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Members of 8 Wing Trenton, their families and volunteers gather on the runway to commence the Run the Runway Challenge Sunday morning. They are pictured here beneath the wing of a CC-117 Globemaster III with a CC-130 Hercules in the foreground. The photo was taken by Wing Imaging Technician Cpl. Levarre McDonald from the roof of a nearby hangar.

Once again, the weather gods smiled down upon 8 Wing's Run the Runway Challenge.

By Ross Lees

While rain beat down on the runway for most of the night, the precipitation stopped Sunday morning and the clouds actually broke to begin letting sun through by the time the run started at 10 a.m.

There was only one other thing the weather gods could have done for this race, cut the wind in the face of the runners as they headed west along the runway.

In response to the observation that it was a good day for the run, Wing Commander Col. Sean Friday remarked, "Not when you're running that way!"

But somewhere between 300 and 400 runners weren't going to let a little thing like wind stop



Moments later, the Run the Runway Challenge begins as photographed by Cpl. McDonald, again from the roof of a hangar.

Photos by cpl Levarre McDonald, 8 Wing Imaging

Continued on page 8



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ScotiaBank presents \$15,000 cheque to Afghanistan Repatriation Memorial fund



Photo Ross Lees

The two Trenton branches of ScotiaBank came through with a \$15,000 cheque towards the Afghanistan Repatriation Memorial fund Monday. Making the presentation to Quinte West Mayor John Williams are Diane Gaffney, Manager of the Trenton Town Centre Scotia Bank and Tina Furmidge, Branch Manager. To their left are other bank employees Kelly Cocech, Home Financial Advisor, Scotia Bank, and Kevin Busker, Mortgage Specialist. Flanking Mayor Williams are committee members Hugh O'Neil, Legion Branch 110 President Everett McLean, John Gibbons and Terry Broderick.

Team RCAF fundraising for Camp Trillium and honour of the Air Force

Team leader wants to defeat Army and Navy counterparts in competition and fundraising

By Ross Lees

Major Jay Burt of Canadian Forces Aerospace Warfare Centre (CFAWC) isn't entering a team in the Maple Leaf Sports and Entertainment Team-up Challenge just to help Camp Trillium, he wants to soundly defeat his Army and Navy rivals on June 23.

To do that, he and his team will need the financial support of 8 Wing and CFB Trenton.

"My team, made up of Officers, Airmen (volunteers) from 8 Wing, 9 Wing, 16 Wing and Royal Military College, will be competing in this one-day event in order to raise funds for Camp Trillium," he indicates. "Although we will be competing against 150 other teams in basketball, floor hockey and soccer, our main focus is to beat our Army and Navy rivals," he wrote to The Contact.

Maj. Burt doesn't play games when it comes to fundraising or beating his rivals, apparently.

"Though we have no doubt that we will crush them on the field of play (I have stacked our team with 100 per cent CISM athletes), my personal goal is to beat them in fundraising as well," he stated. "Our minimum requirement is \$5,000 (in order to even compete) and we have raised \$2,800 to date without a dedicated RCAF fundraising effort."

But that's what he wants to start immediately - a dedicated fundraising effort throughout 8 Wing and headquarters.

"We are spamming our Facebooks, shaving our heads, donating our own money and annoying friends and family members in order to meet our goal," he noted. "I believe

it is time to reach out to the Wings and Units themselves so I start with my own HQ and my alma mater.

Please donate what you can for this unbelievable cause and, as an added bonus, help us show the RN and CA just what the RCAF is made of!"

He indicates all donations are tax deductible, but he knows that will not matter to anyone when the air Force's honour is at stake.

Instructions on how to donate are as follows:

- 1) Go to www.mlseteamupchallenge.com;
- 2) Click the Donate Tab at the top of the page;
- 3) Click Donate to Team;
- 4) Search "Team RCAF" and Team RCAF, captained by Jay Burt will appear; CLICK "Team RCAF"
- 5) Fill in the appropriate credit card data for donation; and
- 6) Hit submit and feel great about yourself!

And stand proudly up for the Air Force! Maj. Burt has very definitely thrown down the gauntlet.

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438 Sqn supports OP NEVUS at CFS Alert

The morning of June 4 marked the clear kickoff of OP NEVUS, the annual maintenance of infrastructure linking Alert and Eureka, with the arrival of helicopters and personnel from 438 Squadron. With the arrival of two flights, station personnel were kept busy unloading equipment while simultaneously welcoming 41 members to the Alert community.

Photo: OCdt. Colin Parker

Wing Logistic and Engineering Picture of the Week

Photo: Submitted

8 Wing Fire Department is taking a proactive approach in maintaining Emergency Responder's skills in various aspects and topics. This training scenario depicts a person pinned under a vehicle, result of negligence during maintenance where homemade jacks would have failed. Because of suspected neck/spinal injury, Cpl. Bedford (yellow helmet) maintains manual "C-Spine." Cpl.

