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# the Contact

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## 8 Wing pilot shortlisted for CSA astronaut team

by Tom Philp, Contact Staff

Why would an 8 Wing/CFB Trenton pilot, born 5,000 km from this base in Belfast, Northern Ireland, want to push himself to the limit to earn a possible berth on the International Space Station, circling the Earth about 350 km above our heads?

"Because it's something I've always had in the back of my head," said Major Mark McCullins, 436 Transport Squadron, currently tasked to test and train as a candidate for the Canadian Space Agency's (CSA) astronaut program.

Last week, the CSA announced that Major McCullins was one of 16 Canadian finalists in its astronaut recruitment program. Only two of those candidates will eventually be selected to work with the U.S. National Aeronautics and Space Administration (NASA).

Major McCullins is broadly educated in engineering, scientific aviation and project management. Raised in Winnipeg after his family emigrated to Canada in 1982, he earned an honours undergraduate degree in chemical engineering from Royal Military College, and an MBA from Athabasca University. He also earned his wings from 3 Canadian Forces Flight Training School in 1996, and was then posted to 435 Training and Rescue Squadron where he served as an AAR pilot, Tanker Commander and

Instructor Pilot until 2002. Test Pilot Training followed at l'Ecole de Personnel Navigant d'Essais et de Reception (EPNER) in Istres, France, and then it was five years of service at CFB Cold Lake where Major McCullins was a Heavy Aircraft Test Pilot and worked on projects that

charge of the operational flight test program on our own tarmac in 2010.

Oh, and he has also spent the past month or so completing full days of physical, psychological and medical testing as the next steps toward a possible future walk in space.

Although his schedule is obviously quite full,



Major Mark McCullins

allowed him "to fly every aircraft currently in service at 8 Wing, including the Griffon helicopter!"

Major McCullins ended his Cold Lake tour as the Chief Operations Officer for the Flight Test Centre, was posted to Trenton last summer, and immediately deployed on Op ATHENA as a Tactical Aircraft Commander. When The Contact caught up with 8 Wing's own astronaut hopeful, he was undergoing CC130J model training in Little Rock, Arkansas, preparing to take

Major McCullins took time to share information about his astronaut training experiences with his colleagues at 8 Wing/CFB Trenton.

*The Contact:* Not everyone dreams of becoming an astronaut. What have been your personal motivators?

*Major McCullins:* "Aside from a continuing interest in space flight, and a strong desire to do the job, what motivated me was a desire to contribute to a base of scientific knowledge that benefits not only Canada but  
**See Astronaut, Page 2**

## ANNIVERSARY CELEBRATION



Photo: Cpl Simon Duchesne, 8 Wing Imaging

Members of the head table pose under the Halifax Bomber at the National Air Force Museum of Canada prior to the Royal Canadian Air Force (RCAF) 85th Anniversary Mess Dinner (in random order): LCol Tom Dunne, CO, 424 Squadron; LCol Debbie Miller, 8 Wing Administration Officer; LCol David Murphy, 8 Wing Operations Officer; LCol Dave Cochrane, CO, 426 Squadron; LCol Art Agnew, CO, 8 Air Maintenance Squadron; Maj Gwen McEachern, 8 Wing Comptroller; CWO Tom Secretan, 8 Wing Chief Warrant Officer; LCol Tony O'Keefe, DCdts; HCol Glenn Rainbird, 8 Wing HCol; Col Mike Hood, Commander, 8 Wing/CFB Trenton; Gen (Ret'd) Ray Henault, former CDS; MGen (Ret'd) Marc Terreau, HCol 429 Squadron; LGen (Ret'd) Fred Sutherland, former CAS; Col Fred Lewis, CLFC and Staff College; ; MGen (Ret'd) Carl Hussey; and Quinte West Mayor John Williams.

## BIG BUCKS FROM BOEING



Colonel (Ret'd) Ken Kee, Board Member and Director of Fundraising for the National Air Force Museum of Canada, located at 8 Wing/CFB Trenton, accepts a cheque for \$125,000 for the RCAF Memorial Foundation from Harry W. (Pete) Peterson, Vice President of International Operations for Boeing Inc. at an on-site ceremony April 1.

"It's important to preserve our heritage ... and to encourage young people today to pursue careers in aerospace engineering and flight," Mr. Peterson said. "It is our hope that this small gift from Boeing will help make that happen." Following the cheque presentation, about 30 guests were invited to tour the museum's Centennial of Flight exhibition. *See Page 25 for more photos.*

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# Astronaut hopeful from 8 Wing

## Continued from Page 1

humanity as a whole. As a species of explorers, our future lies in space; and the peaceful exploration of our solar system is essential to our ultimate survival and prosperity.”

*The Contact:* Have your training expectations been met to this point in the process?

*Major McCullins:* “We have been interviewed and tested on five separate occasions now, ranging from an initial interview via video-conference to the testing in Halifax which you can see on video at the CSA website (<http://www.asc-csa.gc.ca/eng/default.asp>). I have been impressed by both the scope and depth of the testing.”

*The Contact:* How physically demanding is the astronaut training program?

*Major McCullins:* “There has been a wide variety of physical demands put on us during testing, including some specific fitness tests. During my time at 436 Squadron, while awaiting my CC130J course, I was able to meet most of my fitness

goals through the regularly programmed Squadron PT program; a testament to its effectiveness and the emphasis put on physical fitness by the leadership at 8 Wing.”

*The Contact:* How mentally and emotionally taxing is the training?

*Major McCullins:* “Some of it has been severe by design. Much like other challenges in life, you put one foot in front of the other and carry on! The support of the other candidates has been key; and in our group there have been many new friendships made and old ones renewed.”

*The Contact:* How hard has your CSA training been on your family to date?

*Major McCullins:* “It is no different from my regular work in terms of time away. During my time at the Flight Test Centre, I would spend in excess of 180 days/year on the road on TD. It is the nature of my work, and our family has evolved to deal with that. However, it would not be possible without the



**Major Mark McCullins (front row, second from the left) attends the CSA press conference at which the 16 astronaut training candidates were introduced. Photo courtesy CSA.**

support of my wife, who is every bit as committed to the life of ‘service’ that we lead as I am.”

*The Contact:* Have you had any moments of misgiving, thinking, “Why the heck am I here?”

*Major McCullins:* “The other candidates are among some of the finest, most accomplished group of professionals that one could meet. Given that only two will be selected, it often seems that success is improbable ...which is true; although the opportunity to partake in this process, and to meet and interact with

the other candidates makes the effort worthwhile.”

“The Wing has been incredibly supportive through this endeavour, for which I am immensely grateful,” Major McCullins added. “As the only transport pilot in the final sixteen, it is a privilege to ‘carry the flag’ for the Air Mobility Community. Regardless of the outcome of the CSA competition, I am grateful to the instructors and support staff at 8 Wing/CFB Trenton who played a part in my training over the years and allowed me to make it to this point.”

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



On March 13, 14 and 15, 2009, Heavy Equipment Section worked hand in hand with 424 Squadron and 438 Squadron (CFB St Hubert) personnel to load three CH146 Griffon helicopters onto a tractor trailer for shipment to St Hubert, QC and Kelowna, BC. Pictured here, operating the crane during the technical lift is Heavy Equipment Section member Corporal Boyd Hunt.

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## News from 426 (Transport) Training Squadron

by Captain Terry Rodrigue,  
426 (Transport) Training Squadron

In typical fashion, 426 (Transport) Training Squadron has kept busy throughout the beginning of 2009.

The CC130 CR OTU is in full swing with Combat Ready Course 0803 moving on to the tactical portion and the commencement of the last Combat Ready Course, 0901.

It's not only the squadron that will be busy in the near future; Captain Chris Gervais and his wife Yvonne have a new addition to their family; a daughter named Michelle born January 31 (8 lbs 10 ounces).

In addition, Captain R.J. Ellis and his wife Trina have a new daughter Emma born February 12 (7 lbs 9 ounces). Congratulations to both families.

The Aeromedical Evacuation and Training Flight (AETF) side of the school conducted the first Forward Aeromedical Specialist Course from January 27 to 29, with 10 students earning the qualification.

Yet another first for the staff of AETF was organizing and participating in the first-ever Flight Surgeon's Course.

An Aeromedical evacuation training mission was conducted from February 20 to 21, 2009. This provided the students with exposure on in-flight patient care, as well as the difficulties encountered

when performing emergency medical procedures in the air.

Let it be known that 426 Squadron never passes up a challenge.

We had two members attend the Ontario Regional Badminton Championships from February 24 to 27, 2009.

Congratulations to Warrant Officer Debbie Campaigne who placed first and is moving on to the National Badminton Championships, and Capt Nathalie Frigon who placed third overall in the Regionals. Well done to both competitors!

On the deployment turntable for February, we had Captain Jean Houde replace Captain Dennis Haley overseas.

Welcome back Dennis after seven months away.

Warrant Officer Rene Forster, accompanied by a flight engineer from 427 Squadron, has just finished a two-week recruiting drive for the Flight Engineer trade, which ran from February 9 to 21.

The recruitment drive took him on a whirlwind tour across Canada, with stops that included Winnipeg, Cold Lake, Comox, Bagotville, Greenwood, Shearwater and Trenton.

The purpose of the recruiting drive was to get people interested in the Flight Engineer trade.

The two presentations given at each Wing outlined what the Flight Engineer trade consists of,



as well as an FE trade recruiting video.

Overall, the tour was well received and attracted 80 AVN Technicians in total. The hope is that this effort will result in more applications in the near future.

426 Squadron personnel from all trades have been diligently working on the new SAR OTU, which is scheduled to run for the first time in Sept 2009. This new course will produce SAR-capable crews for employment within Canada.

In anticipation of the new course commencement, there will be several new people joining the ranks of the 426 Squadron family this APS.

We welcome these new members with much enthusiasm.

*On Wings of Fire.*

## We want to hear for you!

We want to hear your stories relating to one or more of the important anniversaries being celebrated as part of Canadian Forces Week-end 2009, at 8 Wing/CFB Trenton.

With an estimated 50,000 of our "closest friends" expected to attend the two-day event on July 4 and 5, (which, may I also say, is absolutely free-of-charge), there will be something for everyone to enjoy.

The weekend itself will pay tribute to some major anniversaries this year, including the 100th Anniversary of Powered Flight in Canada, the 85th Anniversary of the Royal Canadian Air Force, the 60th Anniversary of the Memorial

Gates, and the 25th Anniversary of the National Air Force Museum in Canada.

Do you remember when the museum first opened? Were you, or someone you know, present for the dedication of the Memorial Gates? Do you have any historical photographs relating to the history we are celebrating this year?

If you answered yes to any of the above questions, we would really like to hear from you.

Please send your story and/or photo submissions to [cfstories@gmail.com](mailto:cfstories@gmail.com).

If you have any questions, please do not hesitate to contact Amber Gooding at 613-392-2811 local 3978.

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## Search & Rescue UPDATE



424 Squadron had a busier week, with three missions involving eight crews.

The first mission was tasked to both the Hercules and the Griffon to go help a man who had fallen through the ice in Algonquin Park. Unfortunately the weather precluded the crew from reaching the patient right away. As soon as the weather allowed, the new crew reached the patient safely and he was Medevaced to the Huntsville Hospital.

The second mission was an ELT search at the Warton Airport. The mission was cancelled prior to take off.

The third mission was to recover an injured snowmobiler near Sudbury. Rescue 493 was diverted to pickup an OPP officer as they were advised that the snowmobiler's injuries were fatal and he needed to be present. The crew returned home after dodging freezing precipitation all the way back.

Until next week, stay safe!

