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424 Squadron planning a celebration of their 70th anniversary Sept. 27-29



By Ross Lees

424 Squadron wants to bring all present and former squadron members back to Trenton to celebrate the squadron's 70th anniversary.

They are in their 70th anniversary year – the actual 70th anniversary happened on Oct. 15, 2012 – but commanding Officer Lt.-Col. Jean Bernier did not want the anniversary to pass without a celebration by all present and former members of the squadron, according to Capt. Gillian Parker.

"It's an occasion to gather our people together so we're in the process of trying to reach out to our past members," Capt. Parker told The Contact. "424 hasn't had an occasion to draw people together in a long time, so that's what we're going to do."

The celebration will be held on the weekend of Sept. 27 to 29 at 8 Wing/

CFB Trenton, beginning with a Friday night meet and greet at 9 Hangar, according to Capt. Parker.

"It begins at 4 p.m. and we'll have buses to the hangar line side of the base," she said.

They are also hoping for a Search and Rescue (SAR) demonstration and they anticipate a Lancaster fly-in, for the occasion.

"There will be food and refreshments and Lt.-Col. Bernier is inviting all previous Commanding Officers to return for the event," Capt. Parker noted.

The Saturday morning kicks off with a golf tournament at Roundel Glen Golf Course on a first come, first served basis with just 40 slots open. That is followed by a wine tour of three wineries in Prince Edward County ending at Huff Estates for lunch.

Saturday night, a semi-formal gala dinner open to spouses will be held at the National Air Force Museum

of Canada (NAFMC), Capt. Parker stated.

"That will be a chance for everybody to get together under the wing of the Halifax, also one of the aircraft our squadron has flown, and it will just be a chance to celebrate the squadron," Capt. Parker stated.

Sunday morning, the squadron wants to rededicate the memorial at the NAFMC.

"That ceremony will add some formality to the weekend," Capt. Parker said.

The ceremony will begin at 10 a.m. and conclude with lunch at the Officers' Mess.

"That will be the farewell lunch where everybody can gather for their final get-together," Capt. Parker noted.

For now, however, squadron personnel are concentrating on trying to get in touch with as many former

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Military families to be honoured on July 3 True Patriot Love Heroes Concert Tour

By Ross Lees

A True Patriot Love Heroes Concert Tour along the Highway of Heroes will end in Bain Park at the Afghanistan Repatriation Memorial (ARM) with a barbecue for military families, a meet and greet and an hour-long concert with John McDermott.

The tour begins at the Real Sports Bar and Grill in Toronto at 9 a.m. on July 3 with a press conference followed by Canadian military families, musicians and supporters boarding a bus and

beginning the first True Patriot Love Heroes Tour.

John McDermott will lead the group of proud Canadians by hosting concerts at the ONroute Service Centres in Port Hope and Trenton. The tour bus is scheduled to arrive in the Trenton South ONroute site at 1 p.m., with the concert taking place from 1:15 p.m. to 1:45 p.m.

The tour is scheduled to arrive at Bain Park at the ARM site at 2:15 p.m., when the military families' barbecue, concert and

meet and greet are scheduled to occur.

The True Patriot Love Foundation honours the sacrifices of members of the Canadian Armed Forces, veterans and their families by: stepping in where government is unable to fund programs supporting their physical, mental and social wellbeing no matter where they are posted in Canada or abroad; promoting their special skills and capabilities from their unique conditions of service; and being a channel for everyday Canadians,

corporations and philanthropists to express their appreciation and patriotism.

John McDermott is a Scottish-Canadian tenor best known for his rendition of the song "Danny Boy." Born in Glasgow, Scotland, McDermott moved with his family to Willowdale, ON in 1965. Growing up in a musical family, his only formal musical training was at St. Michael's Choir School in Toronto in 1971 and 1972.

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HEAL Equine Centre can help with PTSD, autism treatment

Rupert Isaacson, right, Suzanne Latchford-Kulker, middle, and Lliane Lorenz assess a horse to be used the next day in a two-day workshop. (Right)



Horse Boy founder teaches two-day course at Prince Edward County facility

By Ross Lees

Members of the military from 8 Wing/CFB Trenton and their families may not have far to travel any more if their autistic children need treatment, or adults with Post-Traumatic Stress Disorder (PTSD), anxiety or depression want help.

The HEAL Equine Centre in Hillier, Prince Edward

County, continues to improve its qualifications for the treatment of these and other disorders, including holding a two-day training course Tuesday and Wednesday from world-renowned Horse Boy founder Rupert Isaacson. The HEAL farm was the training centre for practitioners learning the Horse Boy techniques from Isaacson and Lliane Lorenz, both from the Texas headquarters of the Horse Boy Camp.

Continued on page 10

Mike's Medal Mounting

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Cars were washed at last year's event to raise funds for visually impaired children.

Contact file photo

Military Police to host Show and Shine for visually impaired children

Military Police from CFB Trenton are looking for motorcyclists to participate in a motorcycle Show and Shine fundraising event, one of many events nationwide, in support of the Military Police National Motorcycle Relay Ride (MPN-MRR).