Ranger (black helmet) is measuring a "C-Collar" for its installation on the casualty. A lifting device (air bag plus cribbing) is being prepared in the meantime by the remainder of the team to lift the car and free the victim. Normally a Medical Officer or EMT must survey the patient before lifting is attempted as the patient may require to be injected with drugs to reduce the toxins level normally found at places of impingement for crush injuries.



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.

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The CONTACT is produced weekly under a Publication Service Agreement with The Independent (Brighton & Trent Hills), a division of Metroland Media Group.

8 Wing Personnel

Publisher: Col Sean Friday

Proprietor: Her Majesty the Queen, in right of Canada, as represented by the Commander of 8 Wing, Canadian Forces Base Trenton, P.O. Box 1000 Stn. Forces, Astra, ON K0K 3W0 Canada

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21 Meade St, P.O. Box 1030

Brighton, ON K0K 1H0

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SUBSCRIPTIONS: First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

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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Final cuts coming to 8 Wing Nijmegen team

Team moves into final phase of training prior to team selection June 11-12



Photo Ross Lees

Walking the walk - The 8 Wing Nijmegen team is pictured as it took part in the Run the Runway Challenge Sunday morning.

By Ross Lees

It is coming down to crunch time for the 8 Wing Nijmegen team.

By the end of next week, 11 members plus one alternate will be chosen from the 19 still in the running to make the team.

Evaluations will be held June 11 and 12, when the team will be marching 45 km on the first day, heading through Carrying Place, around Trenton, up to Frankford and then returning to 8 wing, according to Maj. James Pierotti, Op Nijmegen Team Leader. The team will then assist Executrek, picking up the executives and singing while they march after eight hours of exercise already behind them. They will drop them off at Bain Park, then finish their distance training for that day.

"If that is not exhausting enough, the next day we will be conducting another march, longer than 40 kms, from Belleville to Massassauga Conservation Area and back," Maj. Pierotti said.

On June 14, Maj. Pierotti will hold private meetings with team members to discuss team selection and saying goodbye

to those who will not be continuing with the team, he told The Contact.

After team selection, the team will be training three times a week, according to Maj. Pierotti.

"We will do a fast 20km walk with hills on Monday (June 17), a 15km fast walk and then yoga on Wednesday, and a 40km march on the Friday. There will be a departure parade in Ottawa on July 3 July to formally acknowledge the send-off of the national Op Nijmegen contingent, after which we will taper off our training, and then we fly to Europe on July 12," Maj. Pierotti noted.

"The Nijmegen marches take place July 16-19 with a 40km march each day.

There is a 4 to 5km additional march required on days one and four, which is why we have trained up to 45km," Maj. Pierotti stated.

"The Nijmegen marches take place July 16-19 July with a 40km march each day. There is a 4 to 5km additional march required on days one and four, which is why we have trained up to 45km."

*- Major James Pierotti,
Op Nijmegen Team
Leader*

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 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.

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 military 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 WW II, 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.

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Fitness & Health

'Enabling' in the Canadian Forces

Source: *Strengthening the Forces, Health Promotion*

We've all heard the saying that it takes a village to raise a child. In many cases, the same could be said about those addicted to alcohol and/or other drugs. This refers to the "community" of enablers that almost inevitably surrounds each addict.

'Enabling' is making alcohol or other drug use possible or easier for the user. The user's parents or spouse might deny that a problem exists; friends might rationalize the user's behaviour (e.g., he/she is under a lot of stress right now); co-workers could cover up for the user by fixing mistakes they made as a result of their drug or alcohol use. It could be many things. But what does this mean for the CF? What forms does enabling take in a military context?

Covering up is the most prominent form of enabling in the CF. Often, CF members will cover up for their colleagues in a well-intentioned but ill-advised attempt to protect them from discharge or to protect a friendship with the individual. For example, a person may go out at lunch and have two or three beers, but upon their

return to work, none of their colleagues or supervisors says anything about it, despite an obvious decline in the member's job performance (studies show that alcohol/drug use can reduce the user's productivity by 25 per cent).

Although the co-worker and supervisor may think they're protecting their colleague, they are actually putting them, as well as anybody who works with them (including themselves) in danger.

Accidents happen, but they happen much more frequently when drugs or alcohol are involved. In fact, studies show that up to 47 per cent of all people who die in a workplace accident had alcohol in their bloodstreams at the time of the accident.

If we wish to send a caring message to our members about alcohol and/or other drug use problems, we have to start by changing our attitudes and practices in this regard. Covering up for a colleague's alcohol and/or other drug use, despite good intentions, does not really support the user and can in fact create an unsafe workplace.

CF policies regarding alcohol and/or other drug use exist and it is important for us to know what they are and how we can better support a person who has a problem. The best thing you can do for a colleague who may have an alcohol and/or other drug-related problem is to address the issue with a caring attitude and take necessary steps as outlined in the appropriate policies.

If you are in a supervisory role,

you need to know the policies and the services available. If you are concerned about a colleague, you need to educate yourself on alcohol and/or other drug use. Supervisory training and alcohol and other drugs training is available - check for the course time on your base. The important thing is to act now before it is too late.