Missions for 2009: 37 Missions for March: 14 Persons rescued: 9

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**Managing Editor:** Andrea Steiner  
**Assistant Editor:** Amber Gooding  
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### Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.  
*Jpeg-Maximum (8X10), 300 dpi*

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

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

### Letters to the Editor:

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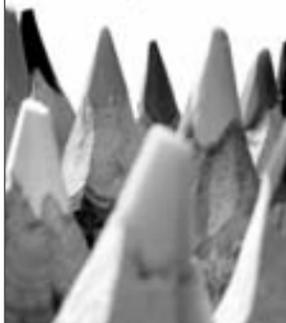
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# Canadiana Crossword

## Who Dunit?

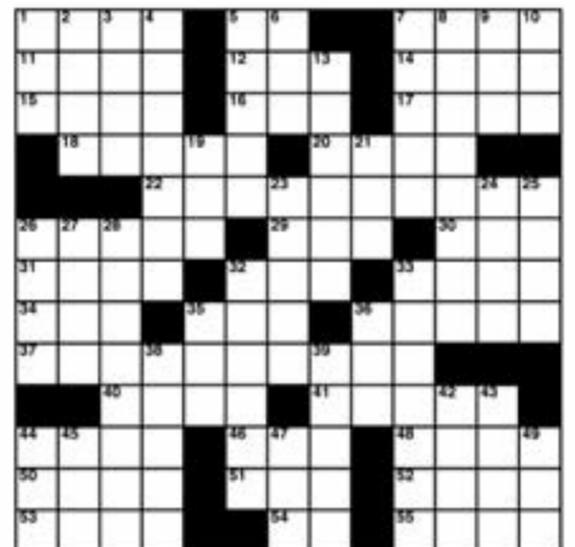
By Bernice Rosella and James Kilner

### ACROSS

- 1 Hand, in Hidalgo
- 5 That man
- 7 Alphabet sequence
- 11 About bearing
- 12 Mornings, breezily
- 14 Painful
- 15 Habit
- 16 Louis the Bold or Phillip the Lion
- 17 Cabinet feature
- 18 Canadian Jolly Jumper inventor
- 20 Normandy battlefield
- 22 Canadian snowmobile inventor
- 26 Lesions
- 29 Rage
- 30 Guido's high note
- 31 Run gracefully
- 32 Finale
- 33 Unit of time
- 34 Rascal
- 35 Math subj.
- 36 Thai dish
- 37 Corresponded, in a way
- 40 Opposed to
- 41 Canadian Walkie Talkie inventor
- 44 Draught
- 46 Scene of 1990 Mohawk uprising
- 48 The Red
- 50 Comfort
- 51 Poetic "it is"
- 52 Heirs, perhaps
- 53 Browning manoeuvre
- 54 Barker or Kettle
- 55 Study hard

### DOWN

- 1 Loft
- 2 At the pinnacle



- 3 With El, Pacific current
- 4 Autumn month, in Outremont
- 5 Oda
- 6 Civil defense org.
- 7 Inquired
- 8 Most comely
- 9 Magnon leader
- 10 Society gal
- 13 Canadian inventor of snow blower
- 19 Gatos or Alamos predecessor
- 21 100 square meters
- 23 Bender
- 24 Ancient Greek city
- 25 Risque
- 26 Lose traction
- 27 Unconscious state
- 28 Evaluate
- 32 Canadian inventor of the rotary snowplow
- 33 Insanity
- 35 Ht.
- 36 Whale, to Norwegians
- 38 Canadian inventor of Pictionary
- 39 Capital of Tibet
- 42 Wax
- 43 Word denoting Chinese
- 44 A kind of change
- 45 Grow
- 47 Politician Campbell
- 49 Winnipeg time

See Answers, Page 24



## This Week in Contact

1979 – Their Excellencies, Governor General and Mrs. Ed Schreyer made a short visit to 8 Wing/CFB Trenton. Escorted by Colonel R.D. Russell and Mrs. Russell, the Schreyers attended briefings given by Air Transport Group and Training Systems, and visited the Tom Thumb Nursery, Breadner School and CANEX before attending a luncheon at the Officers' Mess.

1989 – The Military Police Detachment, 8 Wing/CFB Trenton, asked the residents of Middleton Park to help them tackle the ongoing problem of vehicle speeding by teaching children to be extra cautious, reminding adults to observe speed limits while driving themselves and reporting problem drivers. Speeders were warned to WAKE UP AND RECOGNIZE THE FACTS!

1999 – Personnel from 8 Wing/CFB Trenton occupied the newly renovated Wing Headquarters Building at 142 Yukon St., a move that created a "one-stop" facility for "commonly required services," bringing together several units that had been scattered across the Wing previously. Just in time to celebrate the Royal Canadian Air Force 75th anniversary!

Created by Lt J. H. MacDonald,  
 Compiled by Tom Philp.



# Successful implementation of 'Operational Results Review'

by Cathy Yeager  
Quality Improvement Manager  
24 CF H Svcs C

Last week 24 CF Health Services Centre implemented the 'Operational Results Review' (ORR) phase of the Canadian Forces Health Information System (CFHIS).

CFHIS is the electronic health records project that will allow medical and dental clinics across the Canadian Forces to securely share health information for our 85,000 regular and reserve force members.

The ORR implementation team from headquarters came to the clinic last Monday and flipped the operational switch on Tuesday, March 24, 2009.

The ORR phase includes scanning of all patient clinical results/reports into the CFHIS system for review and sign off from the ordering clinician.

Results and reports are scanned into the patient's medical document and filed according to their specialty.

The patient's medical file has sub-folders for laboratory, diagnostic imaging, mental health, physiotherapy, primary care and specialist services.

This makes it much more efficient for the physician to find a report as he/she does not have to utilize extra time to go through the patients paper chart to find a particular result. It is one click away.

Overall, what this means is a more timely access to reports, quicker sharing of information between providers, reduced risk of misplaced documents or misfiled documents, and permits clinician access across the CF. CF-wide access creates a greater peace of mind for you as a Canadian Forces member.

For example, if you belonged to Edmonton and had a medical test done just before coming to Trenton on

course, you would have clinician follow up if required based on your results.

As soon as the results arrive in Edmonton, they would be scanned into your medical record and the referring physician would contact Trenton with a request to follow up with you.

The physician in Trenton has immediate access to your test results and other pertinent medical information through the CFHIS system.

We are one step away from having CFHIS fully-implemented into the CF clinics. The final phase involves clinical notes and order entry capability for CF physicians and reports.

Upon project completion, the CFHIS system will enhance operational effectiveness and improve the quality of life in the Canadian Forces.

For more information on the CFHIS project, please visit the Canadian Forces Health Services website at <http://hr.ottawa-hull.mil.ca/>

[health-sante/proj/default-eng.asp](http://health-sante/proj/default-eng.asp).

It is that time of year that we are actively soliciting candidates for the patient nominated Chief Warrant Officer Bradford Award of Excellence.

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Dan will be doing an audience show including audience participation after dinner. Once the show is finished, Dan will be offering time for private readings, should you want to.



8 Wing/CFB Trenton

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4-5 juillet 2009



# 8 Wing Personnel at Work: Major Georgie Jones

By 2Lt Jennifer Jackson,  
8 Wing Public Affairs OJT

When people think of learning lessons, it usually prompts flashbacks to high school or university.

For Major Georgie Jones, the Section Head for the Exercise Analysis and Lessons Learned department at the Canadian Forces Aerospace Warfare Centre, the lessons she deals with apply to more than just the classroom – but to real life in the sky.

Maj Jones joined the Canadian Forces in 1980 as one of eight female air navigators (now called Air Combat Systems Officer) pioneers, as part of the initial SWINTER – Service Women In Non-Traditional Environmental Roles – trial for female aircrew. Part of a military family from North Vancouver, British Columbia, Maj Jones joined under the Officer Candidate Training Plan and completed her Bachelor of Military Arts and Sciences Degree part-time at the Royal Military College in 2008.

Throughout her career she has logged over 4700 hours on both the CC130 Hercules and the CC115 Buffalo airframes. From 1991 to 1995 she worked as an instructor on the Basic Officer Training Course in Chilliwack, BC, and was posted to Lahr, Germany from 1989 to 1991. She also deployed in support of the Kosovo mission in 1997, and as part of Operation AIRBRIDGE from 1996 to 1997.

All these previous experiences help Maj Jones in her current position, where she is working at developing a doctrine aimed at integrating a “lessons learned” system into the Air Force.

In order to do this, she is frequently in contact with the Joint Task Force Afghanistan Air Wing to provide assistance as required by supplying data from previous missions – the “lessons learned” – to help resolve any issues that arise.

“The goal of lessons learned is not to tell air force personnel what they are doing right or wrong, but to determine if they are doing the right thing,” says Maj Jones. “We can then pass that information on to members of future missions, with the aim of making their experiences smoother and the whole operation more effective.”

Similar to the current Flight Safety program, the lessons learned program is not designed to evaluate performance and assign blame, but to encourage reporting of deficiencies and achievements so others may benefit.

In order for a lesson to be considered “learned,” it must be first identified, then actions must be recommended, implemented and validated.

“I work closely with members in operational roles to identify not only the issues but also the best processes or practices with the intention of ‘sharing the wealth’ in the future with all units,” says Maj Jones.

Photo: Cpl David Hardwick, 8 Wing Imaging



Major Georgie Jones, an Air Combat Systems Officer, is hard at work in the Canadian Forces Aerospace Warfare Centre. Originally hailing from Vancouver, British Columbia, Maj Jones has spent the past 29 years in the Canadian Forces.

When asked what she enjoys about her job, Maj Jones identifies several different areas.

“Every day is different because we are on the ground floor of implementing a new program for the Air Force,” she says. “I get to deal with people all over the world including people from Australia, NATO (North Atlantic Treaty Organization) countries and the United States Coast Guard.

In lessons learned, we try to make new things [such as acquiring and

employing a new air frame like the CC177 Globemaster III easier to implement because we draw on lessons learned from implementations done in the past.”

Maj Jones is married and lives on a hobby farm just north of Stirling. She has two labradoodles named Cocoa and Mocha. She is the team leader for the 8 Wing/CFB Trenton team for the 2009 Nijmegen Marches, and is looking forward to starting the training for this adventure.

## 8 WING QUESTION OF THE WEEK

**QUESTION:**

“What routine do you follow to maintain peak personal fitness?”

**Cpl Shelley Vandrecht**  
2 AMS

“I lift moderate to heavy weights and get in lots of cardio.”

**PO2 Jason Holland**  
RCSU Central Det

“I have a five-day split routine, mostly weight training.”

**Dave Gill**  
UPS Driver

“I do stretching and free weights to keep fit for this job, and as a Tyendenaga firefighter.”

**Sgt. Kirk Canning**  
426 Transport Training Squadron

“Routine is the enemy of progress. You’ve got to mix it up.”

**Tracy Blair**  
Student Fitness Instructor

“I’m always teaching, so I follow whatever I can fit into my day.”

## PET OF THE WEEK

I was left abandoned and tied to the picnic table at the shelter after hours. I am a very friendly and affectionate boy who is calm, sweet and handsome! I’ve been named Jonah and the staff here think I am a young adult collie/saint bernard/hound mix.

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# Canadian Forces Aircrew Selection Centre (CFASC)

by 2Lt Jennifer Jackson,  
8 Wing Public Affairs OJT

So ... you have decided to become a Canadian Forces Pilot.

You have gone to the recruiting centre (or your local Personnel Selection Officer), filled out paperwork, completed testing and passed the basic medical.

Things are looking good ... and then you are told you have been selected to attend the Canadian Forces Aircrew Selection Centre (CFASC). Why? And what will happen there? How do you prepare?

The CFASC has existed in one form or another since WWII, and was located in several different locations across Ontario before it finally found its present home as part of 8 Wing/CFB Trenton in 1997.

Its mission is to screen candidates who have expressed an interest in becoming a pilot or an Air Combat Systems Officer (ACSO – previously known as Air Navigator), in the Canadian Forces. ACSO candidates are only required to attend the CFASC if Pilot is one of their secondary choices.

Every year, Commanding Officer Major Carl Kap and his staff process approximately 350-450 potential aircrew candidates.

Each course of up to 15 candidates lasts one week, and consists of tests designed to determine each candidate's capacity in motor skills, hand/eye co-ordination, as well as general suitability for being an aircrew member in the CF.

Candidates arrive in Trenton on the Sunday before their course, and undergo testing until the Wednesday evening, when the course is moved to Toronto for the



Photo: Pte Gisele LeBlanc, 8 Wing Imaging Section

**The Canadian Forces Aircrew Selection Centre (CFASC). Shown above are three Canadian Automated Pilot Selection Systems (CAPSS). CFASC's mission is to screen candidates who have expressed interest in becoming a pilot or an Air Combat System Officer (ACSO) in the Canadian Forces. A Flight Simulator like this one is the primary tool used in the selection process.**

medical portion of the process. The travel expenses, meals and accommodations for each candidate are paid for by the CF, and each candidate leaves the centre with a clear indication of whether or not they have met the selection requirements.

