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 Commander 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 Halifa, 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 noted.

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 members back to Trenton to celebrate the squadron’s 70th anniversary.

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 Canadian tenor best known for his rendition of the song “Danny Boy.”

John McDermott was born in Glasgow, Scotland, McDermott moved with his family to Willowdale, ON in 1963. Growing up in a musical family, his only formal musical training was at St. Michael’s Choir School in Toronto in 1971 and 1972.

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 Canadian tenor best known for his rendition of the song “Danny Boy.”

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 1963.

Growing up in a musical family, his only formal musical training was at St. Michael’s Choir School in Toronto in 1971 and 1972.

Continued on page 13
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)

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

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 (MPNMR).

The MPNMR 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 MPNMR 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 MPNMR,” 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 (MPNMR) 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 liana.whitman@forces.gc.ca). For more information on the MPNMR or the Military Police Fund for Blind Children, visit www.mpnmrr.ca or www.mpfbc.com.

The dead-line for contribution 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 (613-927-7985).

The 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 RFCARF 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 at 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 613-930-8637.

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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, 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: Sgt. Shaughn Wittman

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 singular form.
• 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

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 INDC, 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.

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

Veterans Review and Appeal Board Apply to become a board member

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) relatives 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 prêter leur candidature est le 31 août 2013.

Le Tribunal tient des audiences pour entendre des personnes qui demandent redressement par les 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 justifie des appels. Ils exercent une expérience liée au domaine militaire ou à la GRC. Après avoir été nommés, tous les membres doivent suivre un programme de formation rigoureux qui les soutient dans le rendu des décisions justes. Ils doivent respecter les exigences de la loi en matière de compétences légales ou de la GRC. 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” sur le site web du Tribunal à l’adresse suivante : www.vrab-tacra.gc.ca
Eating at Summer Camp

With school closing for the summer months, many parents and kids turn their thoughts to attending summer camps. While it is often fun for both parents and kids, 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 only offered at one camp. Ms. Beck also reported that grain products were the one food group that all camps only offered at one camp. Ms. Beck also reported that grain products were the one food group that all camps only offered at one camp.

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!
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
Happy Canada Day

Happy Canada Day from the staff at HILLCREST ANIMAL HOSPITAL

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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 SISCO Stock Car Simulator (adult & child)
Car & Motorcycle Show NEW Toronto Batman and the Joker
Classic Car Show Tug of War
CN Li’l Ole Train Ride Wacky Water Slide and Wading Pool
Family Space Craft Tent and Face Painting Woodcarvers Demonstration
Giant Sandbox Spinners & Weavers
Infatilites & Bouncies Community Policing
Mini Golf Antiques by Jesse James
Monster Mural Holy Finkle Tatooing

ADDITIONAL EVENTS

10:00 am 5 KM Fun Run
10:00 am Fitness Class by The Right Fit, at Pavilion
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 Batman 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 - 5:00 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 Tin Campbell Band
7:15 - 8:15 The Reavers
8:30 - 10:00 Bentwood Rocker

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5-7pm - The Last Boys
7pm - Don Short’s “Canada Rocks” martial history tour by The Variety Dance & Show Band

This Year’s Theme: “SALUTE TO FIRST RESPONDERS”

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June 28, 2013

Celebrate Canada
The Contact - 9
HEAL Equine Centre can help with PTSD

Continued from page 2

Isaacson works internationally teaching his 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, sprung from her love of horses, nature and helping others. Pioneered by horses since she was a 10-year-old girl, 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 15-acre property in Hillier and the day she bought the property she took possession of the farm, their first horse “showed up.”

“Of all 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 heard 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 not fed generally, learned horses. They all have their pecking order and herd dynamic which can teach people a lot, as well, because horses are 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.

“Latchford-Kulker “That makes them very good at understanding, 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 one.”

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

“Instead of buying a horse, 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 interjects, chuckling.

"They don’t know how to live any other way and they are prey animals, so they’re very, very in tune with 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.”

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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 mandalas.

“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 interjects, chuckling.

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.
Bienvenue aux nouveaux arrivants
de la 8e escadre/BFC Trenton! C’est votre Centre, venez visiter et recevoir vos galéries d’arrivée. Donnez votre opinion et partagez vos idées. Impulsez vous! Emmenez 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

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 différents 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.

