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• April 4, 2008 •

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• Volume 43 Issue Number 14 •

Eye-opening experience with the CF

Sean Aiken
OneWeekJob.com

After graduating from college, I realized I had no idea what I wanted to do for a career. So, I decided to take one year to experience different careers, and learn about what I need in a career to be happy - 52 jobs in 52 weeks.

Over the past year I have held 'one week jobs' all over North America.

Some have included, Cowboy in Wyoming, Volcano Park Ranger in Hawaii, Yoga Instructor in Edmonton, Advertising Executive in Montreal, and a Stock Trader in Florida, just to name a few.

Week 51 of my journey was spent with the Canadian Forces at 8 Wing/CFB Trenton.

I must admit, going into the week I was a little concerned as to how my hair would be received in a military environment typically known for their clean-cut hair styles. It's not everyday, well actually I should say 'any day' that you see a guy with long blond dreadlocks fully suited in combat gear walking around CFB Trenton. I definitely got my fair share of inquisitive looks, though I think we brainstormed a great way to raise some extra money at the next charity event.

There was no shortage of excitement this week and I realize just how lucky I am to have had such an amazing opportunity.

Immediately after arriving, I got fitted in my combat gear, then met with the big boss on base. Colonel Hood, Commander, 8 Wing/CFB Trenton, is one of the many great people responsible for bringing me

Photo: Sgt Paul MacGregor, 8 Wing Imaging



Sean Aiken shakes hands with Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, upon completion of week 51 of his '52 jobs in 52 weeks' goal.

to Trenton.

My journey continued as I visited several squadrons over the course of the week. My first stop was with 8 Air Communication and Control System (8 ACCS). I participated in a simulation as an Air Traffic Controller (ATC), bringing an aircraft in to land and visited the mobile air traffic control towers. I found it incredible how they can transport all that equipment and have great communication signals even in the most remote areas of the world.

Later in the week, it was interesting to see the actual ATCs at work. I was even

allowed to speak to a few aircrafts, giving instructions on how to proceed. One of the pilots must have thought I was crazy because I accidentally held onto the call button while speaking with a co-worker a few desks away. Oops, sorry Todd!

With the crew at 8 Air Maintenance Squadron (8 AMS), I helped refuel an aircraft heading overseas, turned some wrenches with the maintenance guys, and assisted a startup. At the end of the day, they were kind enough to present me with a plaque as a souvenir of my time spent there.

Over at 426 (Transport)

Training Squadron, I strapped into the flight simulator with Captain Haley to see if I had what it takes to be a pilot.

It was incredible how realistic it was. I was amazed to see that the cockpit was an exact duplicate of what I saw the previous day on the CC-130 Hercules.

Everything looks, feels, and reacts the same.

Although I realize it's not something I should necessarily be proud of, I can now say that I have crashed a plane in Hong Kong, Paris, Toronto, Alert, and even Thule.

See One Week, Page 11

Supplying Canadian troops with support

by Joel Wiebe
Contact Staff

Many people who work in Afghanistan go because they are deployed there - Don Doyle went because he wanted to.

As a civilian employee, it's not as easy to simply be deployed overseas. He decided to take leave, without pay, from the military to go work for a civilian company contracted by the government, and work at Kandahar Airfield.

"I wanted to have an opportunity to come over and do a tour," he said. "Plus, with all my military friends back home telling me about their great stories of their tours, it made me want to do this even more. Before I came, I asked the opinion of all my co-workers back home. The response I got was 'Go, do it, you'll have the experience of a life

time.' And I have."

The support he received did not stop when he left the country; he said he has received a care package which included magazines, cookies, candies, and other goodies to keep up morale. He has also received plenty of emails.

"He's a fun young man and we're all very proud of him," said Elizabeth Gregory, a co-worker from Wing Supply.

Currently, Doyle is working for Canadian Forces Contractor Augmentation Program, which is a company contracted by the Canadian Government to help with the workload in Kandahar.

Within the company, he works in the clothing warehouse section, where he helps military members with their clothing kits, as well as sending off Ad Reps (item request forms),

See Supporting CF, Page 9

Reduce water usage

The sudden appearance of spring has increased the flow of melt water to the Wing's Waste Water Treatment Plant.

All residents of 8 Wing/CFB Trenton are requested to reduce water usage for the next seven days.

A few suggestions to reduce your use of water are as follows:

Kitchen tips: Soak pots and pans before washing; When washing dishes by hand, fill one sink or basin with soapy water; Fill the basin or a pan with water to wash fruits and vegetables; Keep a pitcher of water in the refrigerator rather than running tap water until it is cool enough to drink.; Wash only full loads in the dishwasher.

Bathroom tips: Avoid using the toilet to dispose of paper, facial tissues, or cigarettes; Take a five-minute shower; Use the minimum amount of water needed for a bath by closing the drain and then filling the tub only 1/3 full; Turn the tap water off while brushing your teeth, shaving, or washing your face.

Your assistance in this matter is greatly appreciated and could reduce the risk of flooding.



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Wing Commander's Column

A message from Colonel Mike Hood



All of you who have read my previous articles know that one of the things I truly believe is that fitness is an essential part of military life. Being fit provides more than physical strength; it provides a sense of accomplishment.

This, in my opinion, contributes to a healthier, happier lifestyle and better overall physical and mental performance.

In our military environment, these are all key elements that make us contributors of operational success.

This is why I wholeheartedly support the new Canadian Forces Health and Fitness Strategy launched earlier this week by General Rick Hillier, Chief of Defence Staff (CDS).

The intent of the CDS is that CF members take their health and fitness seriously and choose a lifestyle dedicated to exercising, eating well, and living actively and addiction free.

By now, I can picture some of you rolling your eyes and thinking that this is all very nice, but that it will not make a difference for you

since you have no time to go to the gym, you just can't take a real lunch break, too busy, and smoking is what keeps you going when you are out of energy.

Well, for those who think that way, I wish I could have recorded one of last week's leadership seminar guest speaker, Lieutenant-Colonel Tony O'Keefe, an extraordinary athlete and leader who has completed no less than 21 Ironman competitions and crossed North America by bike practically non-stop.

This man has a wife, two kids, and a full time job as director of cadets at RMC and yet, he finds time to stay fit and healthy.

LCol O'Keefe view is simple, there is no such thing as "can't." Health and fitness must be a priority so that you can be a fitter, healthier, better overall person for yourself, your family and your co-workers.

Of course, no one expects all of us to be at the same fitness level as LCol O'Keefe, but as your Commander, I certainly expect you to make an effort to be the best that

you can be.

Physical fitness is my business and that of your Commanding Officers. Following the CDS' intent, I will ensure that physical fitness is built into your work routine.

I will give my full support to the Personnel Support Programs (PSP) staff so that they can provide you with even more fitness and health program options.

Bottom line, I will do everything in my power to help you stay fit, healthy and happy. In exchange, I expect that each and every one of you will take ownership of your own health and physical fitness levels.

For a start, I encourage you to join the fun on April 11, for the Amazing Map and Compass Race organized by the PSP staff. Details about this event and more information about the new CF Health and Fitness Strategy are published on page 8 of this edition of The Contact. I'll be leading the Wing Exec Team and I hope to see you there.

Join the fun, embrace the new strategy and let's make 8 Wing Trenton a health and fitness success.

Invisible Ribbon Gala ~ Gourmet Wine, Dinner and Auction Saturday May 3, 2008

Trenton Holiday Inn, Tickets: \$75/per person

Cocktails: 6 p.m. Dinner: 7 p.m. Attire: Semi-Formal

Call local 3557 for more information



Early Bird Draw for tickets purchased before April 11, 2008

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Twelve apprentice and journeymen Refrigeration Mechanical (RM) Technicians from all three Environmental Commands met at the 145 Regional Training Site, North Carolina Air National Guard, New London, North Carolina from February 10 to 22, 2008 for two weeks of intensive hands-on training on a new aircraft arrestor systems, under the guidance of SSgt Richard Yow and the course NCO, WO Trent Doucette, Aircraft Arrestor Systems Superintendent, 86 Airfield Systems and Utilities Flight, 8 Wing/CFB Trenton. The course is pictured above with North Carolina Congressman, Robin Hayes, who dropped in unannounced for a site visit and briefing on the Mobile Aircraft Arrestor Systems (MAAS). The Canadian Forces recently received three Portarrest P IV, MAAS, from ESCO/Zodiac of Aston PA. The Canadian Forces will purchase five more of these systems as part of the Aircraft Arresting Systems Modernization Project starting in 2008, to replace our aging Mobile Arrestor Gear (MAG). The new MAAS will comprise the core capability for aircraft arrestor systems for deployed operations in Canada and abroad.

