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Mr. James Love, Chair of the Royal Canadian Mint Board of Directors, and Commodore Mark Watson, Director General Personnel Family Support Services, unveil the Mint coin symbolizing the \$200,000 raised through the sale of Highway of Heroes silver commemorative coins. Mayor of Quinte West John Williams shakes the hand of Cmdre. Watson while Mr. Love looks on. See story and more pictures on page 5.



Photo: Ross Lees

Operational standard of Air Force will be maintained, Commander states

Military members have always managed to respond successfully to budget restrictions, commander notes

By Ross Lees

Commander of the Royal Canadian Air Force Lieutenant-General Yvan Blondin indicated last week at a Town Hall meeting at CFB Trenton that he would not let budget cuts detract from the operational standard set by the Air Force.

He felt that message was especially important to be heard at 8 Wing, the heart of Air Operations for the past 10 years, especially since Air Mobility was one area he did not see slowing down.

"I can't afford to slow down," he told the gathering at the gym on the south side of the base. "I need those CC-177s, those CC-130Js, those people producing the output."

continued on page 12



Lt.-Gen. Yvan Blondin speaks to a Town Hall meeting of 8 Wing personnel March 28 at CFB Trenton.

Photo: Ross Lees

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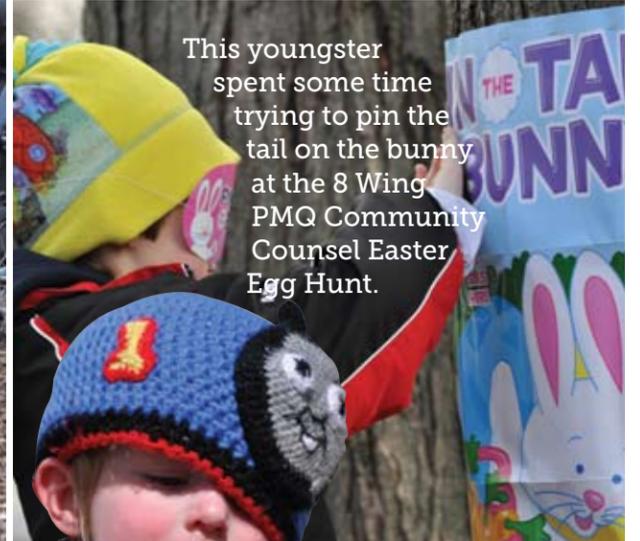
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Submitted photo

The members & their families of the PMQ Community Council. The Council is lead by President MCpl. Adam Morrison and Vice-President Cpl. Dion Ward.

These children stream around Dion Ward as the head into the taped area where Easter eggs were scattered for the 8 Wing PMQ Community Council Easter Egg Hunt.



This youngster spent some time trying to pin the tail on the bunny at the 8 Wing PMQ Community Council Easter Egg Hunt.

Easter bunny hops into hearts of PMQ families

8 Wing PMQ Community Counsel sets eggs-ample for coming events

By Kelly Dermody

The 8 Wing PMQ Community Counsel Easter Egg Hunt has been hailed a great success by parents and children alike.

Despite the cold and blustery weather, hundreds of people turned out to take advantage of this event, which featured not only an easter egg hunt but several other activities for the young and the young at heart. There was an egg toss, a toy chick race, a colouring station, a bunny ear decorating station, and a game of pin the tail on the bunny. All events other than the colouring station (due to the wind), were a huge success with the kids.

The egg hunt featured several hundred chocolate eggs, bunnies and other holiday treats scattered throughout a section of the park at the intersection of

RCAF Road and Curtis Road. Each child was encouraged to seek out three pieces of candy. In addition to the chocolate treats scattered in the park there were numbered plastic eggs. Each child was given a number and returning the plastic egg with that number earned the child a prize, such as a large chocolate bunny or large hollow Easter egg. This ensured, along with the suggested limit, that each child walked away from the event with more than just the happy memories.

Feedback from the parents and children indicated this event was very well received and the 8 Wing PMQ Community Counsel intends to make this an annual event staffed by members of the counsel and a group of dedicated volunteers from the community and the local high schools.

For more information on this and upcoming events, please visit our Facebook page (search 8wingpmq-council).



This little guy checks for the numbers on these two Easter eggs at the popular 8 Wing PMQ Community Council Easter Egg Hunt Monday.

Photo: Ross Lees

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Invisible Ribbon gala preparing to make a big splash

MFRC fundraiser more important than ever as military personnel return from Afghanistan

By Ross Lees

They've set their sights high for their ninth Invisible Ribbon gala. Co-chairs Wendy Synnott, the Volunteer Coordinator for the Military Family Resource Centre (MFRC) and Major Leo Phillips, the Wing Personnel Officer, have set a fundraising goal of \$80,000 net for this year and they would like to see 400 guests take part in this critical annual MFRC fundraiser.

While the event is being held one month later than usual this year, the organizers think the newly refurbished National Air Force Museum of Canada will make the delay worthwhile.

"Ours will be the first event in the museum after the renovation," stated Mrs. Synnott. "It is a great venue for this big event symbolic of the military family life."

As has become tradition with this event, a fabulous meal served by Occasions by the Bay will be sourced from within 101 miles of CFB Trenton.

"We try to help local people at the same time as they help us," Mrs. Synnott noted.

The meal is augmented by music by the 8 Wing Band and the meal is piped in. Live and silent auctions also attract huge interest, as very unique and exciting items from around the world get featured for sale in support of the MFRC.