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

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

Calypso Theme Water Park
Canada’s biggest and best theme water park is located east of Ottawa. Buy your tickets at the MFRC and skip the lines at the Park from June 6 to Sept. 2.

Calypso, parc aquatique thématique
Le plus grand grandiose au Canada et situé à l’est d’Ottawa. Achetez vos billets au CRFM et évitez les lignes d’attente au parc du 6 juin au 2 septembre.

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

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

Le stress : a se combat!
L e 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 à apporter un changement, changent sur le mode de vie adopter pour gérer le stress qui comprend une gestion du temps et une concilia- tion travail-vie, expérimentent les outils de gestion du stress, notam- ment le renforcement de la résilience, et tablissent un plan d’action quant leur mode de vie.

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)

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10 & 17 July 2013 (0830-1200hr)
Annual hydrant flow testing
As in previous years, the 8 Wing Fire Department will be conducting annual hydrant flow testing throughout the Wing and in the PMQ area. These tests help to confirm and ensure that the water pressures servicing these areas are sufficient for fire fighting operations. Occupants may experience discoloration of their water and need not worry. If this occurs, simply continue to run your water until the discoloration disappears. The testing period will run from June 1 until approximately Sept. 1. If there are any concerns, please feel free to contact the Fire Department business line at local 3511.

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

Camp Maple Leaf 2013
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.

Community Events
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 atcffcontactnewspaper@gmail.com. Each event should be typed out in the format of those below. Please do not send posters.

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.
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 indicates it is the nicest coin she has ever seen. It can be ordered through the website and orders will be delivered to the recipient's mailing address. The proceeds are in support 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 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 Squadron was 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 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.

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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.

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History


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 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 as many past members of 424 Squadron.

Battle Honours

English Channel and North Sea 1944-1945

Baltic 1944-1945

Fortress Europe 1943-1944

France and Germany 1944-1945

Biscay Ports 1943-1944

Ruhr 1943-1945

Berlin 1944

German Ports 1943-1945

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) Expediter

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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For every war, there are many who bravely and proudly leave their loved ones behind to protect the freedoms that we as Canadians are afforded.

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Trenton West

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Referral agents:
Dorothy Serre 3295 (Chair person)
Karen Brake 7911
Nathalie Serre 7413
Rhonda Loomes 7588
James Leblanc 3053
Daphne Mullin 3652

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MWO James Ashbee

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 and Laurie areados in the Quinte Area.

Classifieds

Summer 2013 Red Cross Swim Lessons Registration
Lessons are held in the indoor pool Session 1 - July 15 to 26, Monday, Tuesday, Wednesday, Thursday and Fridays. The pool is open 5:15 p.m. to 6:15 p.m.
Session 2 - Aug. 15 to Aug. 29, Monday, Tuesday, Wednesday, Thursday and Fridays. The pool is open 5:15 p.m. to 6:15 p.m.

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.

Sports & Recreation

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Sports & Recreation
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 shrinking 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 fear 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.

Open House Saturday June 29th

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Thinking of making a move??

There are still house hunters out there looking, if you have been thinking of selling, please give me a call for your no obligation, Comparative Market Analysis Andrea Davis Cell/text 613-885-0778

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4WD! Navigation! Pwr sunroof! Pwr heated leather seats! 17” Alloy wheels! Reverse camera! Factory remote start! 6.2L V8, Crew cab, short bed, bed liner, running boards, trailer hitch, roof side sliding window, steering wheel controls, dual climate controls, tilt, cruise, air, satellite radio, CD/MP3, pwr locks, windows, mirrors, keyless entry, only 19,000 kms!!!
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$25,995 +HST

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17783
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Fibreglass exterior with multiple floorplans including slide-outs, with more high end upgrades than anything in its price range! Including Hybrids that sleep up to 10!
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Five lifetime component warranties, a 3-year tent warranty, 1,050-lb. rated bunk-ends and flexible floorplans, including the RT Off-road series makes STARCRAFT tent trailers the only option!
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2014 FROWLER LYNX BY HEARTLAND
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