Wedding Announcement



Mr. and Mrs. Rasmussen of 100 Mile House, British Columbia and Ms. Dorothy Foster of Cape Breton, Nova Scotia, would like to announce the marriage of their children,

*Deborah Ann MacNeil
and
Edward James Foster*

Celebration took place in Frankford Ontario, with close family members on March 1, 2008

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BLOWING OFF STEAM

Photo: Joel Wiebe, Contact Staff



A steam leak drifts a cloud of steam over Anson Avenue. Randy Rushlow, a worker at Wing Construction and Engineering Squadron in the heating plant, said they would have to wait until the steam was done billowing out to be able to go in and fix whatever was broken.



Warrant Officer's
& Sergeants Mess
presents
Yuk Yuk's on Tour

Saturday, 19 April 2008

1900hrs-2200hrs

Cost: Members \$ 18.00

Guests \$ 24.00

Doors open @ 1900hrs

Show Starts @ 2000hrs

Tickets available @ Mess Administration Office
19 March 08 to 17 April 08.

Comedians

Terry McGurrin
Kristeen Von Hagen
Authur Simeon

Menu

Chicken Wings
Regular, Honey Garlic, BBQ,
Medium, Mild & TNT



Search & Rescue UPDATE



424 Squadron was responsible for three SAR missions since the last article. The first two missions involved the tasking of the Griffon crew on the same day. Firstly, Rescue 491 was in search of a boat caught in the ice near Skyview Bridge (Tyendinaga). Upon arrival, the boat was located in the pack ice and half full of water, it was likely that it drifted from a dock near by. No signs of distress were detected. Later that day, the same crew was tasked to investigate an overturned blue canoe near Alexandria Bay, NY. The canoe was located on ice and overturned. Upon continuing the search, no distress was detected. A few days later, the Griffon was tasked again to search for a 45 year old male believed to be in the Trent-Severn waterway between Frankford and Batawa. Nothing was found. Until then, stay alert and stay safe!

Missions for 2008: 26 Missions for April: 0 Persons rescued: 3



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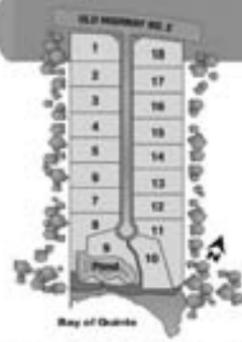
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The Contact Newspaper

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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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: STEINER.AL@forces.gc.ca

Intranet: STEINER.AL@CFBTrenton@Trenton

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



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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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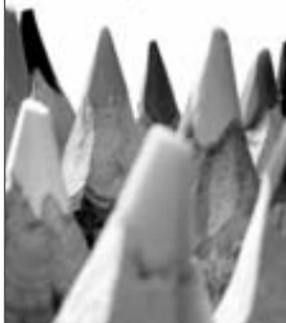
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Canadiana Crossword

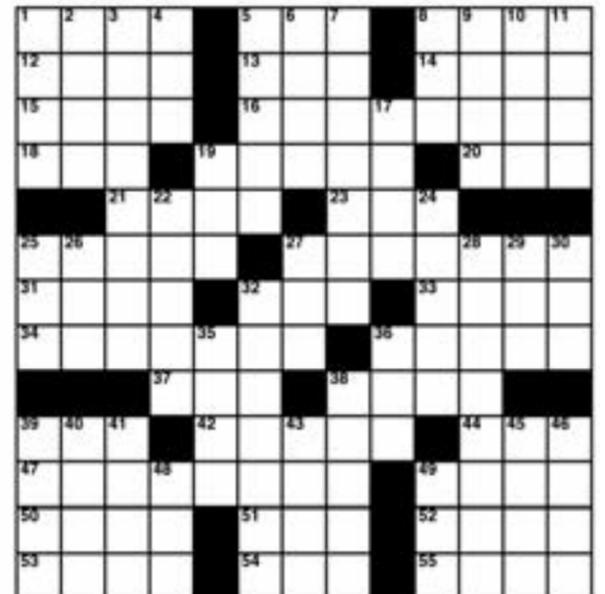
By Bernice Rosella and James Kilner

ACROSS

- 1 Expectation
- 5 Obstruction
- 8 Unsettle
- 12 Norse god
- 13 ___ Wan Kenobi
- 14 Harvest
- 15 Custom
- 16 Fire up, in a way
- 18 Geological period
- 19 Lave
- 20 Chemical ending
- 21 ___ pas
- 23 Bird genus
- 25 Ottawa's greatest skater
- 27 Brantford's greatest skater
- 31 Nobleman
- 32 Irate
- 33 Grow weary
- 34 Exonerated
- 36 Fetes
- 37 Distress sig.
- 38 Knitter's stitch
- 39 Spring mo.
- 42 Chinese or malayan
- 44 Rascal
- 47 Caroline's greatest skater
- 49 Defile
- 50 Fibber
- 51 Summer, to Stephanie
- 52 Fairy tale opener
- 53 Music award
- 54 Linear measure
- 55 Employed

DOWN

- 1 Floral's greatest skater
- 2 Smell (var)
- 3 Frock
- 4 Tolkien creature
- 5 Cleanser



- 6 Assist a crook
- 7 Montreal's greatest skater
- 8 Brother
- 9 About flying
- 10 Zigs' mate
- 11 Fencer's concern
- 17 Present
- 19 However
- 22 Book of maps
- 24 Essential oil
- 25 Dry, to Dauphine
- 26 Coach Murphy, for one
- 27 Spur
- 28 A lot of loot
- 29 Malaysian isthmus
- 30 Affirmative
- 32 Edmonton's greatest skater
- 35 Grizzled
- 36 Accelerate, slangily
- 38 Summoned
- 39 Competent
- 40 Prissy
- 41 Wander
- 43 Enthused
- 45 Rodents
- 46 Declared
- 48 Dry
- 49 Calais coin

See Answers, Page 17



This Week in Contact

1978 – On the evening of the 25th of March 1978, the CFB Trenton Fire Department was called to assist the Town of Trenton Fire Department in fighting a large fire which destroyed 11 businesses and 12 apartments. The Fire Chief dispatched one pumper and a crew of three men to the scene. There was an immediate recall of off-duty personnel and 15 men responded, of which four were sent to the scene. These men were used to assist in the manning of hose lines on Front Street.

1988 – The honourable Perrin Beatty, Minister of National Defence, announced increases in pay and benefits for members of Canada's Reserve Force at a news conference held recently. The government has approved increases for Class A and Class B Primary Reserve Force service averaging 4.5 per cent retroactive to October 1, 1987; 3 per cent effective April 1, 1988; and another 4.5 per cent effective October 1, 1988. As well, the rate of pay for less than six hours work will be increased from 45 to 50 per cent of a full-day rate of pay.

1998 – Congratulations were given to our 'Old Mayor,' Captain Mike McCarthy, at the 2nd Annual Community Expo and Potluck which was held February 28 at the Siskin Centre. Capt McCarthy served as Middleton Park's mayor from January 1 until December 31, 1997. During his term, Mayor McCarthy established a playground on Borden Drive, led several successful family based events, set up a schedule for office volunteers, embarked on a campaign to let PMQ residents know they had a community council, and organized a very successful base-wide yard sale.

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



MOCK-UP IN FLAMES

Photo: Submitted



You may have notice the big tent located by the 8 Wing Fire Department. Shortly, that tent will come down and reveal an odd looking aircraft mock-up. During the month of April, it will start to have small fires with limited smoke to get it ready for its commissioning. These fires are environmentally friendly with propane and even the smoke is created by a smoke generator. Once the mock-up is ready, it will contain large fires on-top, around and inside. This is for the 8 Wing Fire Department to qualify for their annual re-certification on aircraft fire fighting. It will be a fantastic sight from RCAF Road and should not be considered an actual incident. This is for training purposes only.

8 Wing/CFB Trenton Education Fair

Come join us at our first 8 Wing/CFB Trenton Education Fair which is scheduled for Wednesday, April 9, 2008.

