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8 Wing/CFB Trenton hosts leadership seminar

by 2Lt Jennifer Jackson,
8 Wing Public Affairs OJT

Leadership. It exists at all levels of the Canadian Forces and is an ever-evolving process.

One way leaders in the CF can effectively prepare for the leadership challenges of tomorrow is by learning from the distinguished leaders of the past and present.

At the 8 Wing Leadership Seminar, held on April 1st 2009, the officers and senior non-commissioned officers (NCOs) of 8 Wing/CFB Trenton had the opportunity to do just that.

This, the second 8 Wing Leadership Seminar, was an initiative of Wing Commander Colonel Mike Hood, and was organized by a team headed by Major Hoddinott of 426 Transport and Training Squadron.

Held in the Astra Lounge, over 200 participants not only had the opportunity to hear presentations from six distinguished guest speakers, but also the chance to seek answers to their leadership questions.

"Although the CF Leadership Institute publishes outstanding books on military leadership at all levels, nothing drives home a message better than engaging, well-qualified speakers

presenting their views on leadership," said Col Hood. "Suffice it to say that we absolutely achieved success this year." The unique background of each speaker contributed to the achievement of a well-rounded seminar which covered topics ranging from future leadership challenges to the perspective of a non-commissioned member (NCM).

An interesting theme common to all discussions was the challenge facing the leaders of today in communicating with the leaders of the future. Mr Tom Jenkins, executive and director of the board of Open Text Corporation, spoke about this challenge in his presentation on business leadership.

"Technology impacts how we learn and the generation we are now hiring was educated in a different way to a different level. We, as senior leaders, have to adapt our thinking and training to the ever-evolving technology being used by this younger generation," said Mr Jenkins. "This is a concern shared by the private sector as well as the military. The calculus my kid is learning in grade 12 today, I didn't learn until third-year university." Today's young leaders belong to what is referred to as "generation now," people under 25 who grew up in the information world using technology on a daily basis.

See 'Leadership Seminar', Page 12

Photo: Pte Tina Gillies, 8 Wing Imaging



Lieutenant-General (Ret'd) Fred Sutherland, former Chief of the Air Staff (CAS).

Ed Robertson reflects on becoming an Air Force Honorary Colonel

by Tom Philp, Contact Staff

Lloyd Edward Elwyn Robertson is about to march into the next chapter of his life. Right now, you can call him Ed.

Next week, if you're a uniformed member of the Canadian Forces, you can call him Colonel Robertson.

The co-founder of the popular Canadian band, the Barenaked Ladies (BNL), prolific writer, host of the Outdoor Life Network's 'Ed's Up,' devoted family man and licensed pilot will be invested April 16 as an Honorary Colonel of 424 Transport and Rescue Squadron, 8 Wing/CFB Trenton. It's the latest step in an unfinished journey into the world of aviation that Robertson began as a child.

"As a kid, my uncle took my brother and I fishing in a Cessna 185 on straight floats. He had boats stashed all over on little lakes throughout northern Ontario," Robertson said in an interview with The Contact. "I was hooked on my first flight. The freedom, and adventure that flying a floatplane offered was something I knew I had to do."

Robertson is a student of aviation, keenly aware of the significance of 2009 being the 100th anniversary of flight in Canada, and the changes the industry has experienced.

"It makes me think about the equipment the folks were flying back then," he said. "I sit up in my Cessna 206 with three axis autopilot, monitoring my TCAS (Traffic Collision Avoidance System), Stormscope, Engine Monitor, Ground Proximity, etc., etc., and they had a stick, and rudder!"

"Canada trained so many pilots in the early days. It's nice to be a part of that ongoing tradition of aviation."

For Robertson, continuing Canadian traditions also meant shooting four episodes with the Canadian Forces for Ed's Up, including a wild ride in a CF18, and a tandem parachute jump from a CC130 Hercules. He developed strong ties with members of 424 Squadron during those productions.

"I did an episode at the squadron last spring, and I was blown away by the work that's done here. I have done four episodes

with the Canadian military, including a ridiculous ride in a CF-18... I just rented my lunch that day," he said. "I was so impressed with the folks at 424 Squadron, that when Lieutenant Colonel Dunne approached me to be their Honorary Colonel, I jumped at the chance."

Robertson said there have been many Search and Rescue (SAR) tasks that have had "a big impact on me," including one on August 9, 2008 in Killarney Provincial Park, not too far from his cottage. Weather conditions were extremely poor, preventing a helicopter drop and hoist, and the rescue involved scaling wet, 400-foot rock cliffs to stabilize a hiker who had sustained a head injury. Robertson was reminded of that rescue when he attended a mess dinner here in February.

"They read aloud a letter from the family (of the rescued woman) about the heroism of the crew. Sgt Bibby and MCpl Richard hiked in and summited the rock face, as weather prevented a Griffin hoist. They stabilized the patient with medical See 'Ed Robertson, Page 17



On April 16, Canadian rock icon Ed Robertson will become Honorary Colonel of 8 Wing/CFB Trenton's 424 Transport and Rescue Squadron.

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Wing Commander's Column

A message from Colonel Mike Hood



On April 16, 424 Squadron will invest Mr. Ed Robertson as its new Honorary Colonel. Ed has had a distinguished career as a Canadian recording artist and is also a pilot, as many of you may have seen in his show "Ed's Up." I commend Ed for taking on the role of Honorary Colonel and formalizing the bond of friendship with the Tigers. On that note, I would share some thoughts on the role and value of Honorary Colonels at 8 Wing.

Owing to its heritage, the Canadian military adopted the accepted British practice of naming Honorary Colonels a little over a century ago, when the Honourable J.M. Gibson, a Provincial Secretary in the Ontario Government, was appointed the Honorary Colonel of the 13th Battalion of Infantry in 1895.

For the Air Force, honorary appointments such as Honorary Air Marshal existed in the RCAF as early as 1938, when Canadian World War 1 ace and legend Billy Bishop was so appointed in 1938. Silver Dart pilot J.A.D. McCurdy, whose famous flight of 23 Feb 1909 was recently celebrated, was appointed Honorary Air Commodore of the RCAF in 1958. Following unification,

the Air Force appointed its first "Honorary Colonel" on March 1, 1970 when none other than Air Commodore Len Birchall, the Saviour of Ceylon, was appointed Honorary Colonel of 400 Squadron.

The Air Force now has over 60 Honorary Colonels, serving both squadrons and wings from coast to coast.

Many of you may have had the opportunity to meet our own 8 Wing Honorary Colonel, Mr. Glenn Rainbird, who is an exceptionally strong supporter of 8 Wing and its critical mission. And while many Honorary Colonels have had some previous military experience, most, like Glenn Rainbird, do not. These men and women are simply prominent members of society, with a sincere desire to support the Air Force in any way they can. They have ranged in background from Montreal Canadiens star Guy Lafleur (Honorary Colonel of 12 Radar Squadron) to the Honourable Madam Justice Claire L'Heureux-Dubé (Honorary Colonel of 430 Squadron). Honorary Colonels are chosen with great care and require the approval of the Minister of National Defence.

So besides showing up in

uniform at ceremonial events, what does an Honorary Colonel do to benefit his or her squadron? Traditionally, the Honorary Colonel is seen to be the guardian of unit traditions and history, promoting the squadron's identity and ethos.

Just as importantly though, Honorary Colonels often act as a conduit between the squadron and the local community. You may not often see them in front of a camera, but Honorary Colonels are a critical part of the Air Force's work in informing Canadians about what we do on their behalf. They represent each side to the other and work towards building morale in the unit, while promoting the unit's work to the outside community. By virtue of their prominent place in the community or in society at large, Air Force Honorary Colonels are goodwill ambassadors who represent the Air Force in their local communities.

I would encourage you to get to know your squadron's Honorary Colonel. They are committed Canadians – strong supporters of the critical work that each of you do – and they always have your unit's best interests at heart. Next time you get the chance, thank them for their service to Canada!

8 Wing Trenton EAP Referral Agents:

Karen Brake 7911, Dot Serre 3295, James Leblanc 3053, Nathalie Serre 7413, Daphne Mullin 3652 (bilingual).

If you need assistance, our door is always open

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Ms Jan Armstrong of Wing Supply Squadron is presented the Civilian Employee of the Quarter by Maj F.D. Burley, OC Sup & Fds for the period of 1 Apr to 30 Jun 2009.

All Wing/Bases were directed to commence tracking aviation fuel through the Canadian Forces Supply System by the Chief of the Air Staff. This new process, which is very labour-intensive, was taken on by Jan. She approached this project with her typical vigour, creating Standard Operating Procedures and a training program for Supply Techs and MSE Ops, ensuring 8 Wings compliance. Wing Supply congratulates Ms Armstrong on an outstanding achievement. As noted on her certificate, signed by Colonel Mike Hood, Commander, 8 Wing/CFB Trenton: "Jan's effort, professionalism, and true dedication to go above and beyond her daily duties, is an example to all."

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Belleville Legion 99
QHC Belleville General
Dewey's Independent

Trenton Locations
Smylies Independent
A&P
QHC Trenton Memorial
Shopper's Drug Mart



85th Anniversary Mess Dinner: Royal Canadian Air Force

by Lt Annie Morin, Wing 8 Wing Public Affairs Officer

In recognition of the 85th Anniversary of the Royal Canadian Air Force (RCAF), a mess dinner was held at the National Air Force Museum of Canada on April 1, 2009.

The elegant evening followed the opening of a new display at the museum called "From the Burgess-Dunne to the Globemaster III," as well as the Canadian Forces Leadership Seminar.

The setting of the dinner was nothing short of impressive as the 281 guests and attendees had the pleasure of dining with a fully-restored Halifax Bomber in the background.

The guests at the head table included guest speaker General (Ret'd) Ray Henault, Major-General (Ret'd) Don Macnamara, MGen (Ret'd) Marc Terreau, Lieutenant-General (Ret'd) Fred Sutherland, MGen (Ret'd) Carl Hussey, Colonel Fred Lewis, Lieutenant-Colonel Tony O'Keeffe, Mr. Peterson of Boeing Company, Quinte West Mayor John Williams, Mr. Tom Jenkins, Executive Chairman and Chief Strategy Officer of Open Text Corporation, and 8 Wing HCol Glenn Rainbird.

