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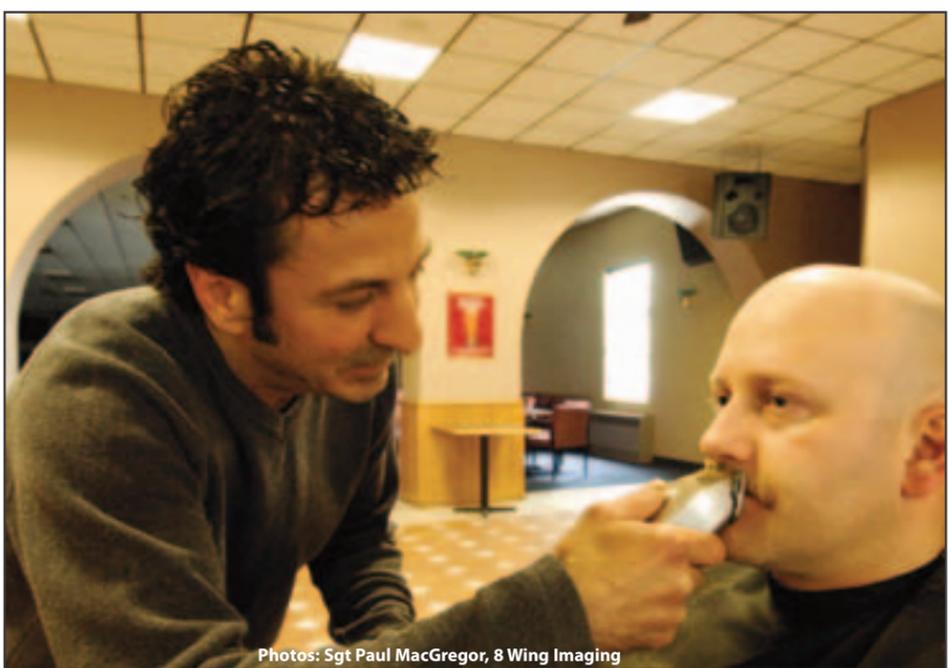
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HAIR TODAY, GONE TOMORROW: RAISING MONEY FOR CANCER



Photos: Sgt Paul MacGregor, 8 Wing Imaging
 (Left) Tony Bommarito attacks Corporal Dale Trzop's mustache with his clippers, and, at right, Sergeant Dan Gorman dreams of his hair as Bommarito puts the finishing touches on his head with his clippers. Sgt Gorman and Cpl Trzop, both from Wing Telecommunications and Information Services Squadron (WTISS) decided to shave their heads to raise money for the Canadian Cancer Society. The pair was able to raise over \$1200.00 for the cause.

Life after the Canadian Forces -- this program can help

by Veterans Affairs Canada

Where do I go from here? It's a very common question for military personnel as they release and start looking for a civilian career or transition to retirement. There's a program that can help you, with one-on-one job coaching and a job bank. And it's available to just about everyone who ever served in the CF. It's been a while since you've ventured into the civilian job market, and you could use some help. That's why Veterans Affairs Canada's (VAC's) Job Placement program, based on a highly successful British Ministry of Defence model, was developed as part of the New Veterans Charter. Developed in conjunction with the CF, the program helps releasing personnel find rewarding new careers when they leave the Forces. To ensure that the program is effective, VAC has contracted with Right Management, a company possessing extensive expertise and 25 years experience in the career transition business. "We're honoured to be in the position of supporting the men and women of the Canadian Forces," says Bram Lowsky, Right Management Canada General Manager, "individuals who have built careers in the military and now are ready and willing to find active

employment in the civilian job market." For most releasing personnel, this represents their first civilian career search, which can make the transition challenging despite the fact that most personnel possess skills and leadership abilities that are highly sought by employers. A recent University of Victoria study of a small group of CF veterans showed many veterans identified finding a satisfying post-military career as a key element for a successful transition to civilian life. That's why the opportunity to sit down with an experienced career coach and build a plan is a crucial first step. Once you've spoken with VAC to determine if the Job Placement Program is right for you, you'll work with Right Management to create a plan that identifies your transferable skills, write a strong resume outlining your past responsibilities and achievements, and map out your job search campaign. These steps will help ensure that you, and your family, have a successful transition to civilian life. Once you have submitted your release or received your release instruction, and completed the workshops, you will join the full program and meet with one of Right Management's coaches. This is the "all about you" part, where you begin to build and execute

your plan based on your interests and aspirations. "The expertise of our career coaches is what makes us so successful," Mr. Lowsky says. "We help people transition their careers and find a rewarding and challenging opportunity that they can be passionate about." Finally, you will launch your job search. This is simple with the help of Right's national network of job finders who promote CF veterans to business communities throughout Canada, to help identify jobs. For the CF, Veterans Affairs Canada and Right Management, the goal is very clear -- to help all releasing CF personnel, including some classes of Reservists, find civilian careers that are appropriate, rewarding and challenging, and to do so as quickly as possible. "At Veterans Affairs," says Minister of Veterans Affairs Greg Thompson, "we're very pleased to have this opportunity to use the expertise of Right Management to assist CF personnel in making their transition successful." To learn more about the Job Placement program, speak with your Personnel Selection Officer, telephone Veterans Affairs Canada at 1-866-522-2122, or go to www.vacacc.gc.ca. *Version française, p. 3*

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Wing Commander's Column

A message from Colonel Mike Hood



One of the thoughts that some of you may have heard me opine on from time to time, is my ardent desire to ensure that we never forget the proud lessons of our past as we step forward into this next great chapter of Air Mobility renewal. I was fortunate in 1999 to attend the Wing's celebration Mess Dinner in honour of the 75th Anniversary of the RCAF. It was a grand affair with many hundreds of us gathered in 424 Squadron's hangar. Addressing us that evening were two of the RCAF's finest: LGen Chester Hull and LGen Reg Lane. Both decorated airmen who came into our Air Force as bomber pilots during the Second World War.

So as we take stock of where we are today and plot our path forward through the next few years of new capability and infrastructure, I thought it timely to share with you LGen Hull's thoughtful speech of that evening. It is reprinted with his kind permission.

I am honoured to be asked to address you on this the occasion of the of the RCAF's 75th Birthday. However, I was reminded the other day that Canada has had an Air Force since 1918, and that I grew up and served in its various forms for 80 of those 81 years. I am proud to have been associated with an organization that has lived up to its motto: Per Ardua Ad Astra

Through adversity to the stars. The spirit that is the foundation of that motto was generated in World War I, when 23,000 Canadians served in British Air Units, and when 20 per cent of the officers in the Royal Air Force at the end of the War were Canadian. Of the 27 British fighter pilots credited with 30 or more victories, 10 were Canadians; and among those 10 were the Empire's two leading surviving aces - Bishop with 72 victories and Colishaw with 60. Let

me quote from the newspapers of a day in May 1940, when Air Marshal William Bishop addressed about a thousand airmen of RCAF Station Camp Borden, after pinning wings on members of my class:

"There have been good air forces inadequately equipped, and there have been poor air forces well equipped. But there has never been, and there never could be, a good air force, no matter how well equipped, without the right kind of personnel and the right spirit."

After describing the German superiority in aircraft in World War I, and the advantages that wind direction and weather gave the enemy, he went on to say, "The wonderful thing about all this is that then there was no established tradition. Air fighting was so new that our pilots had to build up their own models of conduct. The extraordinary superiority of certain individual squadrons were the units that established the traditions with which we finished the war. The ones whose leaders developed that difficult to define spirit. Spirit or "Esprit de Corps" is not instinctive, and like every other worthwhile quality, needs continual cultivation. Judging from what I have seen of the personnel of the Royal Canadian Air Force in recent months, (early 1940) I am confident that there is no cause for apprehension on this score"

The reason for the Air Marshal's "apprehension" was the possible loss of that spirit in 1932, because of the drastic cuts to the RCAF, both in personnel and money. (The tiny air force of 178 officers and 700 men had been reduced by 75 officers and 100 men, leaving 103 officers and 600 men to carry on). But somehow that spirit survived, and I will describe, briefly, just two examples of that spirit -

one in 1927-28 and the other in 1936.

