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January 21, 2011 Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 46 Issue Number 3 •

1931-2011: Commemorating Eight Decades of flying operations in Trenton

Compiled by Capt Jennifer Jones
8 Wing Public Affairs
With files from
8 Wing Heritage Office

In August 1931, while still under construction, Royal Canadian Air Force (RCAF) Station Trenton was officially opened, launching eight decades of flying operations that have shaped the hub of Air Mobility operations we know today as 8 Wing/Canadian Forces Base Trenton.

During the dark years of the First World War, Canadians distinguished themselves flying with the British air services. As the war drew to a close in 1918, attempts were made to create an air service for Canada, but interest waned and initial efforts faltered.

In 1920, a fledgling Canadian Air Force was formed with its hub at the wartime training facilities at Camp Borden.

Although never a certain thing, the young air service continued to grow. In 1924, it took on the title “Royal” and assumed a more military bearing.

Reorganized and strengthened, the RCAF began searching for a new home.

In March 1929, Government of Canada surveyors were observed on a tract of land about a mile east of the small town of Trenton along the shore of the Bay of Quinte. Just a few months later on October 11 of that same year, Ottawa formally announced that 870 acres of farmland had been acquired adjacent to Baker Island to house the new RCAF Station.

Then Mayor W.A. Fraser, who had lobbied aggressively to bring the RCAF to Trenton, was quoted saying, “the stupendousness of the announcement is hard to realize. The amount of money involved is enormous. The benefit to Trenton can be imagined, but no one can anticipate to the fullest this wonderful news at the present time.”

Trenton was selected amongst some 25 scouted locations along the shore of Lake Ontario. The spot was ideal.

It was well-suited to both

landplane and seaplane operations. Local weather patterns were moderated by effects from Lake Ontario. It was near a large enough population centre to provide for labour, social and educational services, utilities and transportation. It was within proximity of Toronto, Ottawa and Montreal.

Born on the eve of the Great Depression, RCAF Station Trenton was destined to grow from its original few hundred acres of farmland to the present modern air base from which transport aircraft are launched to the four corners of the globe.

RCAF Station Trenton began as a training centre. Among the first buildings constructed were two landplane hangars and one massive marine hangar.

Flying operations began in 1931 and Siskin and Atlas biplanes were the first aircraft to grace the skies above Trenton. Despite the cutbacks and budget restrictions brought by the Great Depression, Trenton survived and thrived as an air force training facility.

As the 1930s drew to a close and the political skies of Europe began to darken once again with rumours of war, RCAF Station Trenton was poised to play a pivotal role in Canada's contribution to the Second World War effort.

Shortly after the outbreak of war, Canada signed on with Great Britain, Australia and New Zealand to form the British Commonwealth Air Training Plan.

Trenton's Central Flying School was quickly dubbed the “hub of the BCATP” because of the important role it played in the overall effort.

The station's training role continued after the Second World War with the establishment of Training Command Headquarters at RCAF Station Trenton. Only in 1959 did Trenton forego its place as a premier training facility to welcome Air Transport Command Headquarters.

Construction of the first hangar at RCAF Station Trenton



Royal Canadian Air Force Station Trenton Administration Building under construction in 1934.

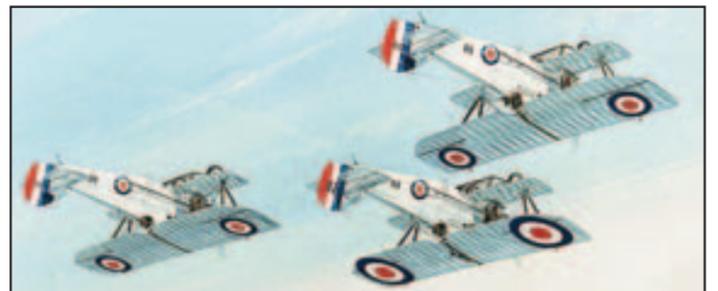
was still underway when Flight Lieutenant O'Brian Saint, the station's first commander, flew in on 3 September 1931. He and a group of 12 airmen set out preparing for the arrival of more aircraft and personnel.

During the 1950s and 1960s, the emphasis shifted from aircrew training to air transport. In the ensuing decades, squadrons from Trenton would provide airlift support to UN (United Nations) and NATO (North Atlantic Treaty Organization) led missions in the Middle East, Somalia, Rwanda, the Congo, East Timor, the Former Yugoslavia, and Haiti to name a few, and would provide assistance to many humanitarian missions.

To this day, the men and women at 8 Wing/CFB Trenton remain committed to their role providing vital support to the Canadian Forces at home and abroad and upholding the base's reputation as a centre of excellence.



Sixteen Atlas Mk.I's served in the RCAF from 1927 until 1942. Based primarily at Petewawa, Borden, Trenton and Rockcliffe, these aircraft provided general utility and photographic services.



Twelve Siskins flew with the RCAF from 1926 until 1942. In the summer of 1929, the Siskin air demonstration team was formed at Camp Borden, Ontario, and toured the country.

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 checkerboard 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.



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New outdoor pool for 8 Wing/CFB Trenton

Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton joined Construction Engineering and Personnel Support Programs representatives to break ground, launching the beginning of the new outdoor pool construction project, located between the Rec Plex and Wing Chapel.

The outdoor pool will measure 25 meters by 13 meters, making it one quarter the size of an Olympic Pool. It will be able to accommodate five standard 2.5 meter lap lanes. The \$799,000 contract for pool construction was awarded to Elmara Construction Company, located just outside Windsor, Ont.

Construction is scheduled to be complete by early Spring. Once this project is completed, the old outdoor pool located on the South side of the base, will be demolished.



Photo: Cpl Levarre McDonald, 8 Wing Imaging

Colonel Dave Cochrane (centre right), Commander, 8 Wing/CFB Trenton, and Dave Rotherman PSP staff (centre left) pose in a group photo with their hands on the shovel at the ground breaking ceremony held at the Recplex in Trenton. This ground breaking was to open construction of the new outdoor pool to be constructed next to the Recplex. Elmara Construction and Defense Construction Canada are both involved in this contract. Military members in this group from left to right: Master Warrant Officer (MWO) Spragg, MWO Pacaud, Major Baker, Major Delhommeau, Lieutenant-Colonel Lewis Wing Logistics and Engineering Officer, Colonel Dave Cochrane and Wing Chief Warrant Officer Gyuk.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK

8 Wing Food Services has a variety of employment throughout the Yukon Galley. DND employee Owen Kharullah is seen here receiving meal carriers that have been returned from the aircraft a flight. Fleet services employs military, full-time DND, as well as part time Kelly's services personnel to meet the high tempo of 8 Wing operations. This is a daily routine, to ensure that the carriers are properly cleaned, sanitized and maintained to the 8 Wing Food Service standards. Flight feeding is a demanding and strenuous job at times with ever changing flight times due to delays or rescheduling of flights. 8 Wing Food Services is proud of the dedication and the flexibility of its personnel as we continue to support CF Operations at home and abroad.



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Your Gateway to the CFB Trenton Community

The Officers' Mess Ladies Club at 8 Wing/CFB Trenton

by Kim Holden,
OMLC President

The Officers' Mess Ladies Club (OMLC) of 8 Wing/CFB Trenton is the last remaining ladies club in the Canadian Forces.

The club is a social networking group that provides opportunities for any member of the mess to meet and come together for both friendship and support.

Our club maintains a strong relationship with the local community by inviting guest speakers from the area to our meetings.

Many local services and organizations are approached to provide guest lectures and workshops.

In addition, the group fundraises to support causes both locally and abroad.

Originally the OMLC started out as an Officers' Wives group and progressed to a ladies organization, which included female officers.

The OMLC recently opened the membership to anyone who is a

member of the 8 Wing/CFB Trenton Officers' Mess, including a member's spouse or partner.

Meetings are held once a month at the historic Officers' Mess at 8 Wing/CFB Trenton. Much history has taken place in this building and apparently the OMLC has been around for as long as the mess itself!

Our busy year begins in September with a meet and greet barbecue and concludes with an end of year dinner held in June.

It is well known that arriving at a new posting can be both daunting and overwhelming and often the military member is deployed.

The spouse is left at home with no family and no friends therefore it is the club's goal to help make the transition to a new location a little easier by providing an opportunity to meet others who are in similar situations.

Friendships made through the Officers' Mess Ladies Club have passed the test of time



Photo: Submitted
Shown above, from left to right: Tara Sims, Sara Emond, Rosemarie Embree, Sylvia King, and Louise MacDonald, Lise Rolsky. Shown sitting: Kim Holden, and Kristy Thompson.

and some our members can boast of friendships maintained over fifty years, since a few of our ladies have been continuous members since the early 1960s.

The theme for our January meeting was a health and wellness nutrition seminar hosted by local expert and dietician Heather Williams.

Heather gave us a wealth of information through a very informative, dynamic and humorous presentation.

Snacks for the event were all produced from recipes in Heather's best selling Happy Hearts Cookbooks.

We would like to encourage anyone who has an interest in joining our group to attend one of our meetings which are the second Wednesday of each month, commencing at 1830 in the mess.

Every meeting is highlighted by tantalizing treats to tempt your taste buds and we pride

ourselves on the homemade goodies we prepare and enjoy.

A big hit with the club is our most popular event, our Spa Night, which is being held February 9, 2011.

For a list of upcoming events you may view the Officers' Mess calendar online by visiting <http://www.cg.cfpsa.ca/cg-pc/Trenton/EN/Messes/OfficersMess> or for more information contact the club through email at trentonomlc@gmail.com.

Contact

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

— Wilbur Wright



Search & Rescue Update



424 Squadron had a very quiet week this past week. Once again we were able to concentrate on training. Until next week, stay safe!

Missions for 2011: 0 Missions for Jan: 0 Persons rescued: 0

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The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base — 8 Wing / CFB Trenton. We are the primary internal and external communications tool for 8 Wing / CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our 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: Internet: amber.gooding@forces.gc.ca

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.