Continuing in the spirit of the seminar, Gen (Ret'd)

Photo: Cpl Simon Duchesne, 8 Wing Imaging



Guests of Royal Canadian Air Force (RCAF) 85th Anniversary Mess Dinner, which was held on April 1, 2009, take their seats at the beginning of the event. They are beside the Halifax Bomber of the National Air Force Museum of Canada.

Henault highlighted during his speech that leadership contributed to many successes including what the Air Force has now become. He also men-

tioned on the occasion of the 85th anniversary of the Air Force that "our heritage (in the Air Force) reflects the courage, determination, capabilities and

skills of airmen and airwomen". While the meals were being served, guests and attendees learned about the history of 8 Wing's flying squadrons

through lively speeches given by individuals from the various units. They were also entertained by music performed by the 8 Wing band.

Search & Rescue UPDATE



424 Squadron had two missions this past week. The first tasking from JRCC was for the Griffon. Very early on Monday morning they were asked to help investigate a reported distress call in the eastern part of Lake Erie. The crew got airborne but did not get very far when the weather forced them to turn back.

The day helicopter crew were then tasked to proceed to the area but were stood down prior to takeoff. It was learned that the US Coast Guard aircraft that was unable to fly due to weather, was able to handle the tasking when their weather conditions improved.

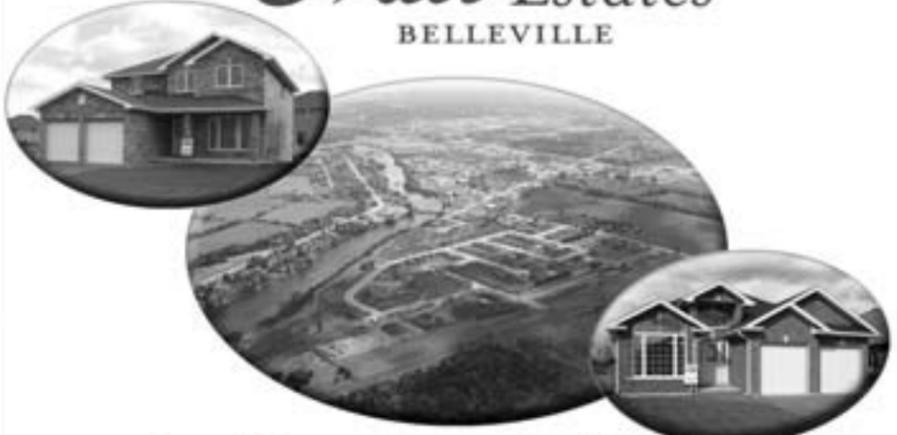
The next mission was for our Hercules crew, who were tasked (while out training), for an overdue houseboat on Lake St. Clair. Just prior to starting their assigned search patterns, they got the word that the vessel had been located by the US Coast Guard. The crew then resumed its training exercise, prior to returning to Trenton.

Until next week, stay safe!

Missions for 2009: 40 Missions for Apr: 3 Persons rescued: 9



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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do **not** include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- 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.
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- 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.**

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Meet the Press

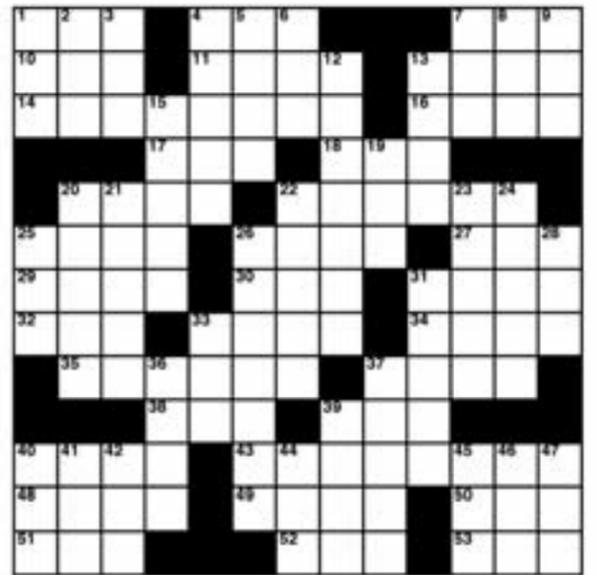
By Bernice Rosella and James Kilner

ACROSS

- Journal
- Bishop's vestment
- Turkish topper
- Baseball statistic
- Seaman's knot
- Ordinary
- Salmon Arm _____
- CNE for example
- Beam
- Ms Merino
- Crooked
- Miramichi _____
- Invermere _____
- Objectives
- Surrey _____
- Golden _____
- Genetic info
- Hick
- Until, condensed
- In a dead heat
- Ireland
- Bee quest
- Oast
- Urge
- Open, to Shelley or Keats
- Wadena _____
- Steinbach _____
- Leave out
- Spirit
- Brouhaha
- Oddball
- Chemical ending
- Cancelled

DOWN

- Lion
- Globe
- Neon or freon
- Panoply
- Impose (as a tax)
- Barn raising, for example
- Sly one
- Second sight, acronymically
- Collection of critters
- Actor Morgan
- Sow
- Mistake
- Used to be
- Globulin
- Orca
- Titanic or Queen Mary
- Habituate
- Hood or Williams
- Ont. time zone
- Melville _____
- Mole
- Celebrate
- Une saison
- Lesion
- Sound off
- Inverness _____
- Plus or partisan preceder
- Ratite
- Wag
- Brewery product
- Loose
- Shelley creation
- Bit of body language



See Answers, Page 21



This Week in Contact

1979 – Members of the 8 Wing/CFB Trenton Dolphin Swim Team participated in Swim-a-thon Night 1979 at the base pool. Twenty-six Dolphins completed the 200 pool lengths in under one hour and 54 minutes, raising more than \$6,600 for swim club activities.

1989 – MPP Hugh O'Neil announced that the provincial government had allocated nearly \$125,000 to establish child care services and support at 8 Wing/CFB Trenton. Start-up funding was given to the Tom Thumb Day Care Centre, Community Support Private Home Day Care Agency, and other child care resource services for base employees.

1999 – Quinte West Mayor, Jack Arthur, along with Colonel Gaston Cloutier, Commander, 8 Wing/CFB Trenton made a public appeal for items ranging from toiletries to household furniture to assist Kosovo refugees arriving in Canada through the base. Mountain View was used as a transition site for refugees, while donated goods were collected off-base at area fire halls.

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



THE SEVENTH BOOK OF REMEMBRANCE

Photo: Veterans Affairs Canada



Above: In the Service of Canada: The Seventh Book of Remembrance is shown here open, on the top of the alter where it is kept, in the Memorial Chapel in the Peace Tower on Parliament Hill in Ottawa, Ontario.

At right: The floor of the Memorial Chapel in the Peace Tower on Parliament Hill is constructed from stones from Belgium and France and the brass inlays set into the stone, reputedly melted down from spent shell casings, commemorate the different battles of World War One.



Photo: Corporal Kevin Sauvé

Cut for the Cure

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



Name: 2LT Regiane Filizola

Unit: Wing Telecommunications and Information Services Squadron

Why are you participating in Cut for the Cure?: I lost my grandma to cancer a few years ago and I understand well the impact of cancer on my family, especially on my mom, which took care of my grandma through her fight against cancer.

What will you miss most about your hair?: I know that I will miss my hair dearly but, giving up my hair is just a small step that I am taking towards helping cancer patients.

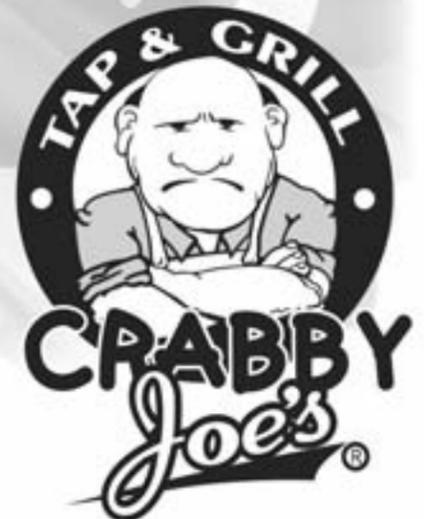
"Cut for the Cure" is a Canadian Cancer Society initiative aimed at raising funds for cancer research, and involves volunteers accepting pledges on the promise of shaving their heads.

So far, several young women have volunteered to participate in *Cut for the Cure*. We would like to have some more men show interest in supporting this great cause, which also includes a free haircut at a time when a good head shave makes for being cooler in the summer.

Those 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.

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8 Wing Personnel at Work: Captain Michelle Dagenais

by 2Lt Jennifer Jackson,
8 Wing Public Affairs OJT

In a world seemingly dominated by the heroic efforts of Search and Rescue Technicians (SAR Techs), Captain Michelle Dagenais, an Air Combat Systems Officer (ACSO—formally known as Air Navigator) of 424 Transport and Rescue Squadron (424 Sqn), performs another essential role so “that others may live.”

A native of Aylmer, Quebec, Capt Dagenais joined the Canadian Forces in June 2001, through the Regular Officer Training Plan. She graduated from the Royal Military College with a Bachelor of Chemical Engineering in May 2005.

Posted to 424 Squadron in July 2007 from the Canadian Forces Air Navigation School in Winnipeg, she works on the CC130 Hercules Airframe in a Search and Rescue (SAR) role.

From 0600 to 1600 hours during the week, when a call is received from the Joint Rescue Co-ordination Centre (JRCC), SAR crews have a maximum of 30 minutes to be airborne.

In this time, Capt Dagenais must do a quick plan, ensure there is enough fuel, grab her maps and get on the plane. It



Photo: Cpl Maggie Gosse, 8 Wing Imaging

Captain Michelle Degenais looks out the window of a Hercules aircraft in flight getting reference to the position of the aircraft. Capt Degenais is originally from Aylmer, Quebec, posted with 424 Squadron, at 8 Wing/CFB Trenton. She joined the Canadian Forces in July 2001 as an Air Navigator. In her years of service she has received her Bachelor of Chemical Engineering in 2005.

takes ten minutes just to start the engines on the CC130. Jobs performed by an ACSO on a SAR CC130 include fuel management, entering search patterns in the fleet manage-

ment system, working as an on-scene commander to coordinate communications between JRCC and all participating aircraft, calling kit drops to SAR Techs on the ground,

and rotations in the spotter role.