The education fair will run from 0900 hrs to 1500 hrs at the Warrant Officer's and Sergeant's Mess. This event is open to all military and civilian personnel, as well as their dependants.

We will be featuring 15 to 20 universities, colleges and learning institutions to provide you information on enhancing your education or preparing for your second career.

Presenters at the 8 Wing/CFB Trenton Education Fair include the following:

- Algonquin College
- Academy of Learning
- Brock University
- Canadian Defence Academy
- Learning and Career Center
- Loyalist College
- Loyola College
- Learning Center
- Maxwell College
- Ministry of Training Colleges and University
- Ontario Association of Certified Engineering Technicians and Technologists
- Personnel Support Programs
- Queen's University
- Royal Military College
- Royal Roads College
- Seneca College
- St Lawrence College
- Transport Training Centers of Canada
- TRICO

Registration is not required for this event, however if you have any questions please feel free to direct them to: +WPSO@CFB Trenton W Adm@Trenton

JR RANKS MESS

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	TGIF 4 Fish & Chips Sports Euchre Lab Lounge WAdmin	5 Lab Lounge WAdmin
6 Lab Lounge WAdmin	GR- Scuba 7 Club Astra Scan Seminar Lab Lounge WAdmin	8 Astra Scan Seminar Lab Lounge WAdmin	9 Astra Scan Seminar Lab Lounge WAdmin	10 Astra Scan Seminar Lab Lounge WAdmin	11 TGIF - Donairs Sports - Pool Lab Lounge WAdmin	12 Astra Wedding Recep Christine Robinson Lab Lounge WAdmin
13 Lab Lounge WAdmin	14 Lab Lounge WAdmin	15 Lab Lounge WAdmin	16 Lab Lounge WAdmin	17 Astra Royal Lepage Briefings	18 TGIF Subs Sports Euchre	19
20	21 Astra Lab Lounge Veterans Affairs	22 Astra Lab Lounge Veterans Affairs	23 Astra Lab Lounge Veterans Affairs	24 Astra Lab Lounge Veterans Affairs	25 TGIF Lasagna Sports - Pool Astra- Lab Lounge Veterans Affairs	26 Lab Lounge B- Party Cpl Shear Astra Cadet Dance
27	28	29	30 MB/GR/BBQ CFPU Meet & Greet Lab Lounge Compt Branch Astra C17 Mess Dinner			



April 2008



NERVOUS

That's how I felt before going to the dentist, if I went at all.

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Sports

VIEW FROM THE PINE



Medic! Medic! Man down! I'm not sure if there is something in the water in Montreal or if the Hockey gods have decided to lay down a little old-school wrath on the Habs faithful for their boastful ways, but Canadiens players have been falling like flies in the last couple of weeks. Or falling like the tears of a Leaf fan when he is finally struck by the realization that Toronto is not making the playoffs.....again. Take your pick.

Anyway, Montreal's medical staff have been run off their feet lately with injuries to Koivu, Komisarek, Boullion, Latendresse and Streit.

Of the walking wounded, the foot injury to Koivu is probably the most worrisome as depending on who you talk to, Saku will either be back for the start of the first round or will miss the entire post-season.

It's probably hard to estimate what the loss of the Habs Captain will mean to the team if he does indeed miss the playoffs, as he is no longer the Canadiens' leader on offense. That honour goes to Kovalev.

However, as hockey commentators are so quick to point out, it is often the intangibles that are missed the most, and this will be a huge question mark for Montreal if Koivu does not suit up.

If anything, Koivu is definitely not one of those rah-rah,

in-your-face type of Captains, but I am sure that he provides an element of experience and quiet leadership in the dressing room that the young'uns will need as they start the second season.

Quick word of advice for Guy Carbonneau, though. If Saku is laid up (or even if he isn't), if you are superstitious and if you really want Montreal to make a run at the Cup, give the "C" to someone other than a European. No Stanley Cup winner has ever had a European as the Team Captain. Ever. Look it up (I'm not nearly smart enough to make this stuff up).

Well, if you are a fan of the Edmonton Oilers, Calgary Flames or Vancouver Canucks, these are stressful times. These teams will be in a dogfight right down to the wire, and by that I mean possibly right down to the last few games on the weekend, before who is in and who is out is decided.

There is, of course, an outside chance that all three make it in, but that would require Colorado to have a collapse of epic proportions, and I don't see that happening.

I suppose I should also ask the forgiveness of Nashville Predator fans before I continue for totally discounting them from the conversation, but honestly, who in their right mind besides a Predators fan wants to see Nashville in the Stanley Cup

playoffs.

The funny thing is, heading into the last week of the regular season, neither the Flames nor Canucks really seem to want to solidify their grip on the last two playoff positions in the West.

Calgary has won only two of their last three games, including key losses to Edmonton, Vancouver and Colorado. Vancouver has performed even more poorly, losing four of five, including defeats at the hands of the Avalanche and Flames.

The end result is that instead of giving themselves some breathing room and an opportunity to rest some of their veteran players, both teams will have to push hard to the bitter end and will have left the door wide open for Edmonton (winners of three of their last five with one overtime loss), and Nashville to walk through.

The Oilers last two games are against Calgary and Vancouver. The Flames face Edmonton, Vancouver and Minnesota in their last three. The Canucks have Colorado, Edmonton and Calgary. Strap in. It is going to be a crazy finish.

CHARLIE POTATOES

Ottawa Senators, (only one win in their last five games. They will make it to the dance, but like my ugly cousin, they will be leaving early); Philadelphia

Flyers, (sorry, they just don't scare me and probably don't scare anyone they are going to come up against); Minnesota Wild, (seem to be heading into the playoffs on a hot streak but you shut down Gaborik and they are dead in the water. And Gaborik can be shut down - easily); Vancouver Canucks (Luongo plus Sedins equals first round exit); Colorado Avalanche, (Sakic is old but effective. Blow too hard on the brittle twins, A.K.A. Smyth and Forsberg, and they break or strain something. Your goalie is Jose Theodore. 'Nuff said).

MEAT AND POTATOES

Montreal Canadiens, (yah, yah, I know I am probably dooming them to an early defeat by listing them here, but I am a believer. At least for a round or two); Pittsburgh Penguins, (they have

the horses to run with anyone in the league, but their defence and goaltending are suspect. In Sidney They Trust); San Jose Sharks, (a perennial playoff underachiever - they might have the right mix of offense and defence to make a serious push this year. Hard to believe a 45 game winner like Nabokov can be so under the radar. He is a difference maker); Carolina, (hey, instead of folding under the weight of injuries to their star players, they stepped up and will likely hold off Washington to clinch the Southeast Division. Did I mention they are getting both Ray Whitney and Justin Williams back?); Calgary Flames, (yes, they have not been impressive down the stretch but with Iginla, Phaneuf and Kipper leading the way they can challenge any Western Conference team. Even Anaheim and Detroit).

By Gilmour Tuttle



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

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SPORTS & RECREATION

New Adult Swim, Lap and Leisure

The new Adult Swim, Lap and Leisure will take place on Tuesday and Thursday afternoons, from April 15 to June 26.

Swim times will be from 1:15 p.m. to 2:15 p.m., and from 2:20 p.m. to 3:20 p.m.

Please be aware that there are only six lanes available, so registra-

tion is a must.

Cost is as follows: \$40 for military personnel and CRA members; \$45 for military community non-members; and \$60 for the general public.

Registration for 8 Wing military community began on March 18 at the RecPlex.

Evening Aquafit

Evening Aquafit classes, which will be instructed by Heather, are scheduled to run from April 8 to June 12, 2008.

Classes will take place Tuesday and Thursday evenings from 6:30 to 7:30 p.m. (new time); and from 7:30 to 8:30 p.m., which will be held in both the main pool and the warm-up pool.

Cost as follows: \$40 for military and CRA members; \$45 for military community non-members; and \$60 for the general public.

Drop-in fee option available, as follows: \$4 for military community with ID, (space permitting); \$5 for the general public (space permitting).

Register now at the RecPlex.



Pat Morgan

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Community Recreation Association programs

Please be advised that registration is on-going for the following programs:

- Bronze Cross And Standard First Aid
- Canadian Swim Patrol
- Junior Lifeguard Club
- Youth Aquatic Club
- Kayaking for Kicks
- Wet Exit and Re-Entry
- Basketball Hoops Program
- Summer Kidz Kamp

Please visit www.cfbtrenton.com for full program details. Registration for all programs is being accepted at the RecPlex.