Between World Wars I and II, very little flying of a military nature was conducted. Instead, the RCAF was tasked to conduct operations to suppress illegal fishing, liquor and narcotics smuggling on the East and West Coast; and aerial survey, photography and forest fire suppression operations in the rest of Canada.

My first example of the right spirit was in 1927-28 and took place on a survey and photo operation to study ice and navigation problems in the Arctic approaches to Hudson Bay. S/L Lawrence and 43 officers and airmen, one small open cockpit Moth seaplane, and six new Fokker monoplanes equipped with wheels, floats and skis, in which the pilot sat in an open cockpit, were transported by sea to Port Burwell, at the north-east tip of the Bay of Ungava, and spent the next 15 months in the Arctic. Those of you who have had a tour at Alert will appreciate what this small unit had to contend with living in temporary huts, temperatures as low as minus 35 degrees and they had no airborne radios, and only a magnetic compass and an Eskimo observer to navigate in that often very unfriendly area. For some reason pigeons were not included in the unit establishment, although they were routinely carried on the West Coast aircraft for emergency communications with base.

A detailed account of this expedition is given in Volume 17, No. 4, of Roundel, available in the Museum Library, but I'll quote a summary from the "RCAF Logbook," another document available in the Museum.

On the 17th of February 1926, the middle of winter, one of the Fokkers was abandoned when the pilot F/O Lewis and FS Terry, lost in a snow storm, overshot Port Burwell and force landed

on the ice of the Atlantic. The two airmen, and "Bobby," their Eskimo guide, walked through huge ice hummocks some 22 feet high, with deep cracks and crevasses, and stretches of open water, which they navigated on ice pans. They got back to base after an absence of 13 days and arrived frostbitten, hungry and weary, but in surprisingly good physical condition. On two other occasions, aircraft were forced down and one of them was missing for nine days. Even the details in the Roundel do not do justice to the fortitude and determination of those small air force crews. Nor were any of them given any special recognition, although in many ways what they did could be equated to the NASA mission of putting a man on the moon.

The second example occurred in 1936 in the North West Territories, RCAF aircraft were still not equipped with radios, and once again no pigeons were available. On the 17 of August 1936, F/L Coleman and LAC Fortey, of 8 (GP) Squadron, returning to Fort Reliance after delivering an engine to a downed aircraft on a survey flight, were also forced down with engine trouble. It was four days before Fort Reliance learned that the Fairchild aircraft was overdue. Bad weather greatly hampered the search, but, on the 14th of September, almost a month later, a message was found in an empty gasoline drum, and two days later the missing men were located. For the first three weeks Coleman and Fortey had existed on reduced rations; when these were exhausted they had nothing to eat except berries and some ground squirrels that they snared.

Once again this incident got little publicity and was almost taken for granted as part of normal operations.

The remarkable thing is that in all the operations for civil purposes, from 1924 to the

outbreak of World War II, none of the aircrew, or other persons in their aircraft, ever lost their life.

Although I may be encroaching on General Lane's topic, I would like to quote from an article that I received through the Internet just a few days ago. It is an article that appeared in 1976 in Saturday Night magazine, and is entitled RCAF, by Raymond Souster. And I am quoting extensively.

"Remembering once again how my generation trained itself silly in flying coffins of aircraft: capricious Tiger Moths, wing-flapping Ansons, ear-shattering Harvards, to be pilots, navigators, wags, gunners, engineers, bomb-aimers....

Then with wings freshly pinned on tunics had ourselves sea-sicked across the wolf-packed Atlantic, then deep in the press of mud of England trained again, with a crew we would live through or die with; drank ourselves floating at the White Swan, chased everything in skirts, and slept if there was any time left over....

Until that one nightmare evening we'll remember forever, we flew our first unreal op, to somewhere in France or Germany, braved the flak, the tracers of fighters, the searchlights, then made it back to base, cold, bone-tired, to rum-laced coffee at debriefings, eggs and bacon in the mess, engine-roar still ringing in our ears, but good earth to step on, to steady under...

After that the second trip, the third.... who knows how many? Some died one frozen night on take off, some were burned in a flash ball of fire, others froze in the sea, took one cannon-shell too many, and plunged like doomed birds. But still we flew out in our Lancs, and Hallis, each named so affectionately, painted over with: Madam X - Zombie - Little Lulu...

Rode out like over-dressed knights on black-shrouded chargers over Frankfurt, Hamburg, Dusseldorf, no hate really

in our minds, no blood-lust in our hearts as the bomb loads arrowed away, as the nights of hell lit up the fire-storms of streets, homes, factories...

Then the war ended; one by one the squadrons disbanded, those who were left came home to stirring bands at dock-side, to sweethearts and young wives, to a new world of small joys. Weeds grew higher on those runways down which our bombers once roared. Control towers sagged and Nissen huts rusted even more.

And now that they'd won the last battle our people were so anxious to forget that they quickly raised up monuments, placed dates in a history book, and said: Poor fools you were brave, but it really never happened; you were so young, so you knew no evil, so you learned to kill; but we will forgive you all, if you promise to forget it ever happened, if you forget your fallen comrades, and admit in time it was all a dream, a black dream from which you have now awakened.

Today, how many know that time - that spirit born of fear and defiance? Not so many, and perhaps better so. There was something precious lost, that only a few deserve to remember, something so unspoiled that all but a few would dishonour, something so unselfish that only the blessed of the gods can truly measure."

Back to the beginning.

Per Ardua Ad Astra! Coined figuratively, seldom uttered, but never forgotten, the motto expresses the spirit of the airman. Far from irrelevant, the motto of Canada's Air Force is of the essence of human accomplishment; it is the spirit of its own fulfillment, in peace no less than in war. It will endure, just as the airman, his qualities, and his tradition of valour, will forever endure. It will endure because these are the things that airmen live by.

Per Ardua Ad Astra.



La vie après les FC: le Programme d'aide au placement

par Anciens Combattants
Canada

Qu'est-ce que je fais à présent? Cette question revient souvent dans la bouche des militaires libérés qui cherchent à entreprendre une carrière dans la vie civile ou qui se préparent à la retraite.

Il existe un programme qui peut vous aider. Ce programme offre de l'encadrement individuel et comporte une banque d'emplois. Et il est accessible à presque toutes les personnes qui ont servi dans les FC.

Ça fait des lustres que vous n'avez pas été sur le marché du travail et vous pourriez certainement bénéficier d'une aide pratique. Voilà pourquoi le Programme d'aide au placement d'Anciens Combattants Canada (ACC) a été institué, basé sur un modèle très réussi du British Ministry of Defence, dans le cadre de la nouvelle Charte des anciens

combattants.

Élaboré en collaboration avec les FC, le programme aide le personnel en voie d'être libéré à trouver un emploi civil enrichissant lorsqu'ils quittent les Forces. Pour s'assurer que le programme est efficace, ACC a retenu les services de la société Right Management, compte tenu de sa grande expertise et de ses 25 ans d'expérience dans la prestation de services de r é o r i e n t a t i o n professionnelle.

« Nous sommes honorés de pouvoir appuyer les militaires des Forces canadiennes. Ces gens qui ont bâti une carrière dans les forces armées et qui sont prêts et disposés à trouver un emploi actif dans le marché civil » a déclaré Bram Lowsky, directeur général de Right Management Canada

Pour la plupart des militaires en voie d'être libérés, ceci représente leur première recherche d'une carrière civile, qui peut

s'avérer un défi de taille malgré le fait que la plupart des militaires ont les compétences et les capacités de leadership dont les employeurs ont besoin.

Une étude récente de l'Université de Victoria, portant sur un petit groupe de vétérans des FC, a révélé que de nombreux vétérans considèrent qu'une carrière satisfaisante après le service militaire est un élément essentiel de la réussite de la transition à la vie civile. C'est pourquoi la possibilité de rencontrer un encadreur professionnel et d'élaborer un plan avec cette personne constitue un point de départ crucial.

