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Sgt. Dan Gorman again organizing fundraiser for Cancer research

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Photo: Ross Lees

Massive government announcement will enhance RCAF radar systems

Parliamentary Secretary, Northumberland-Quinte West MP make announcement at CFB Trenton

Mr. Chris Alexander, Parliamentary Secretary to the Minister of National Defence, announced two significant contract awards representing over \$300 million in investments in equipment and maintenance for the Canadian Armed Forces (CAF), including, 8 Wing Trenton and Aerospace and Telecommunications Engineering Support Squadron (ATESS)

Specifically, Mr. Alexander informed a gathering at ATESS Thursday

morning that Cascade Aerospace Inc. of Abbotsford, B.C. had been awarded a contract worth up to \$225 million for maintenance services on Canada's CC-130H Hercules fleet's avionics system.

At the same time, he also announced the government-awarded contract of \$75.5 million to Cassidian, the defence and security division of the European Aeronautic Defence and Space Company (EADS) of Munich, Germany, for new surveillance radar and secondary surveillance

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Parliamentary Secretary to the Minister of National Defence Chris Alexander announces two significant contract awards representing over \$300 million in investments in equipment and maintenance for the Canadian Armed Forces at CFB Trenton Thursday morning.

8 Wing Leadership Forum continues process of informed advice

Good leaders delegate authority with integrity, while instilling purpose and inspiration: Nadir Mohamed, President, CEO Rogers Communication Inc.

The 8 Wing Leadership Forum held Friday at the Astra Lounge was chocked full of valuable information for the many base leaders in attendance.

Much of that valuable information came from the three guest speakers Mr. Nadir Mohamed, President and CEO of Roger Communications Inc., Chief Warrant Officer Patrick Young, Assistant Deputy Minister (Information Manage-

ment) Group, and Major-General R. D. Foster, Deputy Commander (continental), Canadian Joint Operations Command, all of whom know whereof they speak.

Under the leadership of Mr. Mohamed, Rogers Wireless experienced 13 consecutive quarters of double digit network revenue growth, 14 consecutive quarters of

continued on page 8

Mr. Nadir Mohamed, President and CEO of Roger Communications Inc., captivated his audience at the 8 Wing Leadership Forum Friday with his advice on forming and leading good teams





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Military Family Resource Centre important to military families

Invisible Ribbon Gala supplies funding, programs, volunteers to assist MFRC



By Ross Lees

Every military member understands the importance of the Military Family Resource Centre (MFRC).

Many civilians may not. The MFRC supplies support and services to military families throughout their military involvement, but most importantly during the deployment of the military member of the family. When that person has been sent to another country to perform their military duties, the spouse has a wealth of support services available to them through the MFRC, from daycare, programs for new parents, special needs support for families, teen and youth support, family networking

services, language classes, employment support programs, deployment support programs, counselling and just about any other support required by a member of the military family.

That's why the 9th Annual Invisible Ribbon Gala scheduled for June 8 at the National Air Force Museum of Canada is so important. It is the major fundraiser for the MFRC and those funds are critical to maintain the support programs this worthwhile organization supplies.

Wendy Synnott, co-chair for the gala along with Maj. Leo Phillips, Wing Personnel Officer, is the Volunteer Co-ordinator at the MFRC and she says maintaining MFRC support programs this year is especially important as the Canadian Armed Forces faces funding cuts.

"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. It is not a time to scale down MFRC support," she stated.

The Invisible Ribbon campaign originated from military families being re-

garded as wearing the "invisible uniform" as they support their military spouses, parents and children. Some unique challenges come with that support and the MFRC tries to assist with those challenges.

Military families are often forced to move regularly with the military member and those constant moves create significant problems within the family. Children must find new schools, meet new friends and find different entertainment.

A parent may have to leave a job and look for new employment in a totally new area where their qualifications may not transfer with them. MFRC would help in that situation. Childcare services would also be available and advice and information could be attained through the staff and volunteers at MFRC. Many of the volunteers are people who have gone through the challenges and now act as mentors for others about to go through a challenge for the first time.

Because this was the repatriation base for the military personnel killed overseas during the Afghanistan war, many people had the opportunity to see the flag-draped coffins come back to Canada. That opportunity created a unique awareness in the

community about the challenges facing military families, according to Mrs. Synnott.

"This is an amazing community for support of the MFRC," she told The Contact. "The level of support here is seen nowhere else. The support rallies around when things happen."

And it is that support the MFRC and the gala organizers are relying on as they head towards the 9th Gala. Sponsors are always welcome and tickets can be purchased for the fabulous meal and gala entertainment at the MFRC or at Smiley's Independent Grocer or by going to the website - www.invisibleribbon.ca.

The theme for this year's gala is Family - Near and Far, and the meal will be sourced and served by Occasions by the Bay from within 101 miles of CFB Trenton.

