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the Contact

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Newest Huskies Honorary Colonel fiercely proud of CAF

The 437 Sqn (T) Honorary Colonel investiture officially takes place with the signing ceremony at the National Air Force Museum of Canada Monday afternoon with incoming Hon. Col. Ken Ellis (left), 437 Sqn. Commanding Officer Lt.-Col. Ryan Eyre and outgoing Hon. Col. John See pausing for photographs prior to signing the documents.

Photos by Ross Lees

By Ross Lees

The newest 437 (Transport) Squadron Honorary Colonel [redacted] the men and women of the [redacted]uadron and of 8 Wing he is [redacted]rcely proud of being associat[redacted]with them in a uniform which feels strangely familiar.

That familiarity should not be strange, as Honorary Colonel Ken Ellis comes from a military background where his father served as a tank driver during the Second World War and his mother made ammunition in Ottawa, while he served eight years in the military prior to switching to the Ontario Hydro nuclear program.

As he again put on the Royal Canadian Air Force uniform with the backdrop of a Halifax aircraft at the National Air Force Museum of Canada at CFB Trenton, Hon. Col. Ellis spoke of why he is so fiercely proud of the [redacted]ers of the Canadian Armed [redacted]s (CAF).

Continued on page 5

Relay for Life, Locks of Love

Able Seaman Maria Kim has her hair cut by Lt.-Cmdr. Gordon Peckham, the Medical Centre Commanding Officer. She was also donating her hair to Locks of Love and fundraised for Relay for Live.

By Ross Lees

8 Wing's Medical Centre got their Relay for Life fundraising off on the right foot Wednesday morning when Able Seaman Maria Kim and physiotherapist Dana Singer had their hair cut for the cause.

Not only did the two women raise funds for the Relay for Life event in Belleville Friday night, they donated their hair to Locks of Love, a cancer organization which makes wigs for children. A single wig can cost around $8,000 according to Able Seaman Kim.

"I was a bit nervous," admitted Singer after about 12 inches of hair had been cut. She has not had her hair short in about 15 years, so it was a big change for her.

Able Seaman Kim is more experienced in this kind of thing.

"It's my third time having my hair cut for Locks of Love," she told *The Contact*, and she will immediately begin growing it for another cut as soon as possible, maybe within a year.

Able Seaman Kim noted it takes a lot of hair to make a wig for a child with cancer.

Continued on page 5

Dana Singer, a physiotherapist, has her hair cut by Mary Green of First Choice Hair Cutters in Belleville for the Relay for Life in Belleville and she is also donating her hair to Locks of Love, a children's cancer organization. Able Seaman Kim is seen watching in the background at the right.

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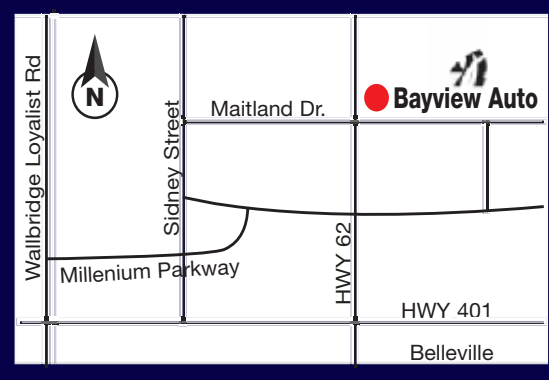

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Veterans Review and Appeal Board - What you should know

Who are we?

We are the independent tribunal that offers an avenue of appeal for disability benefits decisions made by Veterans Affairs Canada (VAC). We exist to support you in receiving the disability benefits you are entitled to. Remember, we are not Veterans Affairs Canada. To offer you a fair appeal process, we are an entirely separate and independent organization.

What do we do?

We hold hearings and write decisions for our two levels of redress: Review and Appeal. The Review hearing is your first and only chance to appear before decision-makers to speak about your case. The hearing is non-adversarial, which means no one argues against you. If you are dissatisfied with your Review decision, you can request an Appeal hearing. This is another chance for you, through your representative, to submit new information and arguments in support of your case.

What can we do for you?

If you are dissatisfied with a VAC decision on disability benefits, we can take a completely new look at your case. Our impartial decision-makers will make a full and fair examination of your file. They will: listen to your testimony; ask questions to better understand your case; and weigh all the evidence (including any new information you provide). They will then write a decision with reasons for their ruling.

How often does the Board rule favourably?

The board rules favourably in about half of its review decisions and one-third of its appeal decisions. Last year alone, more than 2,100 individuals were awarded new or increased disability benefits by the board.

Freelegal representation

The Government of Canada provides you with a lawyer - free of charge - to help you prepare your case and make arguments on your behalf. If you think you may want to bring your case to the board, we suggest you contact the Bureau of Pensions Advocates for advice at 1-877-228-2250. You can also seek representation from the Legion's Service Bureau at 1-877-534-4666. Or, for more general support or information on disability benefits and services, you can visit your local Integrated Personnel Support Centre (IPSC).

Learn more

We encourage you to visit our website where you will find lots of information about the appeal process. You can also read our Noteworthy Decisions to better understand how the board decides cases.

Contact Us

www.vrab-tacra.gc.ca • VRAB_TACRA@vrab-tacra.gc.ca • 1-800-450-8006

Tribunal des anciens combattants (révision et appel) - Ce que vous devez savoir

Qui sommes-nous?

Nous sommes le tribunal indépendant qui offre une voie d'appel pour les décisions rendues par Anciens Combattants Canada (ACC) relativement aux prestations d'invalidité. Nous sommes là pour aider les vétérans, les membres des Forces armées canadiennes et de la GRC, et leurs familles à obtenir les prestations d'invalidité auxquelles ils ont droit.