Evening Fitness Classes

Spinning, Body Sculpting and Pilates fitness classes will take place on Mondays and Wednesdays.

Cardio Combo classes will take place on Tuesday 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.

Register now at the RecPlex.

Much Video Dance

The Much Video Dance will take place on Saturday April 5, 2008, at the south side Gym.

The dance will open for those ages nine to 12 years old from 5:30 to 7:30 p.m. Admission is \$5 per person, which also includes your chance to win a digital MP3 player.

The dance will then open to those ages 13 to 16 years old from 7:30 to 10:30 p.m. Admission is \$10 per person and includes your chance to win an iPod.



Draw tickets will given out at the door. You must be present with your ticket in order to win. Please note that both dances will be under adult supervision.

A guide to keeping kids of all ages active

(NC)-Kids of all ages need to get up and play up all the positive things about being active, like having fun, learning new skills, keeping themselves healthy and living longer.

Kids can reduce their risk of developing Type 2 diabetes by moving more and eating healthier.

Overweight and inactive children are at higher risk of remaining overweight and inactive as adults, so now is the time for kids to start moving.

According to the Public Health Agency of Canada's Physical Activity Guides (www.pha.gc.ca) kids should combine three types of physical activity.

ENDURANCE

Endurance activities make you breathe deeper, make your heart beat faster and warm your body.

Get your kids to play soccer or hockey, or run, swim or bike.

When done regularly and for continuous periods of time, aerobic activity strengthens the heart and improves the body's ability to deliver oxygen to all its cells. Endurance activities can be fun for both adults and kids, so make it a family activity.

STRENGTH

Strength activities build muscles and stronger bones. Structured exercises like push-ups, stomach crunches, pull-ups all help tone and strengthen muscles – and so do daily tasks such as carrying groceries and shovelling snow or cutting the grass.

Strength activities are often incorporated without real thought in the way kids play: climbing, doing a handstand, wrestling or playing on monkey bars all build strength in kids.

FLEXIBILITY

Flexibility activities involve bending, stretching and reaching and other activities that keep joints moving.

Activities like dance, gymnastics and yoga naturally incorporate flexibility.

Physical activity is critical to child development, and if the adults, who influence kids in their lives, help them learn to like physical activity, kids are more apt to be active and stay active and healthy.

Concerned Children's Advertisers (CCA) has developed a new public awareness and education campaign called "Long Live Kids" to help get kids moving more.

Download the public service messages, parent and teacher information guides and a wealth of other health, nutrition and physical activity information at www.cca-kids.ca.

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“March 1st, I QUIT” challenge – Could you be the winner?

by Joel Wiebe, Contact Staff

Names have been drawn! Winners of the sixth annual “March 1st, I QUIT” challenge will be announced on April 11, during the launch of the health and physical fitness strategy. The day will also feature the Amazing Map and Compass Race.

This year, additional advertising and awareness raising campaigns, as well as a slowly changing social perception towards smoking, helped to double the amount of participants. The number of entrants rose from roughly 32 to 64. Every person who signed up for the challenge had to have two supporters to help keep them accountable.

The campaign challenges people to quit smoking for the month of March, and gives them a chance to win prizes in the process.

Everyone who entered locally was also entered into the nation-wide Canadian Forces challenge. The national prizes are \$3,000 for first place, \$1,250 for second place, \$750 for third place, and \$1,500 for one supporter, all of which will be awarded in CANEX cards. Base-wide, \$200, \$100, \$75 and one supporter prize of \$50 came from a national fund. On top of this, local supporters were able to raise money for five additional \$100 gift cards.

“Once they register locally, their name automatically goes into the draw nationally. They could win both if they’re super lucky,” said Kendra Lafleur, Health Promotion Director at 8 Wing/CFB Trenton.

Those participants really seeking to

capitalize on their cessation from smoking were encouraged to also enter the Driven to Quit Challenge, hosted by the Canadian Cancer Society, which made them eligible to win a Toyota Prius for being smoke-free for the month of March.

“We had a real team approach this year,” said Lafleur.

She felt that through partnerships with places like CANEX and the hospital, people were more aware of the challenge.

Not only was personal health part of the motivation for the campaign, but so was the impact smoking can have on operations.

“Obviously, quitting smoking is going to be a very hard thing for a smoker to do, and it’s changing behaviours,” said Lafleur. “We talk a lot about how there are two sides to quitting smoking. There is going to be the physical withdrawal that they are going to experience, where their body is actually craving the nicotine. A large part of smoking is habitual.”

She said people need to figure out what triggers them to smoke.

“It’s breaking those habits and changing those behaviours which makes it really difficult,” she said.

By nature, an air force base can be a difficult place to quit. The high tempo of activities and transient nature can make it a challenge.

Lafleur said it generally takes 6 to 10 tries to successfully quit, which can get discouraging.

“Sometimes people just need another reason to stay motivated,” she said.



Photos: Joel Wiebe, Contact Staff

Above: Major Chantal Fraser, Acting Wing Administration Officer, draws a mystery winner from the bag of names held by Kendra Lafleur, Health Promotion Director. Simon Fortin, Branch Manager for Sisip Financial Services, holds an array of CANEX cards, the prizes for the winners. Captain Christine Perrault, Community Health Nurse, was also there to help with the campaign.

Health Promotion is offering:

Stress: Take Charge!

This course is beneficial to anyone who encounters stress in their lives, either personally or in those around them. It will help individuals increase performance and decrease stress. Combined, this can increase productivity and decrease absenteeism

It will be held in four sessions once a week, beginning April 18, 2008, from 0900 to 1200 hrs.

Please register online at cfbtrenton.com Kendra Lafleur, Health Promotion Director.

177 Hercules St., Bldg 119

Local 3767

Lisa Pitt, Health Promotion AA

Local 3768



THE AMAZING MAP AND COMPASS RACE

When: Friday April 11, 2008

Time: 1000 hrs

Where: Check in at the Gym; start on the sports field

What: An orienteering event in support of the launch of the CF Health and Fitness Strategy

Who: 8 Wing Entire

How: Register with Lisa Refausse - Fitness

Coordinator by Thursday, April 10, at 1200 hrs

Why: For the health and fitness of it! Complimentary healthy lunch served at the gym following the event for team participants.

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Supporting CF, Continued from Page 1

receiving waybills (when shipments come in, it is recorded on waybills), and he trains new people.

It is Doyle's first time in Afghanistan, and he is on a seven month contract, which will end on June 4. The idea to take off to Afghanistan started a few years ago when he got an email about the opportunity.

"I called HR and asked them what I can do to get over there. At that time, HR had no information," he said. "Last summer I got an email from a buddy of mine, and it had this job posting. I sent my resume in just to see what would happen. I was undecided at that point. Their HR contacted me two days later. From that moment I was Kandahar bound."

A civilian employee who works in Wing Supply, Doyle works with handling publications and Material Service Accounts (MSA). On the publications side, he orders, receives, and issues many different kinds of publications, from flight manuals to flight safety and first aid documents. MSA is temporary loans for items like tables, chairs, and tents.

A typical day for Doyle involves waking up to aircraft taking off (after a couple months, he said he has gotten used to everything but the jets), and a trip to the mess hall in the morning to start the day with eggs and fruit, then off to work for 8 a.m.

"I sit down at my desk and clean off all the dust that accumulates over the night and log in to my CPU," he said in an email.

Then he checks for Ad Reps, and gets items ready to send to forward-operating bases. Often shipments arrive in the morning and are piled outside the back door of the

clothing warehouse, which means Doyle and his coworkers need to gather the paper work and verify the stock. He then places the items where they need to go, and records where the stock is placed.

"Compared to Trenton, it's much busier," he said. "There're never any downtimes – you're always running around, either inputting paperwork, helping people at the counter, or doing warehouse maintenance. Plus, I have to fit lunch in there somewhere. I love it."

When work is done, Doyle likes to keep himself busy. He plays hockey, soccer, and a little cricket. When he isn't playing sports, he likes to grab a good old Canadian cup of Tim Hortons coffee and chat with friends.