Dès que vous avez contacté ACC et déterminé si le Programme d'aide au placement vous convient, vous commencez à établir, avec Right Management, un plan précisant vos compétences transférables et à élaborer un curriculum vitae solide et une stratégie de recherche d'emploi. Ces étapes vous aideront, à vous

et à votre famille, à réintégrer avec succès la vie civile.

Une fois que vous avez soumis votre libération ou que vous avez reçu vos instructions de libération, et complété les ateliers, vous ferez partie du programme et vous commencerez à travailler avec un encadreur professionnel. Voici la partie « à votre sujet », où vous continuerez à étoffer et exécuter votre plan, compte tenu de vos intérêts et de vos aspirations.

« C'est grâce au savoir-faire de nos encadreurs que nous réussissons si bien. Nous aidons les gens à réorienter leur carrière et à se trouver un emploi stimulant et enrichissant qu'ils aiment » a déclaré M. Lowsky.

Finalement, vous commencerez votre recherche d'emploi. Cette étape est facilitée par le réseau national de placement de Right Management qui fait valoir les vétérans des FC auprès

du milieu des affaires afin de repérer des emplois dans les collectivités canadiennes.

Pour les FC, ACC et Right Management, le but est clair : aider le personnel des FC en voie de libération, y compris les réservistes admissibles, à trouver le plus rapidement possible un emploi civil convenable, enrichissant et intéressant.

« Nous sommes très heureux d'avoir la possibilité d'utiliser l'expertise de Right Management afin d'aider le personnel des FC à réintégrer avec succès la vie civile. » a déclaré Greg Thompson, ministre d'Anciens Combattants Canada.

Pour de plus amples renseignements sur le Programme d'aide au placement, communiquez avec votre officier de sélection du personnel, communiquez avec Anciens Combattants Canada en composant le 1-866-522-2022 ou consultez le site www.vac-acc.gc.ca.

Search & Rescue UPDATE



424 Squadron deployed a mobile search headquarters group to Trois-Rivières, Québec last week for the annual TIGEREX. Both Herc and Griffon crews were kept busy throughout the week with realistic SAR training scenarios around Trois-Rivières, ranging from crashed airplanes to airborne intercepts to stranded mountain climbers. The exercise was capped off with a simulated Major Air Disaster (MAJAD), which involved numerous equipment drops, several SAR-tech crews and Griffon evacuations. The exercise was a resounding success.

During the exercise, one of our Griffon Helicopters was tasked to stand by to assist with flood relief efforts in Edmunston, NB, but was later released. On the way home, Rescue 493 was tasked to search for a 40 to 50 year-old man who had gone overboard from a small boat in the St. Lawrence River between Montreal and St. Hubert. Though a thorough search was conducted, no one was found.

Monday night, our Herc was tasked to provide illumination to assist with a ground search underway to locate a missing 2 ½ -year-old near Coehill, ON. After running out of flares, Rescue 335 returned to Trenton for more flares, then returned to the scene. On the way back we were informed that the subject had been found alive and well.

Until next week, stay alert and stay safe.

Missions for 2008: 39 Missions for May: 2 Persons rescued: 7

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



WTISS Technical Services Flight is responsible for the installation and maintenance of all telephony and switching equipment on the Wing. They are also responsible for the switchboard services. Seen here are Edie Chapman (standing) and Alice Turgeon, two of WTISS Switchboard Operators, reviewing data before routing a call.

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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 Mike Hood, CD, Wing Commander, 8 Wing / CFB Trenton.

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- 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 #.
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- Please label all disks and hard copies with article name, contact person and phone numbers, date.
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IN MEMORIAM



In Memory Of
 Pte Courtney Manuel

Dec 5 1978 - May 7 2000

We little knew that morning God was going to call your name, In Life we loved you dearly In death we do the same. It broke our hearts to lose you You did not go alone, For part of us went with you The day God called you home. You left us beautiful memories Your love is still our guide, And although we cannot see you You are always at our side. Our family chain is broken And nothing seems the same, But as God calls us one by one The chain will link again.

Love Mom , Dad, Rikki-Lee & Kevin

Canadiana Crossword

Epithets

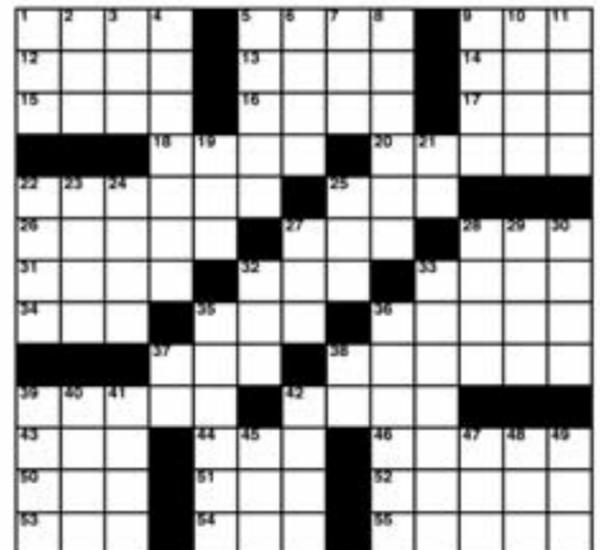
By Bernice Rosella and James Kilner

ACROSS

- 1 Bad actors, perhaps
- 5 Moises or Filipe
- 9 ___necks (Albertans jokingly)
- 12 Newspaper item
- 13 Normandy battlefield
- 14 Edible sorrel
- 15 Mentor
- 16 Rocky rises
- 17 Ironic
- 18 Stadium sounds
- 20 Bear
- 22 Weather map feature
- 25 Road house
- 26 Canted
- 27 Fen
- 28 Wildebeest
- 31 Le Carre character
- 32 Offspring
- 33 Chez ___
- 34 Cornered (with at)
- 35 ___ town (Calgary jokingly)
- 36 Spud ___ (Prince Edward Islanders, jokingly)
- 37 Rug
- 38 Mug material
- 39 ___ landers (British Columbians jokingly)
- 42 Up chuck
- 43 Ms Lennon
- 44 Every
- 46 Duck
- 50 Scanning tech.
- 51 Heat meas.
- 52 Tantalize
- 53 Nazi leader
- 54 Summer cooler
- 55 Caucasus dweller

DOWN

- 1 ___ Town (Toronto, jokingly)



- 2 ___ Ghraib
- 3 Soviet satellite
- 4 ___ Jumpers (Saskatchewanians jokingly)
- 5 Donald Sutherland, for one
- 6 Southeast Asian land
- 7 Over, poetically
- 8 Not celebrated
- 9 Cornfield features
- 10 Light brown
- 11 Stockwell and others
- 19 A kind of kernel
- 21 Health pro
- 22 Metrical foot
- 23 Greek portico
- 24 Slippery
- 25 Charged particle
- 27 Calgary's river
- 28 The one to blame
- 29 Rodin subject
- 30 Euro has-been
- 32 Drunkard
- 33 Newfoundlanders, jokingly
- 35 Pale green melon
- 36 Attached
- 37 Twelfth Greek letter
- 38 Prince Albert, for short
- 39 Fool
- 40 Fairy tale starter
- 41 Pamplona performer
- 42 ___nosers (Nova Scotians jokingly)
- 45 Co. trailer
- 47 ___ Boat
- 48 Compass pt.
- 49 Soak

See Answers, Page 17



This Week in Contact

1978 – Defence Minister Barney Danson has told the Canadian public that he wants to hear their views on whether Canadian women should be allowed to compete with men for those jobs which would take them into combat in a time of war. The Human Rights Act, proclaimed March 1 of this year, gives women powerful support in their efforts to gain right access to every job in the Canadian Forces. This Act says that an employer must not restrict employment on any grounds other than genuine occupational requirements.

1988 – Aviation enthusiasts at 8 Wing/CFB Trenton and in the local area will be interested in a promotional videotape to be shown on Sunday, May 8, 1988, at 5 p.m., on Cablevu 4. The tape promotes and offers insights on the upcoming FAN-JET RALLY to be held June 4 and 5 at Mountainview Airport.