The MPNMRR is a coast-to-coast relay ride due to hit the open road in St John's, NL on Aug. 2. The ride will be raising money for the Military Police Fund for Blind Children, a

fund that provides educational aids to visually impaired young children primarily, and young adults up to the age of 21. In 2012, the fund provided over \$30,000 to 90 children and four organizations involved in the education and recreation of blind children and young adults in our local communities nationwide.

In conjunction with the arrival of the MPNMRR riders, CFB Trenton Military Police and volunteers will be raising

awareness and funds with a motorcycle Show and Shine event on Sunday, Aug. 11 at the RCAF Arena parking lot, across from the Tim Horton's at CFB Trenton, from 1 p.m. to 3 p.m. Entry fee is \$10 and prizes will be awarded for first, second, and third place.

The organizer of the Show and Shine, Liana Whitman, has been an advocate of the ride in support of these charities since the inaugural ride in 2009.

"Members of 21 Military Police Flight are tremendously proud of our contributions made to the MPFBC through such an influential accomplishment as the MPNMRR," Whitman noted.

Everyone is encouraged to attend this event and participate in the ride to raise awareness and funds to help visually impaired children.

The 5th Annual Military Police National Motorcycle Relay Ride (MPNMRR) will commence in St. John's on Aug. 2, and will finish in Victoria BC on Aug. 25. Over the past four years, the ride has raised over \$170,000 for several charities, including the Military Police Fund for Blind Children and the Children's Wish Foundation.

To register for the Show and Shine, contact Liana Whitman (Loc 2547 or liane.whitman@forces.gc.ca. For more information on the MPNMRR or the Military Police Fund for Blind Children, visit www.mpnmrr.ca or www.mpfbc.com

Trent Port Photo Mosaic Mural deadline approaching

The Trent Port Historical Society would like to thank everyone who has contributed family, business and historical photos to be included in the Photo Mosaic Mural.

With the help of the scanning stations - Ted's Computers, 50 Quinte Street, TCS, 45 Front Street and The National Air Force Museum of Canada on RCAF Road - the committee has amassed this collection. The artist, Chuck Street of Prescott, now has the unenviable job of sorting the photographs and inserting them into the design.

The mural, when finished, will be placed on the Community Policing building in downtown Trenton, near the end of the Veteran's Skyway Bridge. It will be 64 feet long by eight feet

high.

If you still want to add your family photographs you can email them to trentportmural@gmail.com or visit the scanning stations. The donation for submissions is one photo \$10; three photos \$25; 15 photos, \$100. If you would like to sponsor one of the spaces on the film strip, that can be arranged by calling 613-920-8637.

The dead-line for contributing photographs for the Mural is approaching - July 5. This will enable having the mural completed and installed in October.

Information is available at trentportmural@gmail.com or by contacting Wendy Ouellette (613-920-8637) or Dave Shoniker (613-827-7885).

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Geocaching at the North Pole

Alert Picture of the Week

Personnel spend a Saturday doing the CFS Alert Geocache challenge. While currently at their first site, the challenge consists of four caches located varying distances from the station giving personnel yet another reason to get out into the sun and enjoy the northern terrain.

Photo: Sgt. Shaughn Wittman



Wing Logistics and Engineering Picture of the Week

Officer Cadets Vicky Kirouac and Carolanne Caza are on the job training for the summer months at the 8 Wing Food Services. Both are logistics officers in the Royal Canadian Air Force and will learn about different individual branches in which a logistics officer might be asked to work in. Officer Cadet Vicky Kirouac (left) just completed a college diploma in arts and she will pursue her educational advancement at RMC in Kingston with a business major. This is her first summer employment; there will be two more semesters before deciding her specialization. Officer Cadet Carolanne Caza is currently studying at RMC in Kingston, working towards an honours degree in psychology. This will be her last summer employment, as she will then choose her specialization and will have to complete her military formation at the logistics school in Borden, Ontario. Wing Food Svcs welcomes their help and is proud to aid their development as Junior Officers.



Photo Cpl. Wilber Ventura

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.

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

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

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

Letters to the Editor:

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



A Military Community Newspaper

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



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Veterans Review and Appeal Board Apply to become a board member

The Veterans Review and Appeal Board is the independent tribunal that offers an avenue of appeal for disability benefits decisions made by Veterans Affairs Canada (VAC). The board is always looking for qualified individuals for the position of board member, and encourages those with military experience to apply. The next application deadline is Aug. 31, 2013.

The board holds hearings for individuals seeking redress of their VAC

disability benefit decisions. Board members, who are impartial decision-makers, take a completely new look at every case. They make a full and fair examination of every file, listen to testimony and ask questions, weigh all the evidence, and write decisions with reasons for the ruling.

Interested candidates must meet the selection criteria to ensure they have the skills and abilities to make decisions for Veterans, Canadian Armed

Forces and RCMP members, and their families. Board members are appointed by the Governor in Council after qualifying through an open and merit-based selection process that recognizes the value of military, medical, policing, and legal experience (currently, almost half of the board's members have military, RCMP, or medical backgrounds).