“SAR is very fly-by-the-seat-of-your-pants,” says Capt Dagenais. “Every mission is different, and as a crew we

must examine the weather, situation and terrain to determine the best course of action. I have to adapt, prioritize and be flexible based on what is required during each mission.”

One of the most important things Capt Dagenais does is monitor the fuel state.

She is responsible for reporting BINGO—the fuel level that still allows for the aircraft to return home safely—to the aircraft commander. Fuel consumption can vary depending on factors such as temperature, altitude, and speed.

Capt Dagenais immensely enjoys the work that she does, and the people she works with.

“The camaraderie at [424] squadron is amazing,” she says. “When missions are successful it is very rewarding, unlike anything I have ever experienced, and I share these missions with the members of the squadron. We are like a big family.”

Capt Dagenais lives in Trenton and has two cats, Kelli and Molly. She plays volleyball and softball on the CFB Trenton teams, and also enjoys fishing and travelling.

Since joining 424 Squadron in July 2007, she has worked on 15 SAR missions, accumulated approximately 600 flying hours, and is the Unit Public Affairs Representative.



8 WING QUESTION OF THE WEEK



QUESTION:

"How do you plan to celebrate the first holiday weekend of the year?"



WO Cordell Deck
ATESS

"My family is coming home for Easter. Happy Easter!"



Peter Nodwell
Civilian, 426 Sqn

"I'm going to our cottage at Frontenac Shores."



MWO Jim White
426 Sqn

"Clean up around the yard, do some gardening, and spend quality time with the family."



Allison Kroeker
Military spouse

"We plan to visit my parents in Cornwall on the weekend."



Dan Cormier
Recreation Manager

"Depending on the weather, do some bike riding, and go to church."



PET OF THE WEEK



Hi there! I'm Francis, an adult neutered male tabby that looks similar to a maine coon cat. I am everything you could ever want in a cat and more... Let's get to know each other and maybe we will discover that we are kindred spirits.

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Candidates must be 16 years old to register and must have completed the

Bronze Cross Course and Standard First Aid and CPR Course. Attendance at all sessions is mandatory.

The course will take place on Friday, May 22, and May 29, from 5 to 9 p.m., on Saturday, May 23, and May 30, from 9 to 5 p.m. and on Sunday, May 24, and May 31, from 9 to 5 p.m.

Cost is \$295 for military community and \$320 from the general public.

Upcoming Pilates Classes

A seven-week body conditioning program designed to stretch, strengthen and balance the body.

Pilates targets the deep postural muscles within the body through a series of exercises aimed at building muscle strength and rebalancing the body.

Pilates will take place on Mondays and Wednesdays from April 15 to June

3, from 5 to 5:50 p.m. (*No class on Monday May 18*).

Cost is \$45 for military community and \$55 for the general public.

There is a drop-in fee option available (space permitting).

Drop-in fees are as follows: \$4 for military community with ID and \$5 for the general public.

Girls Spa Night – April 18, 2009

Join us on April 18 from 5 to 10 p.m. for a girls spa night. This event is open to those ages 13 plus. Cost \$15 per person. Pre-register at the RecPlex or MFRC Reception. You will also have the opportunity to try belly dancing, or get a henna tattoo, which will be available for \$5 to \$10.

RecPlex Summer Kidz Kamp

Summer is coming...are you ready for fun? The Community Recreation Association (CRA) is already planning for a high energy, fun-filled summer of adventure and fun.

If you are between the ages of six and 12 years old, and enjoy swimming, playing sports and making new friends, this is the place to be this summer.

Activities include: swim and gym, games and crafts, music, animals, special guests, overnights and an awesome road trip each week!

The Kidz Kamp will take place at the RecPlex (21A Namao Drive), Monday through Friday, from June 29 to August 21, from 8 a.m. to 4 p.m.

Please note there is no Summer Kidz Kamp on Wednesday, July 1.

Before and After Care is available from 7 to 8 a.m. and from 4 to 5 p.m. for \$2 /hour/child or any part thereof.

Registration begins for military community on Monday, May 4, at 8 a.m., and will begin for the general public on

Monday, June 1, at 8 a.m.

Cost for military community, based on a regular week, is as follows: \$95 per week for one child, \$165 per week for two children, and \$210 per week for three children.

Cost for the general public, is as follows: \$110 per week for one child, \$185 per week for two children, and \$235 per week for three children.

Cost for the week of June 29 to July 3: Military Community: \$76 per week for one child, \$132 per week for two children, and \$168 per week for three children.

General Public: \$88 per week for one child, \$148 per week for two children, and \$188 per week for three children.

Daily Rate (space Permitting): Cost for military community: \$25 for one child, \$40 for two children, and \$55 for three children.

Cost for the general public: \$30 for one child, \$50 for two children, and \$70 for three children. *Sorry no "day-trippers" on Trip Day.*



Much Video Dance

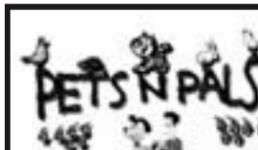
The new Much Video Dance will take place on **Saturday, May 9, 2009** for those ages 12 to 16 years old.

The dance will run from 7 to 10 p.m. at the **Southside Gym. Admission is \$10 admission.**

Please be advised that this will be an adult supervised event.



Photo: Contact archives



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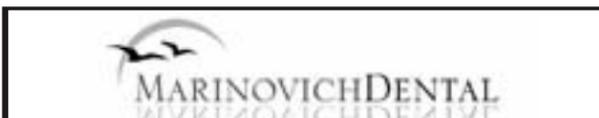


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Spring into activity: Shaping up safely

Strengthening the Forces

As the temperature outside increases, so does the motivation to get outside and become more active. Here are some tips for shaping up safely, especially if winter saw lower activity levels.

1. Take some time to warm-up before exercising: This should involve some stretching, walking or jogging just to get your tissues ready to work. Discuss this with your fitness staff to ensure you are using proper warm-up techniques.

2. Try walking yourself back into shape: While walking may not appear to be as macho as running, it does have a much lower injury rate and walking the same amount of time that you usually run will produce a very similar fitness benefit.

3. Use the "Talking Rule": During aerobic activities such as walking, running, cross-country skiing and biking, your training intensity level should allow you to be able to have a conversation with your training partner. If you find yourself struggling to breathe - you are working too hard regardless of how slowly you may be going.

4. Cross train: Cross training varies the stress and strain on various body tissues and can reduce the incidence of injuries. It is also a lot more fun to do a variety of fitness activities rather than the same workout every day. Try alternating activities such as: walking, cycling, skating, skipping rope, snow shoeing, cross-country skiing and swimming.

5. Try using a pedometer: They are available from your local Health Promotion staff. Wear a pedometer for a day and you may be surprised at how little you actually move during a typical day. For health and fitness maintenance, it is recommended that you aim for a minimum of 10,000 steps/day. Some people can achieve 10,000 steps/day without ever going to the gym. Walking to work, taking the stairs, walking the dog and walking to the mailbox all add up.

6. Include strength training and core stability exercises in your program: During weight workouts start by limiting yourself to only two sets of 10 to 12 repetitions

of any exercise. This approach will give you approximately 80 per cent of the benefit of the exercise without the increased risk of injury that comes with doing more than this. Ask the fitness staff if you are using good technique during the exercises.

7. Sweat loss doesn't mean fat loss: Working out with plastic bags under your clothing will cause you to temporarily lose some body water but it will not promote the fat loss that you desire. What over-heating during exercise will do is increase your risk of becoming dehydrated, electrolyte depleted and excessively fatigued. It also increases your risk of developing a heat-related injury such as heat exhaustion or heat stroke.

8. Become an exercise thief: Many people incorrectly believe that they are not exercising unless they are working out in the gym. Your body doesn't know the difference between walking to your boss's office and walking on a treadmill. Using the stairs, taking the bike to the post office, walking to work, shoveling the driveway and mowing the lawn are just a few examples of the opportunities you have to steal some exercise in your day.

9. No Pain, No Gain: It's a motto that applies to elite athletes and not someone who is trying to get fit. If you are suffering throughout your workouts, you are training too hard. Try backing off on the intensity of your training and the chances are you will enjoy exercising a lot more, you will be motivated to train more often and you will reduce your risk of becoming injured.

10. Remember - there is no fast track to becoming fit...despite what the advertising media often tells you. While it doesn't sound sexy or high tech - the formula for success can be as simple as walking 45 to 60 minutes five days a week and eating a healthy diet. The secret is to "get moving" and make it a regular part of your daily lifestyle

**The CF EXPRES program has individual training guides covering all of the above activities as well as activity record booklets. All of these items, lots of good advice and plenty of encouragement are all available at no cost through your base, wing and unit fitness staff. Train smart and have some fun.*

Race day is just two months away!



Mark your calendars for Friday, June 12, and start your training right now for what will prove to be the best Surf and Turf Relay Race in the event's 23-year history.

This local 8 Wing/CFB Trenton event has turned the corner and gained national participation from bases and wings across the country. There will be a number of new elements including tin-mate, as well as tin person and the much anticipated team category.

Those wishing to work with a trainer are asked to contact the 8 Wing Fitness and Sports Flight. For more information, please feel free to contact Lisa Refausse, Race Director, at local 3328.

All photos taken by Amber Gooding, Contact Staff, from the 2008 Surf and Turf Relay Race



Cancer Awareness Month

According to the Canadian Cancer Society, risk reduction is taking action to reduce or "cut down" your individual risk of developing cancer.

Risk can be increased or decreased by the lifestyle choices you make or the kind of environment you live and work in.

However, even a person at low risk may get cancer, just as a person at high risk may not.

There is no single cause of cancer but some factors appear to increase the risk of developing it. These are known as risk factors.

There are some risk factors that you cannot change such as age and family history of cancer. There are some risk factors related to everyday choices that you can change.

To decrease your risk of developing cancer choose to: be a non-smoker and avoid tobacco smoke, eat a healthy diet, be physically active every day, maintain a healthy weight, limit your alcohol intake, reduce your exposure to UV rays from the sun or artificial tanning equipment, know your body and report any changes to your doctor or dentist, and ensure you follow health and safety instructions when using hazardous materials at home and at work.