1998 – At approximately 1600 on April 27, a major fire occurred at a tire salvage and scrap yard at Thomasburg, a small community just north of Belleville. The smoke from the fire could be seen as far away as Kingston and was from over 1,000 tires that had caught fire as the result of a welding operation that had ignited the grass in the area which in turn spread to the tires.

Created by Lt J. H. MacDonald,
 Compiled by Joel Wiebe.

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Totem Talk: what's new and exciting at 426 Squadron

by Capt Denise Olsen

Well, spring is finally here, the BBQs have started and 426 (T) Squadron is buzzing with activity. Instruction has been non-stop since the beginning of the new year with 20 courses currently in house. Since PERs are finally coming to an end, the squadron focus has turned to the business of the day – JTARs (Job Task Analysis Reports) and Qualification Standards. 426 (T) Squadron is always redefining and improving the instruction and courses to meet the operational requirements and future of our Air Force and military.

We recently welcomed Lieutenant-General Angus Watt, Chief of the Air Staff, for a visit while he was touring 8 Wing, taking some time out to have a casual chat with a number of Thunderbirds, tour the Cargo Compartment Trainer and the Simulator.

As well, we were honoured to have Honorary Colonel Arthur Sherwin and his wife Elaine join the Thunderbird family. A wonderful investiture ceremony was held on April 17, 2008 at the Officers' Mess. We look forward to getting acquainted with them, hearing HCol Sherwin's stories and exchanging our experiences. HCol Sherwin will be present at the squadron's upcoming mess



dinner, and we can expect to see both him and his wife at future squadron events.

426 (T) Squadron will be saying goodbye to those people posted out this year with a squadron BBQ and mug-out at Baker Island in June. Should be a great day!

This past month, a 426 (T) Squadron member challenged the

squadron to participate in their own version of the show "Oprah's Big Give." As usual, 426 (T) Squadron responded wholeheartedly and donated blankets, food, towels, brushes and cash to the Quinte Humane Society, the chosen recipient. In the end, one member couldn't resist the temptation and adopted a lovable mixed breed puppy.

Some news from various sections within the squadron: CTF loadmaster section has five students currently in their tactical phase with another initial loadmaster course (CR0801) preparing to commence Phase II (flying phase). WO Marin took an active role in the QS writing board for the new SAR course to be conducted by 426 (T) Squadron.

TOTEF had a busy month between hosting the Test and Evaluation Working Group, hosting the Operational Liaison and Acceptance Working Group, as well as on-going projects including TACET, SAR-Tech Bush Suit, Advanced Crew Ensemble and CH-149 Emergency Exit Testing. CTF Flight Engineer section saw a total of 11 QL5A students graduate, and are training seven other students on the two CC-130 Combat Ready Course serials in house, with four students due to graduate this month.

Major Thornley was recently posted in from 437 Squadron as the CC-150 Pilot Initial Project Officer. The creation of a small Airbus Training Flight at 426 Squadron this summer will allow the transfer of First Officer training from 437 Squadron to 426 Squadron.

A QS writing board was held last month to rewrite the FO QS as well as develop an AC QS in preparation for the first-ever New

Wings graduate for a September 2008 course serial. The pilot training joins the previously established CC-150 Loadmaster, Flight Steward and Flight Attendant training. Of note, Flight Steward/Flight Attendant Course 0703 completed Phases I and II of their course on March 18, 2008.

Six students in training were able to fill the Steward and Flight Attendant positions on numerous missions during the last troop rotation for Afghanistan. With completion of Phase II, these students will proceed to 437 (T) Squadron for the final phase of their training. The next CC-150 Loadmaster Course started in early May with four students.

Last but not least, Aeromedical Evacuation Training Flight (AETF) saw another course graduate nine students from the initial AE Course. Since then the staff has been preparing for a QS writing board, flying multiple missions bringing our injured soldiers home from Lanstul Medical Center, and establishing relationships with Kingston General Hospital for nursing opportunities to maintain clinical skills in specialized areas such as the ICU and Emergency.

It has been an eventful year to date and the pace looks to continue in the future. "On Wings of Fire!"

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Sports

VIEW FROM THE PINE



The horror. The horror. Well, the last Canadian team standing in the NHL Playoffs has been sent packing to join the Ottawa Senators and Calgary Flames on the golf course.

I would like to say they will be joining the Leafs as well, but the Leafs have been golfing so long now that they have probably moved on to more exciting pursuits like competitive bingo and Olympic diving.

Now, I am sure many of you are anxiously awaiting me to start in on a whiny tirade on how the Habs got screwed, but that's not going to happen. At least not this year.

Not to pull a Don Cherry or anything but I do distinctly recall saying that the Habs would only make it a round or two. Not win the Eastern Conference. Not win the Stanley Cup. Honestly, I think I'm more distraught at Carey Price suddenly becoming human than Montreal making a second round exit at the hands of the evil Philadelphia Flyers.

Well, at least I will always have Game Seven over Boston to keep me warm until this October.

So what exactly went wrong for Les Habitants, even though Montreal out-shot and outchanced Philadelphia throughout the series?

Carey Price is, of course, the major reason for their series loss. He just seemed to get weaker and less confident as the Boston (Game Seven notwithstanding) and Philly series dragged on.

You have to give the kid a break, though. He is only 20 and to throw him in with Dryden and Roy was a tad unfair. Montreal had a good team this year but it was nowhere near as talented as the team that surrounded Dryden or as special as the 1993 Canadiens Team of Destiny. But the kid is a keeper and he will win a Cup with the Habs one day.

The other major issue which I am sure Bob Gainey will try and address in the off season is the lack of size and grit up front.

This was exposed during the first round against Boston when Montreal basically lived off their third and fourth lines while waiting for their more talented forwards to get their collective acts together. Philly was watching.

They did not beat Montreal into submission by any means but a few big hits on the Habs' skilled forwards made the corners look less appealing to the Kostitsyn brothers than yours truly in a g-string on a riding lawn mower. Tough to get pucks by Marty Biron when no one is

willing to pay the price in front of the net to screen him.

The only other Second Round series worth watching was San Jose and Dallas as both Pittsburgh and Detroit did what they were supposed to do.

Give some kudos to San Jose for battling back against Dallas after being down in a deep, dark hole. Only a bit, though, as they were heavily favoured going in and on paper had the stronger team.

I'm not sure all of the blame for another early (at least by their standards) exit should be laid at the feet of Jumbo Joe Thornton as has been the case in the past.

San Jose did improve both their team defence and goaltending this year at the expense of their offense, and in the end, it was the lack of goals which killed them.

I guess if I am not going to blame Big Joe then I better give some props to Marty Turco for cementing his status as a money goaltender. He went head to head with Evgeni Nabokov, the leading 2008 NHL regular season wins leader and Vezina Trophy finalist, and came out on top.

I've always liked Turco and he is usually in net on most of my regular season hockey pools so it is nice to see him finally getting the praise he

deserves.

Well, my winning percentage has tanked for my playoff picks as I was only .500 for the Second Round.

So like the Leafs, I'm not bad enough to get a good draft pick but not good enough to be, well, good.

WESTERN CONFERENCE

Detroit Red Wings (1) vs. Dallas Stars (5): How do those old sayings go? Fool me once shame on you. Fool me twice shame on me. Do I pick Dallas?

Or, if it walks like a duck and quacks like a duck, it's a duck. Do I pick Detroit?

The Red Wings should be heavily favored going in but the Stars are already this year's giant killers. Twice. I suppose I should go with my brains and

pick Detroit but I'll never be accused of being Mensa material. Dallas in seven games.

EASTERN CONFERENCE

Pittsburgh Penguins (2) vs. Philadelphia Flyers (6): Now this will be a nasty, all Pennsylvania series.

The Flyers and Pens do not like each other which will make for some good, gritty hockey. The game plan for each team will be fairly simple as the Flyers will try and capitalize on their new era Broad Street Bullies reputation and Pittsburgh will bring it on offense.

Pittsburgh is more talented than Montreal and has more grit up front. My bet is that Philly's opportunistic luck ran out at the Bell Centre. The Pens win in six games.