Once appointed, all members undergo a rigorous training program

that supports them in making fair, well-reasoned decisions that satisfy the requirements of the legislation. They are required to deal with a heavy workload (approximately 20 cases per week), and hear cases in locations across Canada.

To find out more about the position of board member and how to apply, please visit the "Chair and Members" section of the board's website at: www.vrab-tacra.gc.ca



Board Members learn about the SAR Tech trade during a visit to CFB Greenwood last October.

Tribunal des anciens combattants (révision et appel) Devenir membre du tribunal

Le Tribunal des anciens combattants (révision et appel) est le tribunal indépendant qui offre une voie d'appel pour les décisions rendues par Anciens Combattants Canada (ACC) relativement aux prestations d'invalidité. Le Tribunal est toujours à la recherche de personnes qualifiées qui souhaitent compter parmi ses membres, et il invite les personnes qui possèdent une expérience dans le domaine militaire à poser leur candidature. La prochaine date limite pour la présentation des demandes est le 31 août 2013.

Le Tribunal tient des audiences pour entendre des personnes qui demandent réparation relativement aux décisions qu'elles ont reçues d'ACC concernant leurs prestations d'invalidité. Les membres du Tribunal, qui sont des décideurs impartiaux, examinent chaque cas avec un regard nouveau. Ils font

un examen complet et juste de chaque dossier, écoutent les témoignages et posent des questions, étudient tous les éléments de preuve et présentent leurs décisions par écrit en prenant soin d'en exposer les motifs.

Les personnes intéressées doivent satisfaire aux critères de sélection visant à garantir qu'elles possèdent les compétences et les capacités nécessaires pour rendre des décisions pour les anciens combattants, les membres des Forces armées canadiennes et de la GRC ainsi que leurs familles. Les membres du Tribunal sont nommés par le gouverneur en conseil après avoir réussi un processus de sélection ouvert et fondé sur le mérite, qui tient compte de la valeur de l'expérience dans les domaines militaire, médical, policier et juridique (à l'heure actuelle, près de la moitié des membres du Tri-

bunal possèdent une expérience liée au domaine militaire ou médical ou à la GRC).

Après avoir été nommés, tous les membres doivent suivre un programme de formation rigoureux qui les soutient à rendre des décisions justes et éclairées répondant aux exigences de la loi. Ils doivent s'acquitter d'une lourde charge de travail (environ

20 cas par semaine) et entendre des cas à différents endroits au Canada.

Pour en savoir davantage à propos du poste de membre du Tribunal et de la marche à suivre pour postuler, consultez la section « Président et Membres » du site web du Tribunal à l'adresse suivante : www.vrab-tacra.gc.ca



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Fitness & Health



One-way holiday: When the kids are on vacation and you're not

Source: *The Balancing Act, Shepell-fgi*

The end of the school year is an exciting time for kids looking forward to long, fun-filled summer days. But for working parents, the summer can be a juggling act as they seek care for younger children, shuttle kids to summer programs or day camps and try to fit in some time together as a family. Even though you might not be there, you don't have to miss out on the kids' vacation or their fun. Make the ordinary extraordinary and turn down time into family time this summer.

Make your way to a farmers market.

Have kids that are up at the crack of dawn? Lots of local farmers markets are open early enough that you'll have plenty of time to explore the different scents, sounds and colours well before you have to head off to work. It's a great chance to teach kids about home-grown food and show them how to pick out a fresh watermelon or order cheese by the gram or ounce. Besides getting your grocery shopping done, you'll also support the local economy, help the environment and spend quality time together.

Home cooking.

You don't need to be a trained chef to gain a captive audience

in the kitchen. Make meal time a fun time for your children by getting them involved with cooking dinner. Put your kids to work beating eggs or measuring out ingredients. Pizza is an especially hands-on meal for kids and even teenagers: its fun to stretch the dough and create a mini masterpiece.

Pick your own.

Grab a hat and some sun block on the weekend and head out to the local fruit farm for a "pick your own" experience. Have a competition to find the smallest or the largest strawberry, or a race to see who can fill their basket the quickest. Some fruit farms also have animals or hay rides. Find out what is offered in your area and enjoy the sunshine while providing your kids with an outdoor experience.

Camp in.

Though you might not have time to head up to the cottage or Provincial Park, you can turn your backyard into an exciting wilderness adventure. Set up tents and roast marshmallows over a camp stove if you can't have an open fire. Let your kids stay up late and become a kid yourself: make shadow animals, tell 'scary' stories and let your imaginations run wild.

Tour your town over the

weekend.

Are people visiting your town for attractions you've never seen yourself? You don't have to go the distance when it comes to sightseeing this summer. Whether it's a local gallery, a park or a historical landmark, chances are your own town has something to offer the curious tourist that, as a local, you've taken for granted. Go on your town's website or find a travel brochure and take your kids on an adventure in their own neighbourhood on the weekend and evenings rather than fighting traffic. You'll get more time together, save money by staying local and give your kids a better appreciation of their own community.

Become a bookworm at the library.

