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8 Wing Members Participate in JOINTEX – Exercise MAPLE RESOLVE 1301

8 Wing sent its air communications and control experts, air traffic controllers, clerks, public affairs officer, cooks and kitchen workers

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Brick Bomber presents the Kicker Cup

Art Adams delivered 436 Squadron's first and only 'kill' with brick bombing exploits

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27th Annual Surf 'n Turf relay race registration extended

Registration closes May 28, so get your teams registered as soon as possible

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Photo Ross Lees



Lt.-Col. Dany Breton perhaps a little more than half way through his hair cut.

8 Wing Cut for Cure raises \$8,870 Cut for Cure becoming entertaining base fundraiser

By Ross Lees

The 8 Wing Cut for the Cure is becoming one of the great fundraising events on the base.

Those who come to have their hair cut often do it for a number of reasons, chief of which is to raise money to combat cancer. Others do it because a loved one has battled and lost to cancer, they are supporting another loved one or they have stared cancer in the eye and made it blink.

Regardless of why they are having their hair cut, they do it happily and create great joy for themselves and everyone attending the event. In supporting this six-

year-old event, they involve others in a worthwhile battle. All deserve our admiration.

Pat Ellis had her long tresses cut for virtually all of the reasons listed above and one other small reason. Mrs. Ellis has had cancer and 12 years after her first diagnosis, she had her hair cut in defiance of cancer.

"That was a perfect way to put it," she said of a recent Contact article. But in seeking donations from a neighbour, she was given yet another tiny but important reason to follow through.

While at her neighbour's place
continued on pages 8 & 9

8 Wing Aboriginal Awareness Day features native legends and crafts

By Ross Lees

Despite what appeared to be threatening skies, the Champion of 8 Wing Aboriginal Awareness Day, Lt.-Col. Debra Graitson, said they never had to worry about the weather on Wednesday.

"We were thinking about moving the event inside, but the Aboriginal elders came to us and said they had talked about it and were sure the weather would not be a problem until later in the day," she told The Contact.

With that kind of faith, it was not surprising that the sun began to

poke through the clouds just as the ceremony began.

Organized by co-chairs Cpl. Raul Chavez and civilian William Green, the day was designed to facilitate relationships between the Aboriginal people and the military at 8 Wing Trenton, according to Lt.-Col. Graitson.

In her opening remarks, she noted the ceremony and events were taking place in the Three Sisters Garden,



Photo Ross Lees

Cpl. Raul Chavez, co-chair of the 8 Wing Aboriginal Awareness Day, is smudged by Betty (Katsitsiase) Maracle, Visiting Elder, Aboriginal Services at Loyalist College.

Story continued on page 12 & 13



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8 Wing Members Participate in JOINTEX – Exercise MAPLE RESOLVE 1301

By Capt Christopher Daniel

More than 25 military members from 8 Wing/CFB Trenton are currently participating in Exercise MAPLE RESOLVE (Ex MR)1301 as part of the Air Expeditionary Wing (AEW) at Airfield 21, CFB Wainwright until mid-June 2013.

“We’re glad to be here to be part of this pertinent and meaningful joint training event,” said Captain (Capt) Doug Godden from 8 Air Communications and Control Squadron (8 ACCS).

The AEW was established by the Royal Canadian Air Force (RCAF) to provide the overall command and control and logistical support for deployed RCAF personnel. Members of the AEW at Airfield 21 came from 2 Wing and 3 Wing Bagotville, 19 Wing Comox, 408 Squadron from 1 Wing, 17 Winnipeg, and 8 Wing Trenton.

For this joint exercise, 8 Wing has sent its air communications and control experts, air traffic controllers, clerks, public affairs officer, cooks and kitchen workers.

“There are 13 of us from 8 ACCS who are here to provide operational support and also to benefit from the training opportunities that this realistic exercise offers,” said Capt. Godden. “We provide equipment for airfield setup and we are tasked to establish a network capable airfield in support of the AEW’s airspace.

The exercise is based on a civil war scenario, with Canada as part of an international coalition and providing the RCAF personnel with the opportunity to practice the full spectrum of operations from war fighting to support to humanitarian assistance.



8 ACCS team poses in front of their Squadron signage on the runway of Airfield 21 at CFB Wainwright.

continued on page 16

Photo by Capt. Christopher Daniel

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Brick Bomber presents the Kicker Cup

Art Adams delivered 436 Squadron's first and only 'kill' with brick bombing exploits

436 Squadron has an impressive and longstanding reputation for being a squadron of renown. This dates back to the very nexus of the formation of the squadron in 1944, when the unit topped all squadrons in the Group in matter of tonnage delivered, a feat it was to duplicate again and again during the Burma campaign. These achievements were realized in spite of two main adverse factors - fogged-in DZs and a shortage of unloading personnel.