A Military Community Newspaper



The Contact newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



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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.

LETTERS TO THE EDITOR

All letters must be signed and the names will be published unless otherwise requested.

We reserve the right to edit while preserving the main objective of the writer.

Please note: We cannot guarantee that any particular letter will be printed.

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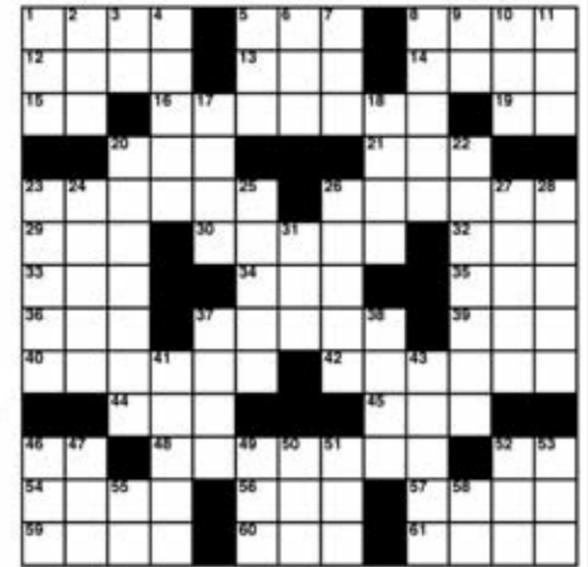
Canadiana Crossword

A Band of Billionaires

By Bernice Rosella and James Kilner

ACROSS

- Off ingredient
- Famous Oiler Tikkanen
- Objective
- Aleutian island
- Word after bubble
- French verb
- Cold Lake to Cree Lake dir.
- The ___ Family (Communications billionaires)
- Cobalt symbol
- Jacob or Hutter follower
- Korean car maker
- The ___ Family (New Brunswick billionaires)
- Montreal's ___ Family (dairy products billionaires)
- Prefix denoting new
- Nova Scotia's ___ Family (grocery Billionaires)
- Tape to tape transfer
- Mongrel
- Land meas.
- ___ Amin
- Streets of Laredo starter
- Winnipeg's ___ Family (media billionaires)
- Foot part
- Goad, in a way
- The ___ Family (Telecommunications billionaires)
- Observe
- Succour
- ___ John NB
- New Brunswick food processing billionaires)
- Exist
- Equestrian team game
- Arbour and Blakeney
- Norse god
- Astounds
- Chart
- Strut



DOWN

- Actor George
- Summer to Sylvain
- UFO crewman maybe
- Word before frutti
- Sense of self
- Total
- Some radio svces.
- Spanish lime
- Result of an NHL tie
- Circle part
- Zodiacal sign
- Buff Orpingtons
- Approve
- Piano keys
- Inspected
- About South American aboriginals
- Utilize again
- Furze
- Feast of the passover
- Jet trainer
- Drama awards
- Jazz
- Actor Guinness
- Horse colour
- Presentations, slangily
- Essences
- Grail Springs or Aqua Terre
- Haul
- Engine part
- Flower parts
- Email connector
- Scarf
- Stray
- The in Terrebonne
- Steak sauce or computer giant

See Answers, Page 22

This Week in Contact

1981 – Archives receives RCAF History: After more than 12 years of research and writing, the first of four volumes covering the history of the Royal Canadian Air Force – Canadian Airmen and the First World War – has been published. Published by the University of Toronto Press in cooperation with the Department of National Defence and the Canadian Government Publishing Centre, Supply and Services Canada, volume one was written by Professor Sidney Wise.

1991 – Energy Awareness Essay Winners: The BESO's office organized an essay contest for Grade 8 students at Breadner School during Energy Awareness Week. The contest was well supported and was quite interesting to see the level of knowledge and effort our young people put into their essays. Six winners were chosen with prizes presented by LCol J.G. Carew, Base Technical Services Officer.

2001 – 8 Wing brings aid to El Salvador: Two CC-130 Hercules transport aircraft successfully delivered payloads of humanitarian aid (nearly 50,000 pounds of supplies donated by the Red Cross), to El Salvador for people affected by a severe earthquake. The shipment from Canada was some of the first foreign aid to be flown into the country. The shipment included relief and reconstruction supplies including shovels, wood, plastic sheets, blankets, water-holding bladders and medical equipment.

**Created by Lt J. H. MacDonald,
 Compiled by Amber Gooding**



Fundraising efforts help support Soldier On Program

Right: Hotch Earl and his son Corey Earl of Hotch's Auto Parts, a member of the Ontario Automobile Recyclers Association, present a cheque to Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and Commander for the Soldier On Program, at the Astra Lounge on January 17, 2010.

Below: Warren Kennedy and John Casey from the Roundel Glen Golf Course present a cheque to Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and Commander for the Soldier On Program. Soldier On assists wounded or ill Canadian Forces personnel or former military members to get physical rehabilitation and funding to participate in sports.



Photo: Cpl Levarre McDonald, 8 Wing Imaging



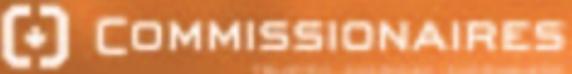
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“March 1st I Quit!” is back! Take the challenge

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

Previous challenges invited smokers to butt out for good and join the majority of Canadians who've already worked hard at quitting smoking.

This year's challenge offers something new with a chance for all tobacco users to finally quit for good.

Tobacco users are challenged to register with two non-users of tobacco to be their supporters. Registration is available online (DIN) at <http://hr.ottawa-hull.mil.ca/health-sante/iqquit-jarrete/default-eng.asp> or using the hard copy brochures displayed across the base.

Quit using tobacco for one month and you may be eligible to win a prize.

This year there is \$18,000 in prizes to be won with the top prize worth \$3,000.

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

So what are you waiting for? Find two supporters who are non-users of tobacco and register!

Deadline to register is 28 February 2011. Tobacco users who quit after 1 September 2010 are also eligible. The challenge is open to the entire DND team.

Please see the website and/or brochure for eligibility criteria, rules, and more details. Supporters are also eligible to win prizes.

Want to increase your likelihood of success? Sign up for Butt Out Self Help, a comprehensive, recently updated, tobacco cessation program.

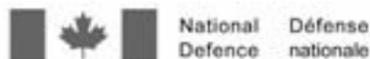
This coupled with a nicotine

replacement therapy such as nicotine gum, the nicotine patch, Zyban, or Champix will increase your success rate through a combination of behaviour modification and the use of medication to help reduce nicotine withdrawal.

Make 2011 the year you quit using tobacco!

It's not easy, but it's achievable. If you're ready to quit, *Take the Challenge!*

Proudly supported by:



Winter Wellness

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/healthsante/ps/hpp-pps/winter-hiver/winter-hiver-eng.asp>

Mieux-être en hiver

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...

Visitez <http://www.forces.gc.ca/healthsante/ps/hpp-pps/winter-hiver/winter-hiver-eng.asp>

Did You Know?

You experience health benefits of quitting as early as 20 minutes after your last cigarette.

Le saviez-vous?

Vous ressentez les avantages sur la santé de cesser de fumer 20 minutes seulement après avoir éteint votre dernière cigarette.



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

« Le 1er mars, j'arrête » est de retour!

Le temps est venu à nouveau! Nous préparons notre défi de renoncement au tabac annuel « Le 1^{er} mars, j'arrête! ».

Les défis précédents invitaient les fumeurs à écraser pour de bon et à se joindre à la plupart des Canadiens et Canadiennes qui ont fait beaucoup d'efforts pour cesser de fumer.

Le défi de cette année offre une nouveauté à tous les consommateurs de tabac pour les aider à renoncer à cette habitude pour de bon.

On demande aux fumeurs de s'inscrire avec deux parrains ou marraines qui ne fument pas.

Ils peuvent s'inscrire en ligne (RID) à l'adresse suivante : <http://hr.ottawa-hull.mil.ca/health-sante/iqquit-jarrete/default-fra.asp> ou remplir le formulaire dans les brochures distribuées sur la base. Cessez de fumer pendant un mois et vous pourriez gagner un prix. Cette année, 18 000 \$ en prix

seront distribués, dont le premier prix de 3 000 \$. Nous remercions CANEX et le RARM qui ont gracieusement offert ces prix.

Alors qu'attendez-vous? Trouvez-vous deux parrains ou marraines qui ne fument pas et inscrivez-vous!

Vous avez jusqu'au 28 février 2011 pour le faire. Ceux et celles qui ont cessé de fumer après le 1^{er} septembre 2010 sont aussi admissibles au tirage.

Le défi s'adresse à l'ensemble du MDN. Veuillez consulter le site Web ou la brochure pour les critères d'admissibilité, les règlements et autres détails. Les parrains ou marraines sont aussi admissibles à gagner des prix.

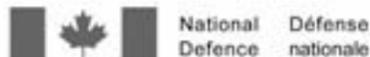
Vous voulez augmenter vos chances de réussite? Inscrivez-vous au programme complet de renoncement au tabac, *Écrasez-la!*, *S'aider soi-même* qui a été mis à jour récemment. Jumelez le programme à une thérapie de substitution de la

nicotine comme la gomme à mâcher à la nicotine, le timbre de nicotine, les médicaments Zyban ou Champix.

Vous augmenterez ainsi vos chances de réussir en modifiant votre comportement et en utilisant les médicaments pour atténuer les symptômes de sevrage de la nicotine.

Faites de l'année 2011, l'année où vous aurez cessé de consommer du tabac! Ce n'est pas facile, mais c'est possible. Si vous êtes prêts à cesser de fumer, *relevez le défi!*

Soutenu avec fierté par :



The Great Canadian Winter Carnival!

Thursday, February 10, at Baker Island
0830 - 1300 hrs

Join us for a morning of snow games or sign up for our 5 km Fun Run.

To register your team of eight or as an individual for the 5k, please call Marsha at 4548.

Souvenir mugs will be available to the first 60 people to register. There will also be a barbecue lunch and free t-shirts for all!