Souvenez-vous que nous ne faisons PAS partie d'Anciens Combattants Canada. Puisque nous sommes une organisation entièrement distincte et indépendante, nous pouvons vous garantir un processus d'appel équitable.

Que faisons-nous?

Nous tenons des audiences et rédigeons des décisions pour les deux niveaux de recours offerts : révision et appel. L'audience de révision est votre première et unique occasion de vous présenter devant les décisionnaires pour expliquer votre cas. Cette audience est de nature non accusatoire, ce qui veut dire que personne ne s'opposera à ce que vous affirmez.

Si vous n'êtes pas satisfait de la décision de révision, vous pouvez demander une audience d'appel. Cette audience vous offre une occasion supplémentaire de présenter, par l'entremise de votre représentant, de nouveaux renseignements et arguments à l'appui de votre cause.

Que pouvons-nous faire pour vous?

Si vous n'êtes pas satisfait d'une décision rendue par ACC relativement à des prestations d'invalidité, nous poserons un regard neuf sur votre cas. Nos décisionnaires impartiaux procéderont à un examen complet et équitable de votre dossier. Ils écouteront votre témoignage, poseront des questions pour mieux comprendre votre situation et soupèseront tous les éléments de preuve (y compris les nouveaux renseignements présentés, s'il y a lieu). Ils rédigeront leur décision en exposant les motifs de leurs conclusions.

Quel est le taux de décisions favorables du Tribunal?

Les décisions du Tribunal sont favorables dans environ la moitié des révisions et le tiers des appels. L'année dernière seulement, le Tribunal a accordé à environ 2 000 personnes de nouvelles prestations d'invalidité ou une augmentation de ces prestations.

Services de représentation juridique sans frais

Le gouvernement du Canada vous fournit gratuitement les services d'un avocat, qui vous aidera à préparer votre dossier et à plaider votre cause. Si vous envisagez de porter votre cause devant le Tribunal, nous vous recommandons de communiquer avec le Bureau de services juridiques des pensions pour obtenir des conseils, au 1-877-228-2250. Vous pouvez également obtenir des services de représentation juridique auprès du Bureau d'entraide de la Légion, que vous pouvez joindre au 1-877-534-4666.

Pour en savoir davantage

Nous vous invitons à consulter notre site web, où vous trouverez une foule d'information sur le processus d'appel. Vous pouvez aussi prendre connaissance de nos « décisions dignes de mention » afin de mieux comprendre de quelle manière le Tribunal rend ses décisions.

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Summer Alert Operations linked to the rest of the world

Two Griffons from 438 Sqn based in St. Hubert, Quebec, fly over CFS Alert on a June morning prior to leaving for Eureka in support of OP NEVUS. Eureka, located 400km to the South, has been stood up for the summer allowing easier access to the High Arctic Data Communication System (HADCS) sites, which constitute the vital information link between Alert and the rest of the world.

Submitted photo

Wing Logistic and Engineering
Picture of the Week

RCEME's current Colonel Commandant, Brigadier General (Ret) Holt, took time out of his busy schedule to pose with Lt.-Col. Dany Breton (WLEO) to celebrate the 69th birthday of the RCEME Branch. RCEME folks around the globe gather on May 15 every year to put down their tools and participate in challenging events. This year, CFB Trenton was glad to welcome CFB Kingston, DART and members from CJIRU.

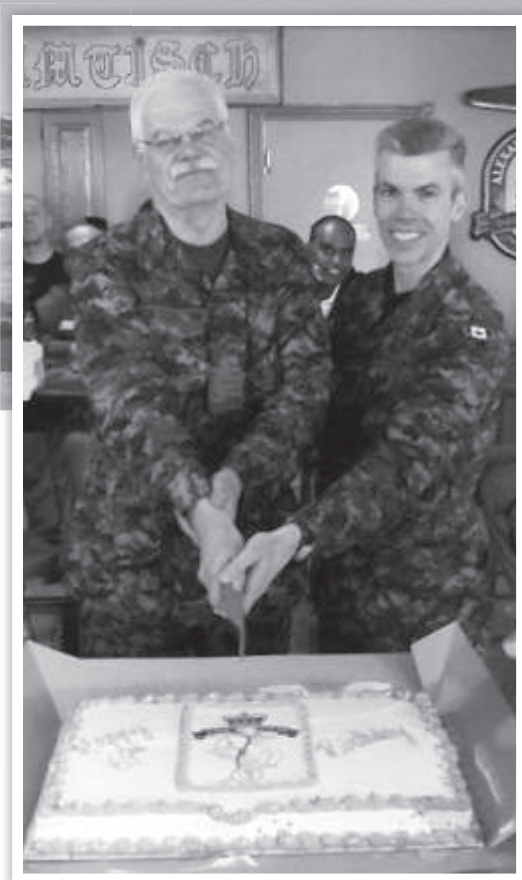

Photo:Submitted

CORRECTION - The Contact inadvertently misidentified a person in a picture from the Military Family Resource Centre gala in the June 14 issue. Instead of Lt.-Col. Tressa Home talking with MFRC Executive Director Susan Sweetman, it was actually Lt.-Col. Debbie Miller, a former Wing Administration Officer, speaking with Susan Sweetman. The Contact regrets the error.

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 Armed 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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ARTICLES AND PHOTOS

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- 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.

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Newest Huskies Honorary Colonel fiercely proud of CAF

Continued from page 1

He said members of the CAF constantly face what he called 'unlimited liability," something few professions outside of firefighters actually have to deal with.