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

And that help is important to both sides of the equation. Anyone who can help in any way is encouraged to get involved in this year's Invisible Ribbon Gala on June 8 at what will then be the newly renovated National Air Force Museum of Canada.

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Huskies do their share to support Operation IGNITION in Iceland

By Captain Christopher Daniel

A CC-150 Polaris aircraft and 17 personnel from 8 Wing's 437 (Transport) Squadron, also known as the Huskies, are at Keflavik Air Base, Iceland, until mid-April 2013, supporting Royal Canadian Air Force (RCAF) fighter jets during Operation IGNITION.

Operation Ignition is Canada's periodic contribution to the North Atlantic Treaty Organization (NATO) - Airborne Surveillance and Interception Capabilities to Meet Iceland's Peacetime Preparedness mission, which is an operation conducted to patrol Iceland's airspace.

According to Captain Conor Murphy, a Tanker Commander from 437 Squadron, the Huskies' goal is "to provide the best service they can while operating safely, effectively and efficiently as well as to further enhance their working relationships with the RCAF fighter squadrons and NATO allies, and to conduct their training concurrently with their force employment requirements."

Participation in Operation IGNITION is one aspect of Canada's continuing commitment to international peace and security and shows the importance of Canada's fighter fleet in today's complex security environment. The aircraft and crew from 437 Squadron are positioned in Iceland to provide close support to the operation, while being available for other RCAF tasks if needed.

"The Huskies' primary mission in this operation is to support our fighters who are protecting the integrity of the Icelandic airspace," said Capt. Murphy. "The best way we support them is by providing fuel at the right time and at the right place through air-to-air refuelling. We also provide other services such as strategic airlift as required."

The Huskies' CC-150 Polaris aircraft currently deployed in Iceland is capable of conducting air-to-air refueling of Canada's fleet of CF-18 Hornet fighter aircraft. It is able to transfer 36,000 kilograms (79,380 pounds) of fuel to receiving aircraft over a journey of

4,630 kilometres (2,875 statute miles). Consequently, one Polaris tanker can ferry a flight of four CF-18 Hornets non-stop across the Atlantic Ocean.

The RCAF fighter aircraft and personnel come from 425 Tactical Fighter Squadron at 3 Wing, Bagotville, Quebec. Known as Task Force Iceland, the contingent of approximately 160 Canadian Armed Forces personnel are providing 24-7 air surveillance and interception capability that could be launched immediately to intercept and identify unknown airborne objects within or approaching NATO airspace.

8 Wing/CFB Trenton has been home base for the Huskies since 1961, providing the wide range of support services essential for the squadron's many and varied national and international missions. The squadron operates five CC-150 Polaris aircraft, two of which have been converted to strategic air-to-air refueling capability as part of the RCAF's Multi-Role Tanker Transport (MRTT) program.

With files from the DND news release



Captain Conor Murphy, a Tanker Commander from 437 Squadron, flies a Polaris CC-150 aircraft during OP IGNITION in Iceland.

Photos: Cpl Pierre Habib, 3 Wing Bagotville



A CC-150 Polaris is getting ready for a mission at Keflavik airport during OP IGNITION.

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BOXTOP begins in Alert

At 8:15 a.m. local time on April 8, the first C-17 landed at CFS Alert to mark the beginning of BOXTOP I/2013.



Photo: Cpl. Jon Melvin

Light it right and take the glare off your eyes

Too little light, too much light or light in the wrong places - these are some of the ways poor lighting can create workplace hazards.

On the brighter side, light of the correct intensity and arrangement will help you work safely. Moderately bright light is generally the most comfortable. You should be able to see the work easily without glare.

The light you need depends on the type of work you are doing. If you are carrying out inspections or detailed work, you will need more light. If you are working with larger pieces or doing assembly work, you won't need as much illumination.

This checklist should shed some light on workplace illumination:

- Can you see comfortably? Can you work without straining or tiring your eyes?

- Is the work zone free of glare or overly bright light?
- Is the lighting contrast adequate so you can make out different objects?
- Is the overall lighting of the area fairly even?
- Do you have direct control over the task lighting at your work station?
- Is the lighting appropriate for workers of all ages? As persons get older, they need more light to see.
- Is there natural daylight in addition to artificial light? Can you control the natural light to prevent glare as the day goes on?
- Are work surface materials appropriate for the kind of work being done? If a surface is too glossy, it will reflect the light causing a glare.
- How about the colour of work sur-

- faces and walls? The colour of the surface should contrast with the material being worked on so you can easily distinguish components from the background. If you need to distinguish colours for the work you are doing, the colour of the surfaces around you should enable you to do so easily.
- If your job requires you to move from outdoors to indoors, is there adequate transition lighting to allow your eyes to adjust to the change? For instance, if you drive a forklift into a warehouse from the outdoors, you may have trouble seeing if the entrance is too dark. It takes several seconds for your eyes to adjust to the change in light.
- Are stairwells and hallways painted light colors to improve visibility?