Le grand carnaval canadien d'hiver

Jeu di le 10 fév à Baker Island de 8h30 à 13h

Venez nous rencontrer pour un matin de jeux d'hiver ou inscrivez-vous pour notre course de 5 km.

Pour inscrire votre équipe de 8 personnes ou comme individu pour la course de 5k, appelez Marsha au 4548 svp.

Les 60 premières personnes à s'inscrire recevront une tasse souvenir. Lunch BBQ et t-shirt gratuit pour tous!



Photo: Contact archives



8 Wing Health Promotion

177 Hercules St., Bldg 119

Phone: x3768

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Health Promotion Administrative Assistant:

Jessica Ivanko

Health Promotion Manager:

Lisa Refausse

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.

SPORTS & RECREATION

March Break Kidz Kamp: Register now!

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.

Aqua Jogging or Aqua Running classes available

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. Join us for these introductory clinics.

Please note: Daytime classes are restricted to the military community only.

Classes are as follows:

-Wednesday, January 26, from 12:10 to 12:55 p.m.

-Wednesday, February 9, from 12:10 to 12:55 p.m.

-Wednesday, February 23, from 12:10 to 12:55 p.m.

Evening and Weekend classes as follows:

-Saturday, January 15, from 10 to 10:45 a.m. Monday, January



Photo: sxc.hu

Aqua running or jogging is great cross training for runners and an excellent way to deal with and prevent injuries

24, from 7:15 to 8:00 p.m. 10 to 10:45 p.m.

Thursday, January 27, from 6:30 to 7:15 p.m.

-Saturday, February 12, from

Cost is \$5/class for military community members and \$6/class for the general public.

Snowshoe rental available at the RecPlex

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.

Please note that snowshoes may be rented by military personnel and Rec Association members only.



Photo: sxc.hu

Variety of Yoga classes

DAYTIME: Gentle Yoga with Nancy takes place on Wednesdays from January 5 to March 9.

EVENING YOGA: This bilingual class with Amelie takes place on Mondays and Wednesdays from January 10 to March 7.

MOM AND BABY YOGA: This daytime bilingual class takes place on Tuesdays and Thursdays from January 11 to March 3.

FAMILY YOGA: This bilingual class with Amelie will take place on Sundays from January 9 to March 6

Registrations are now being accepted. Register through "PSP Online" by visiting www.cfcommunitygateway.com

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.

-Weekdays: \$20 (Regular price \$ 27)

-Weekends Day: \$30 (Regular price \$ 36)

-Weekends - Night: \$20 (Regular price \$ 27)

PSP CRA Winter 2011 Brochure

View the Community Recreation Association's complete line-up of programs and services by visiting www.cfcommunitygateway.com

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.

Variety of fitness classes

Interval Madness (60 minutes) will take place on Mondays, from January 3 to March 7, from 6 to 7 p.m. at the South Side Gym.

Group Power (70 minutes) will take place on Wednesdays from January 5 to March 9, from 6 to 7 p.m. at the South Side Gym.

Tai Chi (60 minutes) will take place on Mondays from January 31 to March 7, from 6 to 7 p.m. at the RecPlex

Tae Kwon Do for ages 12 plus (60 minutes) will take place on Wednesdays from January 12 to March 2 from 6:30 to 8 p.m. at the RecPlex

Introduction to Urban Poling (90 minutes) will take place on Sunday, March 6, from 1:30 to 3 p.m.

Family Urban Poling (March Break) will take place Monday, March 14 to Friday, March 18, from 11 to 11:45 a.m.

Register today! Visit "PSP Online" at cfcommunitygateway.com

Youth Dance: February 5

Join us on Saturday, February 5, from 6 to 7:45 p.m. at the RecPlex Gym for a youth dance.

There will also be a number of things to enjoy such as laser show, robotic lights, fog, videos and a text to screen!

Teen Dance: February 5

A teen dance for those in Grades 9 to 12 will take place on Saturday, February 5, from 8:15 to 10 p.m. at the RecPlex Gym.

Cost: To be determined.

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Celebrating 100 years of Postal Service!

by Capt Greg DeWare,
The Canadian Forces Postal
Service (CFPS)

The Canadian Forces Postal Service (CFPS) will be celebrating its Centennial on 3 May 2011. Even with the advent of sophisticated technology in modern communications, nothing will ever replace mail coming from a loved one.

"A letter, a card or a package from home is often a soldier's only reminder of his or her humanity above and beyond the military machine. (A deployed soldier - Falkland Islands Crisis)"

On 3 May 1911, General Order No. 70 authorized the creation of the Canadian Postal Corps (CPC) as a unit within the Canadian Militia. It had detachments in Toronto (HQ), London, Kingston, Montreal, Quebec City, Halifax, Winnipeg and Calgary.

The First World War was the first opportunity for the CPC to serve with the Canadian Overseas Expeditionary Force on active wartime service. By the end of the War, there were 346 CPC members serving in 37 postal units. During the First World War, the CPC suffered five fatal casualties.

In December 1939, the CPC again mobilized for active service and went overseas. The expansion of deployed postal service personnel during the Second World War kept pace with the enormous volume of mail and parcels growing to 5,080 officers, men and members of the Canadian Women's Army Corps (CWAC) and Royal Canadian Air Force Women's Division (RCAF WD).

During the Korean conflict Postal Units were activated to pro-

vide postal services in the Far East theatre of operations. Approximately 35 Posties were employed to provide postal service to Canadian troops serving there, operating 12 Canadian Forces Post Offices (CFPOs).

On 20 June 1961, Her Majesty, Queen Elizabeth II, approved the title "Royal" to the Corps on its Golden Anniversary. The Royal Canadian Postal Corps (RCPC) received a new badge depicting the international symbol of postal service, the Post Horn. In 1974, due to restructuring initiatives within the Canadian Forces, the RCPC was amalgamated into the Administrative Branch and lost its distinctive branch badge.

On 1 January 1987, the Canadian Forces Postal Branch was re-established. "Posties" wore a newly designed branch badge, with the traditional Post Horn as the focal point.

However, on 1 January 2001 the Postal Branch was again amalgamated into the Logistics Branch due to restructuring.

Today, as in the past, the Canadian Forces Postal Service as part of the Logistics Branch continues to proudly provide postal support to Canadian Forces members deployed around the world.

If you are interested in joining in the celebrations that will take place around the 100th Anniversary, you can contact the Canadian Forces Postal Unit, Capt Greg DeWare at 613-392-2811 ext. 4364.

The main event will be held in Trenton (30 April 2011), but there will also be activities organized in Edmonton (14 May 2011), Victoria (19 May 2011) and Halifax (10-11 June 2011).



Photos: CFPS

Branch badge 1911-1961



Branch badge 1961-1974



Branch badge 1987-2001

100 ans de Service postal

par Capt Greg DeWare
Le Service postal des Forces canadiennes
(SPFC)

Le 3 mai 1911, l'Ordre général N° 70 autorisait la création du Corps postal canadien (CPC) comme unité de la Milice canadienne.

Il avait des détachements à Toronto (QG), à London, à Kingston, à Montréal, à Québec, à Halifax, à Winnipeg et à Calgary.

La Première Guerre mondiale a été la première occasion pour le CPC de servir avec la Force expéditionnaire canadienne outre-mer en service actif en temps de guerre.

À la fin de la Guerre, il y avait 346 membres du CPC servant dans 37 unités postales. Pendant la Première Guerre mondiale, le CPC a subi cinq pertes fatales.

En décembre 1939, le CPC fut de nouveau mobilisé pour service actif et déploiement outre-mer. L'expansion du personnel déployé du Service postal pendant la Deuxième Guerre mondiale suivit le rythme du volume énorme de courrier et de colis acheminé aux 5 080 officiers, hommes et membres du Corps féminin de l'Armée canadienne et de la Division féminine de l'Aviation royale du Canada.

Au cours du conflit de Corée, les unités postales furent activées pour fournir des services postaux dans le théâtre d'opérations de l'Extrême Orient. Environ 35 postiers furent employés pour fournir le service postal aux soldats canadiens servant là-bas, opérant 12 Bureaux de poste des Forces canadiennes.

Le 20 juin 1961, Sa Majesté la Reine Elizabeth II a approuvé le titre « Royal » pour le Corps lors de son jubilé d'or. Le Corps postal royal canadien (CPRC) a reçu un nouvel insigne utilisant le symbole international du service postal, le cor postal.

En 1974, suite aux initiatives de restructuration dans les Forces canadiennes, le CPRC a été amalgamé à la branche administrative et a perdu son insigne de branche distinctif.

Le 1er janvier 1987, la Branche postale des Forces canadiennes a été rétablie. Les postiers portent un insigne de branche nouvellement conçu avec le cor postal traditionnelle au centre.

Cependant, le 1er janvier 2001, la Branche postale a de nouveau été amalgamée à la Branche logistique à cause de la restructuration.

Aujourd'hui, comme par le passé, le Service postal des Forces canadiennes dans le cadre de la Branche logistique continue de fournir fièrement le soutien postal aux membres des Forces canadiennes déployés dans le monde.

Si vous êtes intéressé à vous joindre aux célébrations qui auront lieu pour le 100e anniversaire, vous pouvez communiquer avec l'Unité postale des Forces canadiennes, Capt Greg DeWare au 613-392-2811 poste 4364.

L'activité principale aura lieu à Trenton (30 avril 2011) mais il y aura aussi des activités organisées à Edmonton (14 mai 2011), à Victoria (19 mai 2011) et à Halifax (10-11 juin 2011).

WRITE TO THE TROOPS MORALE BY MESSAGE BOARD!

The men and women of the Canadian Forces have demonstrated time and again that they will rise to any challenge. Let your Canadian Forces members know you appreciate their service by sending a message using the monitored message board available at

forces.gc.ca/site/commun/message/index-eng.asp

Canadian Forces Morale Mail: The Morale Mail service provides families and friends within Canada a cost-free alternative to using Canada Post to send care packages to those serving at a CF deployed operation. Morale Mail can be dropped off typically at a Base or Wing Military Family Resource Centre, Mail Room, or Military Post Office.