The shortage had existed almost from the beginning, the aircrew themselves having to off-load freight to gain time and manage an extra flight before dark at the destination airstrip. Adding to the unloading problem was the refusal, on religious grounds, of Shwabo's East Africans to unload meat. Whereas there was no way of controlling weather or religious convictions, something could be done about the unloading problem in general. Thus was born the crew designation of "kicker", the precursor to today's Loadmaster.

In unit orders of Jan. 22, 1945, there appeared the following notice:

"Groundcrew personnel are to be employed as members of aircrews to assist in off-loading cargoes. Airmen detailed will be entitled to 75c per day crew pay whilst so employed. Duration of detail will probably be two weeks. It is pointed out that the work will be heavy and arduous. All airmen desirous of flying with aircrews are to report to the Squadron Warrant Officer..."

Mr Art Adams became one of these "kickers."

On the morning of April 23, Art was standing by aircraft KN210 and pondering the news that, having barely settled into the camp at Akyab, the Squadron was now to move to Ramree. S/L Dick



436 Sqn held an awards ceremony at Bakers Island, following the successful washing of 14 museum aircraft on May 2. Sgt. Jason Cater received the Art Adams Kicker Cup Award, presented by Art Adams himself. Submitted photo

Denison, the deputy CO of the Squadron approached and asked, "Adams, how much does a brick weigh?"

"I haven't a clue, sir. Maybe two or three pounds," Art replied.

Then Denison laid out what was on his mind: "You know, Ramree Island has been bombed to bits. There is nothing there, no tents, no bashas. Not even bricks for the cooks' stove. I've arranged for an Indian Army lorry to bring over a load of bricks. If a brick weighs three pounds, we can take 2,000 of 'em, so load 2000. Put a tarp down on the floor first."

Art did as he was told. Dick Denison came back, looked at the load of bricks, said, "That's enough. Hop in and go to Ramree with us."

Dick started the engines, did his pre-takeoff check, swung onto the runway and opened the throttles. Halfway down the strip, the tail was still on the ground.

"We'll have to take another run at it," grunted Dick as he throttled back and turned around. This time, he went to the very end of the strip, stood on the brakes, and opened the throttles until the aircraft shuddered. They were still bouncing as the end of the strip came upon them.

"We've got to get off," said Dick and hauled back on the control column. The aircraft staggered off the ground, climbed to 5,000 feet and wouldn't go any higher.

Halfway to Ramree, Art, standing at

the back door, saw a Japanese seaplane on the beach of a tiny island.

"Let's get rid of some bricks," he shouted. Dick banked the plane and turned on the green light while Art and the wireless operator threw out bricks as fast as they could. At Ramree, Dick landed the aircraft as light as a feather.

After the war, Art weighed a brick - four pounds even. A Dak could take off with 7,000 pounds, but its maximum load for a landing was around 6,000 pounds. At 8,000 pounds, they were dangerously overweight. Bombing the seaplane probably saved their lives. Art couldn't say whether or not they hit the target, but he does boast of being the only corporal rigger in World War II who bombed a seaplane with a brick.

A couple of years ago, Art happened upon a newspaper article that reported of a Japanese Seaplane that was mysteriously damaged by bricks. The article had a photo clearly showing its inability to continue flying. This was the first and only "kill" for 436 Squadron, delivered by the hand of Art Adams, past fitter, former Honorary Colonel, the Brick Bomber!

Today, Mr. Art Adams, one of the founding members of 436 (Transport) Squadron and a past Honorary Colonel in the company of his wife Sonja (nee Cuming) will present the Art Adams "Kicker Cup" Award to Sgt Jason Cater.

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Trenton MFRC Daycare "Race for the Kids" helps children's programs

By Denise Currie

The Trenton Military Family Resource Daycare Centre held their 2nd Annual Race for the Kids on Saturday, May 11.

The rain held off, but the cold winds did not stop the children from running their 1 km around the Middleton Park area or the adults their 5 km race. In total there were 76 participants. Maj. Leo Phillips emceed the event and kept everyone involved and moving around.

Race for the Kids started with Daycare parent Shari Metcalf, who brought the idea forward to the Parent Advisory Committee last year. Shari has been the driving force behind organizing this event in collaboration with Daycare Director Denise Currie and the many community sponsors who helped support the event and the volunteers. On behalf of Denise Currie, the children and staff, thanks go out to Shari Metcalf and her family.

This event raised \$1,734.01 which will be put back into the children's programs for arts and craft supplies, books and resources, toys and equipment. The day was a great success and we look forward to many more in the future.



And they're off, as the Race for the Kids begins.



Shari Metcalf, on the left, and Denise Currie, on the right, were the driving forces behind the Race for the Kids.

Children and parents do some warm-up exercises prior to the race.