While in Trenton, each candidate will complete a tour of the centre, two and half hours of cognitive, spatial and motor skills testing, and four one-hour sessions in a simulator.

It is important to note that the non-simulator testing done at the centre is not part of the selection process, but is completed as part of on-going research aimed at determining future selection procedures.

Success ultimately comes down to the performance of each candidate in the simula-

tor. Prior to arriving in CFB Trenton, each aircrew applicant is given a package of instructions to study on the fundamentals of flying, and no human instruction is given before or during the time spent at the CFASC.

Once in the simulator, candidates are required to apply the fundamentals outlined in the pre-study package, and they are also given computerized power-point presentations as part of each simulation.

All assessments are done through automation, with no human input, ensuring that every candidate receives the same information and instructions.

The standard for success at the CFASC is set by National Defence Headquarters in Ottawa, and looks for several

different things, such as co-ordination, motor skills and the ability to adapt to a steep learning-curve.

By the end of that Wednesday morning, each candidate is debriefed on their performance at the CFASC, and whether they have met the requirements to be selected as a pilot candidate in the CF.

On Wednesday afternoon, those who wish to do so are given an opportunity to write the ACSO aptitude test to determine their suitability for that occupation.

The historic success rate for candidates at the CFASC is approximately 45 per cent, and this selection process contributes to a 75 per cent success rate at the subsequent pilot training. Ninety per cent of those successful at the

CFASC also meet the aircrew medical requirements.

On the final two days of the one-week selection process, candidates undergo medical testing at Defence Research Development Canada in Toronto.

These tests include hearing, sight, respiratory ability and anthropometric measurements. The purpose of these measurements is to ensure each candidate will fit safely into the cockpit of the aircraft used during pilot training.

After successfully completing all parts of the selection process, candidates are sent back to their homes to await word from their recruiters that they have been offered a position in the CF as a pilot.

Unfortunately, success at the CFASC does not guarantee a job offer in the CF, as many other factors must be considered.

All potential candidates for the CFASC can rest assured they are in good hands.

The CFASC's staff of Major Carl Kap, Captain Yvon Larose and Captain Art Touw represent a combined experience of 83 years in the regular force, 13 years of reserve experience, and a 18,000 hours of flying time.

Additionally, candidates benefit from the administration expertise of Resource Management Support Clerk Corporal Marie Ferguson.

When speaking of the best way potential CFASC candidates can prepare for their week on course at the centre, Maj Kap lends this advice:

"Know the study guide. Come to the centre fit, well rested, well prepared and extremely focussed. Be prepared for a selection process that is extremely stressful and demanding.

Only by being at your best do you have the best chance of being successful."

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# SPORTS & RECREATION

## CF Sailor steps up to the start line at Boston Marathon

by Shelley Lipke, Lookout Newspaper

For Petty Officer, 1st Class Howard Manderson, what began five years ago as a run in the Times Colonist 10K Race has led to qualifying in the oldest and most prestigious marathon in North America – the 113th Boston Marathon.

The 39-year-old Fleet School instructor ran his personal best time in May during the ING Ottawa Marathon, and in doing so, qualified for a race he never imagined he would run.

“To qualify for Boston, it’s the Holy Grail of marathons,” he said. “In my age group of 35 to 39, the time I needed was 3:15. These are not token milestones to hit, they are very challenging.”

At 500 metres before the finish, he glanced at his watch, and then checked the time again at 200 metres. “It was rather scary actually how close I was. I ended up matching the time of 3:15,” he said.

Each year the Boston marathon is capped at 25,000 runners, so if a runner qualifies after this then they are out of luck. “There are no first timers at Boston. This marathon is one of the few races you must achieve a qualifying time in order to run,” said PO1 Manderson.

“So it really sank in when I received a postcard from the Boston Athletic Association inviting me to run in the marathon.”

On April 20, PO1 Howard Manderson will step up to the start line sporting his Canadian Forces running shirt with a red maple leaf, and sprint his way through the 42.2 kilometre dream. PO1 Manderson admits that without the support of his ship at the time, HMCS Regina, he wouldn’t be training and preparing for Boston.

“We were in Hong Kong and they actually flew me back to run in the Ottawa race, which qualified me,” he said. “I’m so grateful for that.”

With only five weeks before the race, he is spending his days getting ready because it takes a lot of preparation, hard training and proper nutrition to pull off the fastest times. “Three weeks before a race I eliminate caffeine and alcohol and start carb loading, hydration and eating well to give fuel to my body,” he said.

Because marathons can be very hard on the body, he only runs three or four per year, but continues to maintain regular training throughout the year.

“I focus on building up my body’s ability to sustain the distances, and then

I move into strength and speed training near the end,” he said. “I do this over a three-month period and my mileage will fluctuate from 60 kilometres per week to 150 per week.”

When asked about his expectation for the Boston marathon, PO1 Manderson said he’s most looking forward to receiving the medal at the end of the race.

“I’m following in the footsteps of some big runners and what I really love about marathoning is that it allows everybody their own level of success,” he said. “My goal time is three hours 10 minutes, but if it’s going well and I feel good I will make a push in the last third to sprint faster.”

In the majority of his races, he ranks in the top six to seven per cent, and while he wants to come home with a good time, he also wants to enjoy the experience.

The Boston course itself is rather unique. It’s a straight run, with the first third running downhill, and then at mile 20 a steep uphill called Heartbreak Hill, followed by some rolling hills that lead to a fairly flat ending.

PO1 Manderson was given a signed postcard of two-time 1920s Boston marathon winner Johnny Miles, who is



Photo courtesy of PO1 Manderson

**Petty Officer, 1st Class Howard Manderson looks at his watch during the ING Ottawa Marathon last May. With 12 seconds left to make a qualifying time for the Boston Marathon, he sprinted to the finish.**

from Cape Breton.

While he definitely doesn’t want to damage the card, he admits he is toying with the idea of running the race with this postcard in hand.

## Bowling update from Astra Lanes

This week the lanes have been busy with league play.

There is nothing new to report for the Adult Leagues however, the Youth Leagues have been bowling up some fantastic scores.

### PEEWEE DIVISION

Pewee Bowler Drake Pierson bowled a plus 27 over his average of 69 this week and was closely followed by Cody O’Neill who bowled 26 over his average of 109. Keep up the good bowling!

Other Averages in the Peewee Division are: Madeline Gray with 60, Drake Pierson with 70, Ethan Hendry with 82, and Nathaniel Hendry with 92.

### BANTAM DIVISION

Ceileigh MacNeil led the Bantams on March 28 with a plus 52 over her average of 107. She was followed closely by Matt Laporte and Patrick Mitts who both bowled plus 35 over their averages. Great bowling everyone!

High Averages and High Singles in the Bantam Division are as follows: Eric Gray with a 108 High Average, Matt Laporte with a 182 High Single, and Ceileigh MacNeil with a 105 average and the high

single of 169.

Other averages in the Bantam Division are as follows: Matt Laporte with 104, Patrick Mitts with 90, and Ashley Mailhot with 88.

### JUNIOR DIVISION

The girls dominated the lanes on March 28. Brittany Laporte bowled games of 136, 155, 163 or a total of plus 79 pins over her average and Kendra O’Keefe bowled games of 156, 162, and 116 for a plus 71 over her average. Way to show the boys how it is done ladies!

High Averages and High singles for the Junior Division are as follows:

Seamus MacNeil with a 148 average and a 264 single and Brittany Laporte with a 126 average and a 198 single.

Other averages in the Junior Division are as follows:

Kendra O’Keefe with 122, Matt Mailhot with 110, Alex Jones with 113 and Nicholas Mailhot with 99.

If you are interested in more information on leagues, open bowling times or birthday parties please call Astra Lanes at 613-392-2811 ext. 3305

Keep your eye on your spot, until next time....bowling well and have fun!

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# VIEW FROM THE PINE



The home stretch. Next to the adrenaline rush of the playoffs the last month of the regular season is probably the second most exciting time in the NHL.

Parity may make sports betting particularly tough but it does make for some exciting playoff races in both the Eastern and Western Conferences as teams battle tooth and nail for the final post season spots.

In the Western Conference, San Jose and Detroit have run off with their respective Divisions while Calgary and Vancouver will likely battle each other down to the wire for the Northwest crown (mark April 7 on your calendar when the Flames visit the Canucks).

Fourth through eighth positions will likely remain in a state of flux until the last few games of the regular season, with Columbus, Nashville, St. Louis, Anaheim and Edmonton duking it out until the bitter end. With only six points separating sixth place Columbus (86) from eleventh place Minnesota (80), every game and every point will become a life and death affair. My predictions?

Based on strength-of-schedule Vancouver takes the Northwest with four of their next seven games played within the safe confines of General Motors Place. The Flames will finish fourth, followed by the Blackhawks in fifth. Now, everyone loves an underdog, and this will likely be the year of the underdog out West as I am going out on a limb to say that Columbus, Nashville and St. Louis all sneak into the Big Dance, leaving the Ducks and Oilers on the outside looking in. Anaheim simply does not have the goaltending, and the Oilers do not have

the consistency, to squeak in ahead of the Jackets, Preds and Blues who are all getting stellar goaltending heading into the final weeks of the regular season.

The Eastern Conference is a bit more settled with Boston, Washington and New Jersey all coasting to the finish line with their Divisional Titles well in hand. Fourth through seventh places will end up resting with Philadelphia, Carolina, Pittsburgh and New York as they are all within three points of one another. Of that foursome, Philly has the most appealing schedule with two games against Toronto and one against the Islanders in their last seven. Eighth place, now in the sole possession of my beloved Montreal Canadiens, will be hotly contested by the Habs and Panthers right down to the last game of the regular season.

The Canadiens have seven games left with three at home and four on the road. And, just so you Toronto fans out there have a glimmer of hope for something to cheer for (anything, really), the Leafs have a chance to put a nail in Montreal's coffin with a home date against the Canadiens on April 4.

The Panthers only have six games left, but four of those are at home. They also have two games against the lowly Thrashers which at least on paper, is an easy four points.

So, heading into April, I have adopted Atlanta as my second favourite team, have begun burning all the Leafs hockey cards that I can find as sacrificial offerings to the Hockey Gods, and have banished my three year old, Toronto-lovin' daughter to the wilds of Quebec to get in touch with

her inner-Canadiens fan. Gotta support the team! Just call me Puddy...

CHARLIE POTATOES

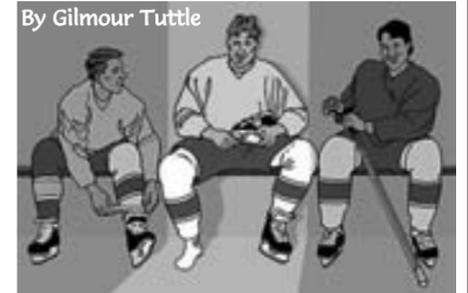
Jiri Hudler (At first glance his stat line of 22 goals and 32 assists is a step in the right direction given his 2007-2008 totals of 13 markers and 29 helpers. However, heading into the post season he has a meagre two goals and three assists in March and is averaging less than two shots on net every game), Rob Blake (Just when fantasy owners need him he goes down with a lower body injury. San Jose will be in no hurry to rush him back with the Pacific Division title in their back pocket. Poolies might as well cut him loose now), Edmonton Oilers (5-5-4 record in March does not exactly a playoff team make. The Oilers are currently sitting in tenth and are in tough with games against Anaheim, San Jose, Vancouver, LA and a home-and-home against Calgary to wind up the season), Tomas Vokoun (He probably does not deserve to be here based solely on his play alone but his 3-5-3 record, and a lack of offensive support, means the Panthers are barely staying in the race for the last playoff spot in the Eastern Conference), Sergei Gonchar (He has not provided the offensive spark from the back end that the Pens were looking for when he came off the IR with a measly four goals and four assists in March. On the bright side, 10 of his 15 points have come on the power play).