Source: The Canadian Cancer Society



Canadian Cancer Society
Société canadienne du cancer



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Stress Take Charge:

June 25, from 0900 to 1200 hrs

For more information, or to register, please visit healthpromotion.cfbtrenton.com

Did You Know?

Ninety-six percent of CF members who take the CF EXPRES Test pass it. Of those who fail, males are more likely to fail the aerobic component; females are more likely to fail the push-ups. BMI in the obese range increases the probability of failing the EXPRES Test. *HLIS, 2004*



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



VIEW FROM THE PINE



As if I needed one more reason to hate the Toronto Maple Leafs. You would think that with Montreal walking away from their Saturday night tilt with a nice 6-2 win in their back pocket that I would be happy. But I'm not. I'm really, really, not. Not with Andrei Markov, the Habs leading scorer, on the shelf. And definitely not with Mathieu Schneider, one of the recent catalysts to the resurgence of Montreal's power play, done for the season.

For a team fighting tooth and nail for a playoff spot, losing both your points leader and a power play specialist in the last week could sound the death knell for any run at the post season. I almost wish that the Leafs had beaten the Habs outright and allowed Montreal to take a healthy crack at Ottawa and the Rangers to start the week. But alas (yes, I said alas), such is not the case. I am still banking on Les Glorieux making it to the dance, but at this rate they will likely end up standing in a corner by the punch bowl until some of the cool kids give them a wedgie and throw them out the gym door. Not that I would know anything about how that feels.

I only had a few other notes of interest from the last match-up between the Leafs and Canadiens for the 2008-2009 season. First, Mikhail Grabovski plays like a weasel. A weasel with some gump-tion and fire, but a weasel nevertheless. And for the record, my dislike does not stem from his hit on Markov which, although borderline, was still legal. It's the way he stirs things up and then disappears (unless he is facing off against a Kostitsyn brother).

Kinda like a younger version of Jason Blake. Secondly, what the heck is up with the NHL when a larger player can't legally hit a smaller player? Case in point, Laraque's hit on Grabovski that precipitated a line melee mid-way through the game. Well, "hit" might be too strong a word. More like a shove into the boards. Perfectly legal. Not dirty. No penalty and no one got hurt. But to see the reaction of the Leafs you would have thought that Georges roared half-way across the rink to run a player of the calibre of Gretzky head first into the boards. Give me a break. As far as I am concerned the NHL should be an equal opportunity employer. No exceptions for weasels.

So heading into the final week of the season some of my picks last week are still holding up. Calgary and Vancouver are still in a dog fight for the Northwest title and I am still taking the 'Nucks to pull it out. Chicago is also having a nice surge in early April winning three of their last five and trying to stake a claim to home ice advantage (I picked the Flames for fourth). Anaheim is proving me wrong, though, winning four of their last five games and likely nudging one of Nashville or St. Louis out of the playoff picture. That would be too bad as I have been really pulling for the Blues and Preds to sneak in. In the East I am living and dying with the Habs, of course. With their luck and the rate things are going 8th place will be a blessing. Carolina and Philly will scrap it out to the bitter end for the last seed with home ice advantage. The Hurricanes, winners of their last five, should be able to pull it off. If anything, Carolina's performance and post season

berth is a nice shot at the Leafs for firing Paul Maurice earlier. And a shot at Toronto is always a good thing.

CHARLIE POTATOES

Vincent Lecavalier (Wraps up a miserable year in Tampa Bay with wrist surgery. His 67 points this year were his lowest total since 2003-2004 and Lighting management must be praying that between his operation and the extra time he is going to receive to rest his shoulder that he returns close to 100 per cent for the 2009/2010 season), Mikko Koivu (Wild centre was having a breakout year with 62 points but hit the wall in March with a mere two goals and four assists. Injuries have played their part, as did the loss of Gaborik for most of the year, so he may still have some more room to grow before he hits his ceiling), Phoenix Coyotes (Same story at the start of every year. Great young team filled with talent that should challenge for a playoff spot. Same story at the end of every year. Great young team unable to meet expectations and unable to make the playoffs. Expect more of the same next year), Sean Avery (So how long did it take before Avery's antics returned him to the spotlight? I don't know what is more frustrating, the fact that he never actually gets pounded on for pulling a stunt like clipping Thomas in the head with his stick, or that he constantly has that stunned "What'd I do?" look on his face when he is sitting in the penalty box), Olli Jokinen (Poor Olli. The honeymoon is over in Calgary and he has a paltry 3 assists in his last 10 games. Will he show up for the playoffs?).

MEAT AND POTATOES

Anton Babchuk (6'5" Russian giant has five goals in his last 10 games and 14 on the season. His previous career high? Three), Alexei Kovalev (I wish he would have been listed here more this year but I will take what I can get. In his last 10 games he has nine goals and eight assists and has been on fire since he was put on a line with Saku Koivu and Alex Tanguay), Eric Staal (He's destroying me in one Fantasy Pool Championship. He is picking up in April where he left off in March and will be a force in the playoffs for the Hurricanes), Marian Hossa (Welcome back, Marian. His three goals and two assists in his last two games matches his March totals and is a reassuring sign that Hossa is getting his game back on track right before the playoffs), Dwayne Roloson (The Oilers can look in many different directions for reasons why they did not make the playoffs but they better not even glance at Rolie. Given the team in front of him he is sporting a reasonable 28-23-9 record, .915 SV percentage and 2.78 GAA).

By Gilmour Tuttle



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

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8 Wing Safety Tips

Submitted by 8 Wing General Safety Office

Safety can be a complicated business, when you consider the rules and regulations for dealing with hazards involving chemicals, gases and fast-moving machinery.

But in many situations, safe behavior is simply responsible behavior. In fact, there is a striking resemblance between the rules we learned in childhood for being responsible around home or school, and the guidelines for safe behavior at work.

Here are some tips for working safely. They will probably sound pretty familiar; we have been told these things for years:

- If you make a mess, clean it up. Many accidents are caused by spills and clutter on the floor. Accumulated debris and spilled liquids have resulted in serious incidents in the workplace.

- Report any hazards to your supervisor. This can include unsafe working conditions and unsafe procedures.

- If you move it, put it back. Keeping things where they belong reduces clutter and reduces the chance of accidents.

- If you open it, then close it. Fire doors are a good example of this rule.

- If you turn it on, you should turn it off. Don't assume anything.

- If you unlock it, lock it again. Security is everyone's responsibility.

- If you use it, take good care of it. Whatever the equipment, follow the manufacturer's instructions for maintenance.- If you borrow it, return it to the owner. A co-worker who cannot find the gear which you borrowed may be tempted to improvise unsafely.

- If you aren't authorized to operate it, keep your hands off. Forklifts are an example of a machine which has injured many unauthorized, untrained operators.

Safety is full of complicated regulations and instructions, but much of it boils down to some simple basics.

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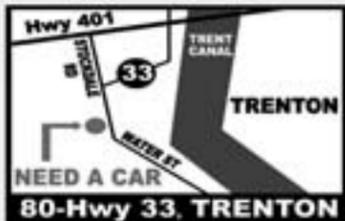
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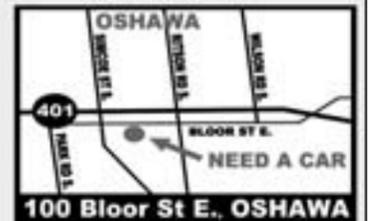
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Spacious One-Level

This spacious one-level plan is bursting with distinctive design features, including archways, vaulted ceilings, two unique fireplaces and three luxurious bathrooms.

The gracious foyer is reached through a covered porch with a semi-circular front step. Inside, a display shelf greets visitors. To the left, the formal dining room is highlighted by archways and a half-wall, allowing views to a sunken great room beyond. French doors open from the great room to an expansive backyard patio perfect for entertaining guests in summer.

A three-way gas fireplace is situated between the great room and the kitchen. The fully-equipped kitchen boasts a large angled work island, and a walk-in pantry. The truly elegant master bedroom suite boasts a vaulted ceiling, patio access, dual walk-in closets and a two-way fireplace that can also be enjoyed from the ensuite bathroom. The two additional bedrooms share a full four-piece bathroom. Nine-foot ceilings throughout will enhance the feeling of space and openness.

This home measures 80 feet, 10 inches wide and 69 feet, 10 inches deep, for a total finished living space of 2,445 square feet.



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Leadership Seminar held at 8 Wing/CFB Trenton, Continued from Page 1

Expanding on the challenges of future leadership referred to by Mr Jenkins was the presentation by retired Brigadier-General Don Macnamara. His topic focussed on the challenges leaders face in an ever-changing world, and the importance of understanding culture both at home and abroad. Audience member Captain Jean-Paul Landry of 424 Transport and Rescue Squadron remarked on the relevance of these discussions on the future.

"This has been a good opportunity to gain insight into some of the things we [the CF] will face in the future," said Capt Landry. "This is my first time attending anything like this, and it is good to be exposed to what higher levels are thinking."

Providing more detailed insight on strategic (higher-level) leadership was retired Lieutenant-General Fred Sutherland. His presentation spoke about the need to train members on strategic leadership issues earlier in their career. He also focussed on the qualities needed by a strategic leader, including trust and collegiality. Master Warrant Officer Johannes Dierijck of the Aerospace Telecommunications and Engineering Support Squadron found LGen (Ret'd) Sutherland's presentation particularly insightful.

"It was interesting to get a viewpoint on what a higher headquarters does," said MWO Dierijck. "Getting a global perspective and more information on their inner workings gives me a higher satisfaction of knowing that what I do matters beyond my unit."

In addition to these presentations centred on strategic leadership Colonel Fred Lewis, Commandant of the Canadian Land Forces Command and Staff College spoke on the topic of leadership at the operational level. Drawing on his considerable operational command experience, Col Lewis spoke of the challenges faced by a leader in operations, including balancing mission success with the well-being of the troops.

"Leading in operations is about risk management," said Col Lewis. "You must make

quick, difficult decisions and be prepared to accept the consequences of those decisions. Adaptability is key, and you need to be able to come up with creative solutions."

He also emphasized the importance of creating cohesion, and using distributed leadership (the training of subordinates to do the job at the next level) to maintain effectiveness despite any obstacle. He also spoke on the importance of leading by example, being a life-long learner, resiliency, fitness and sleep.