Money in support of the MFRC is raised through ticket sales, the auctions and sponsorship of the event. Sponsors are still being sought, according Mrs.

Synnott and auction items are always welcome. Many are donated by the squadrons and sections on the base, although they often keep them secret until nearer the event. There is always a lot of anticipation of this event because of the exotic and unique nature of the auction items, which can range from loads of topsoil to lovely jewellery or trips to anywhere WestJet flies.

The theme for this year's event is Family - Near and Far and more information can be obtained by going to the website - www.invisibleribbon.ca - or tickets can be obtained by going to the MFRC or to Smiley's Independent Grocer.

Support for this event comes from all levels of the military and the local community, according to Mrs. Synnott and there are sponsors lined up waiting to get involved again this year, but new sponsors are always welcome and appreciated,

she said. Fundraising may be particularly important this year with potential funding cuts in store throughout the military.

"Funding from the gala will help introduce or enhance current projects and, while the Afghanistan mission has been reduced, it hasn't cut the need for help for the families involved in the mission," Mrs. Synnott noted. "Operational stress injuries have more affect now and the level of support is more now. It is not a time to scale down MFRC support," she stated.

At the same time, the base continues to grow and a high operational tempo means units continue to need the support of the MFRC for their families, so the funding produced from the Invisible Ribbon Gala are more important than ever. Everyone who can is encouraged to support this event in whatever way they can and to encourage others to get involved.

Photo: Cpl. Jon Melvin



Northern Show Tour members tour CFS Alert

Northern Show Tour members posed outside CFS Alert front gate during a tour of the Station prior to their show. From left to right, Capt. Baxter (padre), Ken Stone (sound engineer), Maj. Baccardax (CO.), Denis Coulombe (singer/guitarist), Angel Forrest (lead singer), Adam Karch (guitarist), Patt Devine (PSP manager) and MWO. Levesque (SWO).

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Sgt. Cindy Chamberlain and Mr. Elia Brailovsky from Ottawa instruct Cpl. Stephanie McKee and Mr. Barry Rhinedress on the new DRMIS application.

Wing Logistics and Engineering Picture of the Week

Defence Resource Management Information System makes its Trenton debut

Defence Resource Management Information System (DRMIS) is now live in Trenton.

DRMIS is a cornerstone component of the Department of National Defence and the Canadian Armed Forces (DND/CAF) Enterprise Resource Planning (ERP) strategy and is a highly integrated ERP solution. Once fully implemented, it will provide a strategic capability that is the first tri-service common Materiel Acquisition and Support (MA&S) and Finance solution spanning headquarters, bases, theatres and back-to-industry partners.

A key strength and benefit provided by DRMIS is the integration of financial, material, workforce, and operations data enhancing DND/CAF's capability in making strategic, operational, and tactical decisions founded on real time information. Just as important, it integrates business processes and policies as defined by Business Process Authorities in consultation with stakeholders enabling them to manage the affected resources through their life cycle from cradle to grave.

The first critical step into this integration occurred in April 2010, when the Financial Management and Ac-

counting System (FMAS) and the Materiel Acquisition and Support Information System (MASIS) were moved into a single, common platform of SAP (Systems, Applications and Products in Data Processing) that DND decided to call DRMIS. The two original systems FMAS and MASIS were implemented in the late 1990's and until harmonization were relying on complex interfaces to pass critical financial information.

When complete in December 2013, DRMIS will be employed by more than 28,000 users in support of their daily work.

The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base – 8 Wing/CFB Trenton.

We are the primary internal and external communications tool for 8 Wing/CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work.

The Publisher reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies.

In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel Sean Friday, CD, Wing Commander, 8 Wing/CFB Trenton.

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THE CONTACT produces news and information about 8 Wing/CFB Trenton at home and around the world. We depend on our military community for articles, personal stories and photos.

- Articles should be typed in upper and lower case (Not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.
- Do not include clip art or graphics within typed pages. Additional graphics/logos may be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include author's full name, rank, unit and phone number.
- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in either a jpeg format at a high resolution for quality reproduction.
- Articles must be received by Tuesday at noon prior to print date.

Letters to the Editor:

All letters must be signed and the name of the author will be published. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. E-mail letters to: cfbcontactnewspaper@gmail.com



A Military Community Newspaper

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



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Cmdre. Mark Watson receives the \$26,000 Second Annual CFB Trenton Pond Hockey Classic cheque from Captains Jeff Moorhouse and Rod Moore Wednesday for the Military Families Fund and another \$750 cheque was presented to Mayor of Quinte West John Williams by the two Captains for the Afghanistan Repatriation Memorial Fund.

Royal Canadian Mint presents \$200,000 to Afghanistan Repatriation Memorial Fund

Funds were raised from Highway of Heroes commemorative coin sales

By Ross Lees

The Afghanistan Repatriation Memorial Fund and the Military Families Fund each received a \$100,000 donation from the Royal Canadian Mint Wednesday morning.

The money was raised through the sale of Highway of Heroes silver commemorative coins by the mint, a campaign launched in Quinte West in October of 2011.

"Our government is proud of the many Canadians who voluntarily honoured our fallen soldiers as they made their final journey along the Highway of Heroes, and whose actions inspired an unforgettable silver coin," said Mr. James B. Love, Chair, the Royal Canadian Mint Board of Directors, who was also on hand at the launch of the campaign.

"The Highway of Heroes silver commemorative coin captured the profound gratitude of Canadians to our soldiers who served and fell in Afghanistan, and the Mint expresses our thanks to them, as well as to all our active Canadian Armed Forces personnel and their families."