MEAT AND POTATOES

Rod Brind'Amour (Rod the Bod finally

makes the *Meat and Potatoes* List with six goals, 10 assists and a +9 in March. The fact that he is STILL a -21 tells you how bad the rest of his year was. And no, the "Bod" reference does no mean I dig him in THAT way. It just means that you haven't followed hockey as closely as I have over the years. In other words, you have a life), Chris Mason (His nine wins this month have propelled the Blues into the thick of the playoff race in the Western Conference. Seriously, if St. Louis sneaks in they need to throw this guy a parade), Mark Recchi (Wily veteran is making a difference in Beantown with five goals and two assists in his last five games. His veteran presence and secondary scoring are exactly what Boston will need going into the first round of the playoffs), Kyle Okposo (The news is not all bad for the Islanders and their 2006 first rounder has 17 goals and 19 assists in 71 games this year, with five goals and eight assists coming in the last 30 days), T.J. Oshie (Blues rookie has a nice stat line of 13 goals and 23 assists in 51 games. He has never scored more than four goals in any given month but has seven assists in his last 10 games).

By Gilmour Tuttle



Any responses can be sent to the Editor at [steiner.al@forces.gc.ca](mailto:steiner.al@forces.gc.ca)

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# Administrative Assistants: professionals moving projects forward

By Tom Philp,  
Contact Staff

If you check your calendars closely, you will notice April 24 has been designated *Administrative Professionals' Day* in Canada. The concept is not lost on personnel at 8 Wing/CFB Trenton who, for the second consecutive year, are finalizing the schedule for *Administrative Assistants' Day* on the base.

"There are lots of opportunities here for men and women of different ranks and classifications to get together and share experiences, but it tends to be a military thing," said Sara Rylott, Learning Advisor at the Learning and Career Centre here.

"We want to give our professional administrative assistants the same opportunity to share and learn during a day of their own."

Traditionally, employers have used this day to show their appreciation to assistants for their hard work and professionalism throughout the year.

Rylott and Learning Assistant Nelly Michaud are putting together a comprehensive, fun day of activities to be offered to 8 Wing/CFB Trenton administrative assistants on "their" day. The classes

and courses will run throughout April 24 at the Learning and Career Centre, Building 21, Room 116 (on Otter Avenue, directly across from the Yukon Galley), giving participants an opportunity to learn and grow.

Michaud, who retired as a sergeant after a successful Canadian Forces career, is able to see things from different perspectives, and has come to fully appreciate the value of professional administrative support.

"The work that we're doing is so important to overall operations," Michaud said. "Often, when projects are successful, you can trace that success back to the administrative assistant who got things started."

While many of today's administrative support professionals share similar job descriptions, others hold different job levels and perform different job functions within their branches or squadrons. Administrative professionals also carry a variety of titles; and while job titles are not important to everyone, they often reflect distinctive jobs and job functions, and sometimes the level of skills demanded to perform the duties of those positions.

For the 8 Wing/CFB Trenton event, a variety of guest speakers will address relevant

topics, and a wide range of course offerings will appeal to anyone currently in an administrative role. Those courses include Trucs Excel, Word and Access; Weight Training for Women; Military Writing Basics; Planning a Difficult Conversation; Personality Dimensions Through Colour; DND's Civilian Mentoring Program; MBTI and Temperament; Generations in the Workplace; and the Six Thinking Hats.

"We are trying to get as many speakers as possible from inside the 8 Wing community," Rylott said.

The organizers said last year's event attracted 22 participants, and the goal for 2009 is to double that number.

"We would really like to double it in each successive year and hold the entire event in the Astra Lounge," Rylott said. "We have come a long way since the first Secretaries' Day in 1952; and even though that changed to Administrative Professionals' Day in 2000, we still have a way to go."

Michaud and Rylott also want to impress upon supervisors on the base who have administrative assistants that Administrative Assistants' Day or Week isn't the only time of year to show appreciation for



Photo: Tom Philp, Contact Staff

**Nelly Michaud (left) and Sara Rylott from the Base Learning Centre are coordinating the 2nd Annual Administrative Assistants' Day at 8 Wing/CFB Trenton.**

work done well. They stress that it is important for all employers to ensure they are making their assistants feel valued throughout the year. A simple "thank you" or kind word can go a very long way.

Anyone interested in registering for the 8 Wing/CFB Trenton Administrative Assistants' Day 2009 is asked to

do so by *Thursday, April 9* by submitting a completed registration form to the Learning Centre.

Forms are available from Michaud by visiting the Centre; by calling 613-392-2811, Ext 2077; by fax at 613-965-2071; or contact her by email at [michaudn@cfbtrentonchro@trenton](mailto:michaudn@cfbtrentonchro@trenton).



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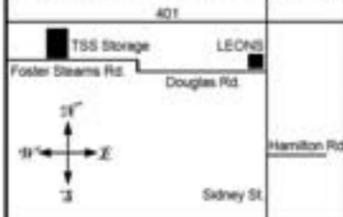
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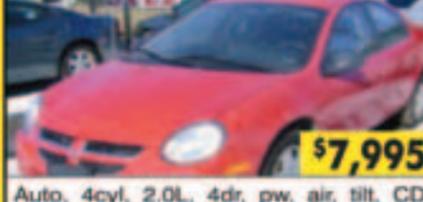
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<p><b>2005 GMC CANYON</b></p>  <p><b>\$8,995</b></p> <p>Auto, 6cyl, 2.8L, 2dr, air, tilt, tonneau, CD, 145,943km, Stk#P11181</p>	<p><b>2006 CHEV IMPALA LTZ</b></p>  <p><b>\$10,995</b></p> <p>Auto, 6cyl, 3.9L, 4dr, pw, pseats, pm, pdl, pwr sunroof, air, leather, alloys, CD, 123,403km, Stk#PJ086</p>	<p><b>2005 CHEV UPLANDER LT</b></p>  <p><b>\$8,995</b></p> <p>Auto, 6cyl, 3.5L, 5dr, pw, pseats, pm, air, cruise, rack, CD, 118,831km, Stk#PJ093</p>	<p><b>2004 CHEV MALIBU LT</b></p>  <p><b>\$8,995</b></p> <p>Auto, 6cyl, 3.5L, 4dr, pw, air, leather, alloys, CD, 92,112km, Stk#PJ057</p>
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<p><b>2004 GMC ENVOY XL</b></p>  <p><b>\$11,995</b></p> <p>Auto, 6cyl, 4.2L, 4dr, 4X4, pw, pseats, pm, pdl, air, tilt, cruise, tinted, alloys, rack, running boards, CD, Stk#PJ145</p>	<p><b>2005 SATURN VUE</b></p>  <p><b>\$9,995</b></p> <p>Auto, 6cyl, 4dr, pm, pwr sunroof, air, leather, alloys, CD, 103,283km, Stk#PI658</p>	<p><b>2004 DODGE SX 2.0</b></p>  <p><b>\$7,995</b></p> <p>Auto, 4cyl, 2.0L, 4dr, pw, air, tilt, CD, 47,909km, Stk#PJ077</p>	<p><b>2005 CHEV UPLANDER</b></p>  <p><b>\$9,995</b></p> <p>Auto, 6cyl, 3.5L, 5dr, 7pass, pw, pm, pdl, air, tilt, cruise, quads, CD, 57,838km, Stk#PI876</p>
<p><b>2005 SATURN ION LEVEL 2</b></p>  <p><b>\$7,995</b></p> <p>Auto, 4cyl, 2.2L, 4dr, pw, air, tilt, cruise, CD, 80,472km, Stk#PJ034</p>	<p><b>2004 TOYOTA ECHO</b></p>  <p><b>\$7,995</b></p> <p>Auto, 4cyl, 1.5L, 4dr, pdl, airbag, tilt, spoiler, alloys, CD, Stk#PJ081</p>	<p><b>2005 PONTIAC G6 GT</b></p>  <p><b>\$10,995</b></p> <p>Auto, 6cyl, 3.5L, 4dr, pw, pseats, pm, pdl, pwr sunroof, air, tilt, cruise, leather, alloys, CD, 92,000km, Stk#PJ117</p>	<p><b>2003 PONTIAC VIBE</b></p>  <p><b>\$7,995</b></p> <p>Auto, 4cyl, 1.8L, 5dr, keyless, air, cruise, rack, CD, 144,583km, Stk#PJ024</p>

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## 426 Transport Training Squadron: ON WINGS OF FIRE

*Battle Honours: English Channel and North Sea 1943, Baltic 1944 to 1945, Fortress Europe 1943 to 1944, France and Germany 1944 to 1945, Biscay Ports 1943 to 1944, Ruhr 1943 to 1945, Berlin 1943 to 1944, German Ports 1943 to 1945, Normandy 1944, Biscay 1943.*

426 (Bomber) Squadron was created at Dishforth, England, on 15 October 1942, and was known to have only one other wartime base, which was unusual among Royal Canadian Air Force (RCAF) units.

The "Thunderbirds" began operations against occupied Europe in January 1943, initially flying the Wellington,

principally over Germany.

In June, the squadron moved to Linton-on-Ouse, where it re-equipped with the Lancaster Mk II. With this aircraft, the "Thunderbirds" soon resumed the offensive, their first operation being the famous raid against Peenemunde, Germany's rocket and jet experimental station, on 17 August 1943.

In April 1944, the Handley Page Halifax began to replace the Lancasters and for the next year 426 Squadron continued to operate as part of No. 6 Group.

In May of 1945, 426 Squadron was transferred to Transport Command, re-equipped with Liberators and

began preparation for transport duties with "Tiger Force" in the Far Eastern theatre.

The sudden end of the war in the Far East brought with it the dissolution of "Tiger Force" and for the rest of the year, the "Thunderbirds" airlifted Indian and British troops between Egypt, India and Britain.

426 Squadron was disbanded at Tempsford on 31 December 1945.

On 1 August 1946, 426 (Transport) Squadron was reformed at RCAF Station Dartmouth from the Dartmouth portion of No.164 (Transport) Squadron.

The "Thunderbirds" moved to RCAF Station Dorval in

March 1947, traded their Dakota aircraft for the North Star and assumed long-range transport duties.

In support of the United Nations participation in the Korean conflict, 426 Squadron was selected to carry out air transport operations in conjunction with the United States Military Air Services.

From July 1950 to June 1954, the "Thunderbirds", deployed to McChord Air Force Base, were employed on Operation HAWK, the Korean airlift, and made 6,000 round trips across the North Pacific without incident.

In 1956, the squadron airlifted United Nations Emergency Force personnel

and equipment to the Middle East and again, in 1960 to 1962, the United Nations personnel to the Belgian Congo. After a brief stay in Trenton, the "Thunderbirds" moved to St. Hubert.

426 Squadron was disbanded at St. Hubert on 1 September 1962.

On 3 May 1973, No.4 (T) Operational Training Unit and No.4 Field Technical Training Unit were amalgamated to form 426 Transport Training Squadron.

The "Thunderbirds" moved to Trenton, shortly afterward, and remain there today, conducting training on the CC130 Hercules and CC150 Polaris aircraft.

## 426e Escadron d'entraînement au transport

SUR DES AILES DE FEU

*Honneurs de guerre : Manche et mer du Nord en 1943, Baltique en 1944 et 1945, bastion Europe en 1943 et 1944, France et Allemagne en 1944 et 1945, ports du golfe de Gascogne en 1943 et 1944, Ruhr de 1943 à 1945, Berlin en 1943 et 1944, ports allemands de 1943 à 1945, Normandie en 1944, Biscaye en 1943.*

Mis sur pied le 15 octobre 1942 à Dishforth, en Angleterre, le 426e Escadron de bombardiers est connu pour n'avoir eu qu'une seule base en temps de guerre, ce qui est peu commun parmi les unités de l'Aviation royale canadienne (ARC).

Les Thunderbirds entrent en action contre l'Europe occupée en janvier 1943, à bord, au départ, de bombardiers Wellington et surtout au-dessus de l'Allemagne.

En juin, l'Escadron emménage à Linton-on-Ouse, où il est rééquipé de Lancaster Mk II. À bord de cet appareil, les Thunderbirds reprennent vite l'offensive, leur première opération, effectuée le 17 août 1943, étant le fameux raid sur Peenemünde, la station allemande d'expérimentation des bombes volantes et des moteurs à réaction.

En avril 1944, le remplacement des Lancaster par des Handley Page Halifax débute et, au fil de l'année qui suit, le 426e Escadron continue de fonctionner au sein du 6e Groupe.