Five officers from 412 Transport Squadron travelled from Ottawa for the seminar, including Captain Craig Waldick, who was pleased to see the inclusion of an army perspective.

"I found Col Lewis's presentation to be very engaging and worthwhile. He boiled leadership down to the nitty-gritty, and even though I am Air Force it was very relevant to what I do," said Capt Waldick.

Col Lewis was only one of two Army representatives who spoke at the seminar. The other, CF Chief Warrant Officer Greg Lacroix contributed not only an Army perspective on leadership, but that of an NCO as well. His unique point of view proved to be both insightful and interesting.

"CF NCOs experience a leadership course at every level of their rank progression," said CWO Lacroix. "Even knowing this, you can not underestimate the advantages and strengths of mentors. I have had several different mentors at every stage of my career, all of which helped me progress to where I am now." CWO Lacroix also offered advice to the audience on a better way to understand the position of one's subordinates. "Before you give someone direction, make sure you have pictured yourself in their chair."

The final speaker of the day was Lieutenant-Colonel Tony O'Keeffe, Director of Cadets at the Royal Military College in Kingston, who spoke on fitness and goal setting. Throughout his presentation, he emphasized both leadership as a shared responsibility and the importance of setting daily goals.

Photos: Pte Tina Gillies, 8 Wing Imaging



Chief Warrant Officer G.R. Lacroix, Canadian Forces Chief Warrant Officer, is shown answering questions during the morning speaker's lectures. Shown on the left are Colonel Fred Lewis, Brigadier-General (Ret'd) Don Macnamara, and Lieutenant-General (Ret'd) Fred Sutherland.

"In the end, the goals and milestones I have set for myself let me lead the type of life I want to lead," said LCol O'Keeffe. Adding to this, LCol O'Keeffe talked about the importance of flexibility in replacing and adapting goals throughout one's life.

Accompanying LCol O'Keeffe were five Air Force Officer Cadets from the Royal Military College (RMC), who he brought to share in the professional development opportunity provided by the seminar. During his presentation he took the time to introduce the cadets to the audience as the "leaders of the future," and referred often to how much he enjoys his role in developing the leadership abilities of the cadets he works with at RMC.

Developing leadership through this type of professional development was successful in having a profound impact on all members who were able to attend, from the young RMC cadets to Wing Commander Col Hood him-

self. "It was fascinating that all the speakers who spoke directly on the topic of leadership - all having varied backgrounds and experiences - identified the same traits needed to be a successful leader," said Col Hood.

"Regardless of the speaker, be it an Army Colonel, a Chief Executive Officer of a high-tech company, or the former Vice Chief of Defence Staff, the principles of leadership are the same," he added.

Plans are already being made for next year's seminar, and the 8 Wing leadership hopes to expand on the accomplishments achieved this year. Col Hood shared some of his expectations when asked what to expect for next year.

"I believe this seminar will be one of the key highlights of 8 Wing's calendar next year, and in the future, it is critical that we expand to include junior NCMs in this professional development activity," said Col Hood.



Colonel Fred Lewis, Commandant of the Canadian Land Forces Command And Staff College, is shown during his lecture on Operational Leadership.



Lieutenant-Colonel Tony O'Keeffe, Director of the Cadets at the Royal Military College in Kingston, gave a lecture on Fitness and Goal Setting.

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Quit Smoking Support Group

The Hastings & Prince Edward Counties Health Unit invites you to **Quinte Quitters**, a support group that meets the third Thursday of every month, beginning April 16, from 6 p.m. to 7 p.m. Belleville Health Unit, 179 North Park Street, Belleville, Ontario
Registration is not necessary ... just drop by and receive support!
 For more information, please call Joan Black, Public Health Nurse, (613) 966-5513, Ext 301

Canadian Blood Services

Société canadienne du sang

<p>BLOOD DONOR CLINIC 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>COLLECTE DE SANG 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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8 AMS 15th Annual Camp Trillium Charity Golf Tournament

Friday, June 5, 2009
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Thousands of dollars in prizes: Best Team Spirit, Longest Drive - Hole #10, Closest to Pin - Hole #2, early bird registration, 50/50 Raffle Draw, and much more!

Tournament Entry Fee is \$76, which includes: Significant Donation to Camp Trillium Charity (close to 50 per cent of the entry fee!); Green Fee, including mandatory cart (2 pers/cart); and a delicious steak lunch with all the fixings

Registration: Email participants names (first and last) and team name (if applicable) to Capt Isabelle Arsenault: isabelle.arsenault@forces.gc.ca
 Sgt Mike Leblanc: michael.leblanc@forces.gc.ca
 or Sgt Rod Joice: rodney.joyce@forces.gc.ca
 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)

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. All fees are donated to local charities such as; Girls Home, Salvation Army, Three Oaks and many more.

The Lions Foundation of Canada Dog Guides presents
Purina Walk for Dog Guides
 Sunday, June 7, 2009
 Centennial Park Amphitheatre
 Trenton, Ontario

Registration: 9 a.m. Walk begins: 10 a.m.

Please help us to provide Dog Guides at no cost to Canadians with disabilities by participating in the 2009 Purina Walk. Registration is free, and the event is open to people of all ages, fitness levels, and with or without a dog accompanying them.
 To register online, or simply to donate, please visit www.purinawalkfordogguides.com.

Trenton Amateur Radio Club

A meeting of the Trenton Amateur Radio Club will be held
 Tuesday, April 14
 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/

Le Centre de ressources pour les familles des militaires vous invite au

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Jim Nelson offrira aux enchères des objets uniques et quelques tableaux provenant des différents lieux de déploiements militaires. Il y aura un tirage privilégié pour ceux qui achèteront leurs billets avant le 18 avril.

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Music provided by the 8 Wing Band

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FAMILY



Activity: Tactile Treasures



Encourage your baby to explore different textures using his sense of touch.

Many board books for babies have textured pages, but you can create a collection of household materials so you and your baby spend some time together enjoying the way different things feel!

It is important to monitor this activity at all times, to protect your baby from putting these materials in his mouth.

You will need: Different pieces of fabric, such as: silk, terry cloth, corduroy, fake fur, a feather, cotton balls, corrugated cardboard.

Enjoy this more with Comfort, Play and

Teach™.

Comfort: Gently stroke your baby's skin using the different textured fabrics, or tickle her tummy or toes with a feather. They will discover which sensations she prefers while she engages in this activity with you.

Cover your head with the different pieces of fabric. Encourage your baby to pull them off and then say, "Peek-a-boo" when she sees your face. Describe what you were hiding under (i.e. the bumpy corduroy), and then play the game again!

Play: Create a texture mat, with squares of different materials (i.e. fine grain sandpaper, mac tac, cloth).

Holding your baby in standing position, he or she can explore the sensation of the materials as they stomp their feet and bounces!

Tie a strip of fabric around your neck so the

ends dangle in front of you. This will encourage your baby to reach toward you and touch the fabric as they grasp at it. Say, "Look! You caught the soft handkerchief!"

Teach: By touching different materials your baby will begin to notice the difference between textures like bumpy and smooth, soft and rough. Use these words as you describe what your baby is touching.

If you punch two holes into a small box and line the box with different textured fabrics, you can show your baby how to poke their finger into the hole to touch it.

They will learn this activity as he or she copies and plays with you.

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

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

Mealtime.org Chicken-Zucchini Stuffed Cabbage with Tomato-Chile Sauce

Simplify your sauces with canned tomatoes and canned zucchini, already seasoned for you, and protein-rich canned chicken that's recipe ready, too. Served with rice or pasta, this savoury main dish can be oven-ready tonight for dinner tomorrow.

Ingredients:

- 8 large, savoury cabbage leaves
- 1 tablespoon olive oil
- 1 can (12 ounces) chunk chicken, drained
- 1 garlic clove, diced
- 1 can (14 1/2 ounces) zucchini with peppers
- 2 cups cooked brown rice
- 1/4 cup chopped basil
- 1 cup canned diced tomatoes with chillies
- 2 tablespoons Parmesan cheese/2 tablespoons chopped Italian parsley

Preparation Time: 20 minutes **Cook Time:** 25 minutes

Preparation: Preheat oven to 350°F. Remove main stem from cabbage leaves. Bring water in a medium saucepan to boil; lower heat and soften cabbage leaves in boiling water for two to three minutes. Remove from water with a slotted spoon; set aside until cool enough to handle. Heat olive oil in a medium, non-stick skillet. Add chicken and garlic; cook and stir until lightly browned. Remove from heat. Cool slightly. Mix zucchini, rice and basil into chicken-garlic mixture. Place about 1/3 cup of chicken mixture on each cabbage leaf. Wrap, tucking the edges in, to make a small package. Arrange cabbage rolls in a baking dish, seam side down. Pour tomatoes over cabbage rolls. Cover. Bake at 350°F for about 25 minutes. To serve, sprinkle with Parmesan cheese and parsley. Serves: Four

Nutritional Information Per Serving: Calories 340; Total fat 8g; Saturated fat 2g; Cholesterol 75mg; Sodium 880mg; Carbohydrate 38g; Fibre 7g; Protein 29g; Vitamin A 25 per cent DV; Vitamin C 50 per cent DV; Calcium 10 per cent DV; Iron 15 per cent DV; Folate 17 per cent DV; Potassium 15 per cent DV. *Daily Value*