ÉCRIREZ AUX MILITAIRES LE MORAL PAR BABILLARD ÉLECTRONIQUE!

Les hommes et les femmes des Forces canadiennes ont démontré maintes et maintes fois qu'ils sont à la hauteur de tout défi. Faites savoir aux membres des Forces canadiennes que vous appréciez leur service en leur envoyant un message à partir de ce babillard électronique surveillé. forces.gc.ca/site/commun/message/message-add-ajout-fra.asp. Le service de courrier d'encouragement vise à permettre à la famille et aux amis des militaires affectés à une opération déployée des FC de leur envoyer gratuitement des produits de réconfort, plutôt que d'avoir recours à la Société canadienne des postes.

Le courrier d'encouragement peut être déposé au Centre de ressources des familles des militaires de la base ou de l'escadre, salle du courrier ou Bureau de poste militaire.



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MWO Gord Woods: Best wishes on occasion of your retirement

Master Warrant Officer Gord Woods, Flight Engineer Leader at 424 Transport and Rescue Squadron, officially hung up his wedge on January 19, 2011 after completing over 32 years of service to Canada and the Air Force.

A group of about 50 of MWO Woods' colleagues, friends and family members gathered at the Warrant Officer and Sergeant's Mess on January 17th to pass on their best wishes to him on occasion of his retirement from the Canadian Forces.

MWO Woods enrolled in the Canadian Forces on July 26, 1978 as an Airframe Technician and subsequently served at 12 Wing Shearwater, N.S. and 4 Wing Cold Lake, Alta. He completed his transfer to the Flight Engineer occupation in April, 1989 after which he served in Ottawa, Ont. and 8 Wing Trenton, Ont. His list of aircraft maintenance experience reads like a history lesson - the CT-133 Silverstar, CH-135 Twin Huey helicopter and the CC-109 Cosmopolitan. He has also worked on the CH-146 Sea King helicopter and CF-18 Hornet. He is now ending his career after many years working onboard the mighty CC-130 Hercules.

Over the course of his well-rounded career, MWO Woods deployed to Afghanistan and held the position of 8 Wing Flight Safety Non-Commissioned Member. Upon retirement, MWO Woods and his wife Caroline intend to remain in the Quinte area where they can spend some quality time with their two daughters, Sarah and Vanessa.



Photos: Pte Gisele LeBlanc, 8 Wing Imaging



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Your Gateway to the CFB Trenton Community



Four simple words to save you money

by Todd Kealey, National Manager
Strategic Communications, DGPFS

Say four simple words once and save \$8.50 per month forever.

While this may sound too good to be true, as a member of the Defence Community you could be missing out on one of the best deals around. Four simple words: "Convert me to CDCB."

Few people realize that one of the advantages of membership in the Canadian Forces is that corporations are very eager to secure your business. Our community is one million strong. Canadian Defence Community Banking (CDCB) is one of many programs made possible by CFPFS, the Canadian Forces Personnel and Family Support Services.

If you are already a BMO Bank of Montreal customer, four simple words will save you money. By saying "Convert me to CDCB" to any teller, you gain access to a wealth of savings made possible by CDCB.

In fact, you don't even need to leave the comfort of your home. Simply call 1-866-548-7490 to speak with a customer service representative and they can make the change to your account.

This includes an automatic drop in monthly fees for Performance Plan accounts. While the standard monthly fee for this plan is \$13.95, the CDCB rate for exactly the SAME services is \$5.45. Over the span of a year, that's a savings of \$102.

That's next year's Christmas gift money; that's a whole lot of morning coffees; that's the new smart phone upgrade that you've been thinking about...

BMO Bank of Montreal estimates that over 15,000 of its existing customers are eligible for CDCB rates but are not taking advantage of the savings.

As the participation level of



CDCB grows within BMO, rates could drop even further. There once was a time when bank service fees didn't exist. With CDCB, those days may come once again.

All it takes to get in on the savings is to say "Convert me to CDCB". Four simple words puts \$8.50 per month back into your pocket.

As a member of the Defence Community, you can gain access to these same rates by migrating your banking services over to BMO and converting to CDCB.

For help with any aspect of the CDCB program, Natacha Tremblay (natacha.tremblay@forces.gc.ca), Program Manager for CDCB will be happy to lend a hand.

Who is a member of the Defence Community? You are, if you are a member of the Canadian Forces; a civilian member of DND; a civilian member of the Staff of the NPF, CF; a direct family member (parent, spouse or child) of any of these; a Commissionaire posted on a Base or Wing or a member of the RCMP.

And it's not only serving members of the Canadian Forces, as a former member or reserve member, regardless of the duration and time elapsed, you are part of the Defence Community.

These services are created for you. Visit www.cdcb.ca for more information.

Canadian Forces Personnel and Family Support Services manages a number of programs for the Defence Community through its CANEX, SISIP FS, PSP and DCSM operations.

WINNING DONATION GIVES BACK



Captain Ken Hannon of 8 Wing/CFB Trenton and David Weir of Royal LePage ProAlliance Realty present a \$500 cheque to Sue Rollins of the Canadian Cancer Society of Hastings Prince Edward. David Weir ran a contest amongst his clients to write a letter to support what charitable cause should receive a \$500 donation on their behalf. Ken won the contest by writing a very moving letter about how cancer had affected a friend and colleague. Over the past few years Ken, and his colleagues at the Air Traffic Control Unit of 8 Wing/CFB Trenton, have raised over \$60,000 to help fight cancer.



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Presentation by Brigadier-General M. Dabros, CD
28 January 2011

As part of an ongoing professional development series sponsored by the Canadian Forces Aerospace Warfare Centre (CFAWC), on Friday, 28 January 2011, BGen Mike Dabros, Chief of Staff Land Operations, will be presenting on his experiences in Afghanistan as the Deputy Commander, Combined Air Power Transition Force (CAPTF). The CAPTF is the NATO organization charged with assisting the Afghan government as it expands and refines its air power capabilities. BGen Dabros is a tactical helicopter pilot and former CO of CFAWC. The presentation will take place at CFAWC (south side, 51 Anson Avenue) in the main theatre, commencing at 1330 hrs and last approximately 1.5 hours (with questions). Attendees are requested to be seated no later than 1325 hours.



Présentation du Brigadier-général Mike Dabros, CD
le 28 janvier 2011

Dans le cadre d'une série de présentations de perfectionnement professionnel organisée par le Centre de guerre aérospatiale des Forces canadiennes (CGAFC), le 28 janvier 2011, le Bgén Mike Dabros, Chef d'état-major des opérations terrestres, s'entreprendra sur son expérience en Afghanistan en tant que commandant adjoint de la Force multinationale de transition de la puissance aérienne (FMTPA). La FMTPA est l'organisme de l'OTAN chargé d'aider le gouvernement afghan dans ses efforts d'expansion et de raffinement de ses capacités en puissance aérienne. Le Bgén Dabros, pilote d'hélicoptère tactique est l'ancien cmdr du CGAFC. Cette présentation se tiendra dans l'amphithéâtre du CGAFC (côté sud de la base, 51 av Anson) et débutera à 1330 et durera environ 1 h 30 (avec période de questions). Les participants doivent être assis avant 1325.