Let's be a village that nurtures not 'enables.'

La complicité au sein des Forces canadiennes

Nous avons déjà entendu dire qu'il faut un village pour élever un enfant. Bien souvent, on peut dire la même chose des alcooliques ou des toxicomanes. Je fais référence à la «collectivité» de facilitateurs qui entourent presque inévitablement tous les toxicomanes.

«Être complice», c'est rendre l'alcool ou la drogue plus accessible au consommateur. Les parents ou le conjoint du consommateur peuvent nier l'existence du problème; les amis peuvent rationaliser le comportement du consommateur (p. ex., il subit beaucoup de stress en ce moment); les collègues de travail peuvent couvrir le consommateur en réparant les erreurs qu'il commet par suite de sa consommation de drogue ou d'alcool. La complicité peut prendre bien des formes. Mais qu'en est-il au sein des FC? Quelles sont les formes que prend la complicité dans un contexte militaire?

La dissimulation est la forme de complicité la plus répandue dans les FC. Souvent, les militaires vont couvrir leur collègue dans une tentative bien intentionnée mais malavisée de les préserver d'une libération ou pour protéger leur amitié avec l'individu. Par exemple, un militaire peut sortir dîner et prendre deux ou trois bières, mais à son retour au travail, ni ses collègues ni ses superviseurs ne passent de commentaires malgré une chute évidente du rendement du militaire (des études démontrent que la consommation d'alcool ou de drogue peut réduire la productivité de 25 p. 100).

Même si les collègues et les superviseurs croient protéger le militaire, ce qu'ils font en réalité, c'est mettre celui-ci et ses collègues de travail

(y compris eux-mêmes) en danger. Il y a des accidents qui se produisent beaucoup plus fréquemment lorsque des drogues ou de l'alcool sont en cause. De fait, des études démontrent que jusqu'à 47 p. 100 des gens qui meurent au travail avaient de l'alcool dans le sang au moment de l'accident.

Si nous voulons envoyer un message bienveillant à nos militaires concernant les problèmes de consommation d'alcool et de drogue, nous devons commencer par changer notre attitude et nos pratiques en la matière. Dissimuler la consommation d'alcool ou de drogue d'un collègue, malgré de bonnes intentions, ne l'aide nullement et, de fait, peut créer un milieu de travail non sécuritaire. Les FC se sont dotées de politiques concernant la consommation d'alcool et de drogues, et il est important que nous les connaissions et que nous sachions comment mieux soutenir la personne qui a un problème.

Ce que l'on peut faire de mieux pour un collègue qui a un problème de consommation d'alcool ou de drogue, c'est d'aborder la question avec bienveillance et de prendre les mesures nécessaires qui sont décrites dans les politiques pertinentes. Si vous assumez des fonctions de supervision, vous devez connaître les politiques ainsi que les services offerts. Si vous êtes préoccupé par un collègue, vous devez en apprendre sur la consommation abusive d'alcool et des autres drogues. L'on offre de la formation pour les superviseurs ainsi que sur l'alcool et les autres drogues - vérifiez les cours offerts à votre base. L'important, c'est d'agir avant qu'il ne soit trop tard.

Soyons un village qui soigne et qui évite la complicité en matière de drogues et d'alcool.



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Former military members membership categories upgraded for PSP programs



Ross Lees, reporter for The Contact, goes over the new PSP facility membership regulations with Judi Christopherson, 8 Wing Community Recreation Director, as the new regulations would allow him to become a regular member.

By Ross Lees

Former military members are getting good news from Personnel Support Programs concerning facility memberships in general, according to Judi Christopherson, 8 Wing Community Recreation Director.

Former military members – anyone honorably discharged from the military after having served anywhere from two months to 20 years in the Canadian Forces – is now eligible to be treated like a regular force member when applying for PSP facility memberships.

“These are actually great changes because it means veterans are now being recognized the same as a Regular Force military member, whereas in the past, a former member of the military would have had to be in receipt of an annuity in order to qualify as an ordinary member,” Christopherson told The Contact. “So now, as long as someone has been honourably discharged from the Canadian Forces, be it three months or 25 years in the military, they are all treated the same.”

There have always been three categories of memberships, according to Christopherson – regular, ordinary and associate. Former military members were always considered ordinary members, meaning they paid more for memberships or for joining recreation clubs.

There are two other changes which came into effect as of April 1, according to Christopherson. Families of the Fallen is now language included in the categories, she said.

“It was always something that was around that you would treat families of the fallen, but we actually treated them the same as ordinary members, whereas now, families of the fallen will be considered the same as regular members of the military and their family members.”

Honorary Colonels and their family members now also qualify to purchase memberships, she added.

All of the news, however, is not good.

“Part and parcel of the new categories is a new budget year,” Christopherson noted, “So we’re increasing membership prices a little bit

across the board.”

Another change is also being implemented at this time, as well. People getting PSP facility memberships or joining a fitness class will now be required to sign a waiver of liability.