Railings, exits and other features should be in a contrasting color so they can be easily distinguished.

- Is bright tape or paint used to mark steps, uneven walking surfaces and other hazards?
- Are fluorescent lights flickering or "strobing" in your work area? This problem could cause optical illusions and injury or misjudgment when using equipment or machines.

Good lighting is an important part of a safe and healthy workplace. The right light can help prevent accidents and mistakes, and can improve comfort and productivity. Some of the items on this checklist are things you should discuss with your supervisor. Work together to make sure your work area works for you.

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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Guidelines for submissions: ARTICLES AND PHOTOS

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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8 Wing team gearing up for 97th Nijmegen Marches

44 members of most 8 Wing units preparing for the 11-member team to be chosen June 14

By Captain Christopher Daniel

If it is true that a long journey begins with one step, the 8 Wing team of people preparing for the 97th Nijmegen Marches on July 16-19 is well under way.

Training two days a week throughout March, the team has now stepped up their training schedule to three days a week carrying a rucksack weighing at least 10 kg. When their training schedule is complete, they will have walked a minimum of 500 km.

Fifteen Canadian Armed Force teams made up of approximately 250 regular and reserve personnel will make up the Canadian contingent for the Nijmegen Marches this year and 11 of those personnel will form the 8 Wing team.

8 Wing Trenton Op NIJMEGEN Team Leader Major James Pierotti told *The Contact* there are currently 44 people from most units in 8 Wing signed up for the team.

“Generally, we have 18 to 25 people show up for most training days,” he noted. “Of the people who arrive regularly for training, a team of 11 will be selected to go to Nijmegen and I make that decision on June 14.”

The Nijmegen Marches originated in 1909 with Dutch military efforts to increase infantry soldiers’ long-distance marching and weight-carrying ability. It has since evolved into an international event drawing more than 45,000 civilian and military participants from some 50 nations as well as over a million spectators. Coincidentally, the city of Nijmegen was where the First Canadian Army had its base throughout the last six months of the Second World War.

The Nijmegen Marches consist of four days of walking through the countryside and crowded streets of towns and villages in the Nijmegen area. Each military participant covers 160 km while wearing standard combat clothing and carrying a military backpack weighing the requisite 10 kg. The marches are neither competitive nor a speed test, but they do require proper training and a good team spirit to ensure success. It is the team that finishes with spirit and style that wins the plaudits of the crowd.

There are four primary reasons for Canadian mili-



Some of the 8 Wing Nijmegen Marches team preparing for this year’s event are pictured here beginning a practice march on the base.

tary personnel to participate in this event, according to Maj. Pierotti.

“We do it primarily out of respect for fallen and wounded Canadians who fought in that area of the Netherlands in WWII, it’s a challenging military training exercise, we accomplish personal physical training and there is the camaraderie of the team,” he stated.

Participants need to be strong marchers, people who work together well as a team and who like to participate, according to Maj. Pierotti.

Participation in this event is considered a privilege, not a right, according to 8 Wing’s team leader.

“Proper and sufficient training in Trenton helps to prevent problems in Nijmegen,” he said.

The team gradually works itself into shape with increasingly length marches, including two 40 km back-to-back marches and, on June 11 and 12, the team will march 45 km each day.

“We are now training three days a week and our first big public appearance will be the Quinte West Half Marathon, where the team will march the 21.1 km route with the runners, helping raise money for Trenton Memorial Hospital,” Maj. Pierotti noted.

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Fitness & Health

Let's get started Strengthening the Forces!

Once again we are pleased to launch a great challenge for members of the 8 Wing community. The goal of this Challenge is to create awareness about healthy lifestyle choices and to support CF personnel in taking steps towards improving their overall health and well-being through activities supported by Strengthening the Forces.

May 1 marks the start of this healthy challenge and

Learn to defuse your fuse

Anger is a natural and normal emotion just like happiness, sadness or fear. The awareness that we are feeling angry lets us know that there is a problem to address. Feeling angry is not a problem. How we express anger can be.

Anger has strong adaptive value for coping with life's challenges when it gives us perseverance and determination or provides us energy to redress grievances. However, these adaptive functions are offset when anger leads to aggressive behaviour, stress related health problems, damaged relationships or combines with other distressing emotions.

Each day, we are faced with stressors that have potential to trigger angry feelings. Once a situation is experienced, there are two kinds of thoughts that can follow. Coping thoughts de-escalate one's emotions, physiological sensations and actions. They allow for a calm response to a stressful situation. Trigger thoughts escalate one's emotions, physical sensations and actions. They create a reactive response to stressful situations.

Often after a reactive response, we wish we had reacted more calmly. These experiences can help us to develop our problem solving skills by learning how to use coping thoughts instead of trigger thoughts.