Despite bitterly cold winds blowing off the Bay of Quinte, the ceremony attracted a number of military and civilian observers, including Captains Jeff Moorhouse and Rod Moore, organizers of the Second Annual CFB Trenton Pond Hockey Classic, which raised \$26,000 for the Military Families Fund and another smaller donation for the Afghanistan Repatriation Memorial Fund. Both cheques were also presented on this special occasion.

"This presentation to the Afghanistan Repatriation Memorial Fund and the Military Families Fund honours the contributions of our veterans, our active soldiers and their families for their roles in fighting terrorism and defending Canada's values," stated Member of Provincial Parliament for Northumberland-Quinte West Rick Norlock.

Mayor of Quinte West and Chair of the Afghanistan Repatriation Memorial Fund committee John Williams said the memorial was not only a monument to the fallen soldiers but to all those Canadians who lined the Highway of Heroes route to honour the fallen military and civilian members who paid the ultimate sacrifice during the Afghanistan War.

"Thousands of ordinary Canadians became extraordinary Canadian by lining the route of the Highway of Heroes, from Trenton to Toronto, to voluntarily salute our fallen soldiers coming home from the war in Afghanistan," Mayor Williams noted. "We are delighted that the Royal Canadian Mint has joined the many donors to the Afghanistan Repatriation Memorial Fund so that the communities surrounding the starting point of the Highway of Heroes could build a permanent and exceptional memorial."

"The Military Families Fund has assisted almost 1,000 families in their time of need and the Royal Canadian Mint's past support of the fund has been deeply appreciated by the Canadian Armed Forces," noted Commodore Mark Watson, Director General Personnel Family Support Services. "Today's donation from the Mint will continue to remind our military members and their families that their sacrifices are deeply valued by Canadians."

The Second Annual CFB Trenton Pond Hockey Classic showed vast improvement from the initial effort in 2012, when \$6,200 was raised in a one-day tournament. The second annual event raised \$26,000 with 18 teams and 150 players participating.

At the ceremony Wednesday morning, the Second Annual CFB Trenton Pond Hockey Classic also presented a cheque of \$750 to the Afghanistan Repatriation Memorial Fund.



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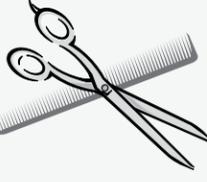
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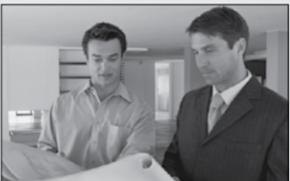


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Photo: Capt. Steven Dieter, 8 Wing PAO

Air Reserve coin presented by Deputy Commander and Director General Air Reserves

During his recent visit to 8 Wing, Brigadier General Gord Reid, Deputy Commander and Director General Air Reserves at 1 Canadian Air Division, stopped by to speak with members of 8 Wing Air Reserve Flight. During his visit to Wing Headquarters, he took the opportunity to present Corporal Karen Dierijck with the Air Reserve Coin. Cpl. Dierijck works in the Flight Safety section at 8 AMS. Her citation read: "Cpl. Dierijck has been a dedicated member of the Air Reserves since November 2004. Her role as Flight Safety Investigator and Administrator has provided 8 AMS with unmatched stability and a wealth of experience that is directly responsible for a FS program that other Transport Units are modeled after. Her untiring energy extends to the community as the President of the Lady's of Sacred Heart Society, which fundraises and provides for the needs of the Parish's children. Cpl. Dierijck is extremely deserving of recognition in the form of an Air Reserve Coin for her efforts in the military and civilian community."

Your back is working around the clock

Your shift may end after eight hours, but your back never stops working. That's why back care is an around-the-clock responsibility. Back care involves preventing injuries from falls, motor vehicle accidents and other traumatic incidents. It also involves using safe lifting techniques to prevent harming the back, as well as using good posture when sitting, standing or lying down.

Follow these guidelines for safe lifting:

Plan your lift. Size up the item before you try to lift it and try to gauge its weight.

- Get help for heavy or awkward loads. Do a team lift with one person or more, or obtain mechanical help such as a handcart.
- Get close to the load and squat down. Bend your knees, not your back. Lift the load by straightening your legs.
- To put the load down when you reach your destination, reverse the procedure. Squat down again, bending your knees and not your back.
- Do not twist your body while you are carrying an object. Move your feet, not your body, to turn.
- To reach for an object in a bin or a car trunk, brace your legs against the edge of the bin or vehicle.

Here are more reminders about taking care of your back:

- Use good posture at all times. Stand with your back straight but relaxed.

When standing for long periods of time, place one foot on a footrest in a slightly elevated position.

- Sit up straight, maintaining the natural curves in your back. Have your knees at a slightly higher position than your hips. Take regular breaks to move around and stretch.
- Avoid lying on your stomach, which can put stress on your back.
- Sleep on your back or your side with your knees bent.
- Maintain a healthy weight for your height to reduce the strain on your back.
- Get regular exercise. Strengthening your abdominal muscles can help protect your back.

Serious back injuries can be the result of accidents. Work and play safely to prevent back injuries:

- When working at heights, use fall protection equipment correctly and observe all other safety procedures.
- Wear your seat belt at all times when traveling in a motor vehicle.
- Never dive into water unless you are sure it is deep enough and there are no underwater obstructions.