According to Christopherson, the categories haven’t been touched in nearly 30 years so the fact the military is now dealing with “families of the fallen,” it was felt the categories needed updating as well as an emphasis on former members of the military by Ottawa. She added that these changes put the Canadian military more in line with the American military in this regard.

Another interesting part of the families of the fallen update is that of parents of a single fallen member – they would now be eligible to join PSP facilities and clubs, rather than only spouses and children, according to Christopherson.

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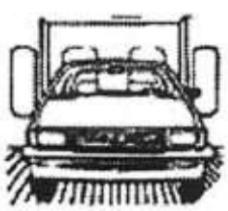
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Weather gods smile on 8 Wing's Run the Runway Challenge

Continued from page 1



These moms and daughters took the opportunity to enjoy a day of physical activity and togetherness as they took part in then 8 Wing Run the Runway Sunday.

them from enjoying their yearly chance to get out on the runway at CFB Trenton and enjoy some good family time together.

"It was better than we expected," Capt. Jane Yoon said of the turnout, having been afraid all night the rain would put a serious damper on the event. "The weather gods were on our side and the music really helped this year's event.

Col. Friday called it a "great CFB Trenton day" prior to the

race as he told everyone to get out and have fun. He said there was only one rule for this race, although he may have increased that to two after giving it some thought.

"You can't run too fast or you might take off and have to talk to Air Traffic Control," he joked with the children present, and then he added, "...and you can't pass the Wing Commander."

Joking aside, Col. Friday said it was a great day for 8 Wing members and their families to come out and do something they don't get to do every day.

"You get to see just how long our runways really are," he stated, welcoming the Nijmegen team out for yet another practice session.

Capt. Yoon said the event was successful thanks to the help of many volunteers.

"There are just so many components to the race, it takes a lot of people to help bring it together," she said.

This year's event helped showcase the newly painted Polaris and served as a training filed for future Run the Runway events, she said.

"We'll definitely leave all of the stuff we learned this year for those organizing it next year," she told The Contact.

This year's event raised \$200 for the Military Family Resource Centre.

Photos continued on page 19

Run the Runway co-chairs Lt. Ryan Wolter and Capt. Jane Yoon are joined by deputy chair Sgt. Debbie Forsey after the successful Run the Runway event Sunday. (Right)



Photos by Ross Lees



Linda and Michael Luack are joined on the run the runway event by daughters Emma (2) and Madison (nine months).

This young fellow works hard to finish the Run the Runway in good time on his rollerblades.

Trenton Weather Services Centre closes doors for final time



Most forecasting of products and services for land and air will now be done out of the Joint Meteorological Centre, Gagetown

By Ross Lees

A small ceremony took place at 8 Wing Trenton to commemorate the closure of Weather Services Centre Trenton (WSCT) and its dedicated staff on May 17.

WSCT provided forecast products and guidance domestically to the Air Force and Army from Alberta to Quebec along with forecast support to Canadian land/air international operations. In a typical year, the staff would generate 12,700 aerodrome forecasts, 1,000 warnings along with many other meteorological products for their area of responsibility.

Operational Meteorology at Trenton began in the late 1930s and evolved over the years and, more specifically, in 1968 during unification when its name was changed to Canadian Forces Weather Office (CFWO), located at the newly named CFB Trenton.

For many years Trenton was home to the simulator portion of the meteorologist's course until 1974, when a fire completely destroyed the training facility. In 1981, Trenton increased dramatically in size and responsibilities with a further name change to Canadian Forces Forecast Center (CFFC) under Aviation and Defence Services (ADS).

Presentations during the closing ceremony, from left to right, Martha Anderson (Director of Meteorology and Oceanography), Maj. Gary Giacomuzzo (Deputy Wing Operations Officer), Abdoulaye Harou (Director of Defence Weather Services), CWO. Gaetan Fillion (WOps SWO) Photo Ross Lees

Continued on page 11

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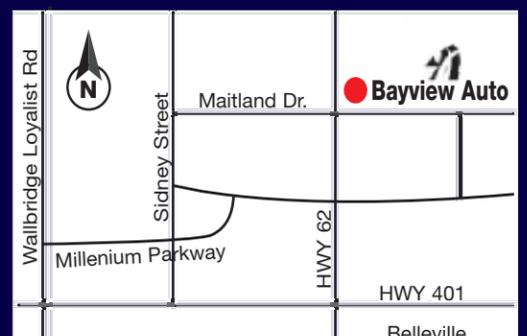
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Group photo of Weather Services Centre Trenton staff (past and present), CFWOS Informatics Services Centre staff (past and present), 8 Wing Met section, and distinguished guests. Photo Ross Lees

Continued from page 9

Doors close for final time

In 1997, a new Memorandum of Understanding was established between DND and Environment Canada (EC), which changed the way EC provided support to the Canadian Forces. At that time, its name was changed to WSC Trenton, with further reorganization into the new Defence Weather Services (DWS) branch in 2010, which was contracted by DND through the Director of Meteorology and Oceanography at NDHQ Ottawa. The Canadian Forces Weather and Oceanographic Services (CFWOS) are currently

under transformation and has come to the point of implementation where most forecasting of products and services for land and air will now be done out of the Joint Meteorological Centre (JMC) in Gagetown, with official and final handover on June 30.