By Gilmour Tuttle



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

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SPORTS & RECREATION

Summer Kidz Kamp

The 2008 Summer Kidz Kamp is open to children between the ages of six and 12 years old.

The Kidz Kamp will run weekdays, Monday through Friday, beginning on Wednesday, July 2, and running through until Friday, August 22.

This camp will fill up quickly so be sure to register early.

Registration for the military community began on Monday, May 5, 2008, at the RecPlex.

Registration for the general public will then open beginning on Monday, June 2, 2008.

Cost for military community members is

as follows: \$85 per week for one child, \$155 per week for two children, and \$200 per week for three children.

Cost for the general public is as follows: \$100 per week for one child; \$175 per week for two children; and \$225 per week for three children.

Please note: There is a special price for the first (short) week of camp, please call for details. Only cash or cheque for payment is accepted.

For more information please feel free to call 613-392-2811 ext. 3361 or 2349.

Evening Fitness Classes

Evening Spinning, Body Sculpting and Pilates classes will take place on Mondays and Wednesdays. Evening Cardio Combo classes will take place on Tuesdays and Thursdays.

Cost is as follows: \$40 for military personnel and CRA members; \$45 for military community non-members; \$60 for the general public; or pay the drop-in fee per class.

Registrations are now being accepted at the RecPlex.

VOLLEYBALL TRAINING IN BRAZIL



Photo: Amber Gooding, Contact Staff

Corporal John Ready (left), ATESS, Lieutenant Nick Verreault (centre), 426 (Transport) Training Squadron, Denis Gaboury (right), 8 Wing Fitness and Sports Director, and Second-Lieutenant Peter Hanly (missing from photo) prepare to travel to Rio De Janeiro, Brazil, from May 10 to 19 in preparation for upcoming volleyball competitions. The four CISM (Conseil International du Sport Militaire/International Military Sports Council) athletes will compete against the Brazilian military team, (and professional team), in preparation for the World Military Championship scheduled to be held in Warendorf, Germany, this June.

Provincial Park Passes available

Take advantage of our park passes and save on your entry to Sandbanks Provincial Park, North Beach and Presqu'île Provincial Park.

Provincial park passes are now available at the RecPlex. Passes are \$6

each and available on a one pass per family basis.

Passes cannot be reserved in advance. Passes are available to military personnel and CRA members ONLY.

CFB Trenton Golf Course Passes

Purchase your 18-hole golf pass at the RecPlex for \$25.

Passes are available to military and CRA members only. One pass per person.

WHL DIVISION B CHAMPIONS



The final game in the B Division of the Wing Hockey League (WHL) was played on April 9, seeing first place Aerospace and Telecommunications Engineering Support Squadron (ATESS) defeating second place Air Traffic Controllers (ATC). Acting Wing Commander, Lieutenant-Colonel D. Cochrane presents the Championship trophy to the ATESS Team Captain.

Ready for an adventurous Kayak Course?

A three hour kayak adventure on West Lake and Lake Ontario will take place on the following dates: June 4, 8, and 25; July 20, and 23; and August 6 and 20, 2008.

Cost for the course is \$55, \$60 or \$65, depending on status.

Limited space is available. Please register at the RecPlex today!

2008 Intersection Golf League meeting

Summer is almost here and it's time to organize the summer sports program.

The I/S Golf League organizational meeting is scheduled for Thursday, May 15, at 1400 hrs in The Gymnasium conference room.

The league is open to Canadian Forces military, DND and NPF full-time employees.

The I/S Golf League is at no cost for military personnel and \$10 per

round for DND and NPF full-time employees.

All interested Unit Sports Reps and Executives are to attend the subject meeting in preparation for the 2008 I/S Golf season.

The league will play at the 8 Wing/CFB Trenton Golf Course every Thursday afternoon.

For additional information, please contact the Dan Cormier, Military Sports Director, at local 3373.

Contact

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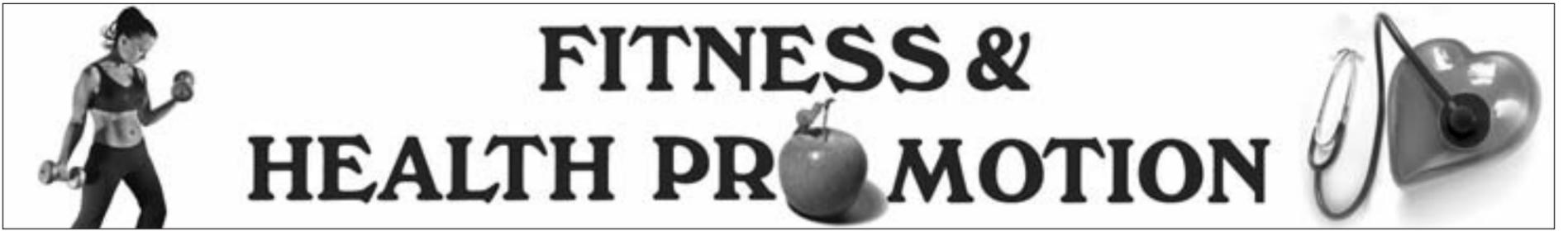
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Upcoming ASIST workshop

Health promotion invites you to a two-day workshop in Applied Suicide Intervention Skills Training (ASIST).

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Learn how to: Recognize opportunities for help; Reach out and offer support; Estimate the risk of suicide; Apply

a model for suicide intervention; and Link people with community resources. The ASIST workshop will take place on May 28 and 29, 2008.

Interested participants are asked to register by visiting the 8 Wing/CFB Trenton Health Promotion website at <http://healthpromotion.cfbtrenton.com> or call local 3768. There is no cost to attend this course.



Health, Wellness and Information Fair

Are you interested in getting information on the services provided by the Wing/Base and Quinte Region? Have questions but cannot find the time to make appointments? Don't know where to look?

Come to the Junior Ranks/WO's & Sgts Mess on Wednesday, May 21, 2008, anytime between 10 a.m. and 7 p.m. Bring a friend, your spouse or your children, and learn about the health, wellness and information services available to you.

Featuring the following service providers: The Military Family Resource Centre; Director Casualty Support Management; Veterans Affairs Canada; CF Health Promotions; Employment Support Services; The Volunteer Services

Quinte Region; The Learning Centre; Trenton Continuous Improvement Centre; SISIP Financial Services; Blood Services; The Dispute Resolution Centre; Harassment Education and Case Office; Heart and Stroke Foundation; Wing Personnel Selection Officer's Office; and many more.

Short presentations will also occur. If you are interested than please visit the Health, Wellness and Information Fair on Wednesday, May 21.

If you are interested in promoting your health, wellness or information services at this event, please contact Second-Lieutenant L.G. Rivera via email at rivera.lg@forces.gc.ca, in order to coordinate your requirements.

Canadian Forces National Red Run Health and Physical Fitness Strategy

As part of the Canadian Forces National Red Runs, the Air Force has decided to conduct an "Air Force Run to Afghanistan" at its wings.

Wings will be organizing their local events as part of the CF National Run and kilometers logged will be recorded and included in the total Air Force Run to Afghanistan.

In addition, 8 Wing/CFB Trenton organize the "Pedometer Challenge" to run the distance of the 'Highway of Heroes', some 170 kms during the month of June and the RED run event will be the start of this challenge.

The Red Run will take place on June 3, 2008, from 1000 to 1200 hrs, at the RV 2 Air Movements Squadron runway.

This event is open to all Wing/Base and Defence Team employees. All military and civilian personnel are encouraged to come out, wear a red shirt (which will not be provided), and support the CDS' Red Run.

Sign-up information will be available to all personnel soon, via email.



Shown above is Master Warrant Officer Timothy Power at the kick-off Canadian Forces Day celebrations on Parliament Hill on June 1, 2007. Over 5,000 CF members and Department of National Defence civilian employees took part in the 5 km run and walk from National Defence Headquarters to Parliament Hill in Ottawa.

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Parachute training the Dust Devils

by Sgt Eileen Redding
19 Wing Public Affairs

It has been coined 'just one big box of kitty litter' – thankfully without the surprises Snowball likes to leave.