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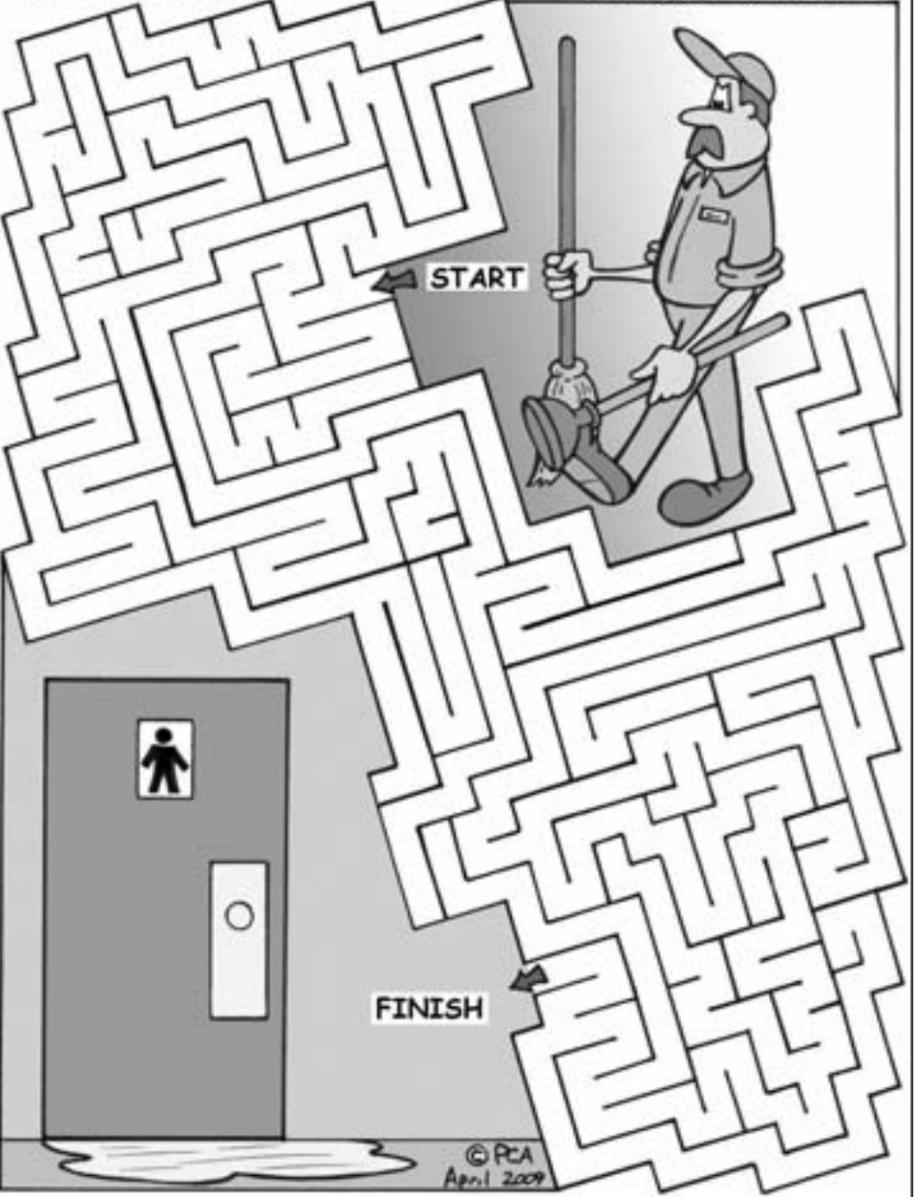
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ANSWERS: 1 HAT 2 MOTHER'S MOUTH 3 DOOR GRILL 4 CLOSET DOOR 5 MOTHERS SHOES 6 COAT HOOKS 7 BALL

DEAD END ?

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HOROSCOPES

Weekly Astrology by Christine Davison

April 12 – April 18

ARIES (March 21-April 19): Necessary transformations are underway while rewards following soon after. Be careful not to fall into materialistic ways as a result. Latent creative, musical and intellectual talents may come to surface. Try to utilize your strong will to open up and realize your stronger nature.

TAURUS (April 20-May 20): The qualities of love, empathy, and creativity accompany you to wherever you go and whatever you do. You are healthy, vibrant, and beautiful. Cherish what you have. If you practice tolerance and patience then you will be rewarded like never before. Try to take some pleasure in these new desires.

GEMINI (May 21-June 20): Intelligence and youthful energy abound. This will be an excellent time to plan an outing to a museum or gallery with a younger family member or favourite young friend. Take the time to teach a younger person a thing or two learned over the years. You'll both be thankful for it.

CANCER (June 21-July 22): Please don't hide that smile of yours. Your kind and empathetic ways have made you an excellent confidante. Allow yourself the odd emotional outpouring without leaving it all bottled up inside. Friends want to care for you the way you've cared for them. It's time to let them return the favour.

LEO (July 23-Aug. 22): You've been making many friends lately so why don't you have a party or an outing with some of these new acquaintances of yours. It's been a while since you've let yourself have some real fun and everyone will thank you for it. You might just find yourself catching the eye of that special someone.

VIRGO (Aug. 23-Sept. 22): Hidden financial interests or other inheritances may soon come your way. An interest in astrology or other esoteric study may become very interesting to you. Your quick and investigative mind will turn to something new. Perhaps it is time to shed some light on strange dealings from the past. Be moral.

LIBRA (Sept. 23-Oct. 22): Your recent benevolence and optimism, openness and harmony have helped you in more ways than you presently know. Astrological aspects are favourable for beginning a loving relationship with either an old or new romantic interest. Make use of your sociable nature and the ability to quell dark spirits.

SCORPIO (Oct. 23-Nov. 21): You've suddenly acquired a type of genius. It's almost as if any information you've learned during this time will become an important, intrinsic part of you right down to the tips of your toes. It's very important, though, to try to tell the difference between fact and fiction. Beware passions that consume.

SAGITTARIUS (Nov. 22-Dec. 21): You've been feeling blocked, stagnant and closed in. Try to finally resolve old issues through peace and patience. You've been so busy taking care of others that you've unfortunately been neglecting yourself. Long buried emotions may come to surface. Feelings are powerful and shouldn't be held back.

CAPRICORN (Dec. 22-Jan. 19): Everything about you is beautiful and everything you touch becomes a beautiful thing. This week you are the muse and the artist. Expect the risks that accompany being either too driven or too popular. You may have too many people interested in you at once. Avoid obsession. It's okay to say no.

AQUARIUS (Jan. 20-Feb. 18): There is a chance that you will need to assert yourself through action. You are a spiritual person with deep empathy for others. You use your strong will to uncover new and helpful information and everyone will benefit later on, even if at first the positive results are not clear. Watch and wait.

PISCES (Feb. 19-March 20): Expect some sudden changes in the workplace. Pay careful attention to your instincts. Intuition has served you well in the past and is what you should rely on now that changes are happening. People are magnetically attracted to you. You are well worth the attention and will feel better as a result.

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

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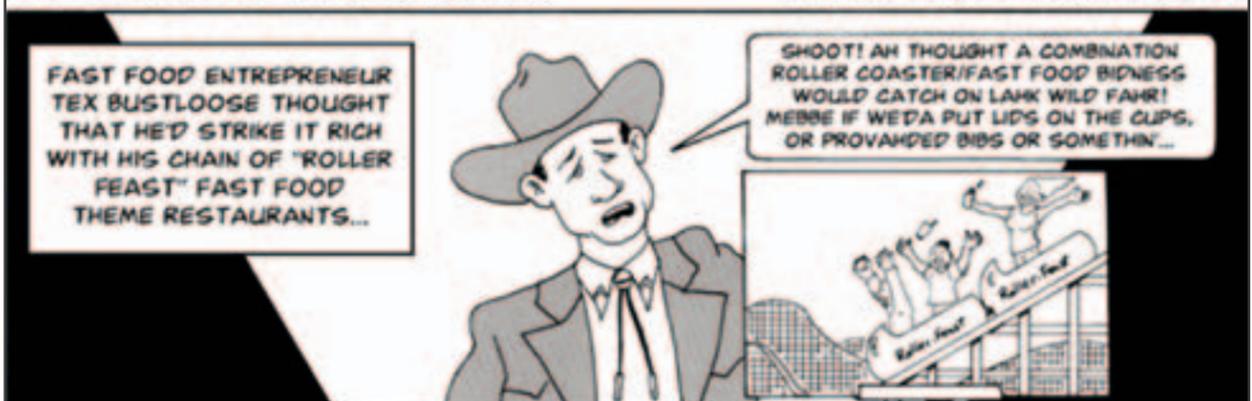


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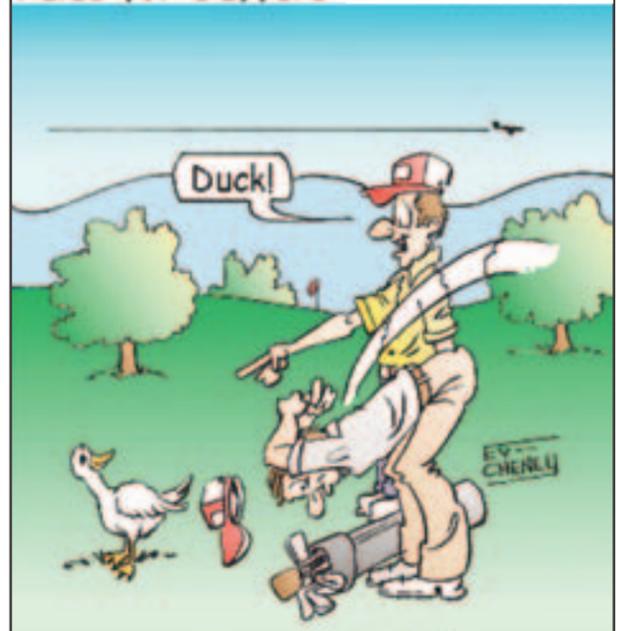


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Veteran Duffers!



8 AMS tourney for Camp Trillium celebrates event's 15th anniversary

By Tom Philp, Contact Staff

The one thing organizers of this year's 8 Air Maintenance Squadron (8 AMS) Annual Camp Trillium Charity Golf Tournament want more than anything else is for the weather gods to cooperate.

"Last year, it had rained so much immediately before the tournament that (the golf course managers) would not let golf carts anywhere near the course," said Dave Elverson, a civilian with the Materiel Acquisition and Support Information System (MASIS) Air Force Team at 8 Wing/CFB Trenton. "We're praying for sunshine and blue skies!"

The 2009 Camp Trillium Tournament will be held Friday, June 5 at the Oak Hills Golf Club near Stirling, moving there because of possible 8 Wing operational concerns that could prohibit play on part of the base course. Elverson said Oak Hills management has "lowered their price significantly" to accommodate the change in venue.

It's also a significant milestone for this tournament, as it celebrates 15 years of raising funds for Camp Trillium, a camp established in 1984 to provide summer recreation for children living with cancer, and their families. Elverson has been involved from the start.

At that time, Elverson and his colleagues were "nearing the end of a major inspection, and we asked the boss for a Friday off."

"He told us he couldn't just give us the day off. We had to make it worthwhile," he said. "A co-worker knew about Camp Trillium, so we suggested

having a day of golf and raising money for that cause."