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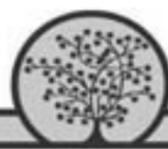
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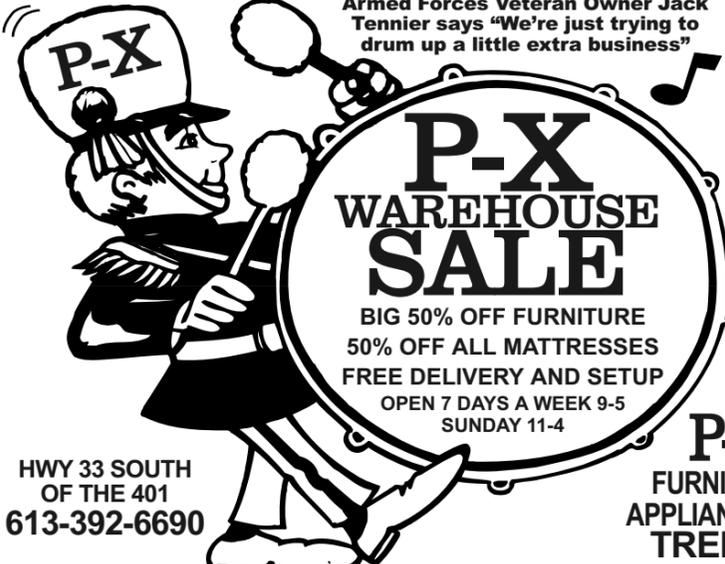
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<p>07 SATURN VUE</p>  <p>D12245 16" Alloy wheels! 4 Cyl, 4 dr, steering wheel controls, roof rack, tilt, air, cruise, satellite radio, CD, pwr locks, windows, mirrors, keyless entry, 74,000kms.</p> <p>\$10,995 \$97.74 biweekly 72 mths 0 DOWN Taxes Included</p>	<p>06 SUBARU OUTBACK</p>  <p>P11348 AWD! Navigation! Pwr sunroof! Pwr heated leather seats! Alloy wheels! Wood grain trim, dual climate controls, steering wheel controls, traction control, cruise, air, tilt, AM/FM/MP3/6 disc changer, air, cruise, tilt, AM/FM/CD/MP3, pwr locks, mirrors, windows, keyless entry, 58,000kms.</p> <p>\$19,995 \$206.44 biweekly 60 mths 0 DOWN Taxes Included</p>	<p>07 SATURN VUE</p>  <p>12315 17" Alloy wheels! V6, steering wheel controls, factory remote start, roof rack, air, cruise, tilt, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, 79,000kms.</p> <p>\$11,995 \$106.63 biweekly 72 mths 0 DOWN Taxes Included</p>	<p>07 JEEP COMPASS</p>  <p>12083 North Edition! Alloy wheels! Automatic, 4 cyl, air, tilt, AM/FM/CD, pwr windows, locks, keyless entry, 88,000kms.</p> <p>\$10,995 \$97.74 biweekly 72 mths 0 DOWN Taxes Included</p>
<p>07 SATURN VUE</p>  <p>12133 Pwr sunroof! Roof rack! Automatic, 4 cyl, 4 dr, steering wheel controls, OnStar, tilt, air, cruise, satellite radio, CD, pwr mirrors, locks, windows, keyless entry, 80,000kms.</p> <p>\$11,495 \$102.18 biweekly 72 mths 0 DOWN Taxes Included</p>	<p>07 CHEV TRAILBLAZER LT</p>  <p>12296 Pwr heated leather memory seats! Pwr sunroof! 17" Alloy wheels! Dual climate controls, steering wheel controls, OnStar, cruise, tilt, air, satellite radio, CD, pwr mirrors, locks windows, keyless entry, 74,000kms.</p> <p>\$19,495 \$173.30 biweekly 72 mths 0 DOWN Taxes Included</p>	<p>08 JEEP WRANGLER RUBICON</p>  <p>P12000 4X4! Axle lock! Alloy wheels! Both tops! 5 speed standard transmission, U-connect compatible, air, tilt, cruise, AM/FM/CD/MP3, pwr locks, windows, keyless entry, only 27,000kms!!</p> <p>\$23,995 \$188.81 biweekly 84 mths 0 DOWN Taxes Included</p>	<p>07 SATURN VUE</p>  <p>12052 Roof rack! Automatic, 4 cyl, steering wheel controls, OnStar, air, cruise, tilt, satellite radio, CD, pwr mirrors, windows, locks, keyless entry, 80,000kms.</p> <p>\$10,995 \$97.74 biweekly 72 mths 0 DOWN Taxes Included</p>
<p>10 FORD EDGE LIMITED</p>  <p>13000 Pearl White! AWD! Pwr heated leather memory seats! Park aid! 20" Chrome wheels! Key pad entry, dual climate controls, traction control, steering wheel controls, air, tilt, cruise, satellite radio/MP3/6 disc changer, pwr mirrors, windows, locks, keyless entry, only 19,000kms!!</p> <p>\$29,695 \$211.07 biweekly 96 mths 0 DOWN Taxes Included</p>	<p>07 PONTIAC TORRENT</p>  <p>P12394 Pwr sunroof! 16" Alloy wheels! V6, automatic, factory remote start, steering wheel controls, roof rack, trailer hitch, traction control, air, tilt, cruise, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 80,000kms.</p> <p>\$12,495 \$111.01 biweekly 72 mths 0 DOWN Taxes Included</p>	<p>08 CADILLAC CTS-4</p>  <p>D12382 AWD! Navigation! Panoramic sunroof! Pwr heated leather memory seats! Telescoping steering! Dual climate controls, traction control, OnStar, factory remote start, steering wheel controls, air, tilt, cruise, satellite radio, CD, pwr windows, mirrors, locks, keyless entry, 82,000kms.</p> <p>\$24,995 \$196.68 biweekly 84 mths 0 DOWN Taxes Included</p>	<p>07 CADILLAC SRX 4</p>  <p>D12247 AWD! 7 Passenger! Pan-aramic sunroof! Pwr heated leather memory seats! 20" Alloy wheels! Traction control, dual climate controls, steering wheel controls, OnStar, tilt, cruise, air, satellite radio, CD, pwr mirrors, windows, locks, keyless entry, 73,000kms.</p> <p>\$23,495 \$208.85 biweekly 84 mths 0 DOWN Taxes Included</p>



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Community Events

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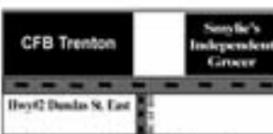
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 613-965-7490 or email to amber.gooding@forces.gc.ca, at least 10 days prior to your event. Call 613-392-2811 Ext. 3978 for more information.



Alzheimer Society

2011 Walk For Memories

Sunday January 30, 2011
Time: 10:am - 11:30 am
Place: Bay View Mall, Belleville

Join us for an enjoyable and meaningful morning. Bring a photo and memory of your loved one to share at "Memory Lane". Something for the whole family - entertainment, special guests, face painting/tattoo parlour, activities. Purchase a blue hair extension to celebrate the day, courtesy of staff from Quattro Hair Salon. Special "Reflections Ceremony". Incentive prizes, draw prizes and top fundraiser prizes. Top team prize. Coffee/juice and baked goodies available in case you missed breakfast.

100

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Le leadership des filles commence ici



Girl Guides of Canada
Guides du Canada

GIRL GREATNESS STARTS HERE

Girl Guides could not exist without the amazing women who commit their time to leading, mentoring, and spending time with our girls. By getting involved in Girl Guides, you become a part of a world wide organization for girls and women. Along with making a difference in your community, there are amazing adventures to be had and life long bonds to be formed. Women 18 years and older can join and share their skills as a unit leader in Rangers, Pathfinders, Guides, Brownies and Sparks. We are looking for women from all walks of life who believe that today's girls can accomplish great things, and who want to help them grow into responsible citizens of the world.

For more information or to join today: 1 877 323 4545 ext 3424
email: acl.24@guidesontario.org



CALENDRIER JANVIER 2011 CALENDAR JANUARY 2011

Le 22 janvier : Cours de cuisine (8ans et plus) au Smylie's Independent (2e étage) à Trenton de 13h à 15h30. Veuillez réserver votre place !
Madame Claudine raconte de 10h à 11h au local du F-P.

January 22 : Cooking class for (8 years old and up) from 1:00 to 3:30 pm. Call for registration! Madame Claudine reading from 10:00 to 11:00 a.m. at the office of the F-P.

Le 24 janvier : Cours de pilates de 19h à 20h au local du F-P.

January 24 : Pilates session from 7:00 to 8:00 p.m. at the office of F-P.

Le 28 janvier : Journée ciné-pédago de 13h à 15h30 au local du F-P.
Rock & Bowl pour les 13 ans et plus au Club Medd Bowling à Trenton à partir de 21h30.

January 28 : PAD movie from 1:00 to 3:30 p.m. at the office of F-P.
Rock & Bowl for 13 years old and up at Club Medd Bowling in Trenton starting at 9:30 p.m.

Le 31 janvier : Cours de pilates de 19h à 20h au local du F-P.

January 31 : Pilates session from 7:00 to 8:00 p.m. at the office of F-P.

**Vin et fromage : date à déterminer
Wine and cheese : Date to be determined**

STIRLING GROUNDHOG FEST 2011

Saturday January 29, 2011
STORYTIME FOR KIDS
At the Stirling Library 1:00 pm to 3:00 pm
Meet Mill Pond Moe and Stirling the Lion
For Children 5 and up or under 5 with Adult Supervision

HOCKEY TOURNAMENT
At the Stirling Millpond
Sponsored by Stirling Minor Hockey and the DBIA
Call Dave Brandt 613-395-1482 or Mary Louise Belanger at 613-395-2929

Sunday January 30, 2011
PUBLIC SKATING
1:00 pm – 2:00 pm ** FREE **
At the Stirling and District Rec Centre

TOILET BOWL RACES
1:00 pm On Mill Street
Contact – Josh Skinkle 613-921-1016
Sponsored by Skinkle Custom Manure Spreading

For a complete schedule of events visit
www.stirlinganddistrictions.com



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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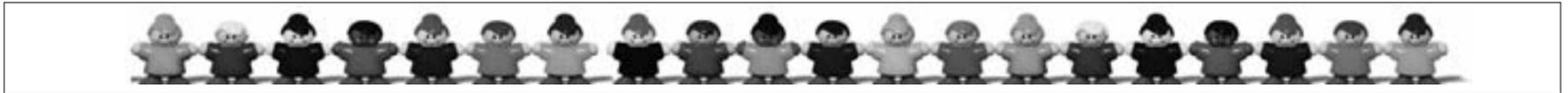
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McDonald's in WalMart Trenton



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



Activity: Shoe Box Guitar

Show your kids how they can transform an old shoe box and a paper towel roll into a fun guitar.

Materials needed: Shoe box; paper towel roll; 4 to 6 rubber bands; 6 craft sticks; paint optional; craft glue or hot glue gun and glue sticks; paint brush; and scissors.

Instructions: Start out by painting the shoe box and the lid whatever color you want their guitar to be. They can also paint the paper towel roll and even the craft sticks. Let the paint dry. Of course, this is optional, you can keep the shoe box and paper towel roll whatever color they are.

Cut a circle in the center of the box lid and

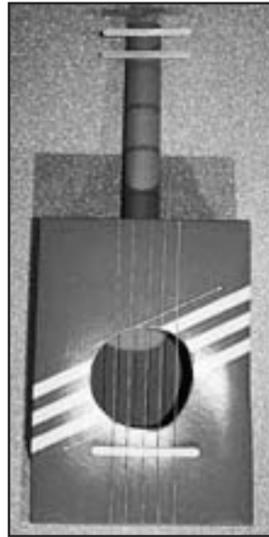
then replace it onto the box. Glue four craft sticks, one on top of the other, between the hole and the short side of the box. These sticks should be parallel to the short side of the shoe box.

You can then glue two of the craft sticks onto the paper towel roll near one end.

These sticks should be perpendicular to the paper towel roll. Leave about an inch of space between the two sticks. Let the glue dry.

Stretch four to six rubber bands around the box the long way so they lay over the craft sticks and also over hole.

Glue the end of the paper towel roll without the craft sticks onto the side of the guitar. It is



okay for the paper towel roll to cover the rubber bands. Let the glue dry.

You can now play your shoe box guitar! To play this fancy guitar, you simply pluck or strum the rubber bands!