From all the Wing users of Meteorological services, all the best to the WSC Trenton forecasters as they pursue their careers in EC and other government departments. Thanks for all the years of professional service.

Most forecasting of products and services for land and air will now be done out of the Joint Meteorological Centre, Gagetown





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The logo of the team Dannek Payment will play with at the Montreal Meltdown.

Young Trenton goaltender gets surprising invitation

By Ross Lees

With a controversy swirling around Canadian hockey goaltenders, a young Trenton goaltender may be about to get his first big break.

Nine-year-old Dannek William Payment, the son of Sgt. Danny Payment at the 8 Wing Post Office, played in Brighton last year after he failed to make a team in Trenton. But with continued coaching by his former goaltender father, the coaches with the Brighton Braves and special coaching throughout the season, the younger Payment has continued to improve to the point he was named the most improved goaltender.

Recently, he was contacted by a team called the UNB V-Red Prospects and asked to play for them in a Montreal Meltdown tournament. The team plays for the University of New Brunswick and is a Varsity team of young prospects being given a chance to improve their skills and get much wider exposure. The team is coached and put together by university coaches.

Being contacted by the team came as a surprise to Sgt. Payment. A couple of people who worked with Sgt. Payment and saw Dannek play mentioned him to the team management in New Brunswick, which resulted in the call to Sgt. Payment. They wanted to know if Dannek would be interested in playing for a tournament in Montreal in June.

The decision was easy and Dannek will now be playing in Montreal on June 14-16 at the Montreal Meltdown tournament.

Unfortunately, the team and Dannek know little about each other, so there is trepidation as the youngster continues to practice and try to break some bad habits he has formed.

His father admits to some mixed emotions about the tournament.

"I'm happy and stressed at the same time," he told The Contact last week. "It's good experience for him and people get to see him play."

At the same time, they don't know what the competition will be like and how good the team is in front of Dannek, so there is certainly some pressure.

Dannek is not the only player from out-of-province on the team. There are two Nova Scotia athletes, two Newfoundland athletes and one or two athletes from the United States joining the team, which will play in the 16-team D-1 Division.

continued on page 15



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Heroes Highway Ride honours Canadian troops

Motorcycle riders converged on Trenton Saturday by the thousands as they took part in the Heroes Highway Ride. Groups of riders assembled this year in Kingston and Whitby and travelled the Highway of Heroes to Trenton to remember past and present serving and fallen military members.

Photos
by
Kate Everson



Photographs of fallen soldiers were displayed by children in the parade.



The Parade of Remembrance marched around the amphitheatre with flags waving.



Trapper is the founder of the Canadian Army Veterans motorcycle group.



Colonel Sean Friday speaks at the opening ceremonies.



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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.



Annual hydrant flow testing

As in previous years, the 8 Wing Fire Department will be conducting annual hydrant flow testing throughout the Wing and in the PMQ area. These tests help to confirm and ensure that the water pressures servicing these areas are sufficient for fire fighting operations. Occupants may experience discoloration of their water and need not worry. If this occurs, simply continue to run your water until the discoloration disappears. The testing period will run from June 1 until approximately Sept. 1. If there are any concerns, please feel free to contact the Fire Department business line at local 3511.

June is Recreation Month - Discover Your Adventure!

Join the PSP Community Recreation Association in celebrating the benefits of recreation in your every day life. Stay tuned for the Rec Association's Calendar of Events for the month of June. Lots of activities have been planned the whole month long for families and individuals. As a highlight, Sunday, June 9 is our Customer Appreciation Day at the RecPlex. Enter for a chance to win at: www.cf-rec.ca

Camp Maple Leaf 2013-04-24

CFPSS invites your kids (ages 8-16) for a one week camp this summer. Three hundred spaces are available with registration deadline set at May 21.

Application details can be found at: www.supportourtroops.ca Applications are handled on a first come, first served bases. Eligibility is based on: Children of fallen soldiers (priority for this category is awarded to newcomers over repeat campers); children of ill or injured CF members (includes OSI and physical injuries); children of all currently deployed CF members (deployment must be operation and out of country); children of all recently deployed CF members (timeline for "recently" dates back to July of previous calendar year); children with special needs (parents must clearly specify this special need); children who have achieved exemplary community service (parents must clearly specify the achievement). Behind every soldier is a family - behind that family is Camp Maple Leaf.

June 8 - Rummage and Yard Sale

North Trenton United Church, 656 Front Street, Trenton, I shold their rummage and yard sale from 7:30 a.m. to 2 p.m.