It's a parcel of hot and dusty Arizona desert and for three weeks it's home to jumpers from 19 Wing's Canadian Forces School of Search and Rescue (CFSSAR).

For the first time in its 12-year history, the school has deployed here to conduct parachuting at one of the world's largest training facilities.

Skydive Arizona is a commercial drop zone located in Eloy, halfway between Phoenix and Tucson. Mini tornadoes called "dust devils" dance around the thousands of cacti dotting this otherwise barren landscape.

Sixteen Search and Rescue students and sixteen instructor/coaches, including augmentees from operational units and the Canadian Sport Parachuting Association (CSPA), are here to conduct freefall parachute training as part of the SAR Tech QL5 course.

Like Arizona's endless horizon, the benefits of going south

are easy to see. The weather is always good, and there's no shortage of airspace, there are more airplanes available and plenty of landing areas reserved for military special operations. There's also a freefall simulator in the form of a five-metre, state-of-the-art wind tunnel.

"This place is ideal," said Chief Warrant Officer Andy Morris, the 28-year veteran running CFSSAR. "Here, we can teach the whole gamut of parachuting, and that variety of skills gives jumpers the ability to analyze and react to situations rapidly. With that kind of 'air awareness,' they'll be able to deal with emergencies more quickly and more effectively."

Every jump here is one-on-one – one coach with one student.

"The students jump with a coach so they have immediate feedback on their performance," says CFSSAR's Sgt Dave Lazarowich. "This provides accelerated progression within a limited number of jumps."

To keep up the rate of jumps, parachute packing is done on site. Since a freefall rig is packed twice as fast as a static line parachute, the students can jump more

often. Quicker turnarounds mean more experience under a canopy.

By the time they're done here, the students will have completed approximately 40 jumps and 30 minutes in the wind tunnel in the three-week period. (Every minute in the wind tunnel equals one jump).

When they're done, the students will return to Comox and continue with training in a much different environment. They'll be conducting static line jumps with full gear into confined areas – areas often surrounded by towering trees.

It's a much more demanding task, but one they'll be the better for thanks to these three weeks spent training in Arizona.

"Coming down here is always one of the course highlights for us – staff and students," says Morris. "It's a blast, jumping this much. But it's important, too. These new SAR Techs will soon figure out that no jump is as tough as the ones you do for real, when lives are on the line. Fortunately, when we're done here, they'll have a whole new set of skills to draw from."

Graduation for the current CFSSAR course is scheduled for June 12.

Two sergeants-major in the same household?

by David Krayden
Air Force Writer

Call it just another organized Air Force household.

Warrant Officer Carol Monsigneur and her husband Warrant Officer Patrick Monsigneur are both being promoted to master warrant officer and on their way to the Canadian Forces Leadership and Recruit School (St. Jean, Que.) to maintain good order and discipline as company sergeants-major.

The military couple were recently honoured by Vice Chief of the Defence Staff Lieutenant-General Walter Natynczyk on Apr. 27 at a meeting of the Conference for Advanced Life Underwriting (CALU) held at the National Gallery of Canada in Ottawa.

WO Carol Monsigneur, currently a supply technician supervisor at 8 Wing Trenton, Ont., is responsible for maintaining spare parts for the CC-130 Hercules. She has deployed to Afghanistan, Bosnia and Alert.

"Supply technicians are of vital importance to all of our operations to enable us to get all the bits and pieces together – and keep them together to the highest standard – during day-to-day operations and missions abroad and up north. She has demonstrated and upheld the highest of fitness standards, truly exemplifying the fact that we expect all of our members and



Photo: Corporal Igor Loutsouk, 8 Wing Imaging

Warrant Officer Carol Monsigneur and Warrant Officer Patrick Monsigneur were recently recognized by the VCDS, Lieutenant-General Walter Natynczyk, for their military work and volunteer commitments. The two will be off to recruit school as company sergeants-major. Credit: Cpl Igor Loutsouk.

especially our leaders to be physically fit," said LGen Natynczyk.

WO Patrick Monsigneur was applauded for his work as a flight engineer and for his involvement with funding the Canadian Forces Soldier On Program (CFSOP). The CFSOP allows physically or mentally disabled CF personnel, serving or retired, along with similarly affected dependents, to fully engage in physical recreation or a sporting activity. The program

assists with their recovery and promotes a healthy lifestyle.

WO Carol Monsigneur describes the event as "absolutely wonderful. I'm still in awe." She says the honour was a surprise for her as she was just told to attend an event involving the CALU in Ottawa.

"I think we need to get more involved in our communities," she says, "and this gave us an opportunity to connect with the public."

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NHL JERSEY OF CHOICE

Photo: Sgt J. Sewell, 2 Air Mov Sqn



Major Aaron Spott (right), Commanding Officer of 2 Air Movements Squadron, presents Brad Istead of Trenton with the Grand Prize in the inaugural 2 Air Mov Sqn CO's Hockey Pool Challenge in support of 8 Wing/CFB Trenton's Government of Canada Workplace Charitable Campaign (GCWCC) for the United Way. The pool for the 2007-2008 NHL Regular Season successfully raised over \$400 and saw Mr. Istead squeak by the CO in the final weekend of play by a thin seven point margin. Prizes were awarded to the top three finishers, with first place taking home a fully customized NHL team jersey of their choice. Major Spott hopes to run an expanded pool for the 2008-2009 season, with even more prizes available to participants.

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TRADES WELCOME



Governor General's Foot Guards, Army News recognized

by Sergeant Lisa Leroyer

On April 15, 2008, representatives of TFA/TSE Camp Mirage Roto 4 presented the Governor General's Foot Guards and Army News with a token of appreciation for the performances and production of a DVD that was created for the re-dedication ceremony of the monument (cairn) located in Camp Mirage.

The cairn is located in the courtyard just outside the eating facility (mess). Many times throughout the day you would pass by and can't help but to reflect on those who have fallen, those who have survived and the reasons why you are there supporting those in Afghanistan.

The cairn was originally erected in mid-2006. Much care was put into the design. The area surrounding the cairn is very welcoming and peaceful. Many soldiers who come through Camp Mirage, on their way in and out of Afghanistan, spend time just sitting and thinking about their comrades. I felt some measure of pride having that monument there for them.

Camp Mirage Roto 4 personnel wanted to better highlight the cairn without altering the original design. As a result, the addition consisted of two black granite walls erected that jet out of two of the four sides. Sgt Pernel Franz, from the engineering section, came up with the idea and the design. In the evening, there are lights on the walkway around the cairn that shine on all areas, and next to it is the Canadian Flag. All of this is surrounded by lush green grass.

The reason for the presentation all started with

what I thought was a simple request to my sister. I asked her, Master Corporal Tammy Shaw, who is a vocalist and French Horn player with the Governor General Foot Guards, to record her singing Proud Canadian Soldier for the re-dedication ceremony of the monument.

After many emails, I realized that there is a lot more involved with making a recording. My sister mentioned my request to her boss, Major Frances Chilton-MacKay.

Maj Chilton-MacKay was very supportive of the whole idea and even went one step further--suggesting that, in addition to recording the music, that we should have the music accompany a video.

She took this idea and discussed it with Army News. Army News, from what I understand, agreed without hesitation to produce this DVD for the troops overseas. Upon completion of the DVD, it needed to be delivered to Camp Mirage in short order. I am not sure how they managed to get the DVDs on the next sustaining flight heading out to Camp Mirage, but they did it and it arrived just in time!

The re-dedication ceremony took place on November 29, 2007 in the evening. The members of the camp stood on either side of the cairn. The cairn was lit up, there was a prayer, and the DVD was played. The DVD was a great addition to our ceremony.

What the GGFGs and Army News had done was above and beyond anyone's expectations, and therefore they were presented with our roto coin designed by Sylvia Pecota, and our Roto group photo, with our deepest thanks.

Photos: Sgt Robert Comeau Army News



Sergeant Lisa Leroyer (left) and her sister, Master Corporal Tammy Shaw (right), hold the certificate that was presented to Army News and the Governor General's Foot Guards (GGFG). The certificate included the official photo of TSE Roto 4, as well as the roto coin and a picture, both designed by war artist Sylvia Pecota.