Making constructive choices in dealing with anger becomes easier with self-awareness and skills. Health Promotion is offering Strengthening the Forces Managing Angry Moments class on May 8 to help you learn to communicate more effectively. Visit healthpromotion.cfbtrenton.com to register.

for 31 days we are encouraging participation in this campaign.

We are pleased to announce that each base will have a prize package which includes an iPod shuffle, a SONY e-reader and a Magic Bullet. All participants who qualify will be entered into this local draw.

To register please visit: healthpromotion.cfbtrenton.com

Include breakfast every day

Most of us would agree that breakfast is the most important meal of the day yet almost 40 per cent of all Canadians don't eat breakfast regularly. Here are a few reasons why it's important.

- Weight management: those who eat breakfast regularly are more successful at losing weight and maintaining their weight over the long-term.
- Helps to "wake up" your body systems (metabolism) and replenishes the energy that your body has used up overnight.

Do you eat breakfast? Try eating a healthy breakfast everyday which includes at least three of the four food groups.

Masters Men's Soccer

The 8 Wing/CFB Trenton Masters (+ 35 yrs) Men Soccer Team is looking for players in preparation for the 2013 BQMSL Soccer League. Interested players are to attend a team meeting schedule for 1 p.m., May 7 at The Gym conference room or Contact: Capt Stepic S.Z@426 (T) Trng Sqn@Trenton ext. 2731 or Cpl King A.G @8 WTIS Sqn@Trenton ext. 7117.



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continued from page 1

radar systems at six Royal Canadian Air Force (RCAF) airstrips, including the two locations at CFB Trenton.

“These contracts are the latest examples of our Government’s commitment to ensuring that our men and women in uniform have the proper resources to conduct their important missions, to be a reliable and capable force,” said Mr. Alexander.

“Our government understands you have to be able to deploy quickly and effectively whenever you’re needed and we are committed to maintain those high standards you have set and bring work to Trenton while ensuring the viability of this fleet across the country,” he noted.

There had been a lot of change in radar since the present system in Trenton had been installed, he added.

“This is a move we are obliged to make to be true to our commitment to give our forces the equipment they need to do their job safely and effectively,” he stated.

That was a point 8 Wing Commanding Officer Col. Sean Friday addressed in his opening remarks, noting the renewal of the infrastructure on the base was taking place while 8 Wing personnel continued to meet their mission and operational commitments.

The performance-based contract for the CC-130H is a cost-effective solution that allows National Defence to leverage military and Canadian industry resources to ensure the highest level of effectiveness and efficiency for the Hercules legacy fleet. It bundles several smaller contracts under a broader framework, making Cascade Aerospace the prime service provider for various elements of the avionics systems. These elements include the program management, engineering support, maintenance support, materiel support and technical information support.

Both the CC-130H avionics contract and the surveillance radar contract were awarded competitively.

“Our Government is committed to acquiring and maintaining necessary equipment for the Canadian Armed Forces, at the most reasonable price for Canadians, with the greatest benefits for Canadian companies and workers,” said the Honourable Rona Ambrose, Minister of Public Works and Government Services and Minister for Status of Women. “This contract will ensure that our RCAF sites continue to meet operational requirements.”

Both contracts are subject to Canada’s Industrial Regional Benefits (IRB) Policy, under which Cascade Aerospace and Casidian are required to place business activities with Canadian industry. The IRB



Photo: Ross Lees

Parliamentary Secretary to the Minister of National Defence Chris Alexander, 8 Wing Commander Col. Sean Friday, right, and Northumberland-Quinte West Member of Parliament Rick Norlock joined forces to make a \$300 million equipment and maintenance announcement for the Canadian Armed Forces at Trenton Thursday morning.

policy provides Canadian companies with an opportunity to develop and apply their own strengths and competitive solutions, and to take advantage of real business opportunities that will last years beyond the initial IRB commitment.

“The IRB policy encourages high-quality and advanced technology business opportunities for Canadian companies. It exposes our firms to global markets and fosters the development of long-term business relationships,” said the Honourable Christian Paradis, Minister of Industry. “These contracts are great examples of how our procurement system brings economic benefit to regions across the country and continues to support our industry as a global leader.”

Northumberland-Quinte West Member of Parliament Rick Norlock indicated just how necessary this new equipment was to the RCAF.

“Radar is the eyes of the people who fly and we need to make sure those eyes are kept up-to-date and replacing 30-year-old equipment is absolutely necessary,” he said.

The new ASR/SSR radar will drastically enhance the life of ATESS instructor Sgt. Wes Henderson, who will be teaching technicians to repair a radar system which basically propels them 30 to 40 years forward.

“The present systems were installed in the early 80s,” he told *The Contact* this week. “This technology is state-of-the-art, much more up-to-date.”