Elverson said 40 golfers teed-off that first year, "passing the hat" to raise \$1,000. That amount has increased steadily every year, culminating in a record \$7,600 being raised in 2008. With local businesses now feeling the pinch of a global economic downturn, Elverson and co-organizer, Captain Isabelle Arsenault, 8 AMS are "being realistic" with a target of \$7,000 this year.

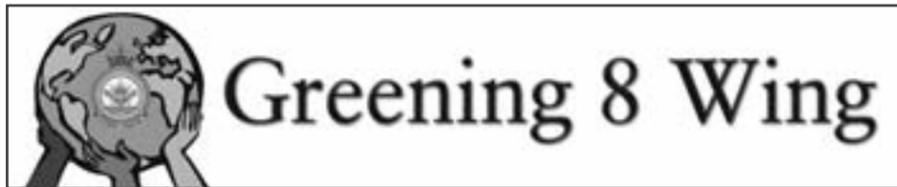
"What makes this event a success is not only local military and civilian people paying to play golf, but the incredible generosity of area businesses," Capt Arsenault enthused. The foursomes have included "former 8 Wing COs, CWOs and Wing Commanders."

Elverson said local supporters have been "incredibly loyal and generous" over the history of the tournament. Prizes for the longest drive and 'closest-to-the-pin' are standard, as are door prizes, and a chance to win a special prize by registering before April 17.

The 15th Anniversary tournament can accommodate a maximum of 33 teams of four players. Green fees are \$76 per player, including golf cart, with about 50 per cent of that fee going to Camp Trillium.

Each entrant will also be treated to a steak lunch and cash bar will be available.

To register, please feel free to contact any of the following: Capt Arsenault at isabelle.arsenault@forces.gc.ca, Sergeant LeBlanc at michael.leblanc@forces.gc.ca or Sgt Joice at rodney.joice@forces.gc.ca.



As we cross our fingers and anticipate an early spring with plenty of green, we sometimes forget that we can be 'green' all year long - with the right attitude!!!

Welcome to GREENING 8 WING! A weekly addition to *The Contact* that will hopefully inspire you to consider what you can do for your section, unit, Base, Wing, barracks, family, neighbourhood and city to leave a positive green impression!

In future columns we will be looking for "Tip of the Week" ideas from our families. We will also announce

any upcoming 'greening' initiatives that are taking place (ie: base clean up (WCWO) and PMQ clean-up (B Enviro O)).

We plan to have a contest in the future for sections/units to tell us what greening initiatives they have taken on that leave a positive impact on their day to day environment.

We hope you will enjoy and contribute to this column!

D Miller
LCol
W Admin O



Photo: Tom Philp, Contact Staff

8 AMS Camp Trillium Golf Tournament organizers Capt Isabelle Arsenault and Dave Elverson are full of enthusiasm as they prepare to host the 15th annual charity event. About 50 per cent of green fees collected go directly to Camp Trillium. A target of \$7,000 has been set for 2009. With only 33 team slots available, golfers are encouraged to register early.



TRENTON

Military Family Resource Centre



UPCOMING EVENTS

Belleville Bulls Play Off Games

Tickets Available at MFRC for Play Off Games

Round Two - Adult \$16, U12 \$11

Seats are all Row H or higher in the attacking zone

Thursday, April 9th

If necessary - **Sunday, April 12**

Dance Workshops

- Argentine Tango May 3rd 10am- 4pm
- Salsa Boot Camp May 9th 10am- 4pm
- Cost \$45 per person

Workshops require minimum of 12 participants

Événements à venir

Belleville Bulls Partie des Séries

Des billets seront disponibles au CRFM pour Partie de Séries

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

Les places sont le rang H ou plus haut dans la zone d'attaque

Jeu de 9 avril

Si nécessaire **dimanche, le 12 avril**

Ateliers de Danse

- Tango d'Argentine le 3 mai 10h- 16h
- Salsa Boot Camp le 9 mai 10h - 16h
- Coute: 45\$ par personne

Les ateliers exigent un minimum de 12 participants



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



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

"FLAT OUT" Weekend

July 10-11-12, 2009

Shannonville Speedway

Admission: Fri/Sat - \$10 Sunday - \$5



Run What You Show! How Fast Will It Go?

"FLAT OUT" Fin de Semaine

10-11-12 juillet, 2009

Shannonville Speedway

Admission: vendredi/samedi - 10\$ dimanche - 5\$



Run What You Show! How Fast Will It Go?




For additional information:
www.MFRC.CFBTrenton.com
or contact: Jaimie Corriveau ext 4299






Pour information additionnelle
www.MFRC.CFBTrenton.com
contactez: Jaimie Corriveau poste 4299



Chaplain Services

8 Wing/CFB Trenton Chaplain Services
services offerts par l'aumônerie de l'escadre

WING CHAPLAIN SERVICES

SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE

Wing Chaplain- *LCdr Steve Merriman* -Aumônier de l'Escadre
Administrative Assistant - adjointe administrative
613-392-2811 x 2490

Unit Chaplains – aumôniers d'unités

LCdr Padre Steve Merriman, P; Capt Padre Philippe Boudreau, RC; Lt(N) Padre Zbigniew Jonczyk, RC, Pastoral Associate/Agent de pastorale; Capt Padre Blair Ross (P)

As support staff - comme personnel de soutien

Rev Jim Craig, P Civilian Officiating Clergyman – membre du clergé civil

WORSHIP SERVICES

Our Lady of Peace (RC)
Christian community – communauté catholique

Notre-Dame-De-La-Paix (CR)

Chapel Life Co-ordinator

Father Philippe Boudreau

Co-ordinateur de Vie de Chapelle

Masses-Messes

Messe dominicale: 0900h

Sunday Mass at 1130hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 0900 hrs and coffee

3ième dimanche messe bilingue: 09h00 et café

Confession - Réconciliation

Please, contact the Wing Chaplains' Receptionist to get in touch with a RC priest prior to coming over. *Il est préférable de communiquer avec la réceptionniste des aumôniers afin de prendre vous-même arrangement avec le prêtre CR de la chapelle.*

Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday –1900hrs

Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

St. Clement Astra (P)
Protestant Community

Chapel Life Co-ordinator

Padre Jim Craig

Worship Service

Sunday Divine Worship, 1015hrs

Holy Communion:

1st Sunday of the month

Parish organisations (P)

Chapel Guild: last Tuesday – 1930hrs

DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR

After working hours, for emergency only, please call the base operator at 613-392-2811 and ask for the duty chaplain. *Après les heures de travail, pour les urgences seulement, svp appelez le téléphoniste de la Base au 613-392-2811 et demandez l'aumônier en devoir.*

SACRAMENT OF BAPTISM

Parents wishing to have their child baptized are to contact the parish through the Wing Chaplain's Administrative Assistant at local 2490 at least two weeks prior to the desired date. After completing the request form, the dates for both the pre-baptismal session and the baptism will be booked.

The pre-baptismal session is mandatory for both parents; however, godparents (one of them at least must be RC) are invited to participate. Proxy might be an option if godparents cannot attend.

For liturgical reasons and the baptism sacramental theology, baptisms are not celebrated during the Lent Liturgical Season.

Civilian parents who wish to have their child baptized at our military facility must first contact their civilian parish (whether or not they are active at that parish) before contacting our chapel. As Our Lady of Peace belongs to the Military Diocese of Canada, a letter of canonical jurisdiction from your civilian pastor giving the reasons supporting your request will be needed.

SACREMENT DU BAPTÊME

A tous les parents désirant faire baptiser leur enfant, svp communiquez avec notre assistante de bureau au moins deux semaines avant la date désirée au poste 2490 pour entreprendre les démarches. Une rencontre est nécessaire avec le padré pour faire l'inscription. Il vous avisera de la date de la rencontre pré-baptismale obligatoire ainsi que de la date du baptême.

Une rencontre pré-baptismale est obligatoire pour les deux parents (père et mère), tandis que les parrains sont invités à y participer. Au moins un des parrains doit être Catholique romain. Il est possible de désigner des mandataires si les parrains ne peuvent être présents.

Pour des raisons liturgiques et de théologie sacramentelle, il n'y a pas de baptême célébré durant la période du Carême.

Les parents civils qui souhaitent faire baptiser leur enfant à la chapelle de l'Escadre doivent contacter leur paroisse civile (étant pratiquants ou pas) avant de communiquer avec notre secrétariat. La communauté de chapelle Notre-Dame-de-la-Paix de la 8ième Escadre appartient à une juridiction canonique différente qui est celle du Diocèse militaire du Canada. Une lettre/courriel de délégation canonique de la part du prêtre de votre paroisse civile (appuyant votre démarche auprès de cette chapelle militaire) devra être envoyée à l'aumônier catholique de l'Escadre.

Planning to get married?

If you are planning to get married in the Roman Catholic Church, on Base or off Base, the Catholic Party must contact first the Wing Chaplains' Offices at 613-392-2811, Ext 2490 to begin the pre-nuptial process six months prior to the wedding day. That is to provide you with time to take the pre-marriage class (which must be attended) and the padre to complete the marriage file, which must be sent to the Military Ordinariate's Chancery Office no less than three months prior to the wedding day). Please, keep in mind that pre-marriage classes are not offered from May to September. This is applicable to all members falling under Military Ordinariate's jurisdiction; that means for all CF personnel and DND employees who are RC. The later have the choice between their Wing Chaplains' Pastoral Services and their civilian parish's. If a Catholic party wants to get married under the Rite of a particular Protestant denomination, the above still applies.

If the marriage file is not processed on time, the Wing Chaplain's office will not be held accountable. Three months is the minimum time to process a canonical marriage file (to Ottawa and from. . . to the church of your wedding). If you belong to a Protestant denomination and you would like to get married at the Wing Chapel, you are asked to contact the chaplain of your denomination at the earliest convenient time.

Vous planifiez de vous marier?