The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base – 8 Wing/CFB Trenton.

We are the primary internal and external communications tool for 8 Wing/CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work.

The Publisher reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies.

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

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

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

Letters to the Editor:

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



A Military Community Newspaper

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



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436 Squadron helps museum wash aircraft



436 (T) Squadron scheduled a "Dakota Wash Day" with the National Air Force Museum of Canada on May 2, which was extremely successful. The original plan was to have as many squadron members out as possible to wash the "Canucks Unlimited" DC-3 as a prelude to a squadron BBQ and presentation ceremony. Once there, however, 436 Squadron members enthusiastically washed the Dakota, and 13 more of the Air Park's display aircraft. Submitted photo



A Dakota Wash Day originally scheduled by 436 (T) Squadron developed into a full-fledged cleanup day for the National Air Force Museum of Canada on May 2 when 13 additional aircraft were cleaned by an enthusiastic squadron crew. Submitted photo



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Fitness & Health



Summer Survival Guide

- Plan pleasures other than food or drink.
 - Plan the kind of vacation you want.
 - Think about what you like to do for physical activity. Can you make it part of your vacation?
- Hold a family meeting ahead of time.
 - What did we like and dislike about our last vacation? What will we do this time?
 - How will we handle food and eating out?
 - Can we find a fun way to be physically active this vacation?
 - Get the family to agree not to nag you about your eating and activity.
 - Talk about ways your family can help you to stick to your healthy habits.
- Have reasonable expectations for your vacation.
 - Keep track of your eating and activity.
 - Weigh yourselves if you can (and wish to)- keep in mind scales differ.
 - Plan to maintain your weight.
 - Let go a little! Eat something special – choose the best, small portion.
 - Get extra activity.
- If you tend to be tense on vacation:
 - Avoid long periods when you're doing what others want and not what you want to do.
 - Plan times to relax daily.
 - Plan regular breaks while driving.
- Decide what you want to do about alcohol.
 - It may lower self-control and packs on calories.
- Balance rest and activity.
 - Look for ways to include both!
- Prepare for friends and relatives you haven't seen for awhile.
 - They may be used to the 'old' you... and your 'old' habits.
- Plan for pleasures after your vacation.
 - Coming back from vacation can be a let down. Give yourself time to ease back into your regular activities gradually!

Revisit, rejuvenate, renew your resolutions

Quit smoking, drink less, lose weight, exercise more, eat healthy. If you are one of the 96 per cent of Canadians who made a New Years' resolution on Jan. 1, you may have set a health related goal. How are you doing?

Research shows that 20 per cent of Canadians achieve their resolutions. You can be one of them, it may just take a second look at your resolutions.

Resolutions are all about goal setting. Are your resolutions SMART?

SMART goals are Specific. They define exactly what you want to achieve.

SMART goals are Measurable. They include clear benchmarks to know that you are succeeding.

SMART goals are Achievable. They provide challenge, but are still within reason.

SMART goals are Relevant. They are important to you.

SMART goals are Trackable. They include a way to record progress.

An example of a SMART goal would be:

"I will use my pedometer to record my steps each day and increase my steps by 10 per cent each week until I am taking an average of 10,000 steps per day."

Goals can help to increase motivation by providing us with direction and build our confidence with increased feelings of success when they are met. So what happens when motivation starts to fade? That is the time to revisit your goal.

Consider breaking large goals into smaller "bite size" pieces and determine if your goals match your preferences. Is it motivating for you to set goals slightly higher than you are likely to achieve?

Perhaps you prefer goals that are modest and can easily be met or exceeded, or you may prefer to have your goals match your performance.

By thinking about your preferences and adjusting your goals to fit. You can rejuvenate your motivation to achieve them, renew your resolutions and reach your goals for 2014!

Upcoming events and programs

Mental Fitness Mondays – weekly from 12 noon until 1 p.m. Join us as we work to increase ones mental fitness and openness to regular mental fitness training by incorporating mental fitness strategies into physical fitness classes every Monday at the south side gym.

Fitness Development HP Briefings – Tuesdays 6:30 a.m. to 7:30 a.m. or 11 a.m. to 12 noon. Twelve separate HP lectures, one hour in duration in support of the physical requirements of 8 Wing/CFB Trenton's Fitness Development Program as we work towards developing a life long culture of Health and Fitness.

24 May - Addictions Awareness Briefing – Staff of Non Public Funds. A one-hour brief on addiction awareness and low-risk drinking guidelines (LRDG).

24 May - Weight Wellness Lifestyle eight week program (8:30 a.m. to 10:30 a.m.)

(Every Friday for eight weeks). Improve your health and well being! Weight Wellness takes a real-

istic and positive view to achieving a healthy lifestyle with a self management approach to behaviour change. Throughout the eight week program, you will develop personalized goals and learn skills to manage your eating habits and physical activity for a lifetime.