"But firefighters are facing an inanimate object, whereas your adversary is doing his best to put harm in your way, so you are a truly unique circumstance. It is that acceptance to face unlimited liability in order to defend our Canadian interests and values that makes Canadians proud of you.

"I, for one, am fiercely proud of you, who you are, what you do and what you stand for, and I am truly honoured to stand here as your Honorary Colonel of 437 (Transport) Squadron. I look forward to meeting with you, working with you and am fiercely proud to be associated with the Huskies."

Hon. Col. Ellis said the CAF and the nuclear industry share a lot of similarities – the CAF has command authority, the nuclear industry calls it managerial authority; the CAF has mission success and primacy of operations, the nuclear industry calls it an aiding business plan; the CAF stresses the importance of flight safety, the nuclear industry says safety is paramount; the CAF considers risk management essential, the nuclear industry calls it risk-informed decision making.

"But we both have to be on our games 24/7, 365 days a year and we can't let our guard down because accidents, in our business, are totally unacceptable."

Outgoing Hon. Col. John See said the switch from a Bay Street blue suit to the Air Force blue uniform made him feel a part of something much larger than himself, something which instilled extreme pride in him that would never leave.

"Never before have I seen individuals who are completely and totally prepared to give so much, yet were asking so little in return."

437 (T) Sqn. Commanding Officer Lt.-Col. Ryan Eyre said the squadron owed a great debt of gratitude to Hon. Col. See for his willingness to roll up his sleeves and get involved and contribute in many ways to a squadron unable to slow down during his period of service because it was a time of need and loss.

Lt.-Col. Eyre acknowledged the squadron's advice to Hon. Col. See wasn't always as good as he gave the squadron, particularly concerning the drinking water in Mexico.

Hon. Col. Ellis was born and raised in Espanola, Ontario, spending his high school years in Cranbrook, British Columbia. He graduated from the Royal Military College of Canada with a bachelor degree in Mechanical Engineering after having spent his first two years at Royal Roads Military College in Victoria, BC. Following his graduation, he served four years as an Aerospace Engineer with the Canadian Armed Forces (CAF). During this time he performed the role of Aircraft Maintenance Officer of 442 Search and Rescue (SAR) Squadron, Base Avionics Officer at CFB Comox, and actively participated in the CF-18 Hornet acquisition program. Following his CAF service, he joined the Ontario Hydro nuclear program in 1981.

Hon. Col. Ellis has more than 30 years experience in nuclear power operation and engineering. Following his position with Ontario Hydro, he joined Bruce Power, the world's largest nuclear complex that provides 25 per cent of Ontario's energy. He held several senior positions at Bruce Power including Executive Vice President and Chief Nuclear Officer, Bruce B Station Vice President, Site Chief Engineer and Vice President Engineering, and Site Vice President Maintenance.

In April 2013, he was appointed Managing Director of the World Association of Nuclear Operators (WANO), a non-profit association whose membership includes 440 nuclear power plants in more than 30 countries.

Hon. Col. Ellis has close ties with the RCAF. In addition to his time with the RCAF, his family history includes his father who served as a tank driver with the British Columbia Dragoons in the Second World War and his mother who made ammunition in Ottawa as part of the war effort. Mr. Ellis and his Bruce Power colleagues are strong supporters of the Wounded Warriors Fund and together have raised over $210,000 for the cause. He is married to his wife Catherine and has three daughters.

The responsibilities of honorary appointments include fostering esprit de corps, developing, promoting and sustaining strong community support for the unit, establishing and maintaining liaison with unit charities and associations, establishing and maintaining a liaison with the Commander as well as with other persons with honorary appointments, participating in parades and official functions in which the unit takes part, and advising the unit's commander.

Relay for Life, Locks of Love

Continued from page 1

"It takes hair from about eight people to make one wig for one kid," she told those gathered to support their colleagues at the canteen in the medical centre.

Lt.-Cmdr. Gordon Peckham, the Medical Centre Commanding Officer, reminded everyone the funds would go to the Relay for Life event in Belleville Friday night at Loyalist College, adding, "I've heard they fundraised significantly," althought he final amount would not be disclosed until Friday night.

Able Seaman Kim last had her hair cut about two years ago and she would be donating around 15 inches of hair this time. The idea for the fundraiser came up about two months earlier, according to Able Seaman Kim.

Lt.-Cmdr. Peckham cut Able Seaman Kim's hair while Mary Green of First Choice Hair Cutters in Belleville cut Singer's hair.

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Popular 8 Wing Celebrity Chef Challenge returns

By Ross Lees

8 Wing brought back its popular Celebrity Chef Challenge this week, a fundraiser supporting the Trenton Care and Share Food Bank. This week's celebrity chef duo was Maj. Lynn Lacroix (right) and CWO Rolland Roy, seen here flipping some sausages. Each week, a different celebrity duo from the various units on the base will be trying to sell the most hot dogs, hamburgers and sausage dogs with the unit raising the most money and non-perishable food items winning the coveted Celebrity Chef trophy. Attending the kick-off event Friday were Trenton Care and Share Food Bank Manager Al Teal and Metro Manager Chris De Vries.

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Making the most of summer on the grill

Source: eatrightontario.ca

Tired of the same ol' BBQ menu? Try some of these healthy, hot and delicious ideas!

Veggie Kabobs – Thread cherry tomatoes, diced orange and green peppers, mushrooms, and red onions on a skewer. If using wooden skewers, soak them in cold water first for about 30 minutes to prevent them from burning. Grill these colourful veggie kabobs for four to five minutes on medium heat.

Corn on the cob – Peel away the husks. Place the corn directly on the grill at a high heat for about 10 minutes, frequently rotating the cobs to prevent them from charring. Grill until the corn is slightly browned and tender.