Back care is a combination of safe lifting techniques, general good health, good posture habits and preventing accidents. It's a 24-hour-a-day job

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This Challenge is Forward Thinking? The original Strengthening the Forces vision, was germinated way back in 1992 with Capt (N) Climie, MD, where he believed enabling personnel in making healthy choices and taking control of their wellness would lead to a stronger Force. It involves taking responsibility at both the individual level and at the organizational level. Both levels have to “walk the talk.” This forward thinking approach took time to gather momentum and set the stage that a healthy lifestyle is the “new normal.” Now, the CF has fully integrated this concept into a National Health and Physical Fitness Strategy and getting

you energized with the CF Health and Wellness Challenge.

How to get Challenged? Build a team of colleagues and spur friendly rivalry between units. Strengthening the Forces has lots of resources to show how easy it can be to make simple healthy daily choices. Your base/wing Health Promotion office will happily introduce you to a variety of workshops and other resources.

Are You Ready to Feel the Difference? The Challenge runs from 1-31 May 2013. Are you ready to feel the difference? You can register as early as April 15 and get warmed up with the Daily Activity List and Activity Tracker. After registering with your local Health Promotion office, each participant can download a Daily Choices activity checklist and Activity Tracker. Participants are awarded points for each “daily choice” they complete in a day. There are one-time bonus choices which can be completed during the month for extra points. At the end of the Challenge (May 31), participants who have at least 2170 points will be entered for one of three prizes on each B/W including an Ipod shuffle, a Sony e-reader and a Magic Bullet.

Strengthening the Forces (STF)

CF Health and Wellness Challenge May 1 – 31

Are you ready to enhance your wellness? Wellness is more than a concept; it's a daily life experience linking all aspects of health. Improving your health means making changes – If you change nothing, nothing will change! Build a healthier lifestyle and you will feel your absolute best!

Strengthening the Forces is bringing you the CF Health and Wellness Challenge. Join the Challenge and take concrete steps to increasing your confidence, improving your overall health and being the best that you can be.

Health is an every day issue...it's what you eat at the restaurant, it's how well you sleep, it's the evening walks you take,

and it's the decisions you make when impacted by stress. Small daily choices can have a big impact on improving your life. According to Dr. Darrell Menard, a sport medicine specialist with Strengthening the Forces, “the fundamental decision is choosing to take care of yourself and everything else in life will fall into place.”

Join the Challenge! It is all about keeping fit, eating healthy, connecting with friends, living addiction free, and enjoying life.

Register today! Visit your local Strengthening the Forces Health Promotion Office and feel the inspiration, tap into the energy, and get going!

Sunscreen update

Sunscreens are not intended to increase sun exposure time. They are meant to increase protection during unavoidable exposure.

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- Seek shade or create your own
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weave to cover as much of your skin as possible

- Wear a wide brimmed hat and sunglasses with UVA and UVB protection
- Apply a broad spectrum sunscreen and lip balm that protect against both UVA and UVB rays and that have an SPF of 15 or more

The shift to shiftwork...

Although the Industrial Revolution in the 19th century and greater availability of electric power in the early 20th century saw a dramatic increase in night shift work, sailors, soldiers, innkeepers, bakers and herds-men have been working shifts for thousands of years.

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Lancement de la nouvelle évaluation de la condition physique des FAC

Après trois années de recherche et de développement approfondis, nous lançons le programme FORCE, qui est le nouveau programme de conditionnement physique des Forces armées canadiennes (FAC). Le programme FORCE, qui a été approuvé par le Conseil des Forces armées le 5 décembre 2012, sera mis en œuvre tout au long de l'exercice 2013-2014 et remplacera officiellement le programme EXPRES FC pendant l'exercice 2014-2015.

Le programme FORCE comporte deux principaux volets : la nouvelle évaluation de la condition physique FORCE et le programme d'entraînement FORCE fourni par l'entremise du site Web www.cphysd.ca.

L'évaluation FORCE est composée de quatre épreuves directement liées aux défis physiques que les membres des FAC peuvent affronter pendant les opérations de routine, en sol canadien et à l'étranger. Tous les membres des FAC seront évalués une fois l'an et devront respecter une norme minimale commune.

Le programme FORCE a été validé scientifiquement et élaboré à l'intention des FAC par la Direction du conditionnement physique des Programmes de soutien du personnel (PSP). Les PSP ont effectué une analyse détaillée de plus de 400 tâches physiques exécutées par le personnel au cours des 20 dernières années, puis en ont tiré six tâches militaires com-



Si vous atteignez la norme, cette évaluation de la condition physique sera valide pendant la prochaine période de 365 jours. Dans le cas contraire, vous devrez passer le test EXPRES FC avant l'expiration de votre évaluation en vigueur. À compter du 1er avril 2014, l'évaluation FORCE deviendra la seule évaluation de la condition physique valide dans les FAC.

Vous aurez probablement de nombreuses questions à poser pendant cette période de transition. Nous vous encourageons à visiter www.as-pfc.com/programmeFORCE ou à consulter le personnel du conditionnement physique des PSP de votre localité pour obtenir des renseignements

complets sur ce programme. De plus, le personnel du conditionnement physique des PSP tiendra des séances de discussion ouvertes pour s'assurer que vous comprenez à fond et précisément le programme FORCE.

À compter du 1er avril 2013, le personnel du conditionnement physique des PSP des bases et escadres organisera, de concert avec la chaîne de commandement, des séances de familiarisation pour présenter l'évaluation FORCE. Pendant l'exercice 2013-2014, vous devrez mettre à l'essai la nouvelle évaluation FORCE afin d'évaluer votre condition physique.

complets sur ce programme. De plus, le personnel du conditionnement physique des PSP tiendra des séances de discussion ouvertes pour s'assurer que vous comprenez à fond et précisément le programme FORCE.