GGFG and Army News personnel attended the presentation at Cartier Hall during a special ceremony. From left to right: LCol R.F Foster, CO GGFG; CWO Gilles Laroche, CWO TSE Roto 4; Sylvia Pecota, war artist; MCpl Tammy Shaw, GGFG member; Sgt Lisa Leroyer, member of TSE Roto 4; Christian Coulombe, Army News; Capt André Salloum, 21C Army News; and Maj Frances Chilton-MacKay, SO Army Bands.



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424 Squadron personnel participate in TigerEX 2008



Photos: Cpl David Cribb, 8 Wing Imaging



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A 424 Squadron CH-146 Griffon Helicopter prepares to hoist two Canadian Coast Guard SAR (Search and Rescue) members from a Coast Guard Hovercraft, in a cooperative training exercise. Personnel from 424 Transport and Rescue Squadron deployed to Trois-Rivières, Quebec, for a four-day exercise to train for SAR operations that sometimes require the squadron to deploy from its home base, 8 Wing/CFB Trenton. The other purpose of the exercise, code-named TIGEREX 2008, is to qualify squadron members to be searchmasters for a deployed search headquarters. From Trois-Rivières, 424 T&R Squadron held a SAR posture with both the CC-130 Hercules aircraft and the CH-146 Griffon throughout the exercise, April 30- May 4, 2008.

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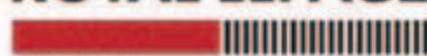
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Identify and eliminate yard hazards



Submitted by
Don Heans,
Wing General Safety
Officer

Your child will probably spend a significant amount of time in the yard.

Supervision for young children playing in a yard is very important. If possible, your yard should be fenced.

Many of the hazards in a yard result from poor yard maintenance.

Young children especially will try to put anything they find into their mouths. Take a good look around, and put away or fix any hazards you find.

Fences are a great idea to help keep your children in the yard, and other children and animals out.

They can be a great assistance in helping to prevent children from gaining access to the street.

But you have to

remember that children can climb fences.

Children can also open gates, so there is no guarantee that your children will not leave a fenced yard.

Identify the types of plants you have in the yard to determine if they are poisonous.

Once you know what they are, you can call the Poison Control Center in your area to see if they are in fact poisonous.

Don't allow your children to play in areas where you have just used horticultural sprays or powders.

Some lawn and garden products are highly toxic, with toddlers and pets at highest risk during their frolics in the grass.

Read and heed the manufacturer's warnings concerning fertilizers, insecticides and weed killers.

Cut sharp branches which are at eye level or lower. Eyes have been poked out when children have run into such hazards.

Clean up pet droppings as soon as possible. Cover your sandbox. You don't want your children digging up the neighborhood cat

feces.

Clean up cigarette butts. They are not healthy for children or anyone else.

Make garbage cans inaccessible; they not only cause odor but they also harbor bacteria.

Make sure nails, screws, and other sharp objects are picked up. This could prevent a trip to the hospital for your child or yourself.

Take a good look at your deck to see if there are places where small heads could become entrapped.

If you have a wood pile, be sure it is stable and won't fall down on a child.

Children can sometimes find these piles fascinating places to play.

Make sure that neither bees nor wasps are building a nest in the wood pile or anywhere else in your yard.

Fatalities have resulted when children and adults have unintentionally stumbled upon a wasp nest.

If you have a backyard fire pit, make sure your children and other children visiting respect fire and stay clear of the fire pit.

When barbecues are in use, they are hot! Make sure your children will not be able to come into contact with a barbecue in use. Keep them at a safe distance.

More than two-thirds of the children injured by lawn mowers were bystanders; more than three-quarters of those hurt required amputation (mostly toes and feet), according to the *American Orthopedic Foot and Ankle Society*.

Lawn mowers can pick up and throw stones, nails, pieces of wire, or other debris at a very high rate of speed.

Keep your children away from the danger by keeping them away from the lawn mower until they are old enough to understand how dangerous it can be.

Similar dangers to those encountered with lawn mowers are present when you are using hedge trimmers and snow-blowers. Keep children and all bystanders well away from flying debris.

Falls from trees are a common injury in back yards. Unintentional hangings can also happen. Do not let children play with ropes around trees.

AT THE FOREFRONT OF SAFETY



Photo: Amber Gooding, Contact Staff

Personnel from Defence Construction Canada (DCC), the Department of National Defence (DND), the Construction Safety Council of Ontario, the Workplace Safety Insurance Board (WSIB) of Ontario, the 8 Wing Fire Department, and the 8 Wing Military Police Squadron, gather for a group shot during the Safety and Health Show on May 7 at 8 Wing/CFB Trenton, in conjunction with the 2008 North American Occupational Safety and Health Week (NAOSH). The partnership between all entities works to establish and promote safety and relating practices.



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Totem Talk: what's new and exciting at 426 Squadron

by Capt Denise Olsen

Well, spring is finally here, the BBQs have started and 426 (T) Squadron is buzzing with activity. Instruction has been non-stop since the beginning of the new year with 20 courses currently in house. Since PERs are finally coming to an end, the squadron focus has turned to the business of the day – JTARs (Job Task Analysis Reports) and Qualification Standards. 426 (T) Squadron is always redefining and improving the instruction and courses to meet the operational requirements and future of our Air Force and military.

We recently welcomed Lieutenant-General Angus Watt, Chief of the Air Staff, for a visit while he was touring 8 Wing, taking some time out to have a casual chat with a number of Thunderbirds, tour the Cargo Compartment Trainer and the Simulator.

As well, we were honoured to have Honorary Colonel Arthur Sherwin and his wife Elaine join the Thunderbird family. A wonderful investiture ceremony was held on April 17, 2008 at the Officers' Mess. We look forward to getting acquainted with them, hearing HCol Sherwin's stories and exchanging our experiences. HCol Sherwin will be present at the squadron's upcoming mess



dinner, and we can expect to see both him and his wife at future squadron events.

426 (T) Squadron will be saying goodbye to those people posted out this year with a squadron BBQ and mug-out at Baker Island in June. Should be a great day!

This past month, a 426 (T) Squadron member challenged the

squadron to participate in their own version of the show "Oprah's Big Give." As usual, 426 (T) Squadron responded wholeheartedly and donated blankets, food, towels, brushes and cash to the Quinte Humane Society, the chosen recipient. In the end, one member couldn't resist the temptation and adopted a lovable mixed breed puppy.

Some news from various sections within the squadron: CTF loadmaster section has five students currently in their tactical phase with another initial loadmaster course (CR0801) preparing to commence Phase II (flying phase). WO Marin took an active role in the QS writing board for the new SAR course to be conducted by 426 (T) Squadron.

TOTEF had a busy month between hosting the Test and Evaluation Working Group, hosting the Operational Liaison and Acceptance Working Group, as well as on-going projects including TACET, SAR-Tech Bush Suit, Advanced Crew Ensemble and CH-149 Emergency Exit Testing. CTF Flight Engineer section saw a total of 11 QL5A students graduate, and are training seven other students on the two CC-130 Combat Ready Course serials in house, with four students due to graduate this month.

Major Thornley was recently posted in from 437 Squadron as the CC-150 Pilot Initial Project Officer. The creation of a small Airbus Training Flight at 426 Squadron this summer will allow the transfer of First Officer training from 437 Squadron to 426 Squadron.

A QS writing board was held last month to rewrite the FO QS as well as develop an AC QS in preparation for the first-ever New

Wings graduate for a September 2008 course serial. The pilot training joins the previously established CC-150 Loadmaster, Flight Steward and Flight Attendant training. Of note, Flight Steward/Flight Attendant Course 0703 completed Phases I and II of their course on March 18, 2008.

Six students in training were able to fill the Steward and Flight Attendant positions on numerous missions during the last troop rotation for Afghanistan. With completion of Phase II, these students will proceed to 437 (T) Squadron for the final phase of their training. The next CC-150 Loadmaster Course started in early May with four students.