Grilled fruit – Try fresh, ripe peaches, mangos, pears, nectarines, and plantains. Lightly baste fruit slices with a non-stick vegetable spray. Place large pieces directly on the grill and smaller pieces on skewers or a grill pan. Grill just until the fruit gets tender and the grill marks show. Overcooking will make the fruit turn mushy. Dice and toss into a pasta salad, or serve with low fat vanilla yogurt for dessert.

Fish – Firm fleshed fish such as salmon, tilapia or halibut are great on the grill. Sprinkle some herbs over a fish fillet, then wrap them loosely in foil paper to create a packet or tent. Place them directly on the grill for about ten minutes. The steam trapped in the foil packet essentially cooks the fish and the flavour locks in. Bonus – the fish doesn't stick to the grill either, making clean up a breeze! If you prefer BBQing fish directly on the grill, place it skin-side up. The skin helps to hold the fish together.

Stir-grilled veggies – This is a cross between stir-frying and grilling. Stir-fry veggies in a grilling basket on the BBQ. Try stir-grilling shrimp and scallops too.

Tofu – Buy extra firm tofu and soak it in your favourite marinade overnight. Cook on a lightly greased grill for about four or five minutes a side, or until browned. You can even buy pre-marinated diced tofu, ready to be threaded on your veggie kabobs.

Grilled panini sandwiches – Cut panini buns in half lengthwise, and place them face down on the grill until toasted. Stuff the bun with grilled zucchini, eggplant, red pepper and provolone cheese. For a meat-lovers' version, add grilled chicken breast.

Sur le gril

Vous êtes fatigué des sempiternels hamburgers sur le gril? Essayez ces idées de grilladessaines et savoureuses!

Brochettes de légumes – Piquez des tomates cerises, des oranges et des poivrons verts coupés en dés ainsi que des champignons et des morceaux d'oignon rouge sur des brochettes. Si vous utilisez des brochettes de bois, faites-les tremper préalablement dans de l'eau froide pendant environ 30 minutes pour empêcher qu'elles ne brûlent. Faites griller ces brochettes colorées de quatre à cinq minutes à température moyenne.

Maïs en épis – Épluchez les épis. Placez-les directement sur le gril à température élevée pendant environ 10 minutes en les tournant fréquemment pour éviter qu'ils ne brûlent. Faites griller les épis jusqu'à ce qu'ils soient légèrement dorés et tendres.

Fruits grillés – Essayez les pêches, mangues, poires, nectarines et plantains frais et mûrs. Pulvérisez un peu d'huile végétale sur des morceaux de fruits. Placez les gros morceaux directement sur le gril et piquez les plus petits sur des brochettes ou déposez-les sur une plaque de cuisson. Faites griller les fruits jusqu'à ce qu'ils soient tendres et que les marques du gril apparaissent à leur surface. Trop les cuire les réduira en bouillie. Coupez les fruits en dés et ajoutez-les à une salade de pâtes ou servez-les au dessert avec du yogourt à la vanille à faible teneur en matières grasses.

Poisson – Les poissons à chair ferme, tels que le saumon, le tilapia et le flétan font d'excellentes grillades. Saupoudrez des fines herbes sur un filet de poisson, puis enveloppez-le, sans le serrer, dans du papier d'aluminium en façonnant un paquet ou une petite tente. Placez le paquet directement sur le gril et faites-le cuire pendant environ 10 minutes. Le poisson cuit essentiellement grâce à la vapeur emprisonnée dans le papier d'aluminium, ce qui lui permet de conserver toute sa saveur. En prime, le poisson ne collera pas au gril… ce qui facilitera grandement le nettoyage! Si vous préférez faire cuire le poisson directement sur le gril, placez-le de telle sorte que la peau soit sur le dessus. La peau permet au poisson de ne pas se défaire.

Légumes sautés sur le gril – Essayez cette technique culinaire hybride qui consiste à sauter et à griller les aliments. Faites sauter des légumes sur le gril dans un panier à griller. Essayez les crevettes et les pétoncles sautés.

Tofu – Achetez du tofu extra-ferme et faites-le tremper toute la nuit dans votre marinade préférée. Faites-le cuire sur un gril légèrement huilé pendant environ cinq minutes de chaque côté ou jusqu'à ce qu'il soit doré. Vous pouvez même acheter du tofu mariné coupé en dés et prêt à ajouter à vos brochettes de légumes.

Panini grillé – Coupez un pain à panini en deux sur le sens de la longueur et faites-le griller. Garnissez le pain rôti de morceaux de zucchini, d'aubergine, de poivron rouge et de provolone. Les amateurs de viandes peuvent ajouter des morceaux de poitrine de poulet grillée. Facile et délicieux!

Healthy summer picnic and BBQ tips

Tips to make your summer barbecues and picnics healthy:

- Offer fruit juice spritzers or punch that the entire family can enjoy.
- Choose lean cuts of meat and trim visible fat from meat before cooking.
- Refrigerate leftover meat and poultry quickly after cooking. Use them for making great sandwiches.
- Try barbecuing a whole fish (foil or a special grill for fish works well) or fish steak. A little garlic and lemon or lime juice will liven up the fish and make a healthy meal.
- Salad is a great accompaniment or main course for any summer meal but watch out for the high fat dressings.
- Try fresh fruit for dessert. Whole fresh fruits at their peak in the summer are perfect for picnics.