Finalement, visitez le www.cphysd.ca et inscrivez-vous si vous ne l'avez pas déjà fait. C'est un outil de conditionnement physique de classe mondiale qui vous permettra d'établir un calendrier d'entraînement personnalisé et qui offre un plan nutritionnel connexe qui comporte des listes d'épicerie.

Vous pouvez communiquer avec le personnel du conditionnement physique des PSP de votre localité à : 4548.

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Freestyle Photography/OSHC

8 Wing PAO featured on Hockey Night In Canada

Attending an Ottawa Senators hockey game as a representative of 8 Wing carried a special opportunity for Capt. Steven Dieter, 8 Wing Public Affairs Officer (PAO). In exchange for attending the hockey game, Capt. Dieter agreed to represent 8 Wing and the CF. Normally this would consist of an interview with a member of the Ottawa Senators in-house communications team. Instead, Capt. Dieter was given the chance to meet Don Cherry and Spartocat - the Senators' mascot - and be featured on the CBC telecast live on that evening's broadcast. "I had no idea I was going to meet Don Cherry, or that this was being broadcast live coast-to-coast-to-coast," Capt. Dieter indicated to *The Contact*. "It was only when my wife and I started receiving messages saying that I had been seen on TV that I realized I was part of the broadcast."

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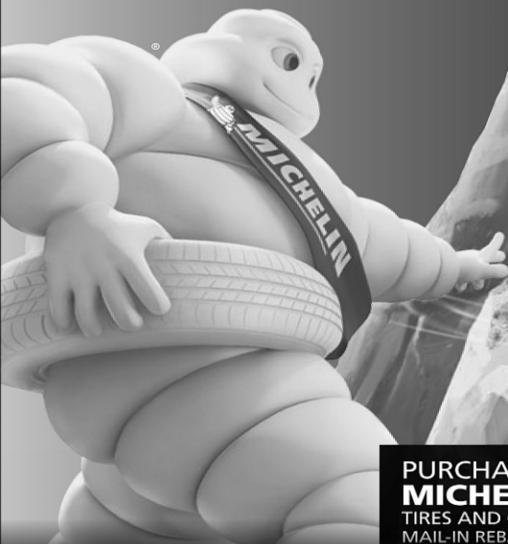
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Welcome to The Contact newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. The Contact is always interested in what is going on in and around CFB Trenton. Please send your coming events (from blood donor clinics to tea parties) to us at cfbcontactnewspaper@gmail.com. Each event should be typed out in the format of those below. Please do not send posters.

27th Annual Surf 'N Turf Relay registration is open

The online registration for the Surf 'n Turf relay is now open. Instructions and information relevant to the relay are posted on the registration site: <https://www.onlineregistrations.ca/surfturf/>. Please register as soon as possible. Registration site will close at midnight on May 24, 2013

OPI: Capt. Glenn Lodge - Local / Phone: 2123

Inscription pour le 27e Relais "Surf N Turf" Annuel est en Court

L'inscription en ligne pour le Relais «Surf N Turf» est maintenant ouvert. Instructions et informations pertinentes au Relais sont affichés sur le site d'inscription: <https://www.onlineregistrations.ca/surfturf/>. Veuillez, s'il vous plaît, vous inscrire le plus tôt possible. Le site d'inscription prendra fin à minuit le 24 mai 2013.

OPI: Capt. Glenn Lodge - Local / Phone: 2123

pour sauver une vie en ligne a www.sang.ca ou au telephone 1-866-533-6663.

April 5 - Trenton Lions Spaghetti Buffet

All you can eat spaghetti buffet at the Trenton Lion's Hall, 77 Campbell St., 4 p.m. to 7 p.m. Salad, spaghetti with their world famous sauce, rolls, breads, desserts, coffee, tea and juice. Only \$7.50, children six to 12 \$5., under 6 free. Take out available from 6 p.m. to 7 p.m. by calling 613-392-2198.

April 6 - Ukranian Supper

At Wooler United Church from 5 p.m. to 6:30 p.m. (continuous seating), Advanced tickets only - \$15, under 12 \$7, pre-school free. For tickets call: Margaret (613) 475-1052, Joyce (613) 398-7694 or Roxie (613) 397-3027.

April 10 - 8 Wing Officers' Mess Ladies Club Fashion Show

The 8 Wing Officers' Mess Ladies Club is hosting a fashion show presented by Vivacious and Simplee Sweet Boutique at 6:30 p.m. in the upper lounge of the Officers' Mess. Light refreshment. Admission, members free, invited guests of members \$5. For further information e-mail chambersj@live.ca.

April 11 - Knights of Columbus Roast Beef Dinner

Roast Beef Dinner with all fixings, dessert, tea and coffee. Knights of Columbus Hall, 57 Stella Cres., Trenton, from 5 p.m. to 7 p.m. Cost \$10. Take out available. Everyone welcome.

April 20 - Trenton Knights of Columbus 11th Annual Spring Funfest

Supporting Habitat for Humanity Prince Edward-Hastings (PEH), roast beef dinner, live auction by Boyd Sullivan, silent auction and more! Tickets \$35 per person. Purchase at the Knights of Columbus Hall, 57 Stella Cres, Trenton, or Habitat for Humanity Restore in Belleville or Shoppers Drug Mart in downtown Trenton. For more information, call 613-394-2654.