Make a solitary activity a family one by picking out books together at the local library. And most libraries offer more than book lending. Book signings and family activities are on many library summer calendars. Get your library card and have fun while encouraging your kids to read over their summer vacation.

Catch a movie.

There are fewer to be found, but going to a drive-in theatre

can be a special summer evening experience for kids. You can bring your own snacks and you don't have to worry about keeping your kids quiet. As an added bonus, many drive-ins have more than one showing, so smaller kids can fall asleep after the first movie, leaving the rest of the evening a date night for mom and dad.

Gardening.

Get your hands dirty on bright summer mornings or evenings by tending a vegetable or flower garden with your family. Include your kids from the beginning. If it's a flower garden, take your kids with you to pick out the flowers. Let them choose one in their favourite colour to contribute and take responsibility for tending. If it's a vegetable garden, have your kids pick a vegetable to plant and tend. Then everyone can spend a set time during the week in the garden, helping it to grow, and reaping the delicious and beautiful rewards!

Walk the dog.

Having a pet can be hard work, but why not make it a fun morning or evening activity that gets your family moving and outside during the warmer summer weather. Walk your dog to the park, play catch or go

off the beaten path by taking a trail nearby. Your whole family, including your dog, will benefit from the exercise and you'll have quality time to talk with each other and enjoy the outdoors.

Kids are full of expectation when they look towards their summer vacation. It's free time for fun and play with friends and family. But it can be hard for parents whose schedules don't change to find the time to be a part of the fun and play. By revamping everyday activities and trying some new ones, you can make the most of your time at home. You may also discover that your kids aren't the only ones having more fun this summer.

Fitness continued on page 11



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Eating at Summer Camp

With school closing for the summer months, many parents and kids turn their thoughts to attending summer camps. While the focus is often on fun activities, meeting new friends and learning new skills, healthy eating habits are often overlooked.

In a recent article, nutritionist Leslie Beck reported that in a survey of 15 summer camps, only three had menus that adhered to Canada's Food Guide to Healthy Eating. The most significant shortcomings cited were in the number of servings of both the Milk Products and Vegetables and Fruit food groups. In fact, some of the menus provided just half of the recommended daily calcium requirements for children. Other menus offered no more than two servings of vegetables and fruit daily, in comparison to the five to ten servings that are recommended.

Additionally, only three of the camps surveyed provided the recommended daily number of servings for Milk Products, Vegetables and Fruit, Grain Products, and Meat and Alternatives. Only five of the menus offered campers the minimum five daily servings of vegetables and fruit. Fat-reduced salad dressing was only available at one camp. Ms. Beck also reported that grain products were the one food group that all camps seemed to provide the daily-recommended servings of. Few camps provide options for vegetarian campers.

At most of the camps, however, it was very easy to find plenty of hamburgers, hot dogs and pizza items available. A sugary dessert often followed these items. Sugar is available at most camps in vast quantities. While kids are often more active at camp than they may be at home, nutrient-packed calories should be the goal instead of empty ones. A very active twelve-year-old boy requires approximately 2,800 calories a day and a very active twelve-year-old girl requires 2,600. These calories should come from foods such as whole grains, vegetables and fruit, milk

products, and lean protein foods that are all part of the recommendations outlined in Canada's Food Guide to Healthy Eating.

So, if your child is attending camp this summer, call ahead and inquire about the food choices that will be offered. If a day camp is your choice, plan ahead so your child will have nutritious snacks and meals to take each day. At this critical growing phase, it is important to ensure that your child has all the nutrients in the recommended amounts to foster proper development.

Have a safe and relaxing summer!

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Le saviez-vous?

À la fin de l'école secondaire, les enfants et les jeunes auront passé plus de temps devant le téléviseur qu'en classe!

Non-Public Fund Honours and Awards



Mr. Anthony Marsh - Fitness Instructor at the Fitness and Sports Flight - receives the Staff of the Non-Public Fund Quarterly Award of Excellence at a Professional Development Day held May 24 at Baker Island. The award was presented by Lt.-Col. Dan Harris, W Admin O and Mr. John Snyder, PSP Manager.



Mrs Frances Swyers - Secretary Junior Ranks Mess - receives her Certificate of Retirement after 25 years of loyal service to the staff of the Non-Public Fund from Lt.-Col. Dan Harris, W Admin O. A celebration with family and friends was held May 23 at the Junior Ranks Mess to commemorate this auspicious occasion. Well wishes and good luck from all.