Mealtime.org Southwest-Baked Pasta

Ingredients:

- 4 cups bow-tie pasta
- 1 can diced tomatoes, drained
- 1 can condensed Cheddar cheese soup
- 1 can diced mild green chiles
- 3/4 cup shredded sharp Cheddar cheese
- 1/4 cup 2 per cent milk
- 1/4 cup sliced green onions
- 1 teaspoon chili powder
- 1 cup crushed tortilla chips



Preparation Time: 10 minutes **Cook Time:** 40 minutes

Preparation: Heat oven to 375°F. Cook pasta according to package directions. Drain. While pasta is cooking, mix the remaining ingredients in a large bowl, except a quarter cup of cheese and tortilla chips. Add hot pasta to bowl and mix to blend thoroughly. Transfer to two-quart, shallow baking dish and spread to even out the top; top with remaining cheese and bake in the center of the oven for about 20 minutes until bubbly. Sprinkle top with tortilla chips and bake for five to 10 minutes longer, until the topping is lightly browned. Serves: Six

Nutritional Information Per Serving: Calories 500; Total fat 19g; Cholesterol 100mg; Sodium 1,220mg; Carbohydrate 63g; Fibre 5g; Protein 18g.

DEAD END ?

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ANSWER: A & F

Nadiya's Zodiac Starcast

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

January 23 – January 29

Theme of the week: Saturn is busy this week, speaking to celestial bodies before beginning his retrograde cycle. Soon we'll begin deepening our commitment to values like discipline and responsibilities. This is perfect to renew our dedication to our New Year resolutions. It will be a great week, enjoy!

ARIES (March 21-April 19): Many new elements were recently introduced into your life. At the time, they were wonderful. Now, the changes seem daunting. Try enjoying the learning process. You'll soon hit the flow where you are no longer struggling to grasp the basics.

TAURUS (April 20-May 20): When will you make yourself a priority? Is it when everyone else has been handled, or when your life leaves you no other choice? Life has been encouraging you to take better care of yourself. Now, you get the message and make important, positive changes.

GEMINI (May 21-June 20): You have seen recent success. It may not be the greatest heights of your aspirations, but events left you certain you're on the right track. Now, a moment filled with faith could lead to greater opportunity. This gain will lead to returns for a long time to come.

CANCER (June 21-July 22): Some gains tend to be more substantive. They may not deliver the large gains in an instant, but they do promise long-term benefits. Occurrences now are strongly in your favour. They may not appear all-encompassing, but will have far reaching positive results.

LEO (July 23-Aug. 22): Scientists have noted a phenomenon called the "observation effect." The same occurrence can be interpreted differently depending on who the watcher is to such a degree that the outcome of the study is influenced. It's time to be objective. Put aside your wants to admit what is real.

VIRGO (Aug. 23-Sept. 22): Some people have financial aims. While these goals are important to meet our basic needs, they can never replace going for the dream. You're now seeing a way to have a larger desire that can also pay your bills. Doing what is practical can meet with what inspires you.

LIBRA (Sept. 23-Oct. 22): You know how to get along with others. You're the sign of partnership. Right now, other people are particularly helpful. They have the potential to take your aims to the next level of achievement. Share your dreams and ask for the help you need.

SCORPIO (Oct. 23-Nov. 21): Bad habits are hard to break. However, they do serve a purpose. There may be a person, place or thing in your life that has taken on an addictive quality. First examine what you are getting out of your response. Then, you will see the pathway towards a healthier state.

SAGITTARIUS (Nov. 22-Dec. 21): You have a choice. Go big or go home. You can see the possibility in front of you. Now, you have to put your whole self into it. There may be distractions now. Rather than attempt to multi-task, consciously put aside what can wait and give your all to what really matters.

CAPRICORN (Dec. 22-Jan. 19): Even if you don't always have the words to explain why, you know you feel strongly. Despite external pressure, you aren't required to have a conversation until you are good and ready. Sit with it a while longer before you share what's in your heart.

AQUARIUS (Jan. 20-Feb. 18): Since the start of the month, new avenues of prosperity have opened up. Now, you take your most hopeful ideas and formulate a long-term plan. You may refine your course over the coming months, but within it are the seeds of stunning success.

PISCES (Feb. 19-March 20): We are handed a set of values at birth. When we choose ours consciously, we cultivate happiness. However, we don't have to throw out the best of our training. You are near the end of a revolutionary streak. Much has changed. Take time to reaffirm the best of what stays.

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

Syntax Errors by Damon Riesberg

Panel 1: Server: "HI, MAY I TAKE YOUR ORDER?" Woman: "SURE, I'LL HAVE A..."
Panel 2: Woman: "RRRRRRINGGGGG"
Panel 3: Server: "HELLO? OH HI MARGE, HOW'S IT GOING??" Woman: "NO, NOTHING IMPORTANT. WHAT'S UP??"
Panel 4: Server: "IT'S BAD ENOUGH THE PHONE DOESN'T STOP RINGING AT HOME... BUT THIS IS RIDICULOUS!!"

DEAD AIR BY: DAVE JOHNSON

Panel 1: Man: "YOU WANNA GO BRAB A DRINEY?" Woman: "SURE, MAYBE THAT SAME BARTENDER WILL BE WORKING. SHE WAS A FOX, AND I THINK SHE LIKED ME."
Panel 2: Man: "WHAT??"
Panel 3: Man: "HIS NAME WAS AL, AND THE AMOUNT OF HAIR ON HIS BACK WAS THE ONLY THING HE HAD IN COMMON WITH A FOX."
Panel 4: Man: "YEAR, I THINK I'LL STICK TO MILK TONIGHT."

DuJour ROBERT SEMUR

Psalm 91:11
Can I have someone else?

Stuff! E. CHENEY

Dog: "Pretty cold this morning, huh?"
Horse: "Forget that! Have you seen my horse?!"

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Quatre petits mots peuvent vous faire épargner 8,50 \$ par mois!

par Todd Kealey, DGSSPF

Il vous suffit de dire quatre petits mots une seule fois et vous épargnerez 8,50 \$ par mois à jamais.

Cela peut sembler trop beau pour être vrai, mais en tant que membre de la communauté de la Défense, vous pourriez manquer l'une des meilleures offres sur le marché. Quatre petits mots : « Inscrivez-moi aux SBCDC ».

Très peu de gens reconnaissent que l'un des avantages de faire partie des Forces canadiennes (FC) est que les sociétés désirent vivement faire affaire avec vous.

Notre communauté compte un million de personnes. Les Services bancaires pour la communauté de la Défense canadienne (SBCDC) sont l'un des nombreux programmes qu'offrent les Services de soutien au personnel et aux familles des Forces canadiennes (SSPFFC).

Si vous êtes déjà un client de BMO Banque de Montréal, quatre petits mots vous feront épargner. Il vous suffit de dire « Inscrivez-moi aux SBCDC » à tout caissier de BMO, et vous pourrez profiter d'économies substantielles qu'offrent les SBCDC. En fait, vous n'avez même pas à quitter le confort de votre foyer.

Vous n'avez qu'à composer le 1-866-548-7490 pour parler avec un représentant du service à la clientèle, qui s'occupera de modifier votre compte. Par exemple, une réduction automatique des frais mensuels sur les comptes du programme Performance. Même si les frais mensuels réguliers de ce programme sont de 13,95 \$, le tarif des SBCDC est de seulement 5,45 \$ et vous profitez exactement des MÊMES services.

Sur une période d'un an, cela représente des économies de 102 \$. Un cadeau en argent comptant pour Noël l'an prochain; ou bien des cafés du matin; ou encore une nouvelle version du téléphone intelligent auquel vous songiez.

BMO Banque de Montréal estime à plus de 15 000 le nombre de ses clients existants admissibles aux tarifs des SBCDC, mais qui ne profitent pas de ces économies.

Plus la participation aux SBCDC auprès de BMO s'accroît, plus les tarifs pourraient chuter. Il fut un



temps où les frais des services bancaires n'existaient pas, ce qui pourrait se produire de nouveau grâce aux SBCDC.

Pour réaliser ces économies, il vous suffit de dire « Inscrivez-moi aux SBCDC ». Ces quatre petits mots vous feront épargner 8,50 \$ par mois. En tant que membre de la communauté de la Défense, vous pouvez profiter de ces mêmes tarifs en transférant vos services bancaires à BMO et en adhérant au programme des SBCDC. Pour obtenir de l'aide concernant tout aspect du programme des SBCDC, communiquez avec Natacha Tremblay (natacha.tremblay@forces.gc.ca), la gestionnaire du programme des SBCDC. Elle se fera un plaisir de répondre à vos questions.

Qui est membre de la communauté de la Défense? Vous l'êtes si vous êtes membre des FC; un employé civil du ministère de la Défense nationale; un employé civil du Personnel des fonds non publics, Forces canadiennes; un membre de la famille immédiate (parent, conjoint ou enfant) de l'un de ces groupes; un commissionnaire affecté à une base ou escadre ou un membre de la Gendarmerie royale du Canada.

Que vous soyez un membre libéré ou un membre de la Réserve, peu importe depuis ou pendant combien de temps vous l'êtes ou l'avez été, vous faites partie de la communauté de la Défense. Ces services ont été créés à votre attention. Pour de plus amples renseignements, visitez le site www.sbcdd.ca.

Les Services de soutien au personnel et aux familles des Forces canadiennes gèrent de nombreux programmes de la communauté de la Défense par l'entremise d'opérations de CANEX, des Services financiers du RARM, des Programmes de soutien du personnel et de la Direction de la gestion du soutien aux blessés.

Lancement de la planification de l'Ex Maple Flag 44

par Karen Biondi

Bien que juin puisse nous sembler loin, la planification de l'exercice Maple Flag de 2011 a déjà commencé.

L'Ex Maple Flag est un exercice de combat aérien international qui se tient annuellement à la 4e Escadre Cold Lake, en Alberta. Il offre aux équipages du Canada et d'autres pays l'occasion de s'entraîner dans un environnement réaliste de combat aérien simulé.

La conférence internationale de planification de l'exercice Maple Flag 44 a eu lieu le mois dernier au Centre d'instruction tactique de la force aérienne (CITFA) à la 4e Escadre Cold Lake, en Alberta.