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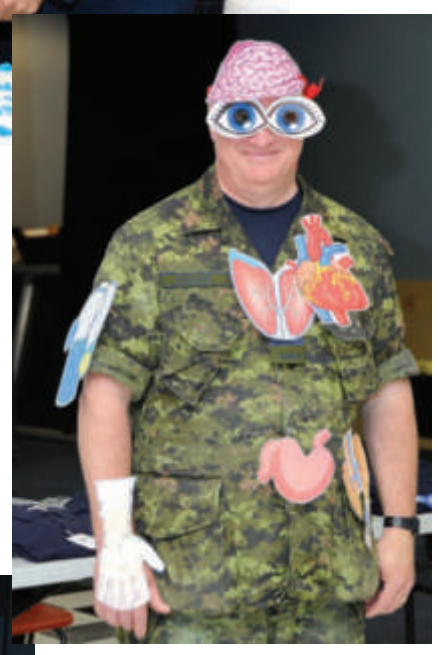
8 Wing holds Public Service Workers Appreciation Day

Photos Cpl. Levarre McDonald, 8 Wing Imaging

In celebration of National Public Service Workers Week, 8 Wing Commander Col. Sean Friday and Chief Warrant Officer Sandor Gyuk cut the cakes with Becky Groves of Wing Administration and Vidal Simon of Wing Transportation.



(Right) During a celebration for National Public Service Workers Week, Maj. Phillips volunteered to be a model for the Personnel Support Programs staff's presentation on reducing stress. Each body part represents the areas most affected by stress.

After arriving at the Astra Lounge for the National Public Service Workers Week celebrations, 8 Wing Logistics and Engineering Officer Lt.-Col. Dany Breton speaks with some of the civilian workers at the base.

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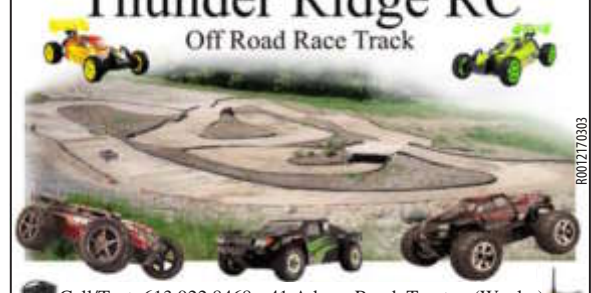

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8 Wing/CFB Trenton athletes, coaches honoured

Ontario Regional Championship teams represented here include: The Old Timers Hockey team represented by WO Ed Butt, the Men's Hockey Team, represented by WO Ed Butt and the Men's Slo-Pitch team with the award being presented by Dan Cormier, the Military Sports Coordinator on behalf of Cpl. Jonathan Doherty to 8 Wing Commander Col. Sean Friday to be placed in a place of honour on the base.

Photo Ross Lees

By Ross Lees

Military sports are much more than just a time for some competitive fun, according to 8 Wing Commander Col. Sean Friday.

"All I want to say is I'm pretty damn impressed with this Wing with the level of fitness that everybody maintains," he told the athletes attending the annual awards ceremony. "Our Chief of the Defence Staffs – several in a row – have made it clear that we need to be a fit force and that's why we have all of these fitness programs, but also because it's a lot of fun and it helps us have the right level of camaraderie."

Facilities also contribute greatly to the level of sporting participating at 8 Wing/CFB Trenton, he stated.

"The facilities we have are pretty much world class compared to the rest of the Canadian Armed Forces (CAF) and that's why we see a lot of the CISM (Conseil international du sport militaire) sports come here to compete, like the regionals and nationals, so we're pretty damn lucky to have what we have."

In that vein, he told the athletes following the award presentations he had found some extra money in the budget and there would be a major equipment renewal this year.

Dave Rothermund, 8 Wing Sports Director, said of the four levels of CAF sports competitions, the first level is the Base/Wing sports program which involves athletes, officials and coaches.

"The intersection program emphasizes fun and participation and provides an opportunity for all skill levels of competitors," Rothermund noted, adding it was also important to recognize their accomplishments at this level in Noon Hour Hockey, the Wing Hockey League A and B divisions, and the Intersection Golf.

The next level of competition is the Regional Sports competition, an area where 8 Wing/CFB Trenton has been tremendously successful, according to Rothermund.

"Winning gold at the Regional Championships is an extremely exciting and rewarding accomplishment," he stated. "Not only are you declared the best in Ontario, you are then tasked with representing the Ontario Region at the CF National championship," a situation three Trenton achieved three times in the past year and a half.

Winning gold were the Old Timer's hockey team, the men's hockey team and the men's slow pitch squad.

Silver medalists at the Regional level this past year were the men's soccer team.

A number of badminton and squash individuals also performed well at Regional and national levels.

National championships are hard to come by, but 8 Wing collected its share of awards, this year by individuals. Lt. Kristine Self collected gold in the half marathon, Sgt. Lisa Rowe won gold in golf, Capt. Mike Mueller won silver in the full marathon and Maj. Eric Travis won silver in swimming.

According to Mr. Rothermund, CISM is an international military sports organization founded at the end of the Second World War and which is today comprised of 132 countries.

Being named to such a team after very competitive training camps is the highest honour a CF athlete or coach can achieve.

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continued from page 8

Capt. Kirri Lean represented 8 Wing in swimming, Capt. Chad Gehl and 2Lt. Nick Cooke competed in basketball, Sgt. Lisa Rowe competed in golf, Cpl John Ready, Lt. Robert hartzell and Capt. Alexander Whittaker competed in men's volleyball, Capt. Kathlyn Bale competed in women's volleyball, men's soccer competitors were Mr. Dave Rothermund)coach), MCpl. Ken Roy (asst. coach) Capt. Kevin Greig (asst. coach), and Cpl Borquez-Laxcano (athlete), women's soccer participants were athletes Capt. Erin Smith and AB Erica Chisholm, cross country runners were Capt. Mike Mueller and Capt. Craig Fettes, and Maj. Eric Travis competed in the triathlon.