Submitted photos

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CANADA DAY CELEBRATION SPECTACULAR

Belleville Canada Day

Fireworks at Dusk

GENERAL EVENTS - 11:00 am - approx 5:00 pm

- | | |
|--|---|
| Archives, Heritage, Historical, Library & Museum Group | Parkhurst Racing |
| Artist below the line | Petting Zoo |
| Belleville Fire Department Community Fire Truck | Pony Rides |
| Caley Weese Racing | Puppets by Community Learning Alternative |
| Canada Day Volunteer and Information Booth | Rona Little Hammers |
| Canadian Tire Nascar Static Display | SISCAR Stock Car Simulator(adult & child) |
| Car & Motorcycle Show NEW | Toronto Batman and the Joker |
| Classic Car Show | Tug of War |
| CN Lil Obie Train Ride | Wacky Water Slide and Wading Pool |
| Family Space Craft Tent and Face Painting | Woodcarvers Demonstration |
| Giant Sandbox | Spinners & Weavers |
| Inflatables & Bouncies | Community Policing |
| Mini Golf | Antiques by Jesse James |
| Monster Mural | Holly Finkle Tattooing |
| GP3R Grand Prix Trois Rivieres Sun Shade Car & Trailer | |

ADDITIONAL EVENTS

- 10:00 am** 5 KM Fun Run
- 10:00 am** Fitness Class by The Right Fit, at Pavillion
- 12 pm - 4 pm** Horse Drawn Wagon Rides
- 2:00 pm** Pie Eating Contest
- 2:00 pm** DND Helicopter Drop (*event will occur at the discretion of the DND*)
- Shows at 1 pm & 3 pm** Indian River Reptile Show
- 1 pm - 3 pm** Traditional Family Games
- Shows at 2 pm & 4 pm** Bateman and Joker Duo

CHILDREN'S STAGE

- 11:00 - 11:45** Puppet Tamer
- 11:50 - 12:10** Jan-Bo's Puppets
- 12:15 - 1:15** Amazing Corbin
- 1:20 - 1:40** Jan-Bo's Puppets
- 1:45 - 2:30** Puppet Tamer
- 2:35 - 3:35** Amazing Corbin
- 3:40 - 4:00** Jan-Bo's Puppets
- 4:05 - 4:50** Puppet Tamer
- 4:50 - 5:10** Jan-Bo's Puppets

QUINTE BROADCASTING MAIN STAGE

- 12:00** Opening Ceremonies
- 12:30 - 1:15** The Kennedy Brothers
- 1:30 - 2:45** Tony Silvestri
- 3:00 - 4:15** Solitary Man
- 4:30 - 5:45** Big Black Smoke
- 6:00 - 7:15** The Tim Campbell Band
- 7:15 - 8:15** The Reasons
- 8:30 - 10:00** Bentwood Rocker

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 The Trenton Citizen's Band at the conclusion of Opening Ceremonies

3-5pm Stealing Patience
 5-7pm The Lost Boys
 7pm Dan Shaer's 'Canada Rocks' musical history tour by The Variety Dance & Show Band

7:00 am	Lions Pancake Breakfast
9:30 - 11:00 am	Worship Service
9:00 am - 4:00 pm	Rotary Mini Putt
	Craft Show in Arena
10:00 am	Food Vendors Open
10:00am - 3:00 pm	Car Show
	Quinte West Community Policing Child ID
10:00 am - 4:00 pm	Static Display - Emergency Response Vehicles
	Lioness Kiddie Corner (children's games)
	BINGO
	Strongman Competition
10:00 am - 6:00 pm	Inflatables
	Outdoor Petting Zoo
	Laser Tag
10:00am - 6:00pm	YMCA Kid Zone - Games
11:00am	Show your Canadian spirit! Community parade from Arena to Amphitheatre - Prizes for Best Youth, Adult & Group!
11:30 am	Celebration Ceremonies at Amphitheatre with Giant Birthday Cake!
11:30am & 2:30pm	Hot Diggity Dogs
1:00pm - 3:00pm	Drum Circle - Try it out!
	Hypnosis Show by Shawn Ellis
2:00pm	Search & Rescue Demo
3:00 - 9:45 pm	Musical Entertainment at Amphitheatre
9:40 pm	FIREWORKS
10:00 pm	Outdoor Family Movie by HD Outdoor!

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HEAL Equine Centre can help with PTSD

Continued from page 2

Isaacson works internationally teaching this Horse Boy method at camps and centres in North America and Europe. In 2010, the Autistic Society of America awarded Isaacson the Autism Award for his significant contribution to improving the lives of all who are affected by autism.

The HEAL farm, owned and operated by Suzanne Latchford-Kulker, sprang from her love of horses, nature and helping others. Fascinated by horses since she was eight years old, she has been involved with horses off and on in Canada, Italy and Germany for most of her life, except for a 10-year absence beginning in her mid-20s.

Seven years ago, in 2009, she purchased the small 35-acre property in Hillier and the day they took possession of the farm, their first horse "showed up."

"All of our horses came from various backgrounds and needed homes," she told The Contact. "Instead of buying a horse, they've all come from people who couldn't care for them anymore or were too old."

As the principle training tool at HEAL farm, Latchford-Kulker pays attention to the horses she acquires. She now has seven.

"They are definitely horses that like people and like to interact and have a bit of character," she states. "It's very important that our horses live as a herd and they live as close to their natural instincts as possible. They're outside 24/7, they're not put in a stall at a certain time every day and they're healthy, hearty horses. They all have their pecking order and herd dynamic which can teach people a lot, as well, because horses are always authentic. They're always in the moment."

"Meaning they're jolly rude," Isaacson interjects, chuckling.