June 12 - 8 Wing Officers' Mess Ladies Club Closing Dinner

The 8 Wing Officers' Club Closing Dinner will begin at 6 p.m. in the Officers' Mess. Entertainment will be supplied by Carolynda Duo. Members \$20, invited guests of members \$25. Deadline for tickets is June 4. For more information, please contact chambersj@live.ca

June 13 - Knights of Columbus Roast Beef Dinner

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

June 22 - 134 Air Transport Unit 50th Anniversary

The Forgotten Unit, 134 ATU (Air Transport Unit). will celebrate the 50th anniversary of the unit's departure from Trenton for UN service in Yemen, 1963-64. Surviving members will gather to remember. For details, call Ron Day, 613-392-5873.

July 2 to Aug. 23 - Kidz Kamp

Ages 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.

July 12 - 19th Annual Camp Trillium Charity Golf Tournament

Presented by 8 Air Maintenance Squadron with the support of 424, 429, 436 squadrons at the Oak Hills Golf Club. One hundred per cent of proceeds go to Camp Trillium. Tournament fee is \$90 per person and includes green fee, golf cart and steak lunch (Vegetarian meals available on request). Prizes for best team spirit, longest drive, hole-in-one, closest to the pin, and lowest team score. Email team information to 2Lt. Sean Petrie at Sean.Petrie@forces.gc.ca (or telephone 613-392-2811 ext. 3895) or Sgt. Jerry parsons at Jerry.Parsons@forces.gc.ca (or telephone 613-392-2811 ext. 3746).

PSP Community Events

June 13 - Alcohol, Other Drugs and Gambling Awareness Supervisor Training, 8:30 a.m. to 4 p.m. This course is essential for anyone in a supervisory position. Topics include: Low Risk Drinking Guidelines, Recognizing the Early Warning Signs, Developing Effective Interviewing Skills, Understanding and Changing the Culture of an Organization, and a personal testimonial from a military member in recovery from addictions

June 20 - Mental Fitness and Suicide Awareness Supervisor Training, 8:30 a.m. to 4 p.m. A one-day program aimed at assisting in the understanding and maintenance of mental fitness, including awareness of suicide and suicide intervention for non-professionals.

July 10 & 17 - Stress: Take Charge, 8:30 a.m. to 12 noon. Stress: Take Charge offers a self-directed approach to stress management through self-awareness, behaviour change and skill building. Participants learn the ACT approach to creating change; discuss a stress management lifestyle involving time management and work/life balance; explore stress management tools, including building resilience; and create a lifestyle action plan.



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DARE at Breadner Elementary

By Cpl. Keyvan Norani, 21 Military Police Flight

During the past few months, Cpl. Keyvan Norani, a trained Drug Abuse Resistance Education (DARE) instructor for 21 Military Police Flight, has been visiting Breadner Elementary School to teach Mrs. Leslie Abram's Grade 5/6 students DARE.

The DARE program is a police officer-led series of classroom lessons that teaches children from Kindergarten through Grade 12 how to resist peer pressure and live productive, drug and violence-free lives.

DARE was founded in 1983 in Los Angeles, California, and since then it has made its way to schools across Canada. Mrs. Abram's class benefited from

continued from page 12

Sgt. Payment said they hope to get Dannek into four more practices prior to the tournament, practices which can be pretty intense.

"But if he's on the ice, he's happy," Sgt. Payment said of Dannek.

Hopefully, the hard work will pay off with plenty of ice time at the tournament along with some success for Dannek and his team.

the highly acclaimed program, which provided elementary school children skills they need to avoid involvement in drugs, alcohol, gangs and violence.

The 10 lesson plans that were taught to Mrs. Abram's class exposed them to the DARE rules - expectations with respect to the timely completion of homework, the continued practice of maintaining a positive attitude and topics like substance abuse prevention, education and much more.

The most important lesson of all in the 10-week lesson plan is practice, practice, practice! The students committed to being drug free, to demonstrate refusal skills for alcohol, tobacco and other drugs and will present healthy ways to express their needs, wants and feelings. They will practice refusal and negotiation skills in order to enhance their personal growth.

All students successfully completed the DARE program and received a graduation certificate for their hard work and dedication. Cpl. Norani wishes to express a job well done by the Grade 5/6 class at Breadner Elementary School.



Cpl. Keyvan Norani, a trained Drug Abuse Resistance Education (DARE) instructor for 21 Military Police Flight, has been visiting Breadner Elementary School to teach Mrs. Leslie Abram's Grade 5/6 students about the program. Submitted photo



Dannek Payment is pictured here in his Brighton Braves uniform from last year.

Submitted photo

Cut for the Cure contribution from ATESS

Belleville native, Maj. Dave Pattison from the Aerospace and Telecommunications Support Squadron (ATESS) presented a cheque for \$1,800 to Sue Rollins, the local Fund Raising Coordinator for the Canadian Cancer Society. This was the Squadron's portion of the CFB Trenton fund raising drive for "Cut For The Cure" where Maj. Pattison lost his hair, moustache and eyebrows, and several barbecues were conducted to raise funds for the Cancer Society. It was Maj. Pattison's personal tribute to his late parents who both succumbed to cancer. Thanks go out to all who participated in this fund-raising event and to MCpl. Hough's son Jonathan (6th Grader) who helped raise funds and donated his hair to the wig program.