Si vous projetez de vous marier selon le Rite de l'Église catholique romaine, aussi bien sur la Base qu'à l'extérieur, la partie catholique doit en tout premier lieu communiquer avec les bureaux des aumôniers de l'Escadre au #613.392.2811, poste 2490. Ce premier contact, qui enclenchera l'ouverture du dossier pré-nuptial, devrait être fait six mois avant la date de la célébration du mariage. C'est le temps minimum pour planifier la session de préparation au mariage (à laquelle les fiancés doivent participer et qui ne sont pas dispensées entre les mois de mai et septembre.) et de préparer le dossier de demande de mariage. Le dossier doit être envoyé au bureau du Chancelier de l'Ordinariat militaire du Canada, à Ottawa, au moins trois mois avant la date choisie. Ce qui précède s'applique à toute personne assujettie à la juridiction canonique de l'Évêque du Diocèse militaire du Canada; en d'autres mots, à tous les membres des FC et aux employés du MDN qui sont CR. Cependant, ces derniers ont le choix de faire appel aux services des aumôniers CR de l'Escadre ou de s'adresser au bureau du pasteur de leur paroisse civile. A noter que si la partie catholique veut se marier selon le Rite d'une Église protestante, ce qui précède s'applique encore.

Il importe également de prendre note que si le dossier pré-nuptial n'a pas été complété et envoyé dans les délais requis, le bureau de l'Aumônier de l'Escadre ne pourra être tenu responsable de toute complication et des coûts qui pourraient y être reliés. Trois mois précédant la date: voilà le temps souhaitable que les bureaux de l'aumônier et du chancelier ont besoin pour préparer et acheminer un dossier de demande de mariage.

Si vous appartenez à une Église de confession protestante et que vous souhaitez avoir votre célébration de mariage à la chapelle de l'Escadre, nous vous demandons de communiquer avec le padré de votre confession religieuse le plus tôt possible.

CHAPLAIN EMERGENCY FUND

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

FONDS D'URGENCE DES AUMÔNIERS

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

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Payments Include EVERYTHING!	<p>05 PONTIAC G6 GT</p> <p>D420 Pwr sunroof! Chrome wheels, pwr heated leather seats, pwr pedals, spoiler, radio & cruise steering controls, pwr windows, locks, mirrors, traction control, 74,000kms.</p> <p>\$10,995</p>	Payments Include EVERYTHING!	<p>08 FORD FUSION SEL</p> <p>D8614 Pwr heated seats, Keypad entry, radio/cruise steering controls, 6 disc changer, MP3, alloy wheels, pwr windows, locks, mirrors, tilt, 41,000kms.</p> <p>\$15,450</p>	Payments Include EVERYTHING!	<p>08 DODGE CHARGER</p> <p>D9001 RWD, Pwr seat, air, cruise, tilt, AM/FM/CD/MP3, pwr locks, windows, mirrors, keyless entry, only 32,000kms.</p> <p>\$14,495</p>	Payments Include EVERYTHING!	<p>05 PONTIAC G6 GT</p> <p>D931 Pwr panoramic sunroof, pwr heated leather seats, high polish wheels, pwr pedals, factory remote start, radio/cruise steering controls, pwr windows, mirrors, locks, air, cruise, tilt, CD, traction control, keyless entry, 71,000kms.</p> <p>\$11,495</p>
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Payments Include EVERYTHING!	<p>06 PONTIAC G6 GT</p> <p>D8930 Pwr heated leather seats, pwr panoramic sunroof, high polish wheels, OnStar, pwr pedals, radio/cruise steering controls, air, tilt, pwr mirrors, windows, locks, traction control, factory remote start, 74,000kms.</p> <p>\$12,995</p>	Payments Include EVERYTHING!	<p>06 PONTIAC G6 GT</p> <p>D524 Panoramic pwr sunroof, chrome wheels, pwr pedals, radio/cruise steering controls, factory remote start, pwr seat, air, cruise, tilt, pwr windows, mirrors, locks, traction control, 72,000kms.</p> <p>\$12,995</p>	Payments Include EVERYTHING!	<p>05 PONTIAC VIBE</p> <p>D635 AWD! Automatic, air, cruise, tilt, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 78,000kms.</p> <p>\$11,995</p>	Payments Include EVERYTHING!	<p>06 FORD FUSION SEL</p> <p>D994 Automatic, pwr seat, steering controls, AM/FM/CD/MP3, pwr locks, mirrors, windows, air, cruise, tilt, keyless entry, only 33,000kms!</p> <p>\$12,795</p>
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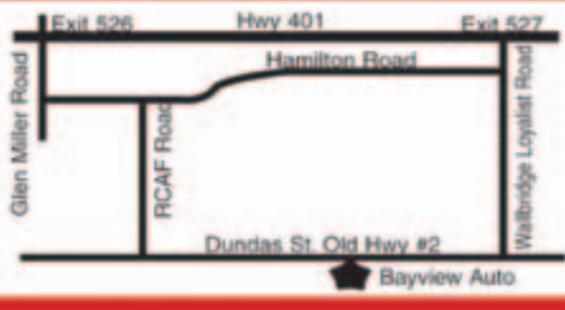
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O	B	S	E	R	V	E	R	E	X	P	O	
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E	C	H	O		A	I	M	S		N	O	W
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General Dynamics completes its \$50K commitment to RCAF Museum

By Tom Philp,
Contact Staff

General Dynamics Canada made a \$50,000 commitment to the National Air Force Museum of Canada's capital campaign five years ago. The company fulfilled that promise April 7 by presenting the final instalment of \$10,000 to museum officials.

The first \$10,000 General Dynamics donation to the campaign was made in 2005.

Brian Akitt, director of business development for General Dynamics, and a retired Canadian Forces Colonel, was all smiles as he passed the cheque to museum directors Major General (Ret'd) Lionel Bourgeois, and Colonel (Ret'd) Ken Kee.

"General Dynamics Canada has played a significant role in providing equipment and support to the Canadian Air Force since the company was established in 1948," said Mr. Akitt. "Our support for the National Air Force Museum of Canada



Photo: Tom Philp, Contact Staff

National Air Force Museum of Canada directors Lionel Bourgeois (left) and Ken Kee (right) accept a \$10,000 cheque from Brian Akitt, business development manager with General Dynamics Canada on April 7.

is a natural extension of our sixty-year partnership."

Thanking Akitt on behalf of the museum, Kee announced that the \$50,000 gift had been recognized in a special way. The museum will name its area reserved for modern military aviation displays the 'General Dynamics Modern Era Aircraft' section.

Museum curator, Dr. Georgiana Stanciu, said "modern era" displays would include "post-

1947" items.

To date, the museum located at 8 Wing/CFB Trenton has tripled in size, now totalling 60,000 square feet. It relies heavily on donations and is continuing to raise funds to complete the ongoing renovations.

Kee said one way for members of the 8 Wing/CFB Trenton community to contribute to the cause is to designate their donations to the United Way campaign for museum use.

Nebraska Air National Guard builds an MP kitchen at 8 Wing



Photo: Tom Philp, Contact Staff

The 8 Wing/CFB Trenton Military Police Detachment is finally getting its own kitchen, with a little help from some American friends. Members of the Nebraska Air National Guard's 155 Civil Engineering Squadron, based in Lincoln, Nebraska, were on a two-week experience/training program here. During that time, Staff Sergeant Marcus Pruett (left), Master Sergeant Darren Miller (right) and Senior Airman Mark Young (working on the ladder) helped base personnel with the remodelling of a rear conference room/eating area into a serviceable kitchen.

The MP Detachment moved to its current location at 74 Polaris Avenue in September 1999, and has been without kitchen/lunch room facilities since then. "We are going from a mish-mash of old counters and cupboards which acted as a room divider between our conference room and eating area, to a proper kitchen," said a very pleased Warrant Officer Charlotte Russell, Officer in Charge of the MP Detachment.

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Before you fill out your tax return...

by Pierre Goulet, CFP, FMA, FCSI
Practice Manager, Financial
Planning and Insurance Services
SISIP Financial Services, Ottawa

Now that the RRSP season is behind us, Canadians turn their attention to income tax time.

The deadline for filing your 2008 tax return is April 30th 2009. Depending on your situation, non-refundable tax credits can help reduce your tax base. Here are a few simple tips you should keep in mind.

Charitable donations: Those of you who make donations to your favourite charity will get a tax credit when these are claimed on your tax return. Keep in mind that the federal credit is 15 per cent on the first \$200 and 29 per cent on amounts above \$200. In addition, there are corresponding provincial credits based on your province's tax rates.

Charitable donation receipts can be transferred to your spouse. The higher income earner should claim all donations if the province of residence has a provincial surtax and the higher income earner is subject to it. This way you will get the maximum credit against the income in the highest tax bracket. If surtaxes do not apply, either spouse can claim the donations.

Medical expenses: Medical expenses are also transferable between spouses. Medical expenses can include amounts paid outside of Canada and they must be more than three per cent of your net income or \$1,962, whichever is less. Therefore, the spouse with the lowest income should claim all expenses.

You can claim the expenses of all immediate family members (child, spouse, parent, grandparent, brother, uncle, niece...) who depended upon you for support during the tax year.

The total of these expenses must be

more than the lesser of \$1,962 or three per cent of the dependent's net income for the year up to a maximum of \$10,000.

You can claim medical expenses paid in any 12-month period ending in 2008 that were not claimed in the previous year.

Tuition and education amounts: You can claim fees paid for post-secondary courses. Each claim must be \$100 or more for each educational institution and the institution should provide you with an official tax receipt or a form T2202A.

A portion of the education amounts can also be transferred from spouses and children. To find out what amount is eligible, complete the calculation on the back of your T2202A or schedule 11 in your income tax forms.

Spouse or Common-Law Partner amount: If your spouse or common-law partner earned less than \$9,600 last year, follow the calculation on line 303 of your return to see what amount you can claim.

If you were single, divorced, separated, or widowed you can claim a maximum amount of \$9,600 minus the income for any dependent. This amount is called the "Amount for an eligible dependent" and is found on schedule five of your return.

Age and Pension Credits

These amounts are based on your age and whether you are receiving a pension and can also be transferred to your spouse.

All of the above mentioned credits and further explanations are in your General Income Tax and Benefit Guide 2008. Take the time to read the portions of the guide that apply to your claims. It may save you money or prevent you from making a costly mistake.

This article is for general information purposes only and is the opinion of the writer.

We would like to hear your story

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

CF Weekend committee members are busy working diligently in preparation for this July, when the Wing will host one of the biggest historical weekends in the country this year.

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, one of which took place on February 23, 2009, marking the Centennial of Powered Flight in Canada.

Other anniversaries taking place this year include 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.

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

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