“The old ASR was installed in the early 1980’s, with 1970’s technology. The new radar is current technology, with 30 to 40 years improvement. Basically we are

shifting from racks with equipment in them, to small modules which will perform the same function.

“Here at ATESS we are a school which instructs technicians how to maintain and repair the ASR and SSR. We also provide support capability to the various wings via telephone or with repair teams to assist them in maintaining their equipment. This will not change with the new

radar. We will be impacted during the installs because the equipment we use must be removed from our building prior to the new equipment being installed. This means our ATESS training will cease until the end of the installations, when we will once again resume instruction. During the installations, the company will provide courses for site technicians, to enable them to effect repairs.”

These systems will be installed over a three-year period at seven different sites across Canada. The systems will come into play between 2014 and 2016, according to Sgt. Henderson. The first site installation, in 3 Wing, Bagotville, will be completed in the summer of 2014, according to Sgt. Henderson. Then, in no specific order, the other bases to get this new radar will include 4 Wing Cold Lake, Alberta; 5 Wing Goose Bay, Newfoundland and Labrador; 8 Wing Trenton, Ontario (one system at an operational site, and a second system as a technical training site at ATESS); 14 Wing Greenwood, Nova Scotia; and 19 Wing Comox, British Columbia.

“With most of the sites the switch over should be seamless as the new equipment is installed in a separate location, and it will be a simple matter to hook up the radar data from the new radar and disconnect the data from the old radar at the current location of ATC operations,” Sgt. Henderson noted.

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continued from page 1

double digit operating profit growth, and improved free cash flow from in excess of negative \$800 million in 2001 to over \$270 million positive in 2004.

In addition, Mr. Mohamed led Roger Wireless through the acquisition of Microcell Telecommunications in 2004, making Rogers Wireless the largest wireless carrier in Canada which today has approximately 8 million customers from coast-to-coast.

According to Mr. Mohamed, delegating authority is one of the most important things a leader must learn to do and every leader has their own method of delegating.

Ted Rogers, the man who hired Mr. Mohamed, worked 20 hours a day and wanted to be in on most decisions concerning the company, even down to changing the carpets in the office, Mr. Mohamed noted.

"He was the hardest worker I've ever seen," he said of Mr. Rogers.

For a CEO who insists on making the important decisions of the company, Mr. Mohamed said there is another important quality a leader most possess – integrity.

"Integrity is huge," he stated. "You have to have the integrity to make the call."

Good leaders are also detail oriented, he stated, telling his audience the last place most managers work is in the middle of a project, which is where most of the important details get worked out.

Purpose and leadership are also important in any company, he said.

"A sense of purpose and inspiration is key," he added, "Great leaders go after

their purpose in life relentlessly. Inspire people to join your vision and recognize that people have to be connected and committed to what you're doing."

Equally important in any operation is preparation, he noted.

"Be prepared when the opportunity arrives – you might only get one chance at it," he said.

Having the right formula for success is also important in any endeavour, he stated.

"Define what winning is and what success would look like three to five years from now and get the right people to deliver on that vision," he advised.

Always important in any business venture is growing the profitability and the best way to assist that process is to make your team members feel part of a winning and respected team.

"Be the team everybody wants to join," he told his audience. "To be that team, your decisions and goals have to be in sync. Any successful organization has to have a sense of purpose."

Mr. Mohamed said he had always used a quote from Ghandi as his guiding business principle. "There go my people. I must follow because I am their leader."

Maj.-Gen. Foster said there was a difference between military leadership and business although they were coming closer together all the time.

Responsibility, authority and accountability were three areas Maj.-Gen. Foster stressed, noting leaders should get to know their people, communicate effectively with those people and they should stand up for their people.

Empowering the team was another key

aspect of leadership, he noted, by setting measurable and achievable goals and providing clear directions.

"Then get out of the way," he advised, and let the team do their work.

Four qualities help propel a person into leadership roles, Maj.-Gen. Foster stated – credibility, respect, stamina and passion.

He said a person gains credibility when he demonstrates he can deliver whatever is asked of him, they gain respect when they prove they can get the job done as part of a team, stamina is demonstrated through a healthy work/life balance, and they demonstrate passion with a belief in what they do.

Chief Warrant Officer Patrick Young, Assistant Deputy Minister (Information Management) Group, told the gathering he never in the world thought he would be before the leaders of 8 Wing speaking about leadership.

He said it was unfortunate in the Canadian Armed Forces that people tend to work within their trades in silos and are often not aware of the leadership potential for them outside the trade.

It was for that very reason he felt the mentoring program important and that everyone should be aware of it, take advantage of it and contribute to the concept.

In his estimation, good leaders are always open to change.

"Throughout your careers, you will be confronted with many changes," he said. "Be open, understand and influence that change," CWO Young advised.

Another secret of leadership success CWO Young espoused included knowing

the situation and the mission of your unit, adapt and immerse yourself in that environment and never live always within your comfort zone.