La conférence offre aux représentants des pays participants l'occasion de préciser les objectifs d'entraînement qu'ils souhaiteraient atteindre durant l'exercice. Ils peuvent visiter le secteur où se déroule l'exercice, notamment le hangar, les aires de trafic et les bureaux.

L'Ex Maple Flag 44 se déroulera du 30 mai au 24 juin 2011 – soit durant environ quatre semaines. Bien que d'ici trois ou quatre mois d'autres pays pourraient encore s'inscrire, voici quelques-uns des pays et des aéronefs dont la présence a déjà été confirmée : Le Canada : deux escadrons de CF-18 ; L'Armée de l'Air de la France : aéronefs Mirage 2000D, Mirage 2000-5, Mirage 2000N et Rafale ; Singapour : F-16 Viper ; Un escadron d'agression des Forces aériennes des États-Unis qui tiendra le rôle de la force « ennemie » : F-16 Viper.

De nombreux pays, y compris la France et le Brésil, fourniront des aéronefs de transport. La Marine nationale de la France et les Forces navales des États-Unis rendront disponible du matériel de commandement et de contrôle aérien. Il est également question que certains des

aéronefs des Forces navales et du Corps des marines des États-Unis prennent part à l'exercice.

Il faut de six à sept mois pour mettre en place la logistique, par exemple le transport, les vivres et l'hébergement. Le CITFA se concentre actuellement sur les aspects tactiques de l'Ex Maple Flag ainsi que sur la façon de délimiter l'espace aérien, les fréquences qui seront utilisées, les cibles à réserver et la simulation de l'ennemi (le type de menaces qu'il posera).

Chaque année, la conception de l'Ex Maple Flag s'articule autour d'un même cadre. Toutefois, les objectifs d'entraînement de chaque pays peuvent varier. L'une des demandes soulevées durant la conférence de planification est de prévoir une mission durant laquelle des chasseurs se verront confier l'escorte rapprochée d'aéronefs de transport.

« [Les aéronefs de transport] se déplacent lentement, à basse altitude; ils constituent donc des cibles de choix », explique le Lieutenant-colonel Kirk Soroka, commandant du CITFA. « D'une part, il y a les équipages qui veulent les protéger et, d'autre part, il a ceux qui souhaitent les abattre. Lorsque les aéronefs de transport sont remplis de soldats canadiens, nous voulons nous assurer qu'ils sont bien protégés. »

Parmi les autres missions d'entraînement possibles, mentionnons le scénario d'une évacuation de victimes à grande échelle, l'emploi d'une force de combat aérien d'envergure ou le transport dans le cadre d'une insertion avec appui rapproché ou dans des conditions hostiles. Durant l'Ex Maple Flag 44, un plus grand nombre d'avions seront présents dans le ciel, ce qui intensifiera la circulation aérienne.

Une fois encore, l'exercice promet d'être passionnant!

cohesion [Koh-hee-zhuhn]

Co-he-sion -noun

1. the act or state of cohering, uniting, or sticking together.
2. McDougall Insurance & Financial
3. logical agreement and dependence; as, the cohesion of ideas
4. the force of attraction that holds molecules of a given substance together.



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Snow snakes: A deadly winter menace



Submitted by
Wing General Safety
Office

The legend of the snow snake has long been a part of the winter scene. From the Rocky Mountains of the West to the winter snowfields of the Northeast, stories about snow snakes and the damage they cause have been passed down through the decades.

In order to shed some light on the hazards of this rather curious creature, considerable research has been made into its habits.

After intensive study, it has been determined that snow snakes do indeed exist and can be deadly. Snow snake sightings are a matter of record. These are a few of the facts that have been compiled about them:

They can often be expected to attack snowmobilers with fouled sparkplugs, espe-

cially if the operators don't have a spare set with them. They can also bite those who have plugs, but forgot the tool kit. They are extremely dangerous to snowmobilers who forget to bring a spare drive belt and then "blow" the one on the machine.

Snow snakes have killed several sled jockeys who drove alone and ran out of gas or broke their machines.

The "lone" snowmobiler is the preferred prey of the snow snake — these deadly but shy animals are terrified of the "buddy" system.

They are known to hang by their tails from trees and bite the eyes or faces of snowmobilers who do not wear protection such as goggles or faceshields.

And snow snakes have the uncanny ability to arrange for the collisions of the only two snowmobilers operating within a mile of each other.

Snow snakes frequently lurk on the far side of steep banks or drifts and tilt the sled, causing wrecks. Snow snake venom, when mixed with alcohol, is one of the most deadly poisons known.

This mixture has

killed hundreds of snowmobilers in the United States and Canada, and hundreds overseas. Snow snakes eat ice, making holes in lakes and ponds for snowmobilers to fall into.

Death by drowning or hypothermia follows.

These snakes are also thought to cause minor problems. Locating rocks or stumps to break skis and dent hoods, or placing soft spots or trenches in the snow to cause bruises, broken bones and rollovers.

Over-confidence can frequently lead to a snow snake attack. Sometimes more experienced drivers forget about the snow snake and overlook a minor item — even though they "know it all" — the snow snake racks up another statistic.

Symptoms of snow snake bite: The skin tingles and then gets numb. Skin turns white, and in three days turns black and may cause the loss of fingers, toes, ears, etc. Watch out for snow snakes.

Don't get bitten and become another snow snake statistic. Even if you're one of the lucky ones who live through an attack, you will never forget it.

Keep your sidewalks safe this winter

by Gillian Birch, News Canada

(NC)—As a homeowner, making snowy and icy sidewalks and front walkways safe for the public should always be a priority.

This is important for two reasons: preventing anyone from injuring themselves in a fall; and protecting yourself from a fine, or worse, a lawsuit.

Municipalities have varying rules and regulations for the clearing of snow and ice, but homeowners should also be aware that they could be liable should an injury occur on or in front of their property.

"We see a number of insurance claims each year involving injuries resulting from falls on ice and snow," states Wayne Ross, insurance expert with Aviva Canada. "And while an insurance policy is there to protect you from such hardship, a few simple steps can prevent the stress of a lawsuit."

Ross recommends: Shoveling right away — when possible, start moving the

snow soon after it has fallen. Even if it means having to shovel twice — two lighter loads will be easier on your back and arms than tackling it all at once.

- Salt, salt, salt — It's cheap and can prevent hard to move ice from forming.

- More than a shovel — brooms for light snow and metal ice breakers for the harder accumulations can both come in handy over the winter.

"Do you know who shops for snow and ice removal equipment after the first big blast of winter? Everybody. So get to the store early this year to ensure you're not left moving snow with your kid's novelty shovel," Ross continued.

As a homeowner, the first consideration is the safety of those walking on your sidewalk, but it's also about protecting yourself from costly fines and lawsuits, something we all want to avoid.

More information is available from your insurance broker or online at aviva-canada.com.

Inflate your tires properly to stay safe and save money

(NC) — Make sure you practice proper tire inflation techniques this winter or you could find yourself calling a tow truck, or worse, an ambulance.

Since the air pressure in tires supports 95 per cent of the weight of your car, it's absolutely imperative that you inflate your tires to just the right pressure, especially in winter when tires lose their pressure faster in colder weather.

Under-inflating or over-inflating your tires increases your fuel consumption and therefore your costs and increases the risk of damage and injury to you, your passengers and your vehicle.

Follow these tips from Transport Canada for maintaining proper winter tire pressure:

- Measure your tire pressure at least once a month;
- Measure the pressure when the tires are cold (after two hours or two kilometres of driving).

Tires lose pressure when the air temperature gets colder (about one pound per square inch (seven kilopascals) for every 5°C drop in temperature). Tires may also lose a certain amount of pressure due to their permeability (about two PSI or 14 kPa per month);

- Inflate your tires to the recommended pressures printed on the label inside your car door or in your owner's manual;

- Use a high quality pressure gauge such as those sold at automotive supply stores;

- Under-inflation increases rolling resistance, which reduces tread life and increases fuel consumption. It can also lead to sudden tire failure.

Without enough air, the sides of a tire bend and flex too much. This builds up heat, which can cause serious damage.

- Operating a vehicle with just one tire underinflated by eight psi (56 kPa) can reduce the life of the tire by 15,000 km and can increase the vehicle's fuel consumption by four per cent;

- Over-inflation can be a problem, too. An over-inflated tire rides on just the centre portion of the tread.

The smaller contact area means reduced grip on the road, leading to a harsh ride, handling issues (such as steering and stopping problems) and increased wear on tires and suspension components;

Read more tire safety and maintenance on the Transport Canada website at www.tc.gc.ca/roadsafety/tp/tp2823/inflating.htm.

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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.

CHAPLAIN EMERGENCY FUND

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

FONDS D'URGENCE DES AUMÔNIERS

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

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You can hide from the winter weather, but you can't flee the flu

(NC)—It's that time of year again. The trees are bare, the days are short and ground is covered in snow.

As Canadians, we know winter is here, but it doesn't make it any easier to bear these long, dark months.

Much like the ice and snow, the flu is inevitable around this time of year. It's like clockwork: winter rolls in, and the aches, fevers and sneezes are sure to follow. While you can warm up by a fire to escape the winter cold, it's not so easy to escape the dreaded flu.

Getting your annual flu shot is the first and most important step to avoid contracting the flu. However, it is estimated that up to 25 per cent of Canadians contract seasonal flu each year, so try as you may, it's still pretty

hard to avoid.

But getting the flu doesn't have to mean being out of commission for a week or even longer. There are a few things you can do to keep your friends and family flu-free and get you feeling back to normal in no time:

Doctor knows best: The flu may be common, but it shouldn't be overlooked. It's important to see your doctor as soon as your symptoms appear so you can start feeling better, faster and to prevent an increase in complications and hospitalizations.

According to the World Health Organization (WHO) and the Public Health Agency of Canada (PHAC) if you're 65 or older, pregnant, or have a chronic illness such as asthma or

COPD you are actually at increased risk of contracting the flu and experiencing serious complications that could lead to hospitalization or even death.