"I enjoy my job very much," he said. "This was a great opportunity to see the world. Before, I had never left North America. Now, I can say I've been to Europe, Asia, and the Middle East, oh, and I almost forgot – the North Pole (CFS Alert) – well, close enough."

This may not be the last time he heads overseas, he said he would undoubtedly do it again. Doyle's experience has been great and he has met many friends.

"Before I came over here, my Facebook friends were around 170, now it's over 280," he said.

He said he has met many people while in Trenton, and now he gets to see some of them in Afghanistan.

"I love the fact that I get to help our men and women of the Canadian Forces every-day," he said.

Photo: Submitted



Don Doyle (left) with General Rick Hillier, Chief of Defence Staff.

Mountain of teddy bears

Teddy Bears of Hope Campaign – Cassondra Paletta, Miss Teen Canada International, Ambassador for the 2008 'Teddy Bears of Hope Campaign' and the founder of Teddy Bears of Hope, will arrive in Brighton on April 23, as the VIP guest of the Brighton and District Chamber of Commerce until Sunday, April 27.

With the aid of the Ambassador Samadd, Ambassador of Afghan

-istan in Ottawa, and Canadian Forces personnel overseas, Paletta will be collecting new and used teddy bears, along with a Toonie to accompany each teddy.

The teddy bears will be sent to children in Afghanistan this summer.

Paletta will also be selling the one of a kind Soldier Teddy Bear, designed by retired CF personnel in Nova Scotia.

The sale of this bear

will also go to help offset costs of shipping these gifts to Afghanistan.

The success of this program in past years has helped deliver teddy bears to children in Cambodia, Guatemala, Sri Lanka and the Philippines.

Come out and support this effort to build a mountain of teddy bears.

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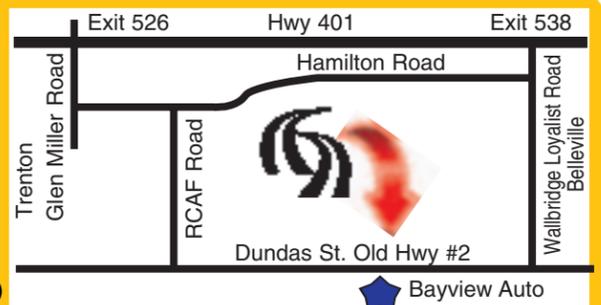
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One week with the CF

Continued from Page 1

At 424 Transport and Rescue Squadron, I arrived in the morning and 20 minutes later was riding in the front seat of a CH-146 Griffin Helicopter.

I have never been in a helicopter before and it was an awesome experience. The pilot let me try my hand at hovering and take control of the stick when we headed back to the base in Trenton.

I didn't realize how difficult it would be to keep the helicopter in one stable position. I learned that this is an important skill to master, especially since the weather and terrain will most likely not be cooperating in a rescue type situation.

After we landed, I wasn't exactly sure what the plan was. I unbuckled, got out of the front seat, and then was escorted into the back.

Within five minutes we were off again with two different pilots and a couple of Search and Rescue Technicians. We headed out to a nearby field for a training rescue. The two SAR Techs rappelled to the ground, followed by a stretcher. The helicopter then lowered and I was able to get onto the ground to get an amazing view from underneath.

I always knew that helicopters generate a lot of wind, but I was surprised to experience just how powerful it really is. I had to drop to my knees in order to not be blown over and even then I had to brace myself.

As we arrived back at the base, I left the Griffin Helicopter and was escorted directly across the tarmac to the CC-130 Hercules. I put on a different helmet, a harness, and walked up the ramp at the back of plane into the cargo area. With several SAR Tech guys on board, we buckled up and away we went.

Another highlight of the week was working with the EOD unit within 8 Air

Maintenance Squadron (8 AMS). I got to blow a stick of C4, as well as about a dozen phosphorus bombs that explode when contacted by oxygen. The guys were a lot of fun and it was a really cool experience.

Before this week, I never realized the number of different professions available on the base.

When civilians imagine the military, I find there is a tendency by many to immediately think of fighter pilots, weapons, and infantry. After only one week and being exposed to all the different challenges, opportunities, and dynamic activities it encompasses, I quickly saw the vastness and variation of positions offered.

In my conversations throughout the base, I often heard the common story of

many who had been with the CF for over ten years, and in that time have held almost the equal number of careers. I doubt many other organizations in the world exist in which this would be possible.

By far the biggest challenge of the week was learning to de-code the acronym and short form filled sentences the military love so dearly. It took me a couple of days, but I managed to fit in. *"At 8AMS, I met a mech eng, two years out of RMC, now an LT at CFB Trenton. Then in the aft I helped config a flight sim at 426 (T) Sqn."*

Thanks so much to everyone who made my experience such a positive one. I really enjoyed my time at the base and appreciated all the patience and willingness to share your trade. I have the deepest respect for all of you!

Photos: Cpl David Cribb, 8 Wing Imaging



Under the supervision of the 8 AMS Explosive Ordnance Disposal Team, Sean Aiken prepares a shaped plastic explosive charge to dispose of a used phosphorus search and rescue flare.



In the safety of the control bunker, and under supervision, Sean Aiken's arms and fires the electronic command switch, detonating the explosive charge, disposing of the volatile materials under a controlled condition.

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HOROSCOPES

Weekly Astrology by Christine Davison

April 6 - April 12

ARIES (March 21-April 19): This may be a good time to do some spring cleaning and take an inventory of your current wardrobe. You may want to bag-up your old outfits and take them to goodwill. Consider updating your look. Changing your style is not always easy as you may find it hard to let go of old favourites. Make room for new interests.

TAURUS (April 20-May 20): Something about your personal finances may need your attention soon. Things are coming due and you may be faced with a weighty decision. Don't rush into finding a solution until you have all the facts. It may appear things are changing for the worse, but in reality they are probably changing for the better.

GEMINI (May 21-June 20): It is unlike you, Gemini to avoid friends or social events. This may be a good time to turn the ringer off of the phone and spend a lot of quiet time on your own. A little seclusion may be good for your soul as you gain a fresh look at the world around you. Avoid unnecessary temptations. The wait is worth it.

CANCER (June 21-July 22): Your home is your sanctuary; you will find a source of warmth and security there. Expect a visit from someone who has your best interests at heart and may arrive, bearing gifts. Treat your guests to a wholesome home-cooked meal. It's a great weekend to throw parties. Your home may show others your softer side.

LEO (July 23-Aug. 22): Romantic attentions may lead to a new source of happiness. Don't be afraid to initiate the first move. Someone special feels attracted towards you and may want to get a little bit more serious. Don't be surprised if you are getting signals about popping the question, or perhaps considering starting a family.

VIRGO (Aug. 23-Sept. 22): Make sure you get lots of rest this week Virgo. You may feel pulled in many directions and your ability to keep things in good order may be challenged. You may be forced to get a little creative with your schedule as you try to juggle a busy social calendar. If things get too out of hand, consider taking a break.

LIBRA (Sept. 23-Oct. 22): Hard work gets rewarded; you will find yourself feeling the benefits of partnership. The skills you possess fit nicely with another's talents and together you may create something beautiful. This is a week of mutual admiration; don't be surprised if your partner asks you out on a date. Business may lead to pleasure.

SCORPIO (Oct. 23-Nov. 21): You may feel a particular someone is cramping your style. The temptation to remove this person from your life may be exaggerated by an oppressive atmosphere. Try not to give in to cruelty when dealing with a difficult situation. Sometimes the best way to deal with people is not to engage them, but ignore them.

SAGITTARIUS (Nov. 22-Dec. 21): You may feel an overwhelming desire to go on a new adventure. A trip may take on a quest-like nature as you try to unlock mysteries and new experiences. This may be a great week to take a road trip off of the beaten path. A little research upon the family tree may soon lead to large trips to foreign shores.

CAPRICORN (Dec. 22-Jan. 19): In order to advance at work, you may have to give someone the cold shoulder. This is not to say that you are a cold person, in fact Capricorn, you have a very warm personality and people know it. Right now you may have to show some tough-love to employees who may be taking advantage of your sincerity and kindness.

AQUARIUS (Jan. 20-Feb. 18): You may be faced with a difficult decision this week. A group is looking to you for leadership and a particular problem may appear to have no real answer. Rest assured that whatever path you take, it will be the right one. You have a talent for correctly reading situations and making the appropriate choices.