"Know your responsibilities and your boundaries and own up to your mistakes," was yet more advice he gave the 8 Wing leaders.

Other important stepping stones to success included bilingualism, team building, dress and deportment and having a sense of humour.

Critical to the success of any career, he noted, was the buy-in of a person's family. He said he was where he was today because his family had committed to follow him and he always appreciated that support.

His final piece of advice was not to think only of yourself, but of the institution.

"Take that ambition, drive and passion and strive to do the job the best you can and it (success) will come to you," he said.

8 Wing Commander Colonel Sean Friday described the Leadership Forum as one of the most important days of the year.

"It's time extremely well spent, but costly," he noted. "You are not out there producing, but this is an investment we'll get a return on."

Col. Friday said he was really excited about the program for the forum and that it was an opportunity in the hands of those attending "...to make what you will of it. This experience can be richer with your engagement. Without your engagement, it will be a good day but not a great day."

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Photos: Capt. Chris Daniel and Cpl. Levarre McDonald

8 Wing's 89th Royal Canadian Air Force Birthday Mess Dinner

1 Hangar was the scene of the 89th Royal Canadian Air Force Birthday Mess Dinner, held on April 5. Approximately 250 people, military and civilian, attended the event. 1 Squadrons and Units brought their mascots, with some sections created centrepieces for their tables. The 8 Wing Concert Band and 8 Wing Pipes and Drums entertained the crowd throughout the evening with a variety of tunes. The Royal Canadian Air Force recognizes April 1, 1924 as the date of its inception, and the Annual Birthday Mess Dinner is held as close to the date as possible.

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Join us to learn more about our academic and post-secondary placement success. Tour the school and observe the many talents of our students in arts and athletics. Bring your son or daughter to meet the faculty and talk with current parents and students.

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Lt.-Col. Dan Harris was the champion of this cause last year and Sgt. Gorman continues to search for a champion for this year.



Contact file photo

Sixth Annual Cut for the Cure being organized

Sgt. Dan Gorman again organizing fundraiser for Cancer research

By Sgt. Dan Gorman, A3 RTF Chief Clerk

It is that time of year again where I come out and ask volunteers - both male and female - to join me in our Sixth Annual Cut for the Cure.

This is when I ask men and women to shave their head or, at least for the ladies, to go pixie! Not to worry, I won't be doing the cutting. Aldo Poropat, owner of Capelli's by Aldo and some of his staff will, for the sixth year, be the hairstylist in charge. This is all in aid of raising money for Cancer research. Over our first six years, 8 Wing and folks from the local area have raised just shy of \$38,000. 8 Wing can certainly be very proud of their contribution.

Cancer is a disease that I am sure every single person out there can relate to. Either a family member or friend and in some cases yourself or even the family pet has been affected with this terrible disease. Money that is collected for cancer research has truly paid off. They have been able to eliminate some cancers if caught in its early stages. In the 1940s, the survival rate was about 25 per cent. Today, it is as high as 60 per cent. It is your contributions that has allowed Cancer research to progress

So ladies and gentlemen, give me a shout, drop me an email telling me you want to volunteer to have your head shaved...for you ladies, if you're willing to lose at least six inches of hair, that is perfect. The hair is packaged up and sent to Angel Hair who in turn will make wigs for cancer patients.

If you wish to participate in this very worthy cause, please contact Sgt. Dan Gorman at local 2461 or by email at Dan.Gorman@forces.gc.ca. and I will gladly send you a pledge sheet.

Dig in like you can 8 Wing and let's make this the year that finds the cure for this terrible disease.

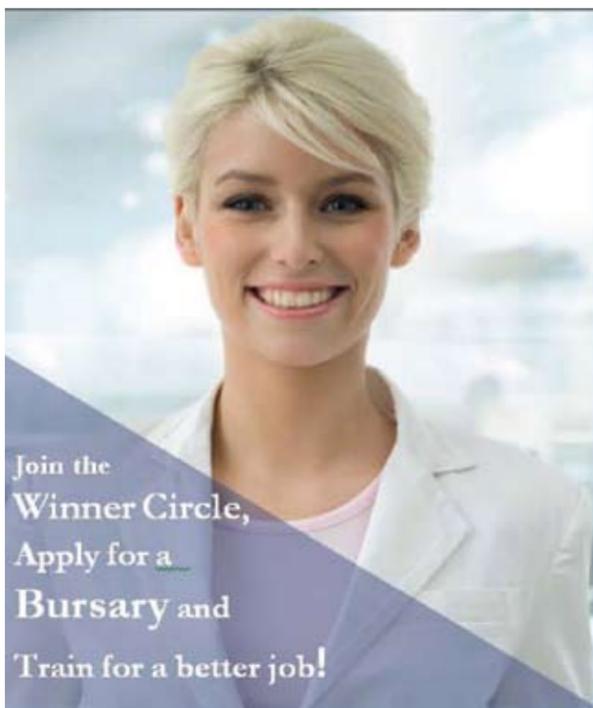


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Welcome to The Contact newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations 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

April 15 - 8 Wing Auto Hobby Club General Meeting

Attention all 8 Wing Auto Hobby Club members, a general meeting will be held at the club office at 6:30 p.m. We have a lot of new business to discuss and look forward to seeing all of you there.