En mai 1945, le 426e Escadron, transféré au Transport Command, est rééquipé de bombardiers Liberator et commence à se préparer à ses fonctions de transport avec la Tiger Force du théâtre d'Extrême-Orient. La fin soudaine



de la guerre en Extrême-Orient entraîne la dissolution de la Tiger Force et, jusqu'à la fin de cette année-là, les Thunderbirds se chargent du transport aérien de troupes indiennes et britanniques entre l'Égypte, l'Inde et la Grande-Bretagne.

Le 426e Escadron est dissous à Tempsford le 31 décembre 1945.

Le 1er août 1946, le 426e Escadron (Transports) est remis sur pied à la Base de l'ARC Dartmouth à partir de l'élément de Dartmouth du 164e Escadron (Transport). Les Thunderbirds emménagent à la Base de l'ARC en mars 1947, remplacent leurs Dakota par des North Star et inaugurent leurs fonctions de transport à grande distance.

Le 426e Escadron est choisi pour l'exécution d'opérations de transport aérien de concert avec les United States Military Air Services pour appuyer la participation des Nations Unies à la guerre de Corée.

De juillet 1950 à juin 1954, les Thunderbirds, déployés à la McChord Air Force Base, sont mis à profit dans le cadre de l'opération Hawk, un aérotransport coréen, exécutant sans incident 6,000 allers-retours d'un littoral à

l'autre du Pacifique Nord.

En 1956, l'Escadron transporte au Moyen-Orient le personnel et le matériel de la Force d'urgence des Nations Unies et de nouveau, de 1960 à 1962, le personnel des Nations Unies au Congo belge. Après un bref séjour à Trenton, les Thunderbirds s'installent à Saint-Hubert.

Le 426e Escadron est dissous à Saint-Hubert le 1er septembre 1962.

Le 3 mai 1973, la 4e Unité d'instruction opérationnelle (T) et la 4e Unité d'instruction technique appliquée sont refondues pour former le 426e Escadron d'entraînement au transport.

Les Thunderbirds emménagent à Trenton peu après et y demeurent encore de nos jours, se chargeant de l'entraînement au transport à bord de CC130 Hercules et de CC150 Polaris.



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# Cut for the Cure: A little off the top for a good cause

8 Wing/CFB Trenton personnel, and their families, do their part and fight for a breakthrough



Photos: Cpl David Hardwick, 8 Wing Imaging

**Name:** Sergeant Dan Gorman

**Occupation:** Chief Clerk, Readiness Training Flight

**Why are you participating in 'Cut for the Cure?':** "Because there is a cure, it just needs some help to be discovered. Personally, I am a cancer survivor, and I have also lost both family and friends."

**What are you going to miss most about your hair?:** "Every time I shave it off, less comes back."

"Cut for the Cure" is a Canadian Cancer Society initiative aimed at raising funds for cancer research, and involves volunteers accepting pledges on the promise of shaving their heads.

People wishing to volunteer for this year's "Cut for the Cure," or wishing to make a donation, are asked to contact Sergeant Dan Gorman for more information at either 613-392-2811, extension 2461, or through email at Dan.Gorman@forces.gc.ca.

Photo: Submitted



**Name:** Autumn Stephenson (Daughter of Bevin Stephenson of 8 Wing Telecommunications and Information Services Squadron)

**Occupation:** Student

**Why are you doing 'Cut for the Cure?':** I want to share my hair with kids who have lost theirs because of cancer.

**What will you miss most about your hair?:** The extra warmth in the winter because my hair can be used like a scarf!

## JR RANKS MESS

SUN	MON	TUES	WED	THURS	FRI	SAT	
			1	2	Astra WLEO Retirement Luncheon TGIF Chicken & Tacos Sports Pool	3	4
5	6	7	8	TGIF Pizza Sports Euchre	9	10	11
					Good Friday Mess Closed		
Easter 12	13	14	15	16	17	18	
	Easter Monday Mess Closed	Astra DFS Flt Safety Briefing	Astra DFS Flt Safety Briefing	Astra DFS Flt Safety Briefing	TGIF Lasagna Sports Pool	UFC	
19	20	21	22	23	24	25	
		Astra Scan Seminar LL 7 Habits Course	Astra Scan Seminar LL 7 Habits Course	Astra Scan Seminar LL 7 Habits Course	TGIF Donairs Sports - Pool Scan Seminar		
26	27	28	29	30			
				MBU Patio BBQ CFPU Meet & Greet			

## APRIL 2009

## WO & SGTS' MESS

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
			MFRC ISSO BOOT CAMP Conf/Rm	ISSO BOOT CAMP Conf/Rm	Tonno Lunch soup & sandwich 1130-1300 TGIF Chinese M/L 1500-2030	Metal served at 1630/4:30 Euchre at 1800/6:00
5	6	7	8	9	10	11
		MFRC 1800-2200 Ballroom Dancing M/L	MFRC 1800-2200 Ballroom Dancing M/L	TGIF Pork Tenderloin M/L 1500-2030	Good Friday Office Closed	
Easter 12	13	14	15	16	17	18
	Easter Monday Office Closed	MFRC	MFRC	PMC Coffee Break 1000 Fireside Lounge	Tonno Lunch soup & sides 1130-1300 TGIF Chicken Casserole M/L 1500-2030	Army Wife Show Doors open 1800 Show starts 1900 Purchase tickets at MFRC
19	20	21	22	23	24	25
	Harassment Prevention Resolution Team Symposium M/L	MFRC	MFRC		Tonno Lunch Stew in a bread 1130-1300 TGIF Fish & Chips M/L 1500-2030	
26	27	28	29	30		
		MFRC	MFRC	CFPU Mess Dinner M/L 1830		

Office Hours: Monday - Friday 0800-1600 hrs

# APRIL 2009

HEALTH & PHYSICAL FITNESS



## HEALTH AND PHYSICAL FITNESS STRATEGY

**Overview:** Launched on 31 March 2008, the Canadian Forces Health and Physical Fitness Strategy is a Chief of the Defence Staff initiative which recognizes the notion that operational fitness speaks to more than simply physical fitness.

It is a culture where leaders promote, encourage and support personnel to take their health seriously and facilitate the "adoption of a healthy lifestyle". It also takes into consideration the role and influences of families in maintaining a healthy lifestyle and fitness level.

The long-term goal of this strategy is to progress from a level of awareness and knowledge to one at which all military members embrace health and physical fitness as a lifelong standard of living. Key action areas include physical activity and fitness, healthy nutrition, healthy weight, good coping skills and an addiction-free lifestyle.

### THE WAY FORWARD - A CULTURE OF HEALTH AND FITNESS

The adoption of a healthy lifestyle by CF personnel is a critical component to success in operations. With the strategic goal to raise health and physical fitness awareness, and actual health and physical fitness levels within the Canadian Forces to meet operational requirements, the next logical step is to ensure the plan has underlying principles to guide its development.

**Accountability and Responsibility:** Leaders at all levels are accountable and responsible for personnel and unit health and physical fitness. CF personnel are responsible for maintaining a healthy lifestyle and a personal physical fitness regime. They are accountable for personal results.

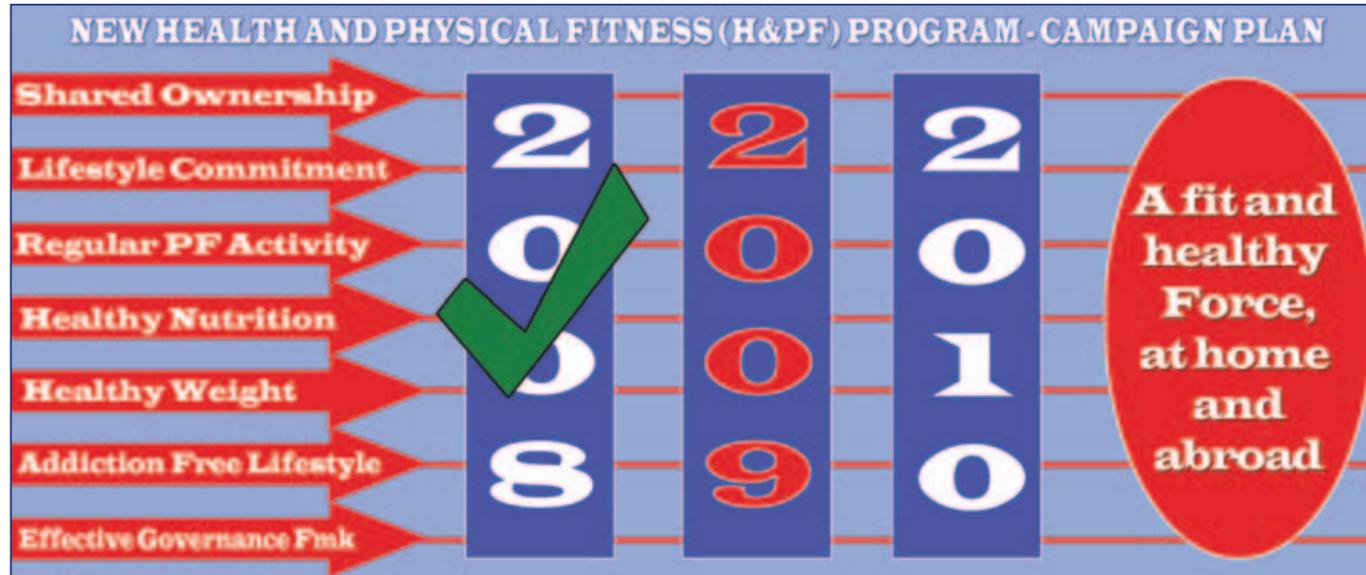
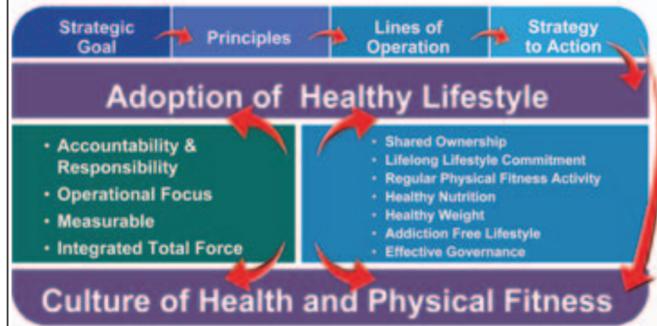
**Operational Focus:** The CF will establish and maintain appropriate health and physical fitness levels that reflect the demands, and set the conditions, for success in operations.

**Measurable:** The CF will have physical fitness and healthy lifestyle performance measures and standards that are science-based and applied consistently.

**Integrated Total Force:** Strengthening the culture of health and physical fitness in the CF applies equally to all military personnel, Regular and Primary Reserve, including sailors, soldiers, airmen and airwomen with a disability.

The strategy can start to take action once the strategic goal, the underlying principles and the seven lines of operations are clearly outlined. This will encourage and guide CF personnel toward adopting healthy lifestyles.

The more people adopting healthier lifestyles, the closer we are to creating a culture of Health and Physical Fitness and the fundamental requirement for mission success - a deployable and employable force!



#### SHARED OWNERSHIP

The Chain of Command will be responsible for ensuring widespread awareness of healthy lifestyle behaviour and physical fitness.

The member will also be held accountable for their health and physical fitness.

Releasing the Health and Physical Fitness Strategy, establishing a Canadian Forces Champion at a local level, providing resources and programs to support the Chain of Command for both abled and disabled members will be areas of focus within this line of operation.

In addition, implementing remedial measures for unfit members will be looked at over the upcoming years.

#### LIFESTYLE COMMITMENT

The Canadian Forces will facilitate the adoption of a lifelong healthy

lifestyle. This will also ensure Canadian Forces Health Promotion and Fitness programs are sustainable on a long term basis and reflect gender differences as well as age.

#### REGULAR PF ACTIVITY

An emphasis around regular physical fitness activity through provision of time will be in the forefront of this line of operation.

A focus around creating programs and standards in support of regular physical fitness activity will take place.

Providing on-going and accurate Canadian Forces population monitoring and feedback of physical activity will also be implemented.

#### HEALTHY NUTRITION

The chain of command will be accountable for promoting a healthy

lifestyle and raising awareness about the contribution of healthy living to overall fitness and health.

The member will be supported in increasing their nutrition knowledge and awareness.