8 Wing/CFB Trenton also recognizes sportsmanship and community service within its own sports awards program, according to Mr. Rothermund.

Most Sportsmanlike athlete this year was Sgt. Guy Girardeau for his enthusiastic and fair attitude in the Wing Hockey League.

Most Sportsmanlike team was won by 24 CF H Svcs in the Wing Hockey League and was accepted by WO Scott Kennedy.

Volunteer of the Year was won by MCpl. Andrew Roberts, President of the Wing Hockey League.

Canadian Forces Sports Awards Program winners included Capt. Bradley Krajcik, who won Male Athlete of the Year.

Capt. Krajcik has been involved in CF Regional, CF National and CISM basketball programs. He played at the CF Regional and CF National championships and was selected the championship MVP. He also played for the CISM basketball team, taking part in several tournaments including the CISM basketball championship in Belgium in the late fall of 2012.

Capt. Bradley Krajcik won Male Athlete of the Year and the award is being accepted on his behalf by Maj. Renald Nelson as it was presented by Col. Sean Friday. Photo Ross Lees

Capt. Krajcik has been playing for 8 Wing/CFB Trenton since his posting and he is currently team captain. While he brings with him an outstanding individual game, much more important is his work as a leader. He brings an intensity to sporting activities that combined with his very positive and infectious attitude, results in a strong, more motivated team.

An organized and diligent individual, he is not happy with good enough, which drives him and leads the team to greater effort. He is highly respected by his teammates for his willingness to help anyone, anytime.

Outside of basketball, Capt. Kajcik is involved in other competitive sports, including squash and golf, and also demonstrates a strong interest in all levels of personal fitness, including running and weight training. He has demonstrated an excellent ability to balance the requirements of his CF duties with taking part in high-level sporting activities.

Female Athlete of the Year – Capt. Elizabeth Crosier

Capt. Elizabeth Crosier has participated in the CF women's hockey program for several years now and, this past season, was selected to be an assistant captain. She took great pride in that letter and responsibility, enthusiastically leading her team by example.

Combing hockey with a demanding flying schedule required a monumental effort on her part that was not ignored by her coaches and teammates. Beth's immense dedication to the team was evident in her mastery of new systems the team utilized, often taking time during breaks at practice to help teammates struggling with the new concepts.

Capt. Crosier performed admirably at this year's Ontario Regionals as she played on one of the top lines and was counted on heavily on all special team, as well. She was one of the team's top scorers. Her performance during the week did not go unnoticed as she was asked by the Ontario Regional winners from CFB Petawawa to join them as they made their run at a CF National Championship.

Capt. Elizabeth Crosier won the Female Athlete of the Year award being presented by 8 Wing Commander Col. Sean Friday. Photo Ross Lees

Capt. Crosier also plays soccer at a high level and passionately accepts all sporting challenges anytime, anywhere.

Capt. Crosier was described this way by her coach: "Beth was a pleasure to coach. She was a terrific character both on and off the ice. Her constant positive, yet feisty never-say-quit demeanor in the dressing room set an excellent state of mind for the team to be in… prior, during and after games. Beth may seem reserved and soft-spoken off

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Flying Frogmen find unique treasures at bottom of Trent River

By Ross Lees

Each year, 8 Wing's Flying Frogmen Scuba Club (FFSC) use their first dive of the year to give some of their less experienced divers some diving experience while helping the environment – namely cleaning up the Trent River.

As the years progress, the material they pull out each year seems to diminish and get less spectacular.

Flipping across the river from the Price Chopper parking lot to the Fraser Park side, the items found this year were far from spectacular – except for one item.

The night before their dive, a woman on a boat in the marina lost a pair of reading glasses over the side of the boat. Saturday morning, to the amazement of many, the divers found her glasses in the silt of the harbour.

"You found them," the woman screamed when she saw the divers holding something out of the water. "That's amazing! I'm so happy," she exclaimed.

Apart from the usual garbage like drink cans and bottles, the 12 divers came up with little else that was out of the ordinary, with the possible exception of an America's Great Loop Cruisers' Association pennant. The Great Loop is the continuous waterway that encompasses the eastern portion of North America including the Atlantic and Gulf Intracoastal Waterways, the Great Lakes, the Canadian Heritage Canals, and the inland rivers of America's heartland.

"Somebody lost their pennant and it's too bad," a bystander noted. "They'll really have missed it."

In year's past, divers have found a wooden leg, a gun, shopping carts, batteries, tackle boxes, tool boxes, purses and bicycles, so this year's treasure trove was relatively unexciting. Besides the glasses and the pennant, the cans and bottles, the team found a tire, a metal cable, and some kind of deteriorating metal contraption, plus a variety of other smaller, mostly unidentifiable things.

Formed in 1958, the FFSC is the second oldest scuba club in Ontario. The first year they did their dive, they brought out two stake truck loads of material.

A scuba diver surfaces with an America's Great Loop Cruisers' Association pennant, obviously lost off a boat during the past year.

(Above) Everyone is puzzled by this mystery material pulled from the harbour Saturday morning.

(Inset Above) Another diver comes up with an unusual object nobody could identify.

This woman was extremely happy to have the pair of reading glasses she lost over the side of their boat the night before recovered by the Flying Frogman Scuba Diving Club Saturday morning.

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Welcome to all the newcomers

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

Bienvenue aux nouveaux arrivants

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

Come join us at the Movies

For a fundraising event with Trenton MFRC Daycare. When: June 22. Time: 3:15 p.m. Where: Trenton Center Theatre. Movie: Monster University. Cost: $10 (includes admission + popcorn + drink).