27 May - CF Challenge Event – Outdoor Spin (12 noon until 2 p.m.) Help us wrap up the month-long challenge with a two hour outdoor spin at the HQ parade square. Spin for a single 40 minute session or for the full two hours if your current fitness level permits.

27 May – 2 June – PSP HQ Pedometer Race of Steps. The PSP HQ sStaff have taken on the Challenge to a Race of Steps. As a testing ground for our new Wing Pedometers, we are inviting everyone to follow our progress. By putting our best feet forward we will be actively counting our steps for a whole week in a healthy competition to see how far we can go! Check out our progress Display Board @ PSP HQ Bldg 119 (Ex-

press Canex).

30 May - Mental Fitness and Suicide Awareness Briefing at 8 AMS. A one-hour brief that discusses suicide awareness concepts and outlines steps to increase suicide safety.

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

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

Did you know...?

People who put their commitments in writing - and who tell others what they plan to do - tend to be more successful in meeting their goals than those who do not.

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5th Annual Military Police National Motorcycle Relay Ride starts Aug 2

Once again, Military Police, volunteers, and civilian supporters of our troops are gearing up for the 5th Annual Military Police National Motorcycle Relay Ride, which is due to hit the open road in St. John's, NL on August 2.

On April 23, Major Bob Edwards, the 2012 Ontario Ride Captain, accompanied by other riders, presented a \$75,000 cheque to the Children's Wish Foundation and the Military Police Fund for Blind Children. These funds were raised during the 2012 coast-to-coast ride, which set a new record for the ride's fundraising initiatives.

"We are extremely proud

of the significant contribution made by the MPNMRR to the Military Police Fund for Blind Children," said Lt.-Col. Gilles Sansterre, Chair of the fund, "The lives of many visually impaired children across this country are enriched by this generous donation."

The MPNMRR is the longest annual motorcycle relay in the world with our National Riders covering in excess of 10,000 kilometers during the event. On Aug. 2, the 5th Annual MPNMRR kicks off on "The Rock" where motorcycle enthusiasts will roll their throttles out of St. John's, NL and will visit all of the major military establishments

across Canada, arriving in beautiful Victoria, BC on Aug. 25. Courageous riders will also venture south from the frigid conditions of the Northwest Territories for the second year in a row, riding a whopping 3,459 kilometres.

Since riders rolled out of St John's, NL for the first ride in 2009, over \$170,000 has been raised for numerous charities. This year, funds raised will support the Military Police Fund for Blind Children nationwide and the Children's Wish Foundation in select provinces.

Lamont French, the MPNMRR National Chairperson, has been involved in the ride since its initial

launch in 2009 and is very passionate about fundraising for kids, stating, "The privilege of paying it forward to children is an honour."

Join the 5th Annual Military Police National Motorcycle Relay Ride, as it rolls through your area between Aug. 2 and 25. All motorcycle enthusiasts are welcome to participate, whether it is as a national, provincial or local rider.

For more information on the ride, how to register, become a sponsor, donate, or participate in our online auctions, visit the MPNMRR website at: www.mpnmrr.ca. For more information on

the charities the MPNMRR represents, visit www.mpfbc.com and www.childrenswish.ca.



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27th Annual Surf 'n Turf relay race registration extended

Registration closes May 28, so get registered

There is just a few days left to register for this year's 27th Annual 8 Wing/CFB Trenton Surf 'n Turf Relay Race. So far, a total of 390 participants are registered in various categories, including 19 persons completing all eight legs of the relay by themselves. The registration deadline has been extended to Tuesday, May 28.

This year's Surf 'n Turf will be held on Friday, June 7, beginning at 8:45 a.m. from Baker Island, located at CFB Trenton. The public are invited to register and join in the event, or to encourage participants along the route.

This eight-leg cross-country fitness challenge involves: running, cycling, canoeing, and swimming, finishing up with more running and cycling. Participant involvement includes: Single competitors, or "Tinman"; team pairings, or "Tinmates"; or teams consisting of an eight person race crew. They will compete over 60

km of terrain, spanning the Quinte West area.

Nine of the teams competing are all-female, five teams qualify as "masters" (over the age of 35), and one team of high school students has registered so far.

This year all cash donations over and above our operating cost will be presented to the Trenton Military Family Resource Center (MFRC). The Trenton MFRC provides services and resources that support the well-being of military families serving at 8 Wing/CFB Trenton. Military families includes all military, regular force or reservist, and their parents and close relatives.

Last year's event had 763 people registered, and approximately \$3,000 was donated to the Soldier On Program.

For registration details and the course map, visit www.cfbtrenton.com and click on the Surf N Turf Relay Race button.

