making progress.

LEO (July 23-Aug. 22): What matters more, that your boss likes it, or your supporters? You may be asked to make a few slight modifications, but may worry the changes will take the spirit out of your work. You'll have to find the middle ground. You can still keep the essence while minding the logistics.

VIRGO (Aug. 23-Sept. 22): You don't need to start fresh, and you certainly don't need to reinvent the wheel. There are footprints in front of you, showing exactly the path to walk. Trust the tried and true way. Your desire for a new beginning can be channelled within it.

LIBRA (Sept. 23-Oct. 22): There is a whole industry built around teaching people the virtue and skill of time management. As long as there are some of us who feel there isn't enough time, we will seek its secrets. You have a clear priority. Soon, you will have the energy to stay with it through completion.

SCORPIO (Oct. 23-Nov. 21): You are part of a machine. There doesn't have to be anything bad about it. Times like this ask you to put your individual concerns to the side and consider the whole team. Make sure you are well oiled and ticking along as your part asks.

SAGITTARIUS (Nov. 22-Dec. 21): The more you do now, the less there will be to do later. You may have conflicting desires. You are growing impatient with tedious details. Another part was to throw out the practical in favour of a big adventure. Handle what you must now and plan the getaway you crave.

CAPRICORN (Dec. 22-Jan. 19): Living the daily grind can lead some people to go numb. We become especially prone when we feel unfulfilled but don't want to acknowledge it, because the consequences would be too great. You have had enough of pretending. The truth puts power of change in your hands.

AQUARIUS (Jan. 20-Feb. 18): Mars will enter your sign at the end of this week. Until then, you've got a slow build-up of impatience that you may not know how to resolve. Let your dreams lead the way. Document their vivid details. Soon, you will have the determination to take the required action.

PISCES (Feb. 19-March 20): You are going for gold with enthusiasm. Soon, your inclinations will change towards a more reflective mood. Until you get there, continue to give your all to the dreams that matter most. There are countless blessings on your side.

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Knights of Columbus: first Thursday – 1900hrs
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Chorale : mercredi – 1900h
Choir: Monday – 1900hrs

Parish organisations (P)

Chapel Guild: last Tuesday – 1930hrs

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

FONDS D'URGENCE DES AUMÔNIERS

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



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Light bulb decoder + eco-friendly



(NC)—Looking to save some green on lighting but confused by all the light bulbs on the market today? One of the most sustainable investments you can make in your home today is to replace your inefficient bulbs with eco-friendly lighting.

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Incandescent: This is a standard bulb; one of the first household bulbs brought to market...and currently found in almost every retail store. Although they cast a nice warm shade of

light, and can be used with a dimmer, they are not energy efficient. The environmental concerns of consumers and government regulations are slowly phasing them out of existence.

Halogen: This is technically an incandescent bulb, but has three features that make them superior to standard incandescent bulbs. They are brighter, whiter, and last longer. The energy saving option available from Philips; the Halogena Energy Saver (HES) saves up to 30 per cent in energy costs and provides a longer life than standard incandescent bulbs.

Compact Fluorescent Lamps (CFLs): These are a very energy efficient lighting option using up to 75 per cent less energy than incandescent bulbs; some can last for years before you need to change them. They're slightly more expensive than incandescent bulbs but since their life span is so much longer, they're more economical. Stick to quality products like Philips family of EnergySaver options of indoor and outdoor bulbs.

Light Emitting Diodes (LED): This advanced new technology delivers outstanding efficiency and extra long life without the mercury/lead content, UV or heat. Energy savings from these innovative bulbs is up to 80 per cent. They provide a bright, white light, are now dimmable and will last longer than any other bulb on the market. Again, lighting experts like Philips have an amazing selection of LED products to enhance the home, save you energy and money.

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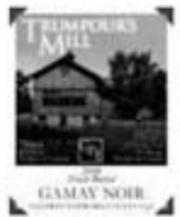
 **TRENTON** Military Family Resource Centre


Events & Information



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Événements et Information



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Tuesday January 25th - February 15th Time: 6 - 7 pm
Where: 6 RD room at MFRC Cost: \$20
Must register and pay by Wednesday January 19th.



Miam, Miam

Un atelier pour les parents. Venez rencontrer Julia Ross pour apprendre à cuisiner de délicieux repas santé conçus dans l'esprit de la croissance et du développement de votre enfant. Ce programme d'une durée de 4 semaines, vous fera découvrir une façon inventive de créer des repas en utilisant de nouveaux ingrédients pour renforcer le système immunitaire de votre enfant et créer de bonnes habitudes alimentaires.
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Où: Salle 6RD du CRFM Coût: 20\$ L'inscription doit être faite et payée avant le 19 janvier.

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