PISCES (Feb. 19-March 20): There may be a temptation to try to solve a burning question, all by yourself, however, it is probably to your advantage to seek the advice of others before trying to go it alone. The answer is out there but obsessing over it will only make things more complicated. Open yourself up to criticism and learn.

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

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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**.

Not In My Backyard by Dale Taylor

RISE AND SHINE, BUDDY BOY! IT'S 6 AM!

IN MY DAY, I WAS UP CHASING SQUIRRELS AT THIS HOUR... YOU KIDS TODAY!

IN MY DAY, I'D HAVE THE PERIMETER CHECKER AND ALL THE HOOMANS UP BY NOW... ARE YOU LISTENING TO ME?!

IN MY DAY, I LEARNED TO SLEEP IN TREES TO AVOID THE CRAZY DOG NEXT DOOR.

Syntax Errors

YOU LOOK TIRED.

I JUST GOT THE NEW 4 DISC "LORD OF THE RINGS EXTENDED PLATINUM EDITION DVD."

IT'S GOT 43 MINUTES OF DELETED SCENES TOTALING 223 MINUTES OF FEATURE FILM. **EXCITEMENT??** NEW DIGITAL EFFECTS, NEW MUSIC, COMMENTARIES, DOCUMENTARIES, INTERACTIVE MAPS, AND MORE!!

SO I WATCHED IT TWICE. YOU KNOW, GOTTA GET READY FOR THE FINAL MOVIE!

WHY DIDN'T YOU JUST READ THE BOOK?

TAKES TOO LONG.

by Damon Riesberg

MISFITS BY BRIAN CODAGNONE

BY AN EXTRAORDINARY COINCIDENCE, OUTFIELDER MURRAY DRENCH PLAYED HIS ENTIRE CAREER WITHOUT A SINGLE BALL BEING HIT TO HIM...

SIGH...

LARS LUMPKIN PLAYED TEN YEARS IN THE MAJORS DESPITE A .001 LIFETIME BATTING AVERAGE. THIS WAS ATTRIBUTED NOT TO ANY FIELDING SKILL, BUT RATHER TO HIS POSSESSION OF "A LARGE NUCLEAR DEVICE"

LARS LUMPKIN
NEW YORK
1ST BASE

IN THE ZONE BY BRIAN CODAGNONE

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

YOU OKAY, LORNE?

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

PROTECT AN OLD MAN, BOYS!

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

NOT BAD FOR AN OLD GUY!



Community Events

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

FLYING FROGMEN SCUBA CLUB

50th Anniversary
All past and present members are invited!

August 9, 2008, from 1600 to 2300 hrs
At Baker Island
There will be displays, videos, pictures, and guest speakers.

August 10, 2008, from 0900 to 1300 hrs
Bruhle Quarry
Treasure Hunt and Prizes
RSVP: Cpl Patricia Lockhart
613-392-2811 local 2824
Lockhart.PM@forces.gc.ca

First Aid Recertification Course

A standard First Aid Recertification Course including CPR and AED Defibulator Certification will be taught at The Canadian Red Cross Branch at 344 Front Street, Belleville. Pre-registration and your previous certification card required. Call 613-966-0730 for more information.

Saturday, April 12, 2008

RCAF Memorial Foundation Fourth Annual Charity Banquet

Location: Officers' Mess at 8 Wing Trenton
April 30, 2008.
This black tie event is open to all. For additional information, visit the Foundation web page at www.airforcemusuem.ca and click on the link. To purchase tickets, visit the Foundation office in the museum or call 613-965-7314 during normal working hours.

Amazing Map and Compass Race

Thursday, April 11
Location: Sports Fields near Southside Gym
Supported by the 8 Wing Fitness and Sport Flight and 8 Wing Health Promotion, the Amazing Map and Compass Race involves orienteering and a healthy lunch post-event. For more information, contact Todd Peart local 7160.

Quinte Flywheels Antique Show

"Our 30th Year"

June 21 and 22 at Ameliasburg Community Grounds
We will feature Grandpa's Good Time Band.
Featuring Oliver Tractors Antique Cars and Engines.
A special invitation to owners of cars, tractors, engines to exhibit
For more information, call 613-969-9516

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Unit Chaplains - aumôniers d'unités
LCdr Padre Steve Merriman, P; Capt Padre Mike Adamczyk, P; Capt Padre Philippe Boudreau, RC; Capt Padre Frank Pellerin, RC; Lt(N) Padre Zbigniew Jonczyk, RC, Pastoral Associate/Agent de pastorale

As support staff - comme personnel de soutien
Rev Jim Craig, P Civilian Officiating Clergyman - membre du clergé civil

The Quinte Cat Club

is holding their Annual Cat Show. It is open to purebreds and mixed breeds. Cut off for entries is 125 cats or May 16. The show will be held at the Ramada Inn, Belleville on May 24 and 25. There will be vendors for the cat lover in all of us. For more information call Leslie Chapman at 613-392-8282, Marilyn Dowie at 613-962-9885, or Joanne Lynch at 613-966-8314. The show is affiliated with the Canadian Cat Association. www.cca-afc.com

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 style="text-align: center;">Confession - Réconciliation</p> <p>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 style="text-align: center;">DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR</p> <p>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> <p>Parish organisations (P) Chapel Guild: last Tuesday - 1930hrs</p>
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Trenton Amateur Radio Club

Club meeting on:
Tuesday April 8, 2008, at 7 p.m.
Location: 4 Beaver Ave
(on the south side of the base)
Our club meets every second Tuesday of the month.
Amateur Radio Club website:
<http://www.qsl.net/ve3ytr>

First Annual Administrative Assistants' Day

Wednesday April 16, 0830 to 1500 hrs
Astra Lounge - 8 Wing Junior Ranks

The Learning and Career Centre invites you to enjoy this opportunity to recognize the valuable contributions of office support staff. 8 Wing Military and Civilian Administrative Professionals can broaden their skill base, expand their networks and keep their minds active through a full day of topics and an array of informational booths.

Guest Speakers will broach topics such as nutrition and fitness, assertive Communication Skills, the CHRO staffing process, and computer program tips and tricks. The day will be comprised of four sessions with an optional buffet lunch open to all Wing Administrative Professionals. Space is limited so apply early.

Contact the LCC at local 2557 or 2077 to register or for more information.
Application Deadline: March 28, 2008.



Seminar hosts outstanding leaders

Approximately 200 members of 8 Wing/CFB Trenton experienced a significant developmental opportunity by attending the 8 Wing Leadership Seminar held on March 27, 2008.

The seminar attendees were treated to a full day of presentations and discussion with six of Canada's outstanding leaders.

Guest speakers at the seminar, along with presentation topics, included: Major-General (Ret'd) Marc Terreau, Ethical Leadership; Lieutenant-Colonel Tony O'Keefe, Fitness and Goal Setting; John See, Corporate Leadership; Major Matt Sprague, Leadership in Deployed Operations; Chief Warrant Officer (Ret'd) Guy Parent, The Leadership Team – A Chief Warrant Officer's Perspective; Lieutenant-General (Ret'd) Dave O'Brien, Leadership, Culture, Change – Uniform to Business Suit.

Because of their diverse backgrounds, the seminar presenters were able to provide valuable insights to 8 Wing attendees.

The spectrum of leadership examples provided by guest speakers ranged from Maj Sprague's depiction of combat leadership and accountability, to the pure business leadership strategies from John See, President of the TD Waterhouse Discount Brokerage.

MGen (Ret'd) Terreau discussed the ethics of leadership and provided the group with a number of examples (good *and* bad), of ethical dilemmas in leadership.

Similarly, CWO (Ret'd) Parent, a former SAR Tech, CF CWO and current Director of Investigations with the Ombudsman's Office, provided excellent examples of leadership from the CWO's perspective.

LCol O'Keefe, Chief of Staff at the Royal Military College and 22-time Ironman triathlete, gave an inspiring presentation on fitness and goal setting, and challenged the attendees to make the fitness of their bodies and minds as a top priority.

Finally, LGen (Ret'd) Dave O'Brien, current chairman of Allen-Vanguard and former Deputy Commander in Chief of North American Aerospace Defence Command in Colorado Springs, discussed the critical importance of an organization's strong culture, and how we can all, through enthusiasm, bring about positive change in our units.

Overall, the 8 Wing Leadership Seminar was a unique opportunity for our men and women to listen to some of Canada's truly outstanding leaders.