In addition the strategy will look towards increasing the proportion and availability of healthy food choices provided to Canadian Forces personnel in Canada and abroad.

#### HEALTHY WEIGHT

This will mean an emphasis on promoting healthy weights and raising awareness about the contribution of healthy weights to overall fitness and health.

The chain of command will have some responsibility for developing and implementing policies and programs to support healthy weight.

The provision of on-going and accurate Canadian Forces population

monitoring and feedback of weight and important behavioural factors (physical activity, diet, smoking, injuries) will also be implemented.

#### ADDICTION-FREE LIFESTYLE

Increasing awareness among Canadian Forces personnel regarding the importance of effective coping skills and choosing a lifestyle that is within reasonable limits, and that includes avoidance of harmful substances in order to optimize health, fitness and operational effectiveness.

#### EFFECTIVE GOVERNANCE FRAMEWORK

The implementation of the Canadian Forces Health and Physical Fitness strategy through key guiding documents, an ARA framework and committee structure, oversight, awareness campaign and reporting.



"Health and 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."

- Colonel M. Hood, Commander, 8 Wing/CFB Trenton

"The on-going development of a new AF Minimum Physical Fitness Standard, the hiring of the 24 Health and Fitness positions across eleven Wings, as well as the implementation of a new healthy-choice menu in all Wing Food establishments are all concrete measures that will contribute to the greater health and fitness of every Airman and Airwomen. More importantly, leadership at all levels have actively embraced and promoted the H&PF strategy. This is has been made obvious by the number of local health and fitness events taking place at Wings across the Air Force."

- Todd Stride, Environmental Physical Fitness Manager, Air Force



## THE STRATEGY IN ACTION: 2008 HIGHLIGHTS

The Amazing Map and Compass Event launched the strategy one year ago. This event had teams from most units participating in an orienteering event coupled with skill testing health and fitness questions.

June brought the CF Red Run to the tarmac at 8 Wing. Never before have close to 1,000 members of the 8 Wing community, dressed in red, covered the distance of the runway.

The Highway of Heroes Pedometer Challenge also kicked off in June. Over 220 participants virtually covered the 172 km highway in honour of our fallen soldiers and their families.

The 22nd annual Surf n' Turf saw over 500 participants, 200 volunteers representing bases across the nation competed in 8 legs of 60km of cross country terrain. Participants had the option to compete as an individual or as a team.

The Wing Commander's Challenge had 200 participants. It was a day of non competitive tabloid games highlighting physical activity.

The Southside Gym began 24/7 operations. This provides all members with access to the necessary facilities to maintain their fitness levels regardless of what shift they were working.

Three additional Fitness Instructors were hired as well as a Physical Exercise Specialist (PES). In partnership with Health Services, the PES will work with populations with disabilities or functional limitations whom are unable to deploy and/or are on medical category. Health Promotion implemented a Manager to support the programming needs of the strategy.

The AF launched a new menu with the inclusion of at least one highlighted "Healthy Entrée" choice at every meal.

36 Units capitalized on Fitness and Sports programming by implementing mandatory group lead fitness sessions on a weekly basis.

The Return to Function program was identified as a priority and received new, top of the line, fitness equipment. Working closely with Health Services, the construction of a separate fitness room to house return to function participants was created.

Health promotion continued to offer programming in line with the strategy. Weight Wellness, Start a Fit Life, Alcohol Other Drug and Gambling Awareness, Top Fuel for Top Performance, Stress Take Charge!, Basic Relationship Training, Applied Suicide Intervention Skills Training and the Butt Out Smoking Cessation programs

were all offered this past year.

Awareness Campaigns included the March 1st I Quit, Nutrition Month, Take A Stand Against Family Violence and Addictions Awareness Week.

The Holiday Challenge encouraged members to maintain and avoid the holiday weight gain.

The Holiday Spin Challenge saw 160 participants pedal their way through four hours of spin workouts.

Implemented Health and Physical Fitness Unit Reps to help identify unit needs and disseminate health and fitness information to the units.

CANFORGEN 043/09 CMP 019/09 was released in March. Effective immediately all unit commanding officers are to plan and conduct an active drug education and awareness program within their units in conjunction with Health Promotion and Wing Addictions.

The Galley shut down the deep fryers every Tuesday and Thursday for the month of March in support of Nutrition Month.

### 2009: THE WAY FORWARD!

This year's focus is on family. When the strategy speaks to the key principle of a Total Integrated Force, it also recognizes the importance of a healthy family. The CF wants members to be healthy and fit from a total health perspective, which includes their lives away from work.

As the strategy continues to move forward toward a culture of health and fitness we'll start to see programming, campaigns, challenges, etc. branch out to the entire 8 Wing community. This message was clear as the AF collaborated with PSP Managers, Health Promotion directors, MFRC directors and the recreation facilities at the AF Strategy meetings one month ago.

Locally, 8 Wing will be making every effort to streamline services and bring a collaborative approach to the health and fitness of the entire 8 Wing Community as we move into the second year of the campaign plan.

### UPCOMING EVENTS

31 May: Air Force Run  
12 June: Surf n' Turf Relay Race  
September: Wing Commander's Challenge

For programming information contact:  
Kendra Lafleur - Health Promotion Director  
David Rothermund - Fitness and Sports Director  
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# FAMILY



## Quality playtime together



Sharing feelings can be done in non-threatening "game" ways, such as: sharing likes and dislikes with your child; having your child tell all she can about herself; pausing in a story and asking your child how the person may be feeling.

Chances are, you'll learn how your child is feeling about many things as you do these.

Concepts can be made understandable by talking about (and demonstrating) things like big and little, near and far, fast and slow and hard...

Instructions: Making an extended-family album means that you include grandparents, aunts, uncles, cousins and so on, and put in information about whose side of the family they're on, maps of

where they live, etc. Instead of an album, you could make a poster, scrap book, or family tree.

Pretend play can be encouraged by having dress-up clothes, puppets, a large carton as a stage, pretend house, castle or whatever. You can make up stories together and play different characters. Try to let your child do most of the inventing.

Active play is important, especially for a child around four - they need opportunities to run, climb, gallop and jump. Play tag, roll in leaves, race... Outdoor time and just "getting the wiggles out" can be great for the whole family.

Concentration activities, like painting pictures, doing puzzles, making necklaces, printing letters and building with blocks, all help your child increase his attention span. And when you look at what your child is looking at, and share his interest, it increases his ability to concentrate.

Reading and storytelling continue to help

language skills (and imagination). If your child is particularly interested in something, try to get books for her that relate to it.

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Comfort: Storytelling and reciting rhymes are a wonderful way to spend time with your child and help her develop important social skills including speaking and listening.

Play: Painting, stringing necklaces and building with blocks encourage your child to think creatively and to express his ideas.

Teach: Your child is learning so many concepts. As you play together with her toys, use terms like big and little, hard and soft, fast and slow and encourage her to add those words to her own vocabulary.

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

*All text by Invest in Kids. www.investinkids.ca*

### WHAT'S THE DIF ?

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### FIND THE 7 DIFFERENCES



ANSWERS: 1. WINDOW 2. BUSH 3. BIRD 4. SNOW 5. SNOWMAN'S SMILE 6. SNOWMAN'S ARM 7. NEIGHBOR'S ROOF  
©PCA MARCH 2009

## Mealtime.org Steamed Salmon

Prepare this quick seafood dish that's simple, yet satisfying. Steamed salmon, one of the healthiest ways to prepare this flavourful, nutrient-packed fish, along with convenient canned veggies adds a healthy boost without sacrificing time.

### Ingredients:

- 2 teaspoons extra-virgin olive oil, divided
- 1 can (15 ounces) extra-long asparagus spears, drained
- 12 ounces skinned salmon fillet, cut in 1/2-inch thick slices
- Salt and pepper, to taste
- 1/4 cup canned, sliced mushrooms, drained
- 1/4 cup canned, petite-cut, diced tomatoes, drained
- Finely grated zest and juice of 1/2 lemon
- 1 teaspoon finely chopped parsley or dill

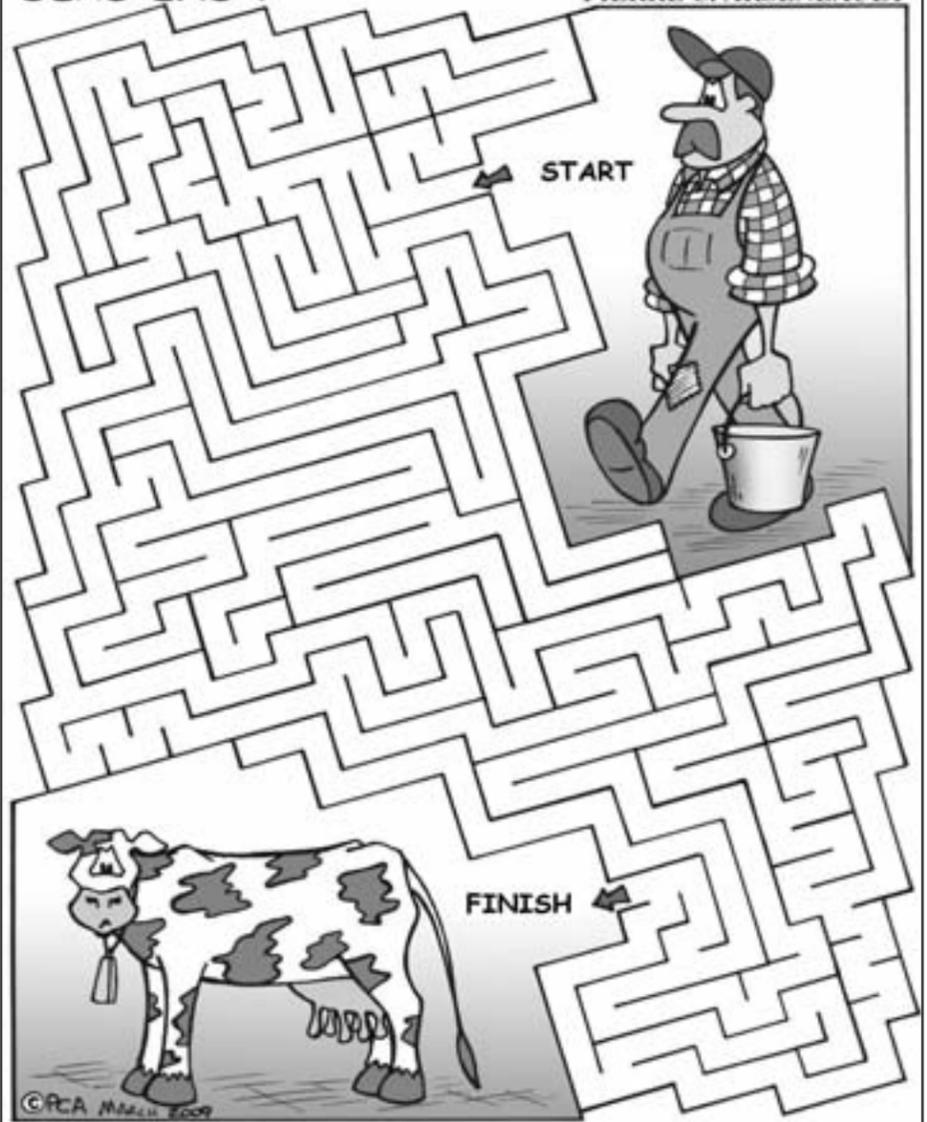
**Preparation Time:** 10 minutes    **Cook Time:** Five minutes

**Preparation:** Drizzle 1/2 teaspoon olive oil on a microwave-safe dinner plate and arrange asparagus spears in a spoke pattern with tips pointing outward, leaving 1/2-inch clear at the edge of the plate. Arrange salmon slices in a single layer, slightly overlapping, in the center of the plate. The salmon will cover most of the asparagus stalks. Season with salt and pepper. Scatter mushrooms, tomatoes and lemon zest over all. Drizzle lemon juice and remaining olive oil over top. Invert another microwave-safe plate of the same size and carefully place on top, lining up the edges of the two plates exactly. Place in a microwave oven, and cook at full power for four minutes. Rest for one minute, remove the top plate, scatter the parsley or dill over top and serve immediately. Servings: Four

*Nutritional Information Per Serving: Calories 155; Total fat 6g; Saturated fat 0g; Cholesterol 55mg; Sodium 370mg; Carbohydrate 4g; Fibre 1g; Protein 23g; Vitamin A 7 per cent DV\*; Vitamin C 15 per cent DV; Folate 29 per cent DV; Calcium 2 per cent DV; Iron 4 per cent DV; Potassium 15 per cent DV. \*Daily Value*

### DEAD END ?

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# Passing the WLEO torch in Change of Command Ceremony

by Tom Philp, Contact Staff

Time and soldiers march on, a fact evidenced by the change of command ceremony held March 26 at 8 Wing/CFB Trenton to officially pass the Wing Logistics and Engineering Officer's (WLEO) torch from Lieutenant Colonel Carrie Fortier to Lieutenant Colonel Sean Lewis.