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Heritage Canada Cultural Exchange students tour CFB Trenton

St. Peter Catholic School, Trenton hosted a group of students from Britannia Community El-

ementary School, Vancouver on May 28 through the Heritage Canada Cultural Exchange Program.

While in Trenton, the students toured 8 Wing/CFB Trenton and were conducted on static displays

of the CC-130 and the Polaris aircraft plus a tour of the National Air Force Museum of Canada.

Major Renald Nelson and Mcpl. Yew Kai Soo Lum conducted the tour on behalf of 8 Wing.



The exchange students posed for this group photo in front of a CC-130 Hercules aircraft in the National Air Force Museum of Canada air park.



This young student enjoys the opportunity of sitting in the cockpit of a CC-130 Hercules at CFB Trenton during a Heritage Canada cultural Exchange.



This group of students listens intently as they are told about the controls of the CC-130 Hercules aircraft.



These students are excited to be sitting in the cockpit of an aircraft at the National Air Force Museum of Canada at CFB Trenton.



Mcpl. Yew Kai Soo Lum poses with a group of students in the fuselage of the CC-130.



These four students have their picture taken for posterity in a CC-130 during their tour of 8 Wing Trenton on May 28.

Photos
Cpl. Dan Strohan,
8 Wing Imaging

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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! Emménager dans une nouvelle communauté peut être un défi, venez nous visiter et découvrez ce que nous pouvons vous offrir.

2nd Annual Red Friday Golf Tournament

Friday, June 14, at the Roundel Glen Golf Club, four person Best Ball. Cost: \$60; nine holes with cart, meal and prizes. Register by June 7 at the MFRC.

2e Tournoi de golf annuel 'Vendredi rouge'

Le vendredi 14 juin au Club de golf Roundel Glen, quatre personnes meilleure balle Coût : 60,00\$, neuf trous avec chariot, repas et prix. La dernière journée pour s'inscrire est le 7 juin au CRFM.

Canada's Wonderland

Once again this year, we will sell the Canada's Wonderland tickets at a discount price - savings for you and fundraiser for the MFRC - everyone wins!

Une fois de plus, nous aurons les billets de Canada's Wonderland en vente à prix réduits - des économies pour vous, une collecte de fonds pour le CRFM - tout le monde gagne !

Calypso Theme Water Park

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Calypso, parc aquatique thématique

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We still have the tickets for the Cineplex theatres at a discount price. Call the reception or visit our website for more information.

Cinéma Cineplex

Nous vendons toujours les billets à prix réduit pour les cinémas Cineplex. Téléphonnez à la réception ou visitez notre site internet pour plus d'information.

The Resource Library has reopened

Come and browse through our selection, we

have something for everyone; fiction, non-fiction and magazines. Note that we are recataloguing our books, so not all of them are on the shelf now. Visit the reception to get your card.

La bibliothèque est réouverte

Venez jeter un coup d'oeil à notre sélection, nous en avons pour tous les goûts; fiction, non-fiction et revues. Notez que nous recataloguons nos livres, donc ils ne sont pas encore tous sur les tablettes. Visitez la réception pour recevoir votre carte.

Fundraising for the Daycare

- Do your gardening shopping at Connon Nurseries, between April 15 and June 15 and they will donate 10 per cent of the value of your purchase to the Daycare when you mention our name
- Go on the Froggy Fundraising website to purchase your laundry powder, stain remover soap, cleaning wipes, lens cleaning wipes... and support the daycare

at the same time

- Labels for the stuff kids lose! Dishwasher and laundry safe personalized labels.

Go on www.familyforce.ca on the MFRC Daycare page for more information about these fundraising events.

Collecte de fonds à la Garderie

- Faites vos achats de jardinage à Connon Nurseries, entre le 15 avril et le 15 juin, ils donneront 10% de la valeur de vos achats à la Garderie, vous avez seulement à mentionner notre nom.

- Visitez le site internet de « Froggy Fundraising » pour vos achats de savon à lessive, savon contre les taches, lingettes pour nettoyer, lingettes pour lunettes... tout en supportant la garderie.

- Des étiquettes pour tout ce que les enfants perdent ! Des étiquettes personnalisées qui vont au lave-vaisselle et dans la laveuse.

Visitez la page de la garderie sur www.forcedelafamille.ca, pour avoir plus d'information sur tous ces événements.

Home of the Week

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This two-bedroom, three-level home, with decorative bracing and wooden shingles on its two gables, is sure to please anyone seeking room for a growing family or space for a mortgage-helper or in-law suite.

The covered entry to the main floor is reached via a flight of stairs to the right of the double garage. From the foyer, which includes a handy bench for changing footwear, as well as a coat cupboard, it's a few steps down to the great room and a few steps up to the

bedrooms.

The great room boasts a vaulted ceiling and a corner gas fireplace, as well as access to a sundeck, and flows seamlessly into the dining room. The kitchen area is separated from the dining room by a prep island with an eating bar. French doors open on to a covered deck.