Wing Commander's Awards 1 Canadian Air Division Commander's Commendation



Mr. Roger Coe and Mr. Theodore Romanik each received the 1 Canadian Air Division Commander's Commendation. Mr. Coe and Mr. Romanik have each displayed exemplary leadership and technical acumen as the CC150 Fleet Maintenance Project Manager following the abrupt demise of Aveos in March 2012. Their absolute dedication to the mission is matched only by their motivational leadership in even the most daunting of circumstances when the maintenance team's livelihood was at stake. Their work ensured that the CC150 Polaris fleet was able to support Government of Canada and CF missions. That they were able to do so is a testament to their professionalism, excellence and teamwork.

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Cut for the Cure at 8 Wing

8 Wing Commander Col. Sean Friday paid \$40 to take the first swipe on Cut for the Cure Champion Lt.-Col. Dany Breton, the 8 wing Logistics and Engineering Officer.

Photos Ross Lees



Pat Ellis holds up the first braid cut from her head and is then pictured with her long hair cut much shorter.



Lt.-Col. Breton and Maj. Graff break into song just prior to having their hair cut.

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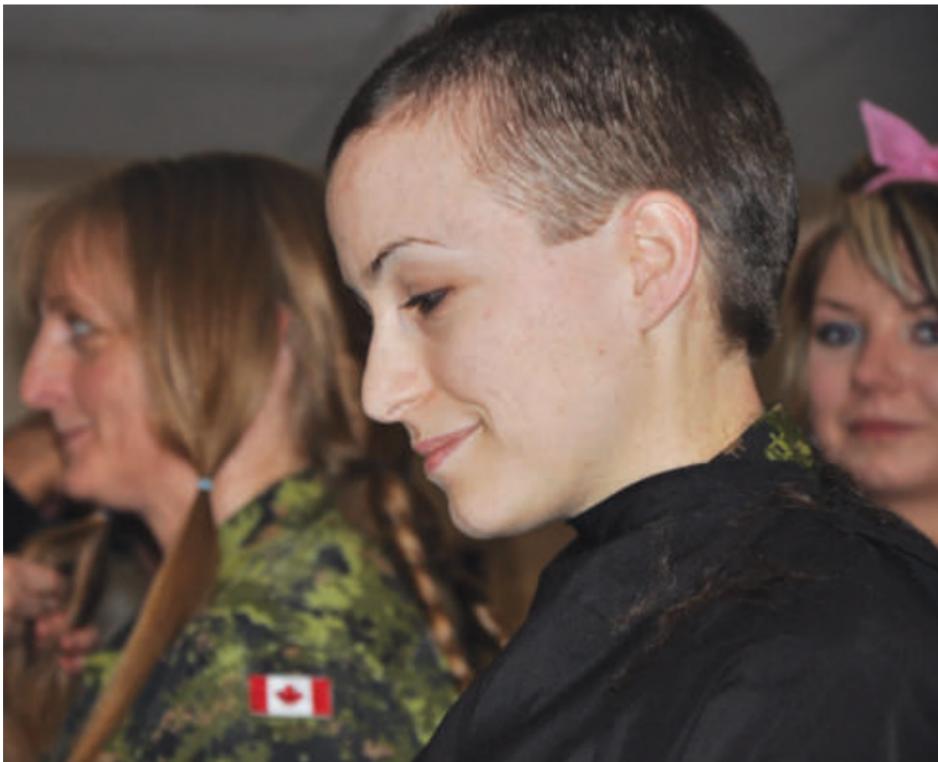
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The long and short of it



Maj. Tracy Graff is shown in the background as she is about to begin her hair cut while Cpl. Marie Milliard is shown in the foreground with her hair cut almost complete.



Maj. Dave Pattison displays a bit of a patchy cut as his hair cut was delayed for pictures.



Jonathon Hough gets the final few swipes as his hair is buzzed off.

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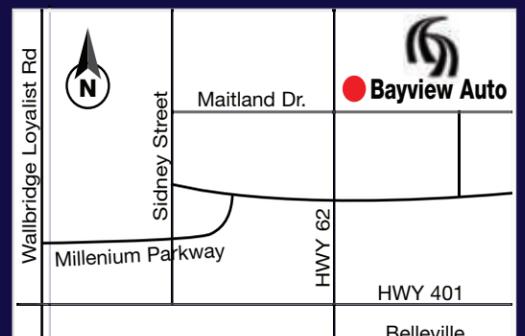
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Wing Logistics and Engineering Picture of the Week



The Wing Logistics and Engineering Command Team support a great cause by each getting their heads shaved for the annual Cut for the Cure. Eight hundred and fifty dollars was raised in support of Lt.-Col. Dany Breton, Maj. John Lewis and CWO. Paul Kombargi. Thank you to all who donated.