"They don't know how to live any other way and they are prey animals, so they're very, very in tune to what's going on around them at all times because that's how they survive, right?" notes Latchford-Kulker. "That makes them very good at judging people, so you can't hide anything from them. They know what you're feeling before you do."

It is that very awareness that pulled Latchford-Kulker back to horses and led her to certification in Facilitated Equine Experiential Learning, a healing process grounded in helping people through a partnership with horses to better deal with emotions or behavioural patterns they'd like to change.

HEAL farm runs two-day workshops where people come and connect with the horses.

According to Latchford-Kulker, the people would start opening parts of themselves to the horses they didn't know were there or they would start to listen to "their authentic voice rather than their analytical thinking mind. My job as a facilitator is to help them come out of their analytical thinking mind and go into their body and access their truth."

This is a very transformational process, according to Latchford-Kulker. One of the first things she does with her clients is have them meet the herd.

"I take them through grounding, meditation and breathing and I say pick up anything from each horse – it doesn't matter what it is – then we'll go through each horse and we'll talk about it. Sometimes they pick up something about themselves that they're getting from the horse, thus bringing it into the discussion."

Often what they initially pick up from the horse is something basic, like it's the

Suzanne Latchford-Kulker relaxes as she learns the relaxation technique from Rupert Isaacson and Lliane Lorenz.

Photo
Ross Lees



youngest, or this horse seems nervous, or this is the head horse and they relate it to themselves in the end, she indicates.

"There are lots of reflective, quiet moments," she notes. "They get Aha moments and there's journaling, as well. They do an activity and then they go away and they sit at the pond and write about their experience which gives it more meaning, more value for that person, and it's theirs, it's nobody else's but theirs."

She says the process is very much an educational process and a great partnership between the horse and the person. Horses are revered for their opinion, she says, garnering another response from Isaacson.

"It was a saying in medieval times the horse was the only living being that would tell the King the truth, because the horse would dump your ass in front of your subjects just like that," he laughs. "And lots of Kings were killed in falls from horses," he said as a result of their authentic voices, the one true voice

coming through.

Latchford-Kulker recalls a workshop she ran one time with four military members, a workshop sponsored by Soldier On. Because teaching can include many forms of spiritualism, meditation and shamanism, workshops are often tailored to the people involved. That particular workshop she recalls using smudging and madalas.

"I had them draw how they were feeling first and at the end of the day, they drew another mandala and we compared the two. It showed them 'this is where I was and this is where I am.'"

It is this workshop which directed Latchford-Kulker to the Horse Boy method of teaching. After that one course, Soldier On would not fund more workshops because the equine facilitated learning had no riding in it and Soldier On's mandate includes recreation, sports and healthy living.

"Our method addresses those issues," Isaacson noted.

This is the first of two feature articles running in The Contact about Facilitated Equine Experiential Learning (FEEL) and the Horse Boy method of dealing with autistic children needing treatment, or adults with Post-Traumatic Stress Disorder (PTSD), anxiety or depression also seeking help. Watch next week's Contact for the feature on Rupert Isaacson's Horse Boy method of healing and teaching.

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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.

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'au 20 juin et à la porte du cinéma, le jour même.

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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continued from page 6

Health Promotion Programs Open Registration

Stress: Take Charge

Stress: Take Charge offers a self-directed approach to stress management through self-awareness, behaviour change and skill building. Participants will assess their current level of stress; 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.

10 & 17 July 2013 (0830-1200hr)

Le stress : a se combat!

Le stress : a se combat! se veut une technique autonome pour gérer le stress par la conscience de soi, le changement de comportement et le renforcement des acquis. Les participants valent leur niveau de stress actuel, apprennent la technique ACT visant apporter un changement, changent sur le mode de vie adopter pour gérer le stress qui comprend une gestion du temps et une conciliation travail-vie, explorent les outils de gestion du stress, notamment le renforcement de la rsilience, et tablissent un plan daction quant leur mode de vie.

10 & 17 juillet 2013 (0830-1200hr)



For more floor plans, visit www.jenish.com Plan No: 5-3-656

A recreation home for all seasons, this two-storey design with its deep veranda and dormer windows offers plenty of room for entertaining visitors. But because the master suite occupies the entire second-floor, the owners' comfort and privacy are assured. A covered entryway provides protection from rain and snow, as well as shade on summer days, and leads into a double-height foyer that contains a corner display shelf, as well as a convenient coat cupboard. Double-height ceilings add drama and flair to the great room and the dining room. The dining room's French doors open onto stairs down to the back garden, and the great room's fireplace will provide a focal point during the cooler months. Windows on all sides will allow plenty of natural light. A raised eating bar separates the kitchen from the dining room, allowing a busy cook to keep in touch with activities elsewhere. The kitchen's U-shaped counter configuration promises efficiency, as does the generous pantry. Also on the main floor are a mud room with a handy bench and a covered entry, as well as closets for linen and cleaning tools. Close to the second bedroom, which could double as a den, is a three-piece bathroom. Upstairs, a sloping ceiling lends the master bedroom a rustic charm. The spacious ensuite features a soaker tub as well as a shower stall. Exterior finishes include horizontal wooden siding, stone accents and painted trim. A hipped brick chimney serves the great room fireplace. Totaling 1,753 square feet, this design measures 46 feet, six inches wide, and 37 feet deep.