April 22-24 Second Career Assistance Network (SCAN) and Medical Seminar Astra Lounge

Considering retirement? Exploring your options? Unsure about your pension or financial entitlements upon release? The SCAN seminar targets military members with 15 or more years of service who are contemplating a return to civilian life, but is open to all military personnel. Spouses are strongly urged to attend. Seating is limited. Reservations may be made by contacting the WPSO office at WPSO@forces.gc.ca or 613-392-2811 ext. 2497 no later than April 15. Registration begins at 7:30 a.m. appropriate civilian attire.

22-24 avril Colloque du SPSC et Medical, Astra Lounge

Pensez-vous prendre votre retraite bientôt? En êtes vous êtes vous à examiner les options qui s'offrent à vous? Vous ne connaissez pas vraiment vos droits en termes e pension et d'avantages fiscaux après votre retraite? Les colloques du SPSC (Service de préparation à une seconde carrière) sont axés sur les besoins des militaires qui sont au service des FC depuis au moins 15 ans et qui pensent retourner dans le civil, mais c'est disponible our tous les personnelles. On incite vivement les conjoints ont y assister. Le nombre de places est limité; veuillez donc réserver en appelant le bureau de l'OSPW WPSO@forces.gc.ca ou 613-392-2811 x2497 e plus tard le 15 avril 2013. 'inscription commence à 07h30. Tenue civile de circonstance.

April 23 - Long-Term Planning Seminar

Looking forward into the future? Exploring your options? Unsure about pensions, financial or investment plans, career or education opportunities? LTP Seminars are designed for military personnel with 10 or less years of service who are interested in advance planning or future projections, but are open to all military members. Spouses and partners are strongly encouraged to attend. Seating is limited. Reservations may be made by filling out and returning the LTP registration form found on the WPSO's website no later than April 8 April. Registration begins at 7:45 a.m. on April 23 upstairs in the Games Room of the WO and Sgt's Mess at 8 Wing / CFB Trenton. Capt O'Connell PSO, OPI LTP Seminar, 613-392-2811 ext 7746.

May 4 & 5 - First-ever Jane's Walks

Hosted in downtown Belleville, Saturday, May 4 and Sunday, May 5. Free and fun walks in honour of Jane Jacobs, the Toronto urban thinker and city activist. Two walks on Saturday. A downtown walk called Meet Me at the Four Corners at 10:30 a.m., beginning at the corner of Bridge and Front streets. Back Side for your Backside, an accessible fitness walk behind buildings on the west side of Front Street, also beginning at 10:30 a.m. at the Four Corners. Sunday's walk is titled Down by the Bay and will focus on the Bayshore Trail, beginning at 1 p.m at the boat launch at end of George Street. All are welcome. Come and explore your downtown.

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continued from page 1

He said he had been the Commander of the Air Division before becoming Commander of the Air Force and he had always pushed the envelope and would continue to do so in his new capacity.

"We've built and delivered an outstanding Air Force and I'm going to be pushing to use it, I'm going to be volunteering services whenever there's talk about operations and I am going to be out there with the capabilities and I am going to maintain it," he stated emphatically.

There had never been enough money or enough people in any unit he had been in or any unit he visited, but success had always been a constant, he noted.

"The reason for that is the quality of the people we have, the way we train our people, and the people we attract. It's just fabulous," he said. "The recruits see what you do and they want to wear the same uniform, they want to be heroes like you. So I'm getting the best of what Canada can offer and we have a great training system, just outstanding. I need to protect that, so for me, people are the secret to my recipe. My priority is to take care of my people, I can't afford to lose them and I need to keep them as long as possible. For me, this is an operational necessity."

Lt.-Gen. Blondin told the gathering families were one of his priorities, "...not because I love people, not because they're cute, but if I make them believe that what they've got is the best support and they'll never get that in civilian life, that this life is actually okay and what the military does for their families goes beyond what they can get anywhere else, I may keep you a little longer."

He said his priorities were on family support, medical clinics, childcare, PMQ management to control the rent, and improving standards for family support despite budget cuts.

"Yeah, I'm heavy into this, but it is for operational reasons," he stated.

His third priority was finding a way to keep on track with delivering the capabilities of the Air Force while navigating with less money. He said the Air Force was lucky in that it they were locked into some programs that had been pushed through the system over the last few years.

"So even though the budget is supposed to be reduced, my problem dealing with all this is still a grow problem. The Air Force is still growing," he stated. "I'm taking delivery of Chinooks this summer so I need to find a way to move more people into the Chinook and grow that capability."

There had been a lot of discussion around the fighter they were picking, he noted as a former fighter pilot.

"That's democracy at work," he said. "We're not discussing not having a fighter, but which one we'll get. I'm still comfortable with the F-18 until 2025, so I can afford two years of discussion as long as we keep the politics out of the selection process and we come up with the right decision in the end. I still believe probably the F-35 is the best choice, but if there is a review system and they go through all of the right factors and they come up and tell me that something different, that maybe we should go with the Super Hornet and the reasons are right, then we're going to go with the Super Hornet. But again, we're going to be growing and we're going to get a new capability."

Lt.-Gen. Blondin added that even though they



Royal Canadian Air Force Chief Warrant Officer Kevin West told the Town Hall meeting there would be more challenges than just budget cuts in the next few years.

Photo: Ross Lees

might go through a couple of years of belt-tightening, "... we will not touch anything affecting personnel, we will continue growing into the capabilities we need, and we'll just keep moving on and, in the meantime, let's just focus on operations that need to be done."