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continued from page 1



Skip Ross, whose Spirit name is the Running River Man, is shown here making native hand drums. Photo Ross Lees

“... a place of healing and a place for reflection. When the full circle is completed in a year, it will be surrounded by flowers and vegetables.”

The Three Sisters, according to Aboriginal legend, are whole beans, squash and corn and they are planted to gain support from each other.

“It is a concept of reliance on one another,” Lt.-Col. Graitson stated, much like the Aboriginal people and the Department of National Defence. The Three Sisters had been chosen as the theme for the day.

Col. Sean Friday, 8 Wing Commander, said he appreciated all the work which went into organizing the day of focus in this unique atmosphere to 8 Wing in the Canadian Armed Forces.

“It is a good time for us to join together and reflect on the strength of our great Canadian heritage and recognize the role it has played in our history and that of the CAF,” he noted.

All participants in the day were invited to be smudged by Betty (Katsitsiase) Maracle, who began the day with Dustin Brant in talking about the Circle of Life in both languages.

Smudging, according to Lt.-Col. Graitson, releases the negative energy and opens the door for positive energy.

Col. Friday also planted an oak tree in the Three Sisters Garden, a symbol of the relationship the



Dustin Brant and Betty Maracle welcomed people to the 8 wing Aboriginal Awareness Day by relating the Circle of Life in both languages. Photo Ross Lees

Aboriginal people have with the land, water and natural resources. In the future, even more trees will be planted around the garden.

The event featured crafts workshops, a traditional housing presentation, drum making demonstrations and singers and drummers as well as a traditional aboriginal lunch of soup, bannock and refreshments.

For the first time during this event, a tipi was built, according to Lt.-Col. Graitson.

“We had the Aboriginal elders come and teach us,” she said, including debarking the trees. “The trees are taken from the centre of the forest because the outer trees have large roots and large trunks. It was a fascinating experience.”

Lt.-Col. Graitson added that the pine tree planted in the centre of the Three Sisters Garden was a symbol of peace in

Aboriginal legend.

“The Aboriginals placed their work gloves in the ground and planted a pine tree over them as a symbol of peace and that we all work together,” she stated.

It could also have been a symbol of the kind of cooperation required to bring a day like 8 Wing’s Aboriginal Awareness Day together.



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continued from page 1

8 Wing Aboriginal Awareness Day features native legends and crafts

Photos by Ross Lees

Visitors to the 8 Wing Aboriginal Awareness Day were treated to traditional native soup and bannock. (Right)



Col. Sean Friday and Chief Warrant Officer Sandor Gyuk plant an oak tree in the Three Sisters Garden.



Skip Ross, whose Spirit name is the Running River Man, is shown here making native hand drums.

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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.

Note: 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.

June is Recreation Month - Discover Your Adventure!

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

Camp Maple Leaf 2013-04-24

CFPSS invites your kids (ages 8-16) for a one week camp this summer. Three hundred spaces are available with registration deadline set at May 21. Application details can be found at: www.supportourtroops.ca Applications are handled on a first come, first served bases. Eligibility is based on: Children of fallen soldiers (priority for this category is awarded to newcomers over repeat campers); children of ill or injured CF members (includes OSI and physical injuries); children of all currently deployed CF members (deployment must be operation and out of country); children of all recently deployed CF members (timeline for "recently" dates back to July of previous calendar year); children with special needs (parents must clearly specify this special need); children who have achieved exemplary community service (parents

must clearly specify the achievement). Behind every soldier is a family – behind that family is Camp Maple Leaf.

May 25 - 21 Military Police Flight Spring Food Drive

The 21 Military Police Flight and PMQ Community Council will be conducting a Food Drive in the Residential Housing Unit's from 9 a.m. to 2 p.m. Flyers and grocery bags have been distributed to all members residing in the RHU's. Items can be placed on the front porch for pick up on May 25. All proceeds will go towards the Trenton Care and Share Food Bank.

Le 21e escadron de la police militaire et Le Conseil Communautaire des Logements Familiaux tiendra une collecte de nourriture dans les Unité de logements résidentiels le 25 Mai, de 09h00 à 14h00. Les dépliants et les sacs d'épicerie ont été distribués à tous les membres résidents dans les logements familiaux. Les articles peuvent être mis sur les vérandas pour être ramasser le 25 Mai. Tous les profits iront vers les soins de Trenton et la Banque alimentaire.

May 25 - PMQ Community Annual Yard Sale

The 8 Wing/CFB Trenton PMQ community is holding their annual yard sale from 8 a.m. to 4 p.m.

May 26 - Knights of Columbus Breakfast

Scrambled eggs, bacon, sausages, toast, potatoes, pancakes, baked beans, cereal, juice, tea and coffee. Twelve years and over \$7.50, six to 11 years \$5, five and under free. Everyone is welcome.