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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.

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 30-July 7 – Quinte Mall Summer Sidewalk Sale welcome package

Members of the Canadian Military and their families are invited to visit Guest Services for a welcome package in which they could win a \$500 gift card and a \$350 Quinte Mall gift card. Ballots and details are available at Guest Services. Proof of ID will be required to pick up the package and to enter the contest.

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

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 3 - Free Concert and BBQ

In appreciation of military families, there will be a free BBQ and concert by legendary artist John McDermott from 2:30 p.m. to 5 p.m. at Bain Park.

En appréciation pour les familles de militaires, il y aura un barbecue gratuit suivi d'un concert par le légendaire John McDermott le mercredi 3 juillet de 14h30 à 17h au Bain Park.

Camp Maple Leaf 2013

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 basis. 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

Second Annual Red Friday Golf Tournament



The Trenton Military Resource Centre hosted its second Annual Red Friday Golf Tournament on June 14 at Roundel Glen Golf Course. Nine teams participated in a shotgun start, using the front nine holes of the course. In addition to the four ball – best ball, players had the chance to compete individually for the "longest drive" and "closest to the pin" trophies. There was also putting for cash, a 50/50 draw, and raffle prize draws. The weather was great and the tournament ended with everyone receiving prizes and a chicken dinner. The organizers of the event would like to sincerely thank all local proprietors who unselfishly came on board as prize donors and sponsors and contributed to the success of this wonderful event.

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continued from page 1

members as they can, across Canada and the United Kingdom. Anyone interested in attending is directed to the website at www.424sqn70th.ca where they can register, check schedules or garner even more information and details of the event.

Another aspect of the celebration is that Lt.-Col. Bernier has commissioned a special coin for the occasion and Capt. Parker

The Hercules allows the Squadron to fulfill its other primary role of strategic transport anywhere in the world. To maintain this capability, the Squadron yearly conducts four Long Range Trainers to the Caribbean, South America, Europe and Africa. Airlift for humanitarian and aid agencies are carried on these flights, often bringing aid and supplies to hospitals and orphanages. As well,

424 Squadron crews participate in all major airlift operations

424 (T&R) Squadron provides an important and diverse capability to 8 Wing which in turn makes for an interesting and satisfying tour of duty for its members.

424 Squadron.

"We're trying to contact members any way we can and we'll be making a concerted effort to keep in contact in the future, as well,"

she said.

The Squadron can be contacted in a number of ways, including: Telephone: (613) 885-4823; E-mail squadron424@yahoo.ca ; or by

regular mail at 424 Search and Rescue/Transport Squadron, 8 Wing/CFB Trenton, P.O. Box 1000 Station Forces Astra, Ontario, Canada, K0K 3W0.



indicates it is the nicest coin she has ever seen. It can be ordered through the website and orders are being taken now.

A Search and Rescue/Transport Squadron, 424 (Tiger) Squadron works out of 9 Hangar at 8 Wing/CFB Trenton. To fulfil its roles, 424 Squadron flies the CH-146 Griffon helicopter and the Lockheed CC-130 Hercules.

424 Squadron is responsible for the 10,000,000 square kilometers of the Trenton Search and Rescue Region comprising most of the Province of Quebec, all of Ontario, the Prairie Provinces and the entire Arctic.

The Squadron crews one aircraft of each type on a 30 minute standby response posture during normal working hours and on a two hour posture at all other times in order to respond to distress cases as tasked by the Rescue Coordination Centre.

History

On Oct.15, 1942, 424 Bomber Squadron formed at Topcliffe, England. It flew from England and Tunisia during the war, disbanding on Oct. 15, 1945.

Back in Canada, the squadron reformed at RCAF Station Hamilton on April 15, 1946 as 424 Light Bomber Squadron (Auxiliary).

On Sept. 19, 1952, the title "City of Hamilton" was added to the official squadron designation. The squadron was disbanded on March 31, 1964.

On July 8, 1968, 424 Communications and Rescue Squadron stood up at RCAF Station (CFB) Trenton, where they remain today equipped with the CH-149 Cormorant and CC-130 Hercules.

Still relatively early in the process of organizing the event, Capt. Parker indicates their prime concern at this point is getting in touch with all past members of

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- Normandy 1944*
- Rhine*
- Biscay 1943-1944*
- Sicily 1943*
- Italy 1943*
- Salerno*

Aircraft Flown

- Vickers Wellington*
- Handley Page Halifax*
- Avro Lancaster*
- North American Harvard*
- North American P-51 Mustang*
- Canadair (Lockheed) CT-33 Silver Star*
- Beech CT-128 (C-45) Expeditor*
- de Havilland CC-123 (DHC-3) Otter*
- Vertol H-21*
- Douglas CC-129 (DC-3) Dakota*
- de Havilland CC-108 (DHC-4) Caribou*
- de Havilland CC-138 (DHC-6) Twin Otter*
- Boeing Vertol CH-113 Labrador*
- de Havilland CC-115 (DHC-5) Buffalo*
- Bell CH-135 Twin huey*
- Lockheed CC-130 Hercules*