April 20 - Great Cloth Diaper Change

The Great Cloth Diaper Change in Belleville is an event hosted by C2 Green Emporium and they are trying to be part of a Guinness World Record™ try. The try requires each Great Diaper Change site to have a minimum of 25 participants in order to count towards breaking the current world record. In Belleville, there are currently 48 registered, and we anticipate having at least 60-plus babies who will get "changed" at

the event at 11 a.m. in the Quinte Mall in front of Old Nave and Toys R Us. At least four of the hostesses for the event are from CFB Trenton. For additional information, contact Candice Wylde at 905-806-5287 or Jessica Crouse at 613-955-1004.

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 col-

loques 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 personnelle. 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.

April 30 - Albert College Shewfelt Lecture

This awareness builder for Autism features a lecture with Arthur Fleischmann, author/father of Carly's Voice: Breaking Through Autism? The event is at Albert College chapel at 7 p.m. Adults \$15, seniors/children \$10.

May 3 - Video Dance

Agés nine to 14 years, 7 p.m. to10 p.m. Canteen available. For more information, call the RecPlex at (613) 392-2811 ext. 3361.

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.

May 6 to June 3 - Triathlon Training

Agés 10 to13 years, Mondays and Wednesdays from 4:45 p.m. to 6:15 p.m. For more information, call the RecPlex at (613) 392-2811 ext. 3361.

May 22 - Aboriginal Awareness Day

8 Wing will celebrate Aboriginal Awareness Day with a theme "The Three Sisters" at the Aboriginal Garden behind the Officers' Mess in good weather and in the Officers' Mess if the weather is inclement. The event takes place from 10:30 a.m. to 2 p.m. and includes craft workshops, traditional housing presentation, drum making workshops, singers and drummers and the Bird man. Traditional soup/bannock and refreshments will be served for lunch. There will also be a teepee set up for guests to enter and explore. Register at: +DAAG@CFB Trenton WCE@ Trenton

July 2 to Aug. 23 - Kidz Kamp

Agés six to 12 years, Monday to Friday, from 8 a.m. to 4 p.m. For more information, call the RecPlex at (613) 392-2811 ext. 3361.

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Summer Kidz Kamp 2013

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Registration: Military Community starts Tuesday, April 2 - Online - In Person from 1 p.m. at the RecPlex; General Public starts Tuesday, April 9 - Online - In Person from 1 p.m. at the RecPlex

Video Dance

Friday May 3., Grades 7 to 8 are welcome. 7 to 10 p.m. at the RecPlex . Cost \$6.00 for Military Community, \$7 for General Public.

RecPlex Pools

Due to on-going maintenance issues, both pools will remain closed until sometime in April. Call ext 3361 for an update or check us out on Facebook. com/ trenton.recplex.

Fitness Programs

NEW Vinyasa Flow Yoga – Thursdays, Feb. 21 to April 18, 4:45 to 5:45 p.m. at the South Side Gym.

NEW Restorative Hatha Yoga – Thursdays, Feb. 21 to April 18, 7:05 to 8:05 p.m. at the South Side Gym.

Zumba (60 minutes) – Wednesdays, Mar. 27 to May 15, 5:30 to 6:30 p.m. at the South Side Gym with Jen.

Tai Chi - Tuesdays – Tuesdays, Mar. 26. to May 14., 5:15 to 6:15 p.m. at the South Side Gym.

Boot Camp Fitness (60 minutes) – Mondays, Mar. 25 to May 27, 5 to 6 p.m.

Total Balance (60 minutes) – Mondays, Mar 25 to May 27, 6:15 to 7:15 p.m.

Children, Youth and Teens programs

Kookin with Kidz – Tuesdays, April 2 to April 30, six to eight years of age, 5:15 to 6:15 p.m., nine to 12 years of

age, 6:15 to 7:15 p.m.

NEW Soccer Night - Ages nine to 12 years, Wednesdays, April 10 to May 8, 6:30 to 7:30 p.m.

Triathlon Training for Youth 10 to 13 years - Mondays and Wednesdays, May 6 to June 3, 4:45 to 6:15 p.m.

Shinny Hockey - April 2 to May 16.

NEW Atom Mondays, 4 to 5 p.m.; Tyke/Novice Tuesdays, 4 to 5 p.m.; PeeWee Wednesdays, 4 to 5 p.m.; NEW Bantam/Midget Thursdays, 4 to 5 p.m.