The world was not getting any safer, Lt.-Gen. Blondin warned his audience.

"If we think we have been busy the last few years because of operations, this was not the last earthquake, there's going to be other disasters coming and we won't know in advance, but certainly we're going to be ready to go. It's not getting any safer in the Middle East. It's not because we went to Libya and we solved things. Libya can pop up again, Egypt can pop up again, Iran is not looking great and Iraq is not looking great. We're going to be doing operations in the Middle East for decades. It's not getting any safer around China, around Korea, so you can bet we're going to be out there."

According to Lt.-Gen. Blondin, politicians learned a lot over the past 10 years in Afghanistan, but the lessons they learned were not the same as the military.

"They learned once you send the Army away and you put boots on the ground, you have to put lots of boots on the ground, it's very expensive, body bags come back, it's very hard to get out once you're on the ground and, after 10 years, what's the result? What did we achieve? Public opinion has never been behind us, so the next time there's a conflict, they'll be reluctant to send the Army again. It's

been costly and it doesn't pay dividends in politics," he said.

On the military side, however, the lessons were somewhat different.

"We went to Libya and we felt man, we were lucky!" he noted. "We didn't have an accident with the refueler, we pushed the envelope and we didn't have an accident with the CF-18s. We didn't have our bombs going astray. It looked good but we all know we were very lucky in all this.

"But the politicians learned that if you've got a problem somewhere, think of the Air Force first because you can give them 24 hours notice and they'll be out there within 48 hours," he said. "They're going to do an outstanding job and all the other countries are going to thank Canada for their great contribution."

Current Chief Warrant Officer of the Air Force (and former 8 Wing CWO) Kevin West told the audience there would be more challenges than just budget cuts in the next few years. While responding operations is often easy, he noted, the people part is often difficult.

Those challenges would increase dramatically in the next few years, he observed.

"Over the next three or four years, the Canadian Forces will lose 70 per cent of their senior non-commissioned staff," he said. The challenge of course, was in replacing them. While there are many young and talented military members in the junior ranks, he said they need the experience and years of service to replace the departing NCOs.

"We need to develop the skills of those young military members to get them ready to take on the future jobs and to answer the call of their country," he said.

In responding to that need, the military is setting up a mentorship program to help develop the required skills in its younger members, a critical process over the next few years, he added.

CWO West indicated there were a number of other things the Air Force was working on to consolidate their identity as the Royal Canadian Air Force.

"We're working on getting a brand new crest, then new colours and a new mess kit," he said, all designed to bring back the pride of the Air Force.

"No other service will go anywhere without the Air Force," he stated. "Don't undervalue that."



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Welcome to all the newcomers

to 8 Wing/CFB Trenton! This is your centre, come to visit and get your moving-in goodies. Give your opinion and share your ideas. Get involved! Moving to a new community can be a challenge, come for a visit and see what we have to offer.

Bienvenue aux nouveaux arrivants

de la 8e escadre/BFC Trenton! C'est votre Centre, venez visiter et recevoir vos gâteries d'arrivée. Donnez votre opinion et partagez vos idées. Impliquez vous! Emménagez dans une nouvelle communauté peut être un défi, venez nous visiter et découvrez ce que nous pouvons vous offrir.

'Mom' and Me Cupcake Decorating Workshop

With Cakes by Amy. This is a fun and delicious evening workshop for Mom, Dad, or your favourite adult friend to join you in learning how to decorate cupcakes just like the pros.

Date: April 12. Time: 6 p.m. to 9 p.m. Cost: \$25 per team of one adult and one youth. Age: Youth must be 10 years or older. BYO: Apron for each, container to take home one dozen cupcakes per team, cake decorating supplies – optional. *** Team must be one adult and one youth, minimum 10 years old. Workshop is limited to seven teams. Payment required at registration.

Atelier de décoration de petits gâteaux pour "maman et moi"

Avec Cake By Amy. Une délicieuse soirée amusante à partager avec maman, papa ou votre ami(e) adulte favori(te) pour apprendre à décorer des petits gâteaux comme des professionnels.

Date: Le 12 avril. Heure: 18h à 21h. Coût: 25\$ par équipe d'un adulte et un enfant. Âge: Les jeunes de 10 ans et plus. À apporter: Un tablier par personne, un contenant pour rapporter une douzaine de gâteaux par équipe. Optionnel: matériel de décoration.

*** Une équipe doit être formée d'un adulte et d'un enfant d'au moins 10 ans. Une limite de 7 équipes par atelier et le paiement est dû au moment de l'inscription.

Connection Café

On our next Café, we will discuss the volunteer opportunities on base and surrounding communities. Come to learn or share your knowledge in a relax atmosphere. Thursday, April 18, 6:30 p.m. to 8:30 p.m. or Friday, April 19, 9:30 a.m. to 11:30 a.m.

Café Connexion

À notre prochain Café, nous discuterons les opportunités de bénévolat sur la base et dans les communautés avoisinantes. Venez apprendre ou partager vos connaissances tout en relaxant. Le jeudi 18 avril de 18h30 à 20h30 ou le vendredi 19 avril de 9h30 à 11h30.



In Memoriam

Corporal Daniel James Rozander

Corporal Daniel Rozander, 32, joined the Canadian Forces on June 12, 2007 as a Traffic Technician. His career includes over three years of Reserve service with 1 Service Battalion as a MSE Operator and after he joined the Regular Forces, he was posted to 2 Air Movements Squadron in July, 2008. His military honours include the NATO Medal and Canadian Peacekeeping Service Medal.