May 27 - 8 Wing/CFB Trenton Outdoor Spin

Wrap up the Health and Wellness Challenge with us or just come for an out-

door spin at 12 noon until 2 p.m. on the parade square. Challenge: three 40 minute spin classes - do one or do them all if your fitness permits

June 1 - Pull for Kids

The Pull for Kids is an annual fundraising event held by The Lung Association of Hastings and Prince Edward Counties to support children with asthma in this area.

The event is at Lowe's Home Improvement Warehouse on 219 Millennium Parkway in Belleville. There are teams of eight (men), 10 (co-ed but four must be women) and 12 (women) who pull a charter bus with a rope for a predetermined distance against another team. Whomever is the fastest is the winner (after three rounds). There is also a kids' area which will feature a workshop sponsored by Lowe's, face painting and goodie bags. Lunch is free for participants and volunteers. You can go to www.pull4kids.ca to read more online or to register a team. Entry fee is \$100 per team and each team member is expected to raise an additional \$100 in pledges. Military teams are welcome and encouraged to participate.

June 2-8 - Commuter Challenge

A week long event during National Environment Week on June 2-8. The challenge includes friendly competition between Canadian cities and workplaces, is a celebration of healthy and active transportation and allows people an opportunity to try different modes of transportation to work. Visit commuterchallenge.ca for more information.

June 8 - Rummage and Yard Sale

North Trenton United Church, 656

Front Street, Trenton, is holding their rummage and yard sale from 7:30 a.m. to 2 p.m.

July 2 to Aug. 23 - Kidz Kamp

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

July 12 - 19th Annual Camp Trillium Charity Golf Tournament

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

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CFS Alert supports Relay for Life with 12-hour fundraiser



CFS Alert personnel at the gym prior to the kick-off of the Relay for Life 12-hour fundraising event. The day began with a 7 km outdoor walk to the airfield and back followed by a candlelit lap in the Station's gym. More than 40 Station members participated by walking/running a total of 1,014 km to raise funds and awareness for cancer research." Photo Cpl. Matt Poirier

Surf 'n' Turf Captains Meeting May 28

There will be a local Surf 'n' Turf Team Captains meeting on May 28 at 6 p.m. at Astra Lounge, and a visiting Surf 'n' Turf Team Captains meeting on June 6 at 7 p.m. at Astra Lounge. Captains are requested to bring your signed waivers for each team member.

Registration closes at 11:59 p.m. on May 28. Course maps and rules of the race can be found at: <http://www.onlineregistrations.ca/surfnturf/>





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2. A means or thing that relieves pain, distress, anxiety, etc.
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continued from page 2

“Realistic training events such as MAPLE RESOLVE are very important to us because it provides us the opportunity to validate our capability to operate anywhere the Canadian Armed Forces needs our services,” said Capt. Godden.

For Master Seaman (MS) Rowena Tam from the 8 Wing Comptroller’s office, MAPLE RESOLVE gives her the opportunity to expand her expertise as a military clerk.

“I find it very interesting to operate from a non-conventional office setup,” she said.

Sergeant (Sgt.) Robert Zavitz, a cook from 8 Wing Foods and currently serving at the AEW as the second in command for the food service section said, “He enjoys working in this exercise.

For this joint exercise, 8 Wing has sent its air communications and control experts, air traffic controllers, clerks, public affairs officer, cooks and kitchen workers.

“We have a really nice setup here and I’m glad to see that our diners are very satisfied with our services. Our working hours in the field kitchen are long but we don’t really notice it because of the camaraderie that we have in the kitchen. Everyone seems to be enjoying their time here,” he said.

With the premiere technology offered at the Canadian Manoeuvre Training Centre in Wainwright, and the opportunity to work with world-class soldiers, the men and women of the AEW are proud to be part of this well-organized joint training event.

The RCAF, along with exercising its own AEW concept and validating Air Task Force 1301, provides essential air support to the Canadian Army during this exercise. The RCAF’s air asset contribution includes the CH-146 Griffon helicopter, the CP-140 Aurora, the CC-130 Hercules, and the CC-138 Twin Otter.

Ex MR 1301 is integrated, in part, with JOINTEX, a key Canadian Armed Forces joint enabler that changes how the military fight, develop, and train the future force. JOINTEX is taking place in various locations across Canada from May 1 to June 8, 2013. JOINTEX is integrating and leveraging, on a non-interference basis, two other force generation exercises, namely, TRIDENT FURY and MAPLE FLAG.