Undoubtedly, we can all benefit from listening and learning from these inspiring and successful leaders.

HONORARY-COLONEL ONBOARD



Photo: Submitted

Honorary-Colonel of 429 (T) Squadron, Major-General (Ret'd) Marc Terreau, onboard the CC-177 Globemaster III (177702), on a training mission that was held on Friday, March 28, 2008. The pilots were Lieutenant-Colonel David Lowthian, CO of 429 Sqn and Major Erin Meinders, acting as the instructor.

Do you have less than 10 years of service?

Do you find yourself saying, "I wish someone had told me that years ago!"

If so, register today for the 8 Wing/CFB Trenton:

Long Term Planning Seminar

Tuesday 08 April 2008

Topics will include:

Being your own career manager;
Military Administration; Education and financial planning;
Purchasing a home and the Integrated Relocation Program;
Wills and Estate Planning.

Interested personnel may register at

http://trenton.mil.ca/admin/WPSO/index_e.htm

or contact: +WPSO@CFB Trenton W Adm@Trenton



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FAMILY



Activity: Play dough party



Making play dough is a creative activity that helps your children practice important social skills.

You and your child can take turns adding and mixing ingredients and spend some Comfort, Play and Teach™ time together as you make different shapes from the play dough.

You will need:

- 3 cups flour
- 1 cup salt
- 1 cup water
- 1/3 cup cooking oil
- Powdered paint or food colouring
- Mixing bowl, spoons and measuring cups
- Paper plates
- Cookie cutters, rollers, small cutting boards

Instructions:

Measure these ingredients into a bowl, and combine using a spoon or even your hands.

When the dough is ready, it can be formed into different shapes.

Enjoy this more with Comfort, Play and Teach™:

Comfort: Comment on how your child is playing with the dough.

You might say, "Look at how you are making the play dough flat! Could you teach me how to do that?"

They will love the attention and know that you enjoy her company.

Comfort is the first thing that children need from parents. When parents comfort their child, she learns to feel secure, loved and valued.

Play: Provide some paper plates and role-model making cookies from the dough and serving them to dolls and teddy bears.

This is a simple way to introduce using play

dough as part of pretend play and to encourage your child to practice sharing what he makes!

Play is the "work of children," and parents are an essential "partner." When parents play with their child, he learns to explore and discover the world and his role in it.

Teach: Measuring and combining all of the ingredients allows your child to see how they transform into play dough.

This is an activity that will help her to explore concepts like wet and dry, counting and change of state.

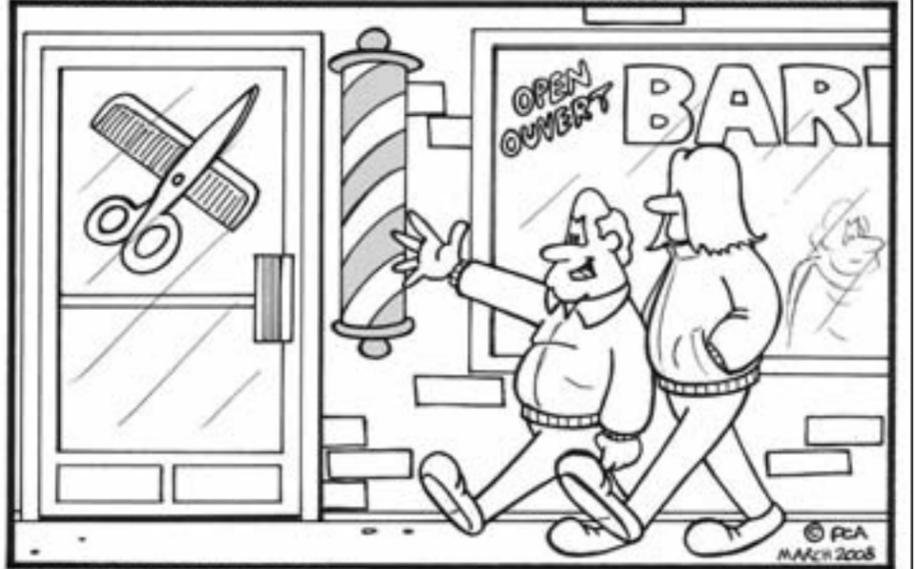
Parents help their child learn by teaching them. When parents teach their child, she learns how to relate to others, solve problems and communicate.

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

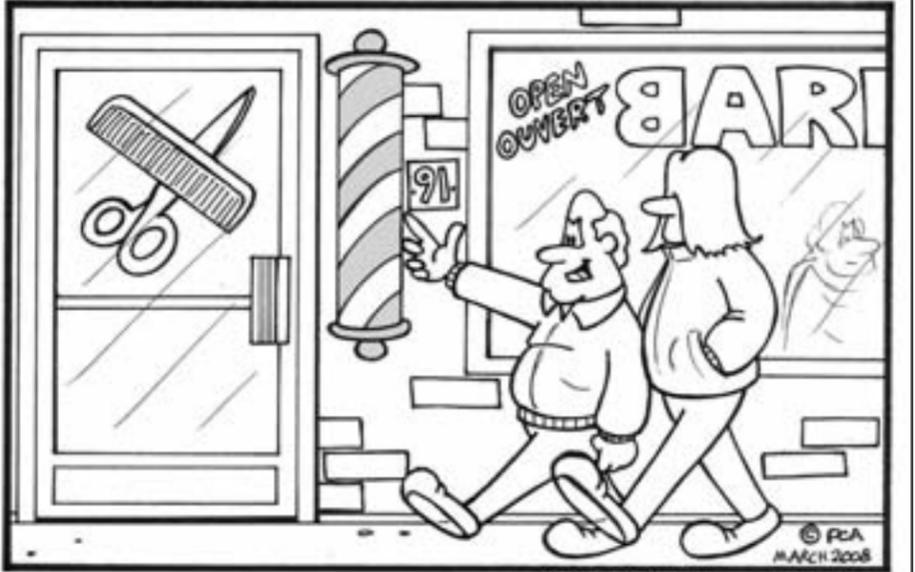
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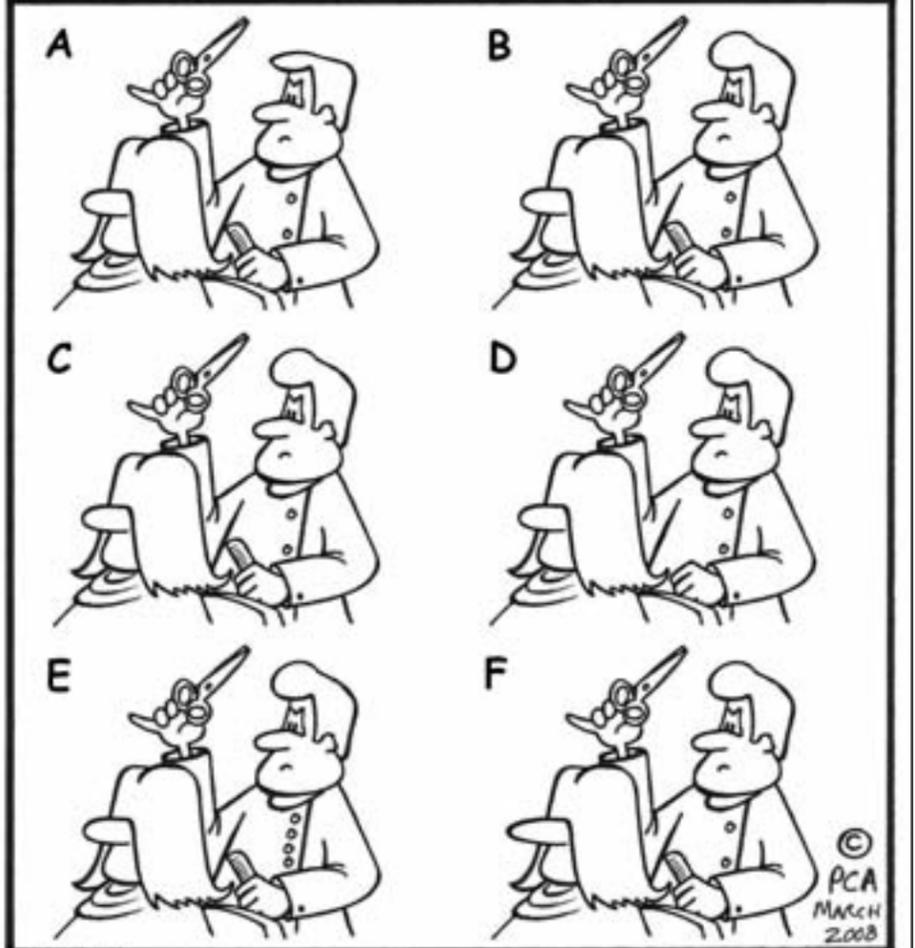