See your doctor as soon as you start to feel under the weather. Physicians can recommend prescription medications to effectively treat the flu that could help prevent more serious complications and the spread of the virus.

Drink up: Eating chicken noodle soup while sick is not an old wives tale – it actually works! Not only does the steam from the soup help with congestion but it can loosen mucus and keep your body warm. Be sure to drink lots of fluids to avoid dehydration.

Sleep tight: While it may be hard to get shut-eye when you're coughing and sneezing, rest is what your body needs to help fight the infection. So grab lots of pillows and get comfy so you can be back to your old self in no time.

Wash those hands: While it may be too late to save yourself from the claws of the flu, do what you can to spare your friends and family a few days in bed. Wash, wash and keep washing your hands to limit the spread of germs.

For more information, visit the Ontario Lung Association online at *www.on.lung.ca or call the toll-free Lung Health Information Line at 1-888-344-LUNG (5864).

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Designed especially for a narrow lot, the plans for this two-storey, three-bedroom family home include just about every feature the discerning home-owner craves.

The front door, a few steps beyond a small trellis-covered patio, leads into a roomy foyer. Storage space is tucked under the stairs to the second floor, and a capacious coat closet is on the left. Opposite is the kitchen, which features a large pantry and an efficient L-shaped counter configuration.

The open-plan kitchen flows into the dining room and beyond to the great room, which boasts a double-height ceiling and french doors to a patio overlooking the back garden.

Adjacent is a den with generous windows for lots of natural light, and next to it is the laundry room. A powder room is separated from the foyer by an archway for privacy.

Upstairs, the master suite is located at the front of the house, with french doors opening on to a private sundeck. As well as a walk-in closet and soaker tub, double vanity and shower stall, the ensuite boasts a handy towel cupboard.

The two secondary bedrooms one with a built-in desk share a bathroom. Adjacent is a loft area with a railing that overlooks the great room below. The loft could provide space for a home office or serve as a music room or arts studio.

The exterior is clad in wood siding, with shingled gables, painted trim and cut stone accents.

The home measures 27 feet, four inches wide and 59 feet deep, totalling 1,952 square feet of living space.



Plans for design 9-3-205 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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Planning takes off for Exercise Maple Flag 44

by Karen Biondi
The Courier Newspaper

While June might seem like a long time in the future, planning for the 2011 edition of Exercise Maple Flag is in full swing.

Maple Flag is an international air combat exercise hosted annually by Canada at 4 Wing Cold Lake, Alta. It provides Canadian and international aircrews with realistic training in a simulated air combat environment.

The International Planning Conference for Exercise Maple Flag 44 took place last month at the Air Force Tactical Training Centre (AFTTC) at 4 Wing Cold Lake, Alta.

The conference gives participating nations the opportunity to indicate what training goals they would like to achieve during the exercise. They can check out the area where the exercise is held, including: hangar space, tactical ramps and offices.

Maple Flag 44 is scheduled for May 30 to June 24, 2010 – approximately four weeks. While there are still another three to four months for other nations to jump on board, some of the nations



Photo: Pte Laura Brophy

A CC-150 Polaris air-to-air refueller refuels a Canadian CF-18 Hornet fighter jet during exercise Maple Flag 42 in 2009.

and aircraft already expected this year include:

Canada: Two squadrons of CF-18s; French Air Force: Mirage 2000D, Mirage 2000-5, Mirage 2000N and Rafale aircraft; Singapore: F-16 Vipers; A United States Air Force aggressor squadron that will simulate the “enemy”

force: F-16 Vipers.

Many nations, including France and Brazil, will be bringing transport aircraft. The French and U.S. Navy will be bringing air command and control assets.

Conversations are also taking place with the U.S. Navy and Marine Corps about the

possibility of some of their aircraft participating in the exercise.

It takes six to seven months to sort out logistics, such as transport, food and accommodations. The AFTTC is now dealing with the tactical details of Maple Flag, and also looking at how

to build the air space, what frequencies are going to be used, what targets need to be booked and how the enemy will be simulated (the type of threats).

While each Maple Flag is built around the same framework each year, national training objectives of each nation can vary.

One request that came out of the planning conference is having a mission where fighter aircraft closely escort transport aircraft.

“[Transport aircraft] go low, slow and they’re juicy targets,” explained Lieutenant-Colonel Kirk Soroka, AFTTC’s commanding officer. “The fighter guys like to protect them and the other fighter guys like to go and shoot them down. When they are full of Canadian troops, we like to make sure they are protected well.”

Other training missions could include a large casualty evacuation scenario, a large force employment of air combat power or transport insertion under close conditions or hostile actions. Maple Flag 44 will also see more airplanes in the air, creating denser flying.

It’s shaping up to be another exciting exercise!



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The Touch the Heart coming to 8 Wing/CFB Trenton on February 14th.






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Protect your home while you escape the cold

By Gillian Birch

(NC)—As the winter season drones on, many Canadians are escaping the cold by jetting off to tropical destinations. But before you head south, remember that your home needs extra protection to prevent against theft and water damaged while you're away.

"Vacations are an opportunity to relax and escape our everyday lives," says Wayne Ross, insurance expert at Aviva Canada. "Ensuring your home is protected during your absence can safe-guard against unwanted damage and added costs."

Ross suggests the following tips to keep your home protected while vacationing:

- Make a home look occupied

when away. Park a car in the driveway, install an indoor light timer, place newspaper subscriptions on hold and ask a neighbour to collect mail.

- Install a security device with a loud alarm or flashing lights. Some alarms can contact authorities directly when they have been activated.

- Use deadbolt locks on all doors. Ensure doors, including garages and sheds, are locked and secured. Be sure to remove any house keys from obvious hiding places, such as under doormats or flowerpots.

- Ensure all windows are locked. If your windows are old, consider upgrading to ones with improved locking systems.

- Have your walkway shovelled

after every snowfall. Snow removal will make your home look occupied. If you have a car parked out front, have a neighbour remove any snow build-up.

- Turn down the heat to no lower than 55 °F (13 °C). A low heat setting will prevent your water pipes from freezing or bursting.

- Have your home checked. Some insurance policies require that if you are away for more than a few days, a responsible party must check your residence daily to ensure an appropriate temperature is maintained to avoid pipes bursting and serious water damage.

For more information on how to guard your home during winter vacation and ensure a stress-free return, contact your insurance broker or visit www.avivacanada.com.

Your sewer's backed up – now what? Key Questions to Ask your Plumber

(NC)—Unexpected plumbing issues can be messy and frustrating to deal with. Many plumbing problems such as a dripping pipe or clogged toilet can be resolved within the walls of your home. However, when you're dealing with a problem such as a wet basement thanks to a backed up sewer line, you or your plumber may have to go beyond the outside walls of to correct the problem. That's when you need to remember to put safety first.

If you need to clear a blockage in your sewer line beyond the walls of the building, it is very important that you or your plumber contact Ontario One Call before any work starts. Otherwise, you could be putting yourself, your family and neighbours at risk.

- Here's why you need to call:
 - It is possible that some natural gas lines could intersect with sewer service lines.

- Ontario One Call offers free natural gas sewer safety inspections on behalf of Enbridge Gas Distribution throughout their service area, even if you are not a natural gas customer.

- Using rotating or water jetting equipment near a natural gas line could cause damage to the natural gas line.

- Damage to a natural gas line can result in a gas leak, fire or explosion.

"Your safety is our priority and that's why we are taking proactive steps to address this industry issue," says Jamie Milner, vice president, Enbridge Gas Distribution. "We are working to raise awareness about sewer safety. We want everyone to be well informed so that they can take the appropriate steps to minimize risk to themselves and others."

Before any work starts in a sewer

line beyond the outside walls of the building, contact Ontario One Call via their website www.on1call.com or over the phone at 1-800-400-2255.

When working with a plumber to fix a blocked sewer, ask them if they need to perform work beyond the outside walls of your home or building?

- If no, you don't need to contact Ontario One Call.

- If yes, ask if they have called Ontario One Call and confirmed it is safe to proceed using rotating or flushing equipment?

- Or, will they instead be completing a video inspection of the sewer line to confirm there are no natural gas lines present?

Use these questions to confirm with your plumber that the work they're conducting is safe.

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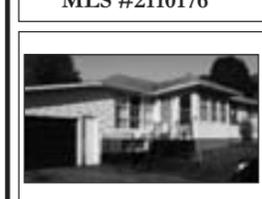


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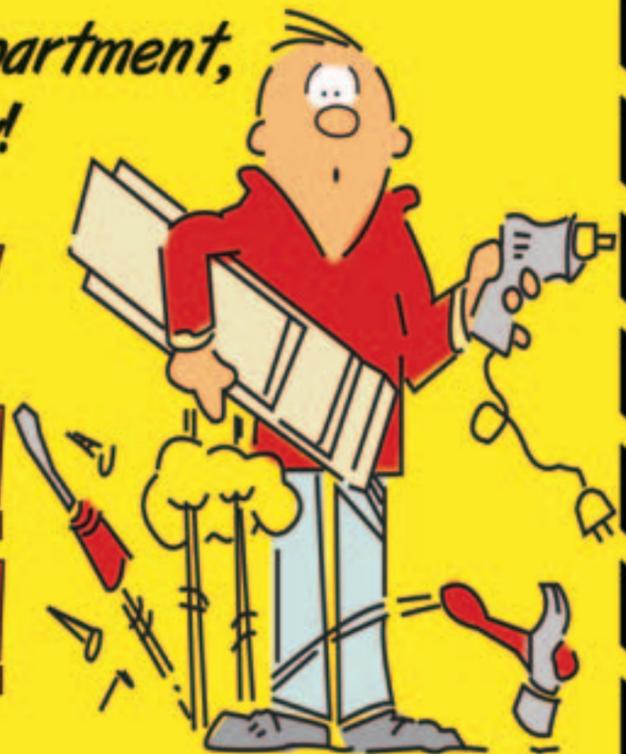
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