The kitchen's L-shaped counter configuration promises efficiency. A pantry will provide always-needed storage, and the window over the sink has an

extra-deep sill for displaying plants or collectibles.

Upstairs, at the rear of the home, the master suite opens onto a private sundeck with stairs to the back garden. Boasting its own fireplace, this room will make a secluded getaway. The walk-in closet is reached through the four-piece ensuite, which features double sinks. Next to the nearby linen closet is a display niche.

Also upstairs, a second bedroom is served by a three-piece bathroom adjacent to the

laundry room. On the landing outside the laundry room is a computer area with room for two seats.

The unfinished basement has room for two bedrooms and a den, as well as a crawl space. Plumbing for a bathroom is roughed in, and there is access to a covered patio at the back. The garage includes space for tool storage.

The home measures 32 feet wide and 56 feet deep, for a total of 1,399 square feet of living space.

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Sports & Recreation

RecPlex Customer Appreciation Day!

Free swimming, fitness classes, children's activities on Sunday, June 9, 1 p.m. to 3 p.m.

June is Recreation Month - Discover Your Adventure!

Join the PSP Community Recreation Association in celebrating the benefits of recreation in your every day life. Stay tuned for the Rec Association's calendar of events for the month of June. Lots of activities have been planned the whole month long for families and individuals. As a highlight, Sunday, June 9 is our Customer Appreciation Day at the RecPlex. Enter for a chance to win at: www.cf-rec.ca

Summer Kidza Kamp 2013

Monday to Friday - Tuesday, July 2 to Friday, Aug. 23., (eight weeks) 8 a.m. to 4 p.m.
 Registration is now open.

Fitness Programs

Vinyasa Flow Yoga - Tuesdays May 7 to June 25, 4:10 p.m. to 5:10 p.m. at the South Side Gym.
 Restorative Yoga - Tuesdays - May 7 to June 25, 6:45 p.m. to 7:45 p.m. at the

Fitness Programs

Boot Camp Fitness (60 minutes) - Mondays June 3 to June 24, 5 p.m. to 6 p.m.
 Body Balance Fitness (60 minutes) - Mondays, June 3 to June 24., 6:20 p.m. to 7:20 p.m.
 Squat Challenge - Mondays, June 3 to June 24., 6 p.m. to 6:15 p.m.
 Core Fitness - Mondays - June 3 to June 24, 4:30 p.m. to 5 p.m.
 Zumba - Wednesdays - June 5 to June 26., 5:30 p.m. to 6:30 p.m.
 Tai Chi - Tuesdays - June 4 to June 25, 5:15 p.m. to 6:15 p.m.

Youth programs

Outdoor Mix-It-Up Sports - Tuesdays, June 4 to June 25, 6 p.m. to 7 p.m. at the RecPlex. Pre-register by June 3.
 Shinny Floor Hockey - Fridays, June 7 to June 28, Tyke/Novice - 4 p.m. to 5 p.m., Atom - 5 p.m. to 5:50 p.m., PeeWee - 6 p.m. to 6:50 p.m., Bantam/Midget - 7 p.m. to 7:50 p.m. at the RCAF Flyers Arena

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

Baker Island Community Centre

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

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.

May weather summary - normal in every way

By MCpl Jim King, 8 Wing MET

By all accounts, May turned out to be a normal month in all areas. Maximum and minimum temperatures averaged out to be near normal values despite a few cool days near the middle of the month. There were no new records established for temperatures or precipitation, however we did witness four days with thunderstorms.

The average maximum temperature was 20.6C and the average minimum temperature was 7.9C. The highest temperature recorded during the month was on the 31st when the temperature hit 28.5C. There were three straight days near the middle of the month where the temperatures were below seasonable values and we had just one night in the month where the temperature dipped below freezing, to -0.1C.

Our precipitation totals were near normal with 15 days of measureable precipitation with a total of 70.4mm. The highest recording of rain for the month was 16.0mm, which we received twice, on the 10th and the 29th.

The outlook for June is for near normal temperature and above normal precipitation.

Contact

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8 Wing's Run the Runway Challenge continued

Continued from page 8



The Run the Runway got off right on time Sunday with the skies partially clearing after a very wet night. Photo Ross Lees



These two sisters, Emma (6) and Aellia (4) wait for the Run the Runway event to begin on Sunday morning. Photo Ross Lees



This mother showed true determination to bring her family across the Run the Runway finish line together. Photo Levarre McDonald, 8 Wing Imaging



The Wing Commander, col. Sean Friday, catches his breath as he finishes the Run the Runway Challenge. Photo Levarre McDonald, 8 Wing Imaging



This little guy gives the victory sign as he approaches the finish line of the Run the Runway Challenge. (Above) Photo Levarre McDonald, 8 Wing Imaging

Penelope (5) and Noah Gilbert (7), join Donna Robinson and Francois Gilbert in smiling as they near the finish line Sunday. Photo Levarre McDonald, 8 Wing Imaging



This mascot gets a hug from a couple of young admirers prior to the start of Run the Runway Sunday morning. Photo Ross Lees

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