ANSWERS: 1 NUMBER 2 FATHERS HAND 3 FATHERS FOOT 4 SCISSORS N COMB 5 '91' 6 SOUS COAT 7 BOTTOM OF DOOR

NOTXACTLYDASAME

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FIND THE 2 IDENTICAL IMAGES



ANSWERS: B & C

Mealtime.org Chicken Risotto

Ingredients:

- 1 tablespoon olive oil
- 1 medium white onion, chopped
- 1 cup Arborio rice
- 1 can (15 ounces) reduced-sodium chicken broth
- 1/2 cup white wine
- 1 can (10 ounces) chunk chicken, drained
- 1 can (8 ounces) peas, drained
- 1/2 cup chopped, fresh basil
- 1/2 cup freshly grated Parmesan cheese
- Salt and pepper, to taste

Preparation Time: 20 minutes **Cook Time:** 15 minutes

Preparation: Heat olive oil in a medium, non-stick saucepan over medium heat. Add onion; cook and stir for 5 minutes, until onion is translucent. Add rice; stir, coating the rice with olive oil and onions. Pour in broth and wine. Simmer covered until stock is absorbed, about 20 minutes. Stir in chicken, peas, basil and Parmesan cheese. Season with salt and pepper to taste. Serve immediately. Serves: Four

Nutritional Information Per Serving: Calories 340; Total fat 9g; Saturated fat 3g; Cholesterol 70mg; Sodium 800mg; Carbohydrate 31g; Fibre 3g; Protein 29g; Vitamin A 6 per cent DV; Vitamin C 8 per cent DV; Calcium 15 per cent DV; Iron 10 per cent DV. *Daily Value.*

WANTED: FEEDBACK

We really want your feedback about our Family Page. Please send comments and suggestions to Andrea Steiner, Managing Editor, at Steiner.AL@forces.gc.ca

Patient Nominated Award of Excellence established at 24 CF Health Services Centre

By Cathy Yeager
Quality Improvement
Manager
24 CF H Svcs C

There are many variables that shape personnel satisfaction in the workplace. Recognition for the provision of excellent quality service or a job well done is one of those established influential factors. In order to recognize, motivate and inspire staff at 24 Canadian Forces Health Services Centre, an Awards and Recognition Program has recently been implemented. The intent of this program is to acknowledge and regularly demonstrate appreciation and recognition for the contributions of our staff members. There are four separate awards encompassed within this program recognizing different aspects of services provided.

medical clinic provides customer service to you in every step of the health care delivery process. Customer service can be delivered through direct patient care, coordination of your health care, or through support services that are provided by the clinic. As a member of the community at CFB Trenton, we need you to help us recognize our staff. How can you do this? One of the most prestigious awards encompassed in our program is The Chief Warrant Officer Bradford Award of Excellence, where nominations are done by patients only.

The patient nominated Award of Excellence has been named after a Canadian Forces member to emphasize and honour the patient-caregiver relationship. CWO Bradford was a 30 year member of the Canadian Forces. He enrolled in

1976 as a licensed carpenter and enjoyed many postings and deployments throughout his career that included a posting to 8 Wing Construction Engineering Squadron in 2003 as the Superintendent. CWO Bradford was a dedicated military and family man with tremendous strength and passion for life. His wife Joan Bradford commented that her husband was the type of man that would want people to learn from him. He wanted everyone to know that life is undoubtedly and sometimes unexpectedly short, so live and love each day like it is your last one. CWO Bradford passed away in May of 2006.

Both military and civilian, clinical or support staff, are eligible to receive a nomination from you for the Chief Warrant Officer Bradford

Award of Excellence. The criterion includes a staff member going above and beyond their normal roles/responsibilities to facilitate/provide excellent patient care or patient satisfaction. Only you as the patient can provide that input.

Please help support our program by nominating our staff members who meet the criteria for this award. Nomination forms are available in the clinic and on our website at http://trenton.mil.ca/lodger/MedSq/Quality%20Improvement_e.htm. Once you complete a nomination form please forward it to the Quality Improvement Manager, Cathy Yeager, by mail or by email at yeager.ca@forces.gc.ca. You can nominate our staff at any time throughout the year. This award is presented annually at the Health Services Mess dinner held in May.

8 Wing/CFB Trenton 1st annual Heart Health Screening Day

Learn your risk for developing heart disease and what to do about it. Luncheon refreshments provided.

In partnership with:



When: Thursday, April 10, from 0900 to 1600 hrs
Location: 10 Hangar, 8 AMS Conference Room

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Games Evening - Oak Room	2 Ladies' Club	3 TGIT Bratwurst on a bun	4 Sandwich Bar 11:30-13:15	5
6 First Family Sunday Dinner	7 Officers' Mess Bridge Class 13:00-16:00	8	9	10 TGIT Pizza	11 Sandwich Bar 11:30-13:15	12
13	14 Officers' Mess Bridge Class 13:00-16:00	15 CRUD Tournaments - Oak Room	16	17 TGIT Pasta	18 Officers' Coffee 09:30	19 Sandwich Bar 11:30-13:15
20 Sunday Brunch	21 Officers' Mess Bridge Class 13:00-16:00	22 Games Evening - Oak Room	23	24 Trenton Idol TGIT Pub Fool	25 Sandwich Bar 11:30-13:15	26
27	28 Officers' Mess Bridge Class 13:00-16:00	29 Games Evening - Oak Room	30	May Upcoming Events: 08 May - Comedy Nights 11 May - Mother's Day Brunch 31 May - Downhomen's Nights		

Please show appreciation and respect for the health and happiness of yourself and others. Choose a designated driver when attending a party and, when hosting a party, be sure to supply non-alcoholic beverages for guests who are driving.



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Think green and earn green!

by David Weir, BA, CD
Broker – Royal LePage ProAlliance Realty Brokerage

We all know that our planet is under attack by various greenhouse gasses and that our climate is rapidly changing.

So how do these environmental changes impact the value of your home at time of sale and what should you look for when purchasing a home?

According to a recent Royal LePage Eco Home Survey, green friendly home improvements will likely yield a solid return on investment when it is time to sell, as almost three quarters of Canadians (72 per cent) say they will look for a green-improved property in their next home purchase.

Sixty-three per cent of Canadians indicate they will be willing to pay more for an environmentally friendly home.

In fact, of the majority of Canadians who are willing to pay more for an eco home, "62 per cent are willing to pay between \$5,000 and \$20,000 for green features, while eight per cent (8 per cent) of

respondents are willing to spend \$20,000 or more on a home deemed green".

Elden Freeman, founder and executive director of the National Association of Green Agents and Brokers, contends that few people realize that residential, commercial, and institutional buildings represent more than 33 per cent of our total greenhouse gas emissions.

He explains that "while it is unreasonable to completely reduce carbon dioxide created by homes, there are various practices homeowners can implement, such as installing high-energy efficient windows, doors and insulation, high efficiency furnaces and appliances, and water-conserving fixtures such as showerheads and toilets that will significantly reduce negative effects on the environment".

The National Association of Green Agents and Brokers (NAGAB) is Canada's largest non-profit association of Real Estate agents committed to reducing greenhouse gas emissions.

The Association's Greenreal-estate™ curriculum provides an education and certification program

for Realtors®, and through its innovative offerings Real Estate agents are promoting the benefits of energy conservation to their Buyers and Sellers.

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DAVID WEIR BA, CD is the first local Royal LePage ProAlliance REALTOR® to complete the Home Efficiency Training Course and to earn the NAGAB designation.

He is registered with the Federal Government Integrated Relocation Program and has been in the top one per cent of 13,000 Royal LePage REALTORS® nationwide for the last three years.

David can be contacted by phone at 613-394-4837 or via email at david@davidweir.com.

Check David's blog at www.davidweir.com for more information about Green Real Estate and other valuable Real Estate listing tips.

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