LCol Fortier is retiring in early April after serving 26 years in the Canadian Forces. Her most recent task, and perhaps her most challenging, was that of WLEO at 8 Wing/CFB Trenton, where she put into motion the most significant infrastructure changes the base has seen in decades. As part of her retirement process, LCol Fortier transferred her unit authority last week to the incoming WLEO, LCol Lewis, in proper military fashion.

The Change of Command ceremony is a time-honoured military tradition that ensures continuous unit command and authority by transferring it, through the senior commander, from one officer to another. It is a symbolic, but nevertheless formal, transfer of command usually conducted in the presence of the assembled company of the Command.

As one senior officer remarked, "It is the transfer of total responsibility, authority and accountability from one ranking individual to another."

More than 200 base community members, including a civilian employee flight, gathered in the new CC177 hangar to honour LCol Fortier, and welcome LCol Lewis. The parade marching portion was led by the 8 Wing Pipes and Drums under

the guidance of Pipe Major Sean Alderman, and the 8 Wing Military Support Band provided music under the direction of Bandmaster Warrant Officer Brian Coughlan. The event was organized by WLEO Branch Chief Warrant Officer Charlie Fleming.

During last week's ceremony, LCol Fortier reflected on her time here, and on her military career.

"I am very proud and indeed incredibly honoured, to have been given the privilege to lead the fine team of military and civilian professionals within the 8 Wing Logistics and Engineering Branch, and I would be lying to you if I told you I had been looking forward to today, although I do enjoy parades," LCol Fortier said.

"But, as they say, all good things must come to an end, and I must say that this tour as CO is what I will always consider the pinnacle of my military career. Never have I enjoyed such an important responsibility as this past three years," she continued. "I have received the trust, support, and friendship from my superiors and peers alike and I feel I have received, sometimes more than I deserved, the respect and support from you, the members of the Branch, within an atmosphere of true team spirit. Over the course of these last three years, I have learned to appreciate what each of you do, day in and day out; and without fail you have earned my respect, my admiration, and my heartfelt thanks."

Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, thanked LCol Fortier and her family for their tremendous commitment and dedication, and



Photo: Cpl Simon Duchesne, 8 Wing Imaging

Lieutenant-Colonel Sean Lewis (left), the new 8 Wing Logistics and Engineering Officer (WLEO), Colonel Mike Hood, Commander, 8 Wing/CFB Trenton and Ceremony Presiding Officer (centre), and LCol Carrie Fortier (right), the outgoing WLEO Commanding Officer sign the Change of Command Certificates during the 8 Wing Logistics and Engineering Branch Change of Command Ceremony on March 26.

welcomed LCol Lewis and his family to the 8 Wing/CFB Trenton team.

"It has been an honour to serve alongside Carrie during her time in command of the Branch," Col Hood said. "She has helped begin the transformation of 8 Wing by laying the foundation for an impressive construction program that will unfold during LCol Lewis' time at the helm."

LCol Lewis thanked all those in attendance for honouring LCol Fortier, and for providing a "warm welcome" to the new WLEO. He said his first tour at 8 Wing/CFB Trenton was nine years ago, and that the current "boom in ops" is much greater than he had imagined.

"Let me tell you, I hadn't seen anything

like what I have seen over these past few days of handover," he said.

"Today, the mission primacy and support to ops focus in all of the Wing Logistics and Engineering Squadrons is incredible; the integration efforts to get the results is obvious; and the renewal efforts both of infrastructure and people are outstanding," LCol Lewis said. "Under the fantastic leadership of LCol Fortier, the Branch should be rightly proud."

"Being your new WLEO here in Trenton is as much a privilege as it is an honour," he said. "I am definitely looking forward to meeting every one of you, and am extremely proud to be part of this great team."



Photo: Cpl Simon Duchesne, 8 Wing Imaging

Lieutenant-Colonel Carrie Fortier (right), outgoing 8 Wing Logistics and Engineering (WLE) Branch Commanding Officer proudly leads her unit during the 8 Wing Logistics and Engineering Branch Change of Command Ceremony. Also shown are Major Phil Baker, 8 Wing Construction and Engineering Officer (third from the right), and the new Wing Logistics and Engineering Officer, LCol Sean Lewis.

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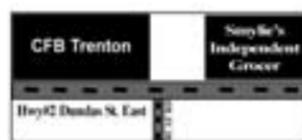
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### Trenton Amateur Radio Club

A meeting of the Trenton Amateur Radio Club is held every second Tuesday of each month.

Time: 7:00 p.m.  
Location: 4 Beaver Avenue (on the south side of 8 Wing/CFB)



For more information, visit our website: [www.qsl.net/ve3ytr/](http://www.qsl.net/ve3ytr/)

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<p><b>BLOOD DONOR CLINIC</b> 8 Wing/CFB Trenton RecPlex 21 Namao Drive Monday, April 20, 2009 9:00 a.m - 1:00 p.m. Booking appointments in advance is greatly appreciated.</p>	<p><b>COLLECTE DE SANG</b> 8 Wing/CFB Trenton RecPlex 21 Namao lundi 20 avril 9 h à 1 h Nous vous remercions de bien vouloir prendre rendez-vous pour faire un don.</p>
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Register before 17 Apr 09 and get a chance to win extra prize!

*Opening Ceremonies take place at 0730 (at the Clubhouse), Steak Lunch will be served at 1230 (Clubhouse) and Closing Ceremonies will begin at 1500 (Clubhouse)*

### Bay View Mall Easter Colouring Contest

Kids can pick up an Easter Colouring Contest Poster at either the Bay View Mall Administration Office or from any Bay View Mall merchant.

Age groups: (3-4, 5-6, 7-10)  
Mall Gift Certificates awarded to three winners in each category.  
Entries must be returned by April 8, 2009 to Bay View Mall Administration



## Trenton Trimettes

Trenton Trimettes is a support group that encourages weight loss through healthy eating and exercise. There will be guest speakers and exercise.

The registration fee is \$5 and monthly dues are \$8. We meet Monday 7 to 8:30 p.m. at a new location, Bethel Pentecostal Church, corner of Herman and Dundas St. E., Trenton.

For more information call Sheila at 613-392-0353 or Sue 613-394-3992.  
Please leave a message they will return your call.



# HOROSCOPES

Weekly Astrology by Christine Davison

April 5 - April 11

**ARIES** (March 21-April 19): Your questions concerning money and other financial needs will not be answered for the next few weeks to come. Trust your intuition about the choices you have made and try to remain patient. Things will turn out in the end. You just have to remain patient and watch and wait. Relax and enjoy this time.

**TAURUS** (April 20-May 20): There may be confusion and delay in regards to new projects. Take a moment to re-think and re-group and things will soon be back to normal. Make plans for later and focus on yourself in the meantime. You deserve a rest due to all of your recent hard work and effort. Your talents will be rewarded later on.

**GEMINI** (May 21-June 20): Be careful not to over-indulge this week. Chequebooks, routines and diets could both do with a bit of balancing this month. This week finds you unusually charming and irresistibly attractive. Try to be kind to those who admire you. Try to become more involved with your children or other loved ones.

**CANCER** (June 21-July 22): Help will come to you from places that you once thought to be eccentric or wild. Those who you once thought to be kooky or flakey, you now may believe to be invaluablely wise. There will be much benefit as a result of this new-found support. Your passion and drive to succeed will be well recognized and rewarded.

**LEO** (July 23-Aug. 22): Answers to spiritual questions may be delayed, but only for a short while. This is a perfect time for meditation and personal reflection. Flashes of inspiration do not make you a scholar. It is wise to put of serious study or travel until later in the spring. Success will come to those who plan ahead and wait.

**VIRGO** (Aug. 23-Sept. 22): The focus is on relationships, love and romance this week, Virgo. Your maternal instinct and intuitive insight will help you delve into the heart of someone close to you. Romantic interests figure prominently. Try not to over-analyze, trust your feelings and go with the flow. Act on your emotions first.

**LIBRA** (Sept. 23-Oct. 22): There has been a melancholy air to you lately, Libra. If you look to something that was lost, you may never find it. Hidden things may come to light. If you move out of the way, an unexpected love interest may appear or reappear. Attempt to act naturally, and don't come across as trying too hard.

**SCORPIO** (Oct. 23-Nov. 21): Your communication skills are at a high point this week. Others find you to be irresistibly charming and eloquent. This will be a perfect time to spend with younger friends or family members. An Aries, Scorpio, or fiery personality may seek your help with locating a lost item. Keep secrets and be moral.

**SAGITTARIUS** (Nov. 22-Dec. 21): Passions may flare in relation to home and family. Try to keep a level head and heart and those energies may find a suitable place elsewhere. Sensuality and sentiment would be most welcome to someone you've only just met, or perhaps, someone you've been lucky enough to know for a very long time.

**CAPRICORN** (Dec. 22-Jan. 19): Your instincts are in strong and reliable, almost to the point of being psychic. Trust your feelings and intuition. You almost always make the right decisions, especially when you are deciding with your heart instead of your head. Kindness to animals or children will be well recognized or well rewarded.

**AQUARIUS** (Jan. 20-Feb. 18): A difficulty arises from an old relationship. It's time to make generous and kind-make amends and move on. You no longer deserve to be haunted by past mistakes and misdeeds. Karma has come full circle and will reward you for your hard work and efforts. You are a good person and should follow your heart.

**PISCES** (Feb. 19-March 20): Pisces may be incredibly busy people this week and throughout the entire month. What occurred several years ago may seem to be unusually familiar to you and almost everyone you know. Others will be most grateful for your colourful and unique perspectives. Your true genius will be finally recognized and rewarded.

Astrological queries can be directed to Christine at [www.moonsignastrology.ca](http://www.moonsignastrology.ca)

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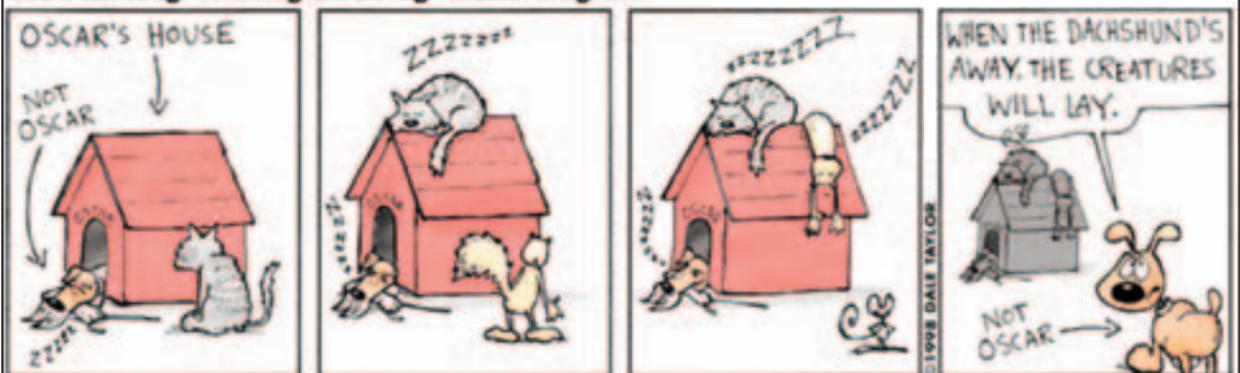
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**Not In My Backyard!** by Dale Taylor



OSCAR'S HOUSE  
NOT OSCAR

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WHEN THE DACHSHUND'S AWAY, THE CREATURES WILL LAY.

NOT OSCAR

**DEAD AIR** BY: DAVE JOHNSON



SADDAM ARE THERE WMD'S IN IRAQ?