Tickets can be purchased at the MFRC Reception until June 20 or at the movies the day of which is based on availability! Hope to see you there! Call 613-965-4121 for information.

Venez nous rejoindre au cinéma

Pour un événement de collecte de fonds de la Garderie du centre de ressources pour les familles des militaires. Quand: Le 22 juin. Heure: 3h15. Où: Trenton Center Theatre. Film: Monster University. Coût: 10$ (Comprend l'entrée + maïs soufflé + breuvage). Les Billets sont disponibles à la reception du CRFM Jusqu'du 20 juin et à la porte du cinéma, le jour même.

Trenton MFRC Annual General Meeting

Please join us Wednesday, June 26, from 6 p.m. to 9 p.m. at the Siskin Centre. A light dinner and refreshments will be provided! Casual childcare is available during the meeting to those who register no later than June 20. To RSVP or to reserve for childcare, please contact Krista at 613-392-2811 ext. 3899 or krista.vanderkooy@forces.gc.ca

Assemblée générale annuelle du CRFM de Trenton

Joignez-vous à nous le mercredi 26 juin de 18h à 21h au Centre Siskin. Un repas léger et des rafraîchissements seront servis! La garde d'enfants est disponible durant l'assemblée pour les réservations faites par le 20 juin. Pour les RSVP ou les réservations pour la garde d'enfants, contactez Krista au 613-392-2811 poste 3899 ou krista.vanderkooy@forces.gc.ca

Travelling Playgroup

Join in the fun with other parents and children at different playgrounds in the community, once a week for the month of July.

Wednesday, July 10, Pirate Ship Park, Moira Street in Belleville

Wednesday, July 17, Splash Pad in Frankford

More to come.

Le groupe de jeu se promène

Venez vous amuser avec d'autres parents et enfants à différent terrain de jeu de la communauté, une fois par semaine durant le mois de juillet.

Le mercredi 10 juillet, au parc de bateau de pirate, rue moira à Belleville

Le mercredi 17 juillet, au parc de fontaine à jets de Frankford.

Plus d'information à venir.

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!

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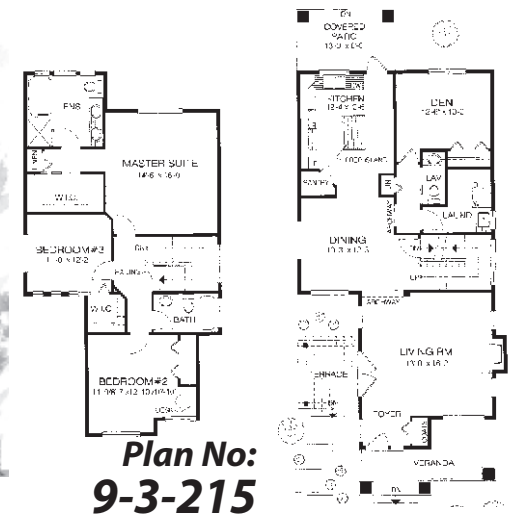

For more floor plans, visit www.jenish.com

Plan No: 9-3-215

This charming two-storey home, with multiple gables and a trellis sheltering the terrace, is designed especially for a narrow lot. And the unfinished basement, included in the plans, will provide room for a growing family, or perhaps space for a mortgage-helper or an in-law suite.

The main entry is protected by a covered porch and veranda. The foyer, with a coat closet to the right, leads in to a living room where French doors open on to a paved terrace. With a gas fireplace, this room will be ideal for gatherings, in months both cool and warm.

Through an archway is the dining room, which enjoys windows on two sides and is open to the kitchen. A U-shaped staircase leads to the unfinished basement and the second floor.

The kitchen window overlooks a covered patio, idea for summertime grilling. With plenty of counter space, as well as a prep island and a pantry, this well-planned room offers plenty of work surfaces and storage space.

From the dining area, another archway leads to the laundry room and the adjacent den. With its own two-piece bathroom, the den would make an ideal guest room or home office.

As part of the sleeping area upstairs, the master bedroom includes a luxurious ensuite, with double basins, a shower stall and a tub, occupying a niche that juts out over the back garden. A linen cupboard separates the ensuite from a roomy walk-in closet.

The second and third bedrooms share a three-piece bathroom. Bedroom no. 3 boasts its own walk-in closet, while bedroom no. 2 has a built-in desk, as well as a bayed-out window overlooking the front garden.

Exterior finishes include shingles in the gables, horizontal siding and painted trim. Stone pilasters flanking the front entry and veranda have stone bases.

This home measures 26 feet wide and 64 feet deep, for a total of 2,083 square feet, not including the unfinished basement.

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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 anouncements, 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 theses 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 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.

June 23 – Hope 10 km walk/run for Eating Disorders Support and Resource Centre

This Quinte West event is designed to raise awareness about eating disorders and promoting mental health. It takes place at at 7 Creswell Dr., Trenton with registration at 8 a.m., a 10 km event starts at 9 a.m. and a 5 km event starts at 9:10 a.m.. rain or shine. T-shirts will be available for sale. Contact is Barb MacInnis at 613-394-8355.

June 26 – AOTS Strawberry Social

At the Grace United Church from 5 p.m. to 8 p.m. at 85 Dundas St., E., Trenton. Adults $7, under 10 years $4. Also for sale, hot dogs and hamburgers. All are welcome. In support of youth.

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 6 – Kids Museum Tour and Movie

The PMQ Council along with the National Air Force Museum of Canada is presenting a kid's museum tour and movie at 6 p.m. for kids from five years old and up. Called movie night at the museum, free popcorn will be provided. Potential attendees are asked to register no later than July 2 by emailing Cpl. Pynch @ Rick.Pynch@forces.gc.ca or on their facebook page. There is no cost but a donation to the museum would be greatly appreciated. Residents of the PMQs must provide proof of address.