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

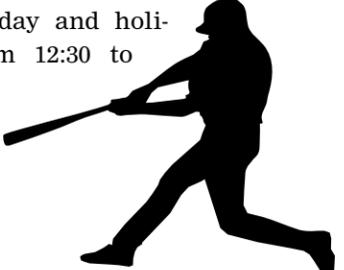
Baker Island Community Centre

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 + BakerIsland-CC@forces.gc.ca . Please note that the community centre will be closed for renovations until mid to late April.

RecPlex Hours of Operation

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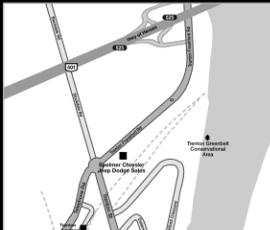


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Connection Café

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

One-day cake decorating workshop

Instructor, Amy Moore, graduate of the George Brown Culinary School, Saturday, May 4 from 9:30 a.m. to 3 p.m. with a lunch break. Cost: \$60. Age: 16 years old-plus. BYO: apron, containers for one dozen cupcakes and one eight inch round cake, decorating supplies (optional) and a lunch
Maximum: 10 participants, each will decorate one dozen cupcakes and an eight inch cake using a variety of techniques.

Atelier de décoration de gâteaux (en anglais)

Instructeur, Amy Moore, diplômée de l'école culinaire George Brown. Le samedi 4 mai de 9h30 à 15h, avec une pause-repas. Coût: 60,00\$. Âge: 16 ans de plus. Apporter: un tablier, des contenants pour une douzaine de petits gâteaux et un gâteau rond de 8 pouces, matériel de décoration (optionnel) et un repas. Un maximum de 10 participants, Chacun décorera une douzaine de petits gâteaux et un gâteau de 8 pouce, utilisant différentes techniques.

Dance classes with France

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This attractive two- or three-bedroom home, designed for a lot that slopes to the back, would make the ideal residence for either a young family starting out or an empty-nester couple.

The covered entry, providing protection from the elements in inclement weather, leads into the foyer, where a railing runs along the stairs down to the basement. A coat closet is located nearby.

Straight ahead is the great room, featuring a fireplace and a coffered ceiling for added interest. Wide windows overlook the back garden.

The dining room, separated from the great room by an archway, opens onto a large sundeck, with stairs leading down to the garden.

No cook will ever feel isolated in the open-plan kitchen, with its step-saving L-shaped counter configuration and prep island. A walk-in pantry provides lots of storage room.

Another archway near the pantry leads back to the great room.

On the opposite side of the home, the master suite is located for privacy, overlooking the back garden. A walk-in closet provides lots of space for clothing and accessories. In the three-piece ensuite, the tub occupies a bayed-out area with a window.

The second bedroom's door is placed at an angle to save space. A display case is tucked into a corner near the doorway. A three-piece bathroom is conveniently located nearby. Entrance to the third bedroom, which could also serve as a den or home office, is off the foyer.

Exterior finishes include horizontal siding and painted trim, as well as decorative wooden detailing on the garage. Windows are mullioned.

This home measures 47 feet wide by 51 feet deep, for a total of 1,424 square feet. All ceilings are nine feet, and the plans include an unfinished basement.

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March weather summary

Daily snowfall total the only record set this year

By MCpl J. King, 8 Wing MET

What a difference a year makes!
 March 2012 shattered previous daily maximum temperatures nine times and the only record set in March 2013 was a daily snowfall total. Our temperatures were slightly above normal this month but well below the records we witnessed last year. Our precipitation this past month was well below normal also.

The average daily maximum temperature in March was 4.2C compared to an average daily maximum temperature of 11.1C last year. The warmest day was on the 31st with a maximum temperature of 13.2C. The coldest day was -10.3

on the 14th. There was no record temperatures established this month.

We received just 27.3 mm of precipitation in March and half of that was in the form of snow. Despite that, we did set a new maximum snowfall total of 11 cm on the 18th. March could best be remembered for its extended periods with no measureable precipitation at the beginning and the end of the month. We had just six days with measureable precipitation for the entire month.

The monthly forecast for April is for temperatures and precipitation to be near normal. The normal maximum temperature for April is 11.5C and precipitation normals are 77 mm.

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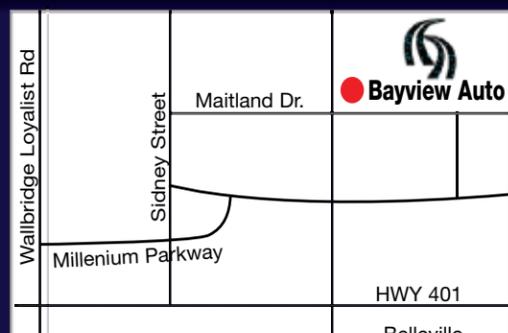
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