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AND I DON'T SUPPOSE YOU WOULD LIKE TO MENTION WHERE THEY ARE?

I THINK ONE IS ON THE CORNER OF SADDAM ST. AND HUSSEIN AVE. ANOTHER IS LIKE 3 BLOCKS NORTH.

I'M SURPRISED YOU'D GIVE THIS INFORMATION UP.

WHAT DO I CARE IF YOU KNOW WHERE SOME FAST FOOD RESTAURANTS ARE?

I SAID WMD'S, YOU KNOW, WEAPONS OF MASS DESTRUCTION.

A THOUSAND APOLOGIES, I THOUGHT YOU SAID "WENDY'S."

**DuJour**

# EXERCISE



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BOP! BANG!

"What do I need an education for, Pop? I wanna be just like you!"



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

**Cyber Bullying**

An information session on Cyber Bullying and what you can do as a parent. The presentation will be with members of the OPP. The date is to be announced but you can register through the MFRC at local 2382 or 3575 and you will get a call with the date and time.

**Cyber intimidation**

Une session d'information sur la cyber intimidation et sur ce que vous pouvez faire en tant que parent sera offerte par les représentants de la police provinciale. La date est à déterminer mais vous pouvez dès maintenant vous inscrire au CRFM en composant le 613-392-2811 ext. 2382 ou 3575 et nous communiquerons avec vous pour la date.

**Spanish for beginners Level I**

Tuesday evenings from 6:30 to 9:00 p.m.  
Start date: April 14, 2009 Duration: 10 weeks  
Minimum 6 people required to run the course.  
Cost: \$70 military family member/ \$80 non-military

**Spanish for beginners Level II**

Thursday evenings from 6:30 to 9:00 p.m.  
Start date: April 16, 2009 Duration: 10 weeks  
Minimum 6 people required to run the course.  
Cost: \$70 military family member/ \$80 non-military

Students must have completed Spanish for beginners Level I. For further information or to register, please call Anu Greenwood at 613-392 2811, ext 3855.

**Cours d'espagnol pour débutants Niveau I**

Les mardis soirs de 18 h30 à 21 h  
Début : le 14 avril, 2009 Durée : 10 semaines  
Un minimum de 6 participants est nécessaire.  
Coût : 70\$ pour les membres des familles militaires et 80\$ pour les non-militaires

**Cours d'espagnol pour débutants Niveau II**

Les jeudis soirs de 18 h30 à 21 h  
Début : le 16 avril, 2009 Durée : 10 semaines  
Un minimum de 6 participants est nécessaire.  
Coût : 70\$ pour les membres des familles militaires et 80\$ pour les non-militaires Les étudiants doivent avoir complété le cours d'espagnol pour débutants Niveau I. Pour obtenir plus de renseignements ou pour vous inscrire, veuillez contacter Anu Greenwood au 613-392-2811, poste 3855.

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Le nouveau spectacle tordant de la comédienne Laura Earl

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Now What?

Written by & Starring /  
Écrit et joué par  
Laura Earl

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Astra Lounge  
Doors open at 6:30 Showtime 7:00  
Tickets/Billets \$15.00  
Trenton MFRC / CRFM Trenton



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April 15 – Gardening Tips– Getting ready for planting.

April 22 – Drumming workshop- This energetic and fun workshop will help relieve stress in a unique way.

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8 avril – Session d'information de déploiement, Réunion/Réintégration

15 avril – Jardinage – Soyez prêtes pour planter

22 avril – Atelier « drumming » - une façon unique, énergique et amusante de réduire le stress.

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If you know of any businesses offering discount to the military, tell them about this program or tell us about them. Thank you!.

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# Michael Tiffe to open green building office in Batawa

By Tom Philp,  
Contact Staff

Local green building guru, Michael Tiffe, is about to open the Eastern Ontario Sustainable Building Centre (EOSBC) in Batawa, Ontario, a move he describes as the start of "a new era in green building" in the region.

Tiffe is the husband of Lieutenant Colonel Chantal Fraser, Wing Administration, 8 Wing/CFB Trenton. In January, he presented a workshop about sustainable practices at the Trenton Military Family Resource Centre.

According to information received from Tiffe, his TAB Mechanical Inc. is joining forces with the Batawa Development Corporation (BDC) to set up the education centre designed to provide the latest in green building information to consumers and industry professionals. The official ribbon cutting is scheduled for April 18, on-site at 67A Plant Street in Batawa.

"Batawa is an ideal community for our busi-

ness because it is currently undergoing redevelopment that will position it as one of Canada's premier green communities in the future," Tiffe said. "The sustainable philosophy of the community and the BDC complements our business philosophy, and really reflects the direction development will go."

"We really had to be a part of it," he said.

"We are pleased by this announcement," said Heather Candler, BDC manager.

"TAB Mechanical fits perfectly within our sustainable development philosophy. With the economic downturn and all the cut backs, it's finally a good news story for Quinte West and Batawa."

The EOSBC will offer green building seminars and workshops, beginning in May. It will also serve as the home base for a relatively new green education site, [www.greenmechanicaleducation.com](http://www.greenmechanicaleducation.com), which offers web-based sustainable construction information. Mr. Tiffe and his partner will also relocate TAB Mechanical's offices to the new site.

Some of the "green" items that will be available at TAB's Batawa site include AEE Solar Supersource products, solar collectors from CANSOLAIR, rain water solutions from Rain Harvesting and Rainwater H2OG, gray water products from WaterSaver Technologies and on-demand hot water systems from Chile Pepper Appliances.

Tiffe has worked in the construction and maintenance industries for the past 23 years as a tradesman, engineering technologist, construction manager and business owner.

He serves on the Education Committee and Operations Taskforce of the Canada Green Building Council, and is a course developer and provider for the U.S. Green Building Council. Tiffe is currently an instructor in the Engineering Systems, Engineering Technology Program at St. Lawrence College in Kingston.

For more information, contact Tiffe at 1-888-566-4398, or [info@tabmech.com](mailto:info@tabmech.com).



Photo: Amber Gooding, Contact Staff

Green building expert, Michael Tiffe (above) is set to open the Eastern Ontario Sustainable Building Centre in Batawa. Among the products to be featured is the Rainwater H2OG panel system (below).



Photo courtesy of Rainwater HOG



## MFRC EVENTS



### UPCOMING EVENTS

**Belleville Bulls Play Off Games**  
Limited Number of Tickets will be Available for select Play off Games  
Round Two - Adult \$16, U12 \$11

Sunday, April 5th

If necessary - Thursday, April 9th & Sunday, April 12



*5<sup>th</sup> Annual Invisible Ribbon Gala*  
Gourmet Wine Dinner and Auction  
Saturday, May 02, 2009  
Tickets \$75.00 per person

**"You're Not Alone!" - A Parent Support Group**  
Parenting tip & strategies for raising children ages 2-6

Tuesdays 1:30 - 2:30pm April 7th - May 12th



Saturday, April 18, 2009

WO & Sgt Mess  
Tickets: \$15.00

Humorous look at marrying into the Military!

Doors open at 6:30  
Show at 7:00

### Évènements à venir

**Belleville Bulls Partie des Séries**  
Des billets limités seront disponibles pour certaines Partie de Séries.

Douzième Séries - Adulte 16\$, moins 12- 11\$

Dimanche, le 5 avril

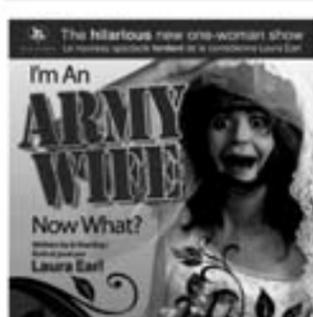
Si nécessaire - jeudi le 9 avril & dimanche, le 12 avril



*5<sup>ème</sup> Gala du ruban invisible*  
Repas gastronomique, vin et vente aux enchères  
Samedi, le 2 mai, 2009  
Billets : 75.00\$ par personnel

**"Vous n'êtes pas seul!" - Un groupe de soutien parental**  
Conseils et stratégies pour aider les parents d'enfants de 2-6

Mardis 13h30 - 14h30 le 7 avril - le 12 mai



Samedi, le 18 avril, 2009  
Mess des Sgt et Adjudants  
Billets: 15\$

Le mariage avec la vie militaire abordé d'une façon humoristique.

Portes ouvertes 18h30  
Spectacle: 19h



For Additional Event Information  
[www.MFRC.CFBTrenton.com](http://www.MFRC.CFBTrenton.com)  
or contact: Jaimie Corriveau ext 4299



Pour information événements additionnelle  
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Contactez: Jaimie Corriveau poste 4299



Showcase

# Showcase



**Capt D. Paquette**

received the Certificate of Completion of the Air Force Officer Development Program, presented by LCol T. Dunne, CO 424 T & R Sqn.



**Capt C. Courcelles**

received his CD2, presented by LCol T. Dunne, CO 424 T & R Sqn.



**MS E. Fontaine**

received his CD, presented by LCol T. Dunne, CO 424 T & R Sqn.



**Sgt G. DeVos**

received his CD2, presented by LCol T. Dunne, CO 424 T & R Sqn.



**Cpl C. Roy**

received his CD, presented by LCol T. Dunne, CO 424 T & R Sqn.



**MCpl G. Hynes**

received his CD, presented by LCol T. Dunne, CO 424 T & R Sqn.



**MCpl T. Henderson**

received his Campaign Star, presented by LCol T. Dunne, CO 424 T & R Sqn.



**Sgt C. Finnigan**

received the Top Tiger Award 2009, presented by LCol T. Dunne, CO 424 T & R Sqn.



**MCpl D. Robison**

received the Tiger Award, presented by LCol T. Dunne, CO 424 T & R Sqn.



**MCpl K. Gardner**

received the Tiger Award, presented by LCol T. Dunne, CO 424 T & R Sqn.



**Pte(T) T. Richer**

received a promotion to that rank, presented by Capt R. Flatman, 8AMS.



**Pte(T) D. Lord**

received a promotion to that rank, presented by Capt I. Arsenault, 8AMS.



**Maj P. Dion**

received his Certificate of Service, presented by LCol J. MacAleese, DCO CFAWC.



**Maj I. McCandie**

received a shadow box with the base flag and the Air Force Roundel flag upon his retirement after 31 Years of Service, presented by Col M. Dabros, CO CFAWC.



**LCol M. Muzzerall**

received his Certificate of Service, presented by Col M. Dabros, CO CFAWC.



**MWO J. Kernick**

received his Certificate of Service, presented by Col M. Dabros, CO CFAWC.

***Congratulations! Félicitations!***

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# National Air Force Museum opens Centennial of Flight display

By Tom Philp, Contact Staff



The National Air Force Museum of Canada, located at 8 Wing/CFB Trenton, officially launched a new display April 1, honouring the Centennial of Flight in this country. Called "From the Burgess-Dunne to the Globemaster III," the exhibit's launch coincided with a donation of \$125,000 to the Royal Canadian Air Force (RCAF) Memorial Foundation from the Boeing Corporation, earmarked to assist the museum's expansion.

"The new display celebrates advances in aviation technology over the past 100 years, and highlights the renowned history and heritage of Canada's Air Force," said museum curator, Dr. Georgiana Stanciu. "In addition to the 100th anniversary of powered flight in Canada, the aviation community is also celebrating the 85th anniversary of the RCAF, and the 25th anniversary of the museum."

Included in the static displays are collections of air crew uniforms and apparel (upper left), jet and propeller engines like the Jacob L-6MB (centre left), a dismantled Canadian Forces fighter plane (below left), and a replica of the Burgess-Dunne Floatplane, reported to be the first military aircraft in Canada. In the photo below, museum Executive Director, Chris Colton (left) assists museum Board chair Bob Burke as he cuts the blue ribbon opening the exhibit. (All photos: Tom Philp, Contact Staff)



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<p>Appledene Park (off Tripp Blvd.) <b>Open House Sat. 2-3:30</b> The Sapphire 1372 Sq. Ft. Trenton \$269,900</p>	<p>University Ave. <b>Open House Sat. 2-3:30</b> The Charlotte 1260 Sq. Ft. Belleville \$230,000</p>	<p>Follwell Park (off Centre St.) <b>Open House Sat. 2:45-4</b> The Alma 1137 Sq. Ft. Belleville \$209,900</p>

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