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James Leblanc 3053
Daphne Mullin 3652

Sports & Recreation

Summer 2013 Red Cross Swim Lessons Registration

Lessons are held in the indoor pool
 Session 1- July 15 to 26, - Mon., Tues., Wed., Fri. mornings - eight lessons
 Session 3 - July 9 to Aug. 8., - Tues. and Thurs. evenings five weeks - 10 lessons
 Session 2 - Aug. 12 to 23, - Mon., Tues., Wed., Fri. mornings - eight lessons
 Register Now. On-line or In-person from 1p.m. at the RecPlex

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 pre-paid 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

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.
 Shiny 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.

Obituary

MWO James Ashbee Dec. 19, 1959 - June 17, 2013

It is with greatest regret we advise of the death of James (Jim) Ashbee (Dec. 19, 1959 to June 17, 2013).

Jim served proudly with the Canadian Forces from 1978-2006 in which time he was posted to 15 Wing Moose Jaw, 447 Sqn Edmonton, 443 Sqn Esquimalt and then 8 AMS, 8 Wing Trenton, from where he retired from the military at the rank of Master Warrant Officer. He then continued as a civilian employee with Marshall Aerospace as a field service rep supervisor.

Jim is predeceased by his mother Hilda, father (retired) Capt. Jonathan H. Ashbee and brother (retired) Sgt. Douglas Ashbee. Jim is survived by his loving wife, Laurie, sons Tyler (Krista Fraser), Jon (Kelly Snyder) and beautiful granddaughter Jorja. Both of Jim's sons have followed in his footsteps in the aviation field here at 8 Wing Trenton.

As requested by Jim, we will be having a celebration of life, as opposed to a formal funeral service, at the house, 1639 Carman Rd, Trenton, July 6 at 4 p.m.; all are welcome to join us in this celebration. Donations to the Canadian Cancer Society would be greatly appreciated in memory of Jim. Condolences can be sent to: inmemoryofjamesa@gmail.com

Stories needed for Afghanistan: A Soldier's Story

The cut-off date for submissions to Afghanistan: A Soldier's Story is only a year away. Publishers currently have about 150 pages of content but are seriously lacking in a few areas.

First, there is very little from the early years of the Afghan Mission. In the later years, there is good representation from the Army but there is almost nothing from the Navy or the Air Force, very little from the police, nothing from the RCMP and nothing from media who were embedded with Canadian Forces. Remember, too, that Families of the Fallen are invited to submit.

A reminder to those who served, whether military, police, or civilian, the human stories, the anecdotal remembrances and images from your boots on the ground experience are important for several reasons. The Canadian Afghan Mission was very defining for the Canadian Forces, especially with regards to establishing and proving the combat arms skills relevant to the 21st century battle

space. Further to that, most Canadians have no idea, beyond sanitized government media releases, what has been accomplished by Canadians in Afghanistan.

Canadians still tend to cling to an outdated perception of the Canadian Armed Forces as passive Peacekeepers. Your stories and images can help to update that perception. Your perspective, the boots on the ground experience in the Afghan Mission, is one that needs to be shared with Canadians before the experience is forgotten and swept into the archives of Canadian history as a war that was not won.

The face of conflict has changed in the 21st century and it will seldom be possible to easily declare victory or defeat.

Many of you protest that your stories are not worth sharing, or that they are too personal, too difficult to share. There is therapeutic value in sharing your stories, and while they may seem trivial to you, they are the

human face of the mission that Canadians should know, want to know. Help us tell your story.

And for those of you who are too busy to share your experience because you are struggling with the challenge of doing more with less, organizing training, maintaining equipment and material with shrink-

ing budgets, consider this. If Canadians knew their military better, knew the relevance of a credible military in the 21st century global community, the Canadian Armed Forces might enjoy a little relief from the feast or famine existence that has been the norm for our military throughout Canadian history.

DRTSET promotion



Deployment Readiness Training Standards and Evaluation Team (DRTSET) is proud to announce the promotion of Warrant Officer Kim McQueen to Master Warrant Officer. Her new rank is effective back to Jan 29, 2013. Congratulations to MWO Kim McQueen. Maj. G. B. Stone, commanding Officer of DRTSET is seen making the presentation to MWO McQueen while MWO Doug Newman, Acting Unit WO looks on.



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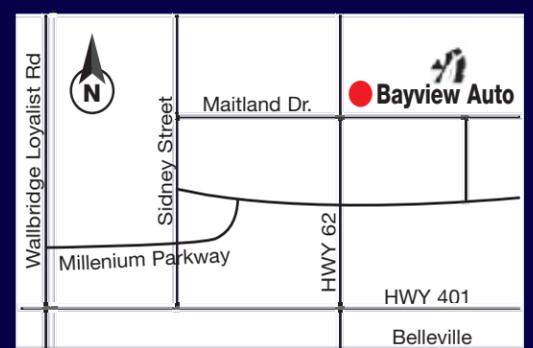
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