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.Petri@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).

Military athletes given triathlon training

Triathletes at Roblin Lake
Photo Monica Anderson.

The 8 Wing Trenton Invitational Triathlon Clinic took place June 13-15. Organized by Maj. Eric Travis, the clinic was designed for military athletes looking to take on the triathlon challenge.

The clinic covered all aspects of the race and provided some fun at the same time. Never deterred by the rain, the dozen participants trained intensively for three days cycling the hills, pounding the pavement, and doing laps in the pool. The final activity included an open water swim at Roblin Lake.

The group also participated in two yoga classes led by Maggie Travis. MCpl. Tim Templeman provided cycling training and MCpl. Ivann Dube came out to the track to lead a workout.

Thank you to everyone who helped to make this year's clinic a huge success

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supports our troops

continued from page 9

the ice, but proves to be a fierce competitor on the ice. She undoubtedly "owns the moment" in everything she does.

Male Military Coach of the Year – Maj. Jay Burt

Maj. Jay Burt has been a driving force behind the success of the 8 Wing Trenton basketball team. Leading his team to the CF Nationals and subsequently winning the championship, he organized structured practices and won the Quinte Basketball League. He runs the team practices year round and invites CF ladies to attend in hopes of developing a viable women's program in addition to the successful men's program.

Female Military Coach of the Year – Capt. Jana Kozicki

Capt. Jana Kozicki has been coach/manager of the men's volleyball team, organizing structured practices and preparing the team for the Ontario Regional men's volleyball championships.

Team of the Year – Men's Volleyball Team

The men's volleyball team brought credit to 8 Wing/CFB Trenton at the 2012 Ontario Region Men's Volleyball Championships winning gold and going undefeated in the championship.

Trenton finished third in the CF National round robin play and lost in the semi-final.

Maj. Jay Burt accepts the Male Military Coach of the Year award from Col Friday. Photo Ross Lees

Capt. Jana Koziki accepts the Female Military Coach of the Year award from Col. Friday. Photo Ross Lees

Cpl. John Ready, Captain of the Men's Volleyball Team, accepts the Team of the Year award from Col. Friday. Photo Ross Lees

Sgt. Rob Cosstock is presented the Official of the Year award by Col. Friday. Photo Ross Lees

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Sports & Recreation

Win a Family Recreation Experience in Canmore, Alberta

June is Recreation Month and we have two prize packages available to be won. The local (Trenton) prize package consists of a Coleman tent, camp stove and lantern. Each time you participate in one of the PSP Community Recreation Association's June is Recreation Month activities, you can fill out a ballot to win the package. Please check out the attached calendar of events. The second prize package is a June is Rec Month contest organized by the Canadian Forces Morale and Welfare Services PSP Division. The grand prize package consists of: round trip airfare to Calgary for four, hotel accommodations, car rental, $500 prepaid MasterCard, Banff Tours activities to choose from and much more. There are secondary prizes to be won as well. Enter to win at: www.cf-rec.ca

Provincial Park Passes

The Community Recreation Association has two passes which may be rented for use at any of the Provincial Parks in our area. (Sandbanks; Presqu'ile; North Beach; Ferris; Bon Echo). This service is available to serving military personnel and CRA members in possession of a current PSP facility membership. One pass per family may be rented. Sorry….but passes cannot be reserved in advance. They are available on a first come, first served basis. When renting a pass, the pass must be returned by close of business on the same day or no later than 8:30 a.m. the following day. Available at the Kiosk at the south side Gym. $ 8.85 + HST = $10.

June is Recreation Month - Discover Your Adventure!

Join the PSP Community Recreation Association in celebrating the benefits of recreation in your every day life. Go to Rec Association's Calendar of Events for the month of June at: www.cg.cfpsa.ca/cg-pc/trenton. Lots of activities have been planned the whole month long for families and individuals.

Summer Kidz 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 South Side Gym
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 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.

Real Estate

8 Wing CWL break for the summer

The members of Our Lady of Peace, Catholic Women's League, 8 Wing Trenton, shared an evening of laughter and stories as they broke for the summer months. It was an evening of friendship to be treasured always!

Photo Ruth-Ann Muldoon

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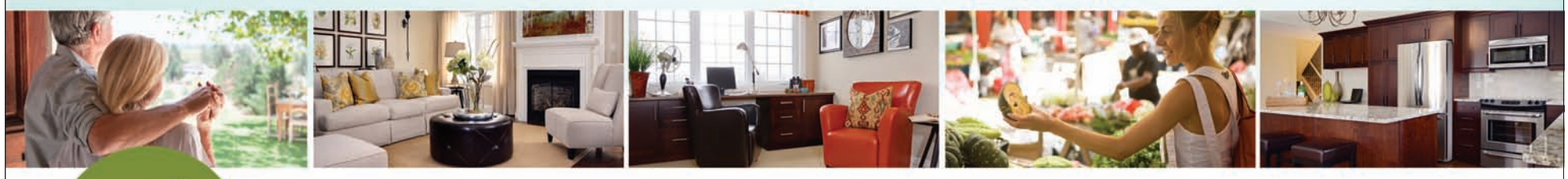

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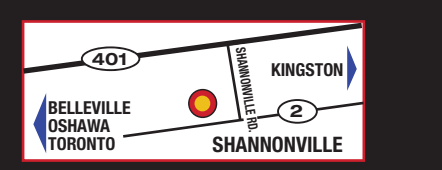

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