Last but not least, Aeromedical Evacuation Training Flight (AETF) saw another course graduate nine students from the initial AE Course. Since then the staff has been preparing for a QS writing board, flying multiple missions bringing our injured soldiers home from Lanstul Medical Center, and establishing relationships with Kingston General Hospital for nursing opportunities to maintain clinical skills in specialized areas such as the ICU and Emergency.

It has been an eventful year to date and the pace looks to continue in the future. "On Wings of Fire!"

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HOROSCOPES

Weekly Astrology by Christine Davison

May 11 - May 17

ARIES (March 21-April 19): People love how generous and fun you often can be. You may be asked to give advice, favours or assistance. The weekend may bring a serious or intense time. You may wish to keep your impulsive nature to yourself and consider your words and actions closely around this time to avoid hurt feelings. Luck is with you.

TAURUS (April 20-May 20): You may wish to become less involved with public or professional possibilities and more involved with private ones. Your feelings are openly apparent to almost anyone and everyone that you encounter. This is a wonderful time for you, Taurus. Someone may want to do something special with you or for you.

GEMINI (May 21-June 20): This is a good time to look into issues that may have been causing small upsets between you and someone you care deeply for. If you mend hurt feelings now then the upcoming weekend may be spent enjoying wonderful times and sensual adventures with the people who matter to you most of all. Make moral choices.

CANCER (June 21-July 22): Try to employ diplomacy and patience when dealing with community members and long term goals, especially when discussing plans and feelings on Friday or Saturday. You're a good person and may find many ways to prove this to your loved ones and the world at large over the next few days. Your future path begins now.

LEO (July 23-Aug. 22): You may make a new friend this week who might become one of your closest allies, but only if you play your cards right. Try to say the right thing at the right time. Others value your worldly wisdom and wise ways. Your generosity speaks volumes about you. There may be swift and sudden changes and opportunities.

VIRGO (Aug. 23-Sept. 22): If you maintain an air of diplomacy and encourage others to do the same, then you may soon have good news from someone regarding a situation you once deemed lost or unfixable. Your wisdom and experience may be able to mend hurt feelings. Try to say something sweet, without sounding condescending and you may make peace.

LIBRA (Sept. 23-Oct. 22): You have an immense amount of untapped power and potential that others often suspect about you, but you, yourself, deny. You hold a magnetic influence over people. If you make moral decisions, then you may be able to gain allies and gain your deepest desires. Remain patient around Friday; don't lose your cool.

SCORPIO (Oct. 23-Nov. 21): Someone from your past may think often about you. This may be a good time to act in an open and inviting manner to be able to get what you want from whom you desire most. You may find your true love if you seek out mysterious and secretive sorts of people. If you show your true feelings this weekend, then watch out!

SAGITTARIUS (Nov. 22-Dec. 21): You may feel as if you have no choice, lately. Try to make decisions that help you and cause as little harm as is possible. If there is someone in your life who is acting like a sycophant, then it may be time to sever relations and begin to take better care of yourself and your own needs and desires for awhile.

CAPRICORN (Dec. 22-Jan. 19): You may feel as if it is becoming more and more difficult to juggle family responsibilities and work, with the other more pleasurable aspects of your life. You do love your home and all who live there, however you also need to show your affection for those you care about whom live outside of your house.

AQUARIUS (Jan. 20-Feb. 18): This may be a very fortunate week for you, no matter what it is that you do or say. It's a great time to work upon relationships with older relatives and long lost relations or those that you're currently close to. If you miss someone, then there is a very good chance that they miss you, too. Throw a party on Friday.

PISCES (Feb. 19-March 20): This is an excellent time to make new acquaintances and create stronger friendships and familial bonds, this week, Pisces. If someone has been approaching you with questions, complaints or compliments, then make sure that you tell them exactly what you think and how you feel. Be diplomatic and open this weekend.

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

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Not In My Backyard! by Dale Taylor



DEAD AIR BY DAVE JOHNSON



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There will be an Invisible Ribbon Parade & Rally - Supporting Military Families - on Saturday, September 20, 2008, beginning at 11:00 a.m. All proceeds will be donated to the Trenton Military Family Resource Centre. Mark the date on your calendar and join us for static displays and entertainment. If you would like to join the committee, please call Ena at 613-394-1635.

Frankford Riverfest ~ Frankford Tourist Park May 16 - 18

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WORSHIP SERVICES

<p>Our Lady of Peace (RC) Christian community - communauté catholique</p> <p>Notre-Dame-De-La-Paix (CR) Chapel Life Co-ordinator <i>Father Philippe Boudreau</i> Co-ordinateur de Vie de Chapelle</p> <p>Masses-Messes Sunday Mass (E) at 1015hrs Messe dominicale: 11h30 Monday through Friday at 1200hrs</p> <p>Confession - Réconciliation Please, contact the Wing Chaplains' Receptionist to get in touch with a RC priest prior to coming over. <i>Il est préférable de communiquer avec la réceptionniste des aumôniers afin de prendre vous-même arrangement avec le prêtre CR de la chapelle.</i></p> <p>Chapel organisations (RC) Chapel Pastoral Council: third Tuesday - 1900hrs Knights of Columbus: first Thursday - 1900hrs CWL: second Tuesday - 1900hrs Chorale: mercredi - 19h00 Choir: Monday - 1900hrs</p> <p>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. <i>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.</i></p>	<p>St. Clement Astra (P) Protestant Community</p> <p>Chapel Life Co-ordinator <i>Padre Mike Adamczyk</i></p> <p style="text-align: center;">Worship Service</p> <p>Sunday Divine Worship, 0900hrs Holy Communion: 1st Sunday of the month</p>
---	--

Annual Base Wide Yard Sale

Saturday, May 31st
The more the better!
For those who live off-base and would like to participate, it is possible to rent a table for \$10 at the MFRC and set-up in the parking lot.

Vente de garage annuelle du Parc Middleton

Le samedi 31 mai
Plus il y en a, mieux c'est!
Pour ceux qui vivent à l'extérieur de la base et voudraient participer, il est possible de louer une table pour 10\$ au CRFM et s'installer dans le stationnement.
Information & reservation: 613-965-3575.

The CFB Trenton Yacht Club has postponed the start date of the Adult Keel Boat Course until May 12.
For more details, please call 613 475-4427.

FRANCO-PHARE

Fashion Show for Mother's Day

Saturday May 10 at 7pm at Marc Garneau High School
30 Fullerton Avenue, Trenton

Cost: members - \$10 per person or \$20 per family
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For more information, call 613-848-5080 or visit: www.franco-phare.ca

Showcase

Showcase



Pte(T) K. Rehberg
received a promotion to that rank,
presented by Capt H. Ewing, A/WSupO.



Pte(T) D. Bonville
received a promotion to that
rank, presented by Capt H.
Ewing, A/WSupO.



Cpl A. MacDonald
received a promotion to that rank,
presented by Maj D. Miller and
WO D. Fulford, 24 CF Health Svcs.



Cpl M. Morin
received a promotion to that rank, presented by
Capt Y. Lahaie-Bélanger, and MWO G. Rodrigue, 8AMS.



Sgt C. Gill
received a promotion to that rank, presented by
Capt R. Leighton, A/WCEO.



MCpl G. Cornfield
received a promotion to that
rank, presented by
Capt R. Leighton, A/WCEO.



WO D. Buchan
received a promotion to that rank,
presented by LCol D. Cochrane, CO 426 Sqn.



MCpl L. Carpan
received his CO's
Commendation Award,
presented by LCol D. Cochrane,
CO 426 Sqn.



WO D. Geddes
received a promotion to that
rank, presented by LCol D.
Cochrane, CO 426 Sqn.



Capt S. Leithead
received a promotion to that
rank, presented by LCol D.
Cochrane, CO 426 Sqn.



LT K. Millard
received a promotion to that rank, presented by
LCol C. Collings, and Maj G. Jones, 424 Sqn.



LT M. Dagenais
received a promotion to that rank,
presented by LCol C. Collings,
and Maj G. Jones, 424 Sqn.

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Trenton



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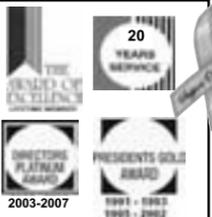
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