Cpl. Rozandar passed away unexpectedly on March 21, 2013. He is survived by his common-law spouse Jennifer, daughters Elena and Bethany, father Les, and mother Margaret. With military honour and dignity, Cpl. Rozander was laid to rest on Wednesday, March 27 in the Kingston Cataraqui cemetery.

8 Wing Trenton and 2 Air Movements Squadron are saddened by his loss and our thoughts and prayers go out to his family and friends.

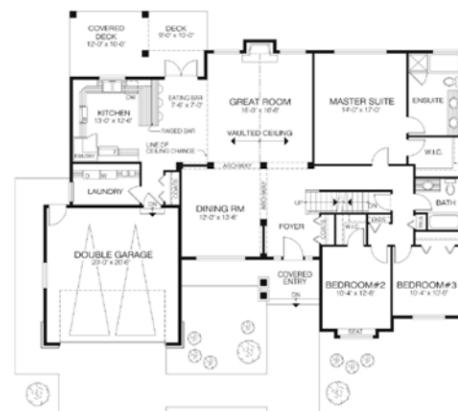
In Omnia Paratus

Caporal Daniel Rozander, 32 ans a joint les Forces canadiennes le 12 juin 2007 comme Technicien des mouvements. Sa carrière inclut trois ans de service avec la réserve avec le 1er Bataillon de Service come opérateur de matériel de soutien et après il a joint la force régulière et a été muté à la 2ième Escadrille de mouvement en juillet 2008. Il a reçu deux médailles incluant sa médaille de l'OTAN et la Médaille canadienne du maintien de la paix.

Caporal Daniel Rozander est décédé subitement le 21 mars 2013. Il laisse dans le deuil sa conjointe Jennifer, ses deux enfants Elena et Bethany, ses parents Les et Margaret. Avec dignité et honneurs militaires, le Caporal Daniel Rozander a été enterré au cimetière Cataraqui de Kingston le 27 mars.

La 8ième Escadre de Trenton et la 2ième Escadrille de mouvements sont attristé par son départ soudain et toutes nos pensées et prières vont à sa famille et ses amis.

In Omnia Paratus



Plan No: 1-3-654

For more floor plans, visit www.jenish.com

The façade of this appealing home, with its brick and board-and-batten accents and decorative roundels in each gable brings to mind the charm of England's Edwardian era.

The covered entry opens into a roomy foyer, with a coat closet on the left. To the right, through an archway, is a formal dining room, with windows looking onto a porch and the front garden.

Directly ahead, through another archway, is the great room, boasting a dramatic vaulted ceiling. The gas fireplace will make this room cozy during the winter months, while French doors nearby lead to a deck for relaxing on warm days.

The kitchen is separated from the great room by a three-seat eating bar, ideal for casual meals and snacks. A double sink overlooks the deck area, part of which is covered. A roomy corner pantry will provide extra storage space and the U-shaped counter configuration will save steps for the cook.

Adjacent to the kitchen is a laundry room, which will double as a mud room, thanks to access to the double garage. The closet near the laundry room will provide space for family clothing and gear.

The master suite overlooks the back garden and includes a roomy ensuite and walk-in closet. Double sinks in the ensuite will ease the morning rush hour, and a tub offers an alternative to the shower stall.

The children will have to draw straws to choose bedrooms – the larger one contains its own walk-in closet, as well as a window seat. Both secondary bedrooms face the front garden, and share a three-piece bathroom that includes a towel cupboard. A linen closet is located near the staircase.

The plans include a 358-square-foot bonus room, located over the garage, which would be ideal as a home office or studio.

This home measures 64 feet wide and 51 feet, two inches deep, for a total of 2,286 square feet.

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Photo: Ross Lees

Busy times
 Volunteers were kept busy satisfying the needs of the families who turned out for the first annual Easter egg hunt sponsored by 8 Wing PMQ Community Counsel.

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 Shopper's Drug Mart



Sports & Recreation

Red Cross Babysitter's Course

Red Cross Babysitter's Course-Sunday May 5, 9 a.m. to 4 p.m.

Baker Island Community Centre

The Community Centre is located on Baker Island overlooking the beautiful Bay of Quinte. The Centre is available at no cost for military operational requirements, unit parties, and unit family days and it's also available for rent for weddings, family parties and corporate events. For information on rental costs and other information, please go to: www.cfcommunitygateway.com/trenton or + BakerIslandCC@forces.gc.ca . Please note that the community centre will be closed for renovations until mid to late April.

RecPlex Hours of Operation

Monday to Friday from 8 a.m. to 8:30 p.m. Saturday from 12:30 to 8 p.m. Sunday and holidays from 12:30 to 4:30 p.m. Counter service available at the RecPlex - For program registration and membership sales and service, Monday to Friday from 1 to 8:30 p.m. Saturday from 12:30 to 8 p.m. Sunday and holidays from 12:30 to 4:30 p.m

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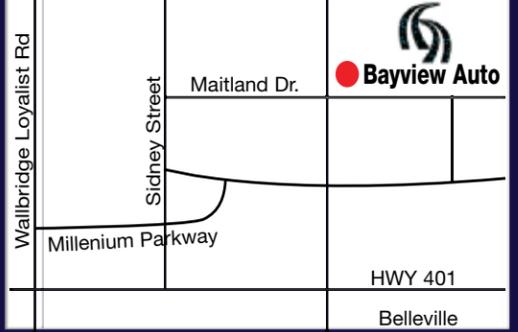
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