With files from the RCAF backgrounder

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



MS Rowena Tam from 8 Wing Comptroller’s office, serves as a field cashier at the AEW at Airfield 21. Photo by Capt. Christopher Daniel



8 Wing Foods member Sgt. Robert Zavitz, who is deployed at the AEW, ensures that the field kitchen has sufficient supply of rations. Photo by Capt. Christopher Daniel

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

Bienvenue aux nouveaux arrivants

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

2nd Annual Red Friday Golf Tournament

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

Le vendredi 14 juin au Club de golf Roundel

2e Tournoi de golf annuel 'Vendredi rouge'

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

Canada's Wonderland

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

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

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

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The Resource Library has reopened

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

La bibliothèque est réouverte

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

Fundraising for the Daycare

Do your gardening shopping at Connon Nurseries, between April 15 and June 15 and they will donate 10 per cent of the value of your purchase to the Daycare when you mention our name

Go on the Froggy Fundraising website to purchase your laundry powder, stain remover soap, cleaning wipes, lens cleaning wipes... and support the daycare at the same time. Labels for the stuff kids lose! Dishwasher and laundry safe personalized labels. Go on www.familyforce.ca on the MFRC Daycare page for more information about these fundraising events.

Collecte de fonds à la Garderie

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

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

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

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

Wing Commander's Honours and Awards



Sgt. Kevin Russell from 426 Sqn received the 8 Wing Trenton Personal Development Achievement Certificate (PDAC). The PDAC is presented to military members and civilian personnel who have completed at least 10 of the 13 Continuous Improvement Workshops. This certificate acknowledges motivation and dedication to personal development.

Home of the Week

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Plan No: 7-3-945

The archway over the front entrance, a deep front porch, the curved extension of the highest gable and the decorative woodwork that frames the mullioned windows, all lend this three-bedroom family home an air of Victorian charm.

A covered porch leads through the front door into a large foyer. A den is on the right, adjacent to a two-piece powder room. A coat closet is situated near the entrance to the great room.

Fitted into a bayed-out space near the back of the house, the

great room boasts a dramatic vaulted ceiling, as well as a fireplace. Flowing seamlessly from this room is the dining room, occupying its own bayed-out area, which has access to a covered deck, the perfect spot for year-round barbecuing.

The kitchen is separated from the other family rooms only by a raised eating bar and island, ensuring the cook will never feel isolated. The L-shaped counter configuration promises more than adequate work space, and a pantry provides extra storage. A window

over the kitchen sink overlooks the back garden.

From the kitchen, a doorway leads to a spacious laundry room, with a coat closet located near the entrance to the double garage, where there is enough room for a sizeable workshop. Part of the garage has an extra-high ceiling, ideal for an RV or other over-height vehicle.

Up the U-shaped stairway, a railed vestibule area allows a glimpse of the great room below. The master suite, overlooking the back garden, features a large walk-in closet. The en-

suite, in a bayed-out area, offers a touch of luxury in the form of a shower stall and a soaker tub, plus double basins.

The second and third bedrooms share a bathroom, also with double basins. The third bedroom features a window with an extra-deep sill.

Exterior finishes include wooden shingles, painted trim, decorative wooden detailing and stone accents.

This home measures 45 feet, four inches wide and 57 feet deep, for a total of 2,230 square feet of living space.

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The seven signs of terrorism

In light of recent events in Boston and the recent RCMP arrests this week, 21 Military Police Flight (21 MP Flt) would like to remind everyone their vigilance is critical in the prevention and detection of terrorist attacks, regardless of the motivations of the perpetrators.

This is an excellent time to remind personnel of the "Seven Signs of Terrorism." Every soldier, sailor, airman/woman, DND civilian employee and base resident must be cognizant of these signs and be constantly on the lookout for them.

- 1. Surveillance:** This may include use of cameras/binoculars, note taking, drawing of maps/diagrams.
- 2. Elicitation:** People or organizations attempting to gain information about operations, capabilities, or people in a target location. It can be done in person, on-line or by phone.
- 3. Tests of security:** Any attempts to measure reaction times to breaches or tests of strength/weakness of security.
- 4. Acquiring supplies:** Purchasing or stealing explosives, weapons, ammunition, etc. This also includes acquiring uniforms, badges or identification cards/passes.
- 5. Suspicious person out of place:** People who don't seem to belong in the workplace, neighbourhood, business or establishment.

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Safety

Welding can hurt more than the eyes

It's no surprise welding can cause damage to your eyes if you do not use the proper Personal Protective Equipment (PPE). But what about the rest of your body? Your hearing, skin, neck, back, head and your respiratory system are all at risk when performing welding operations.

Skin: When you are welding, unprotected skin is exposed to hot metal, sparks and UV radiation (arc welding).

Hearing: Welding can generate noise at levels, which cause hearing loss.

Respiratory: If you perform welding operations in a poorly ventilated area, you are at risk of inhaling fumes, gas and dust present in the air as a result of welding. These elements enter your lungs and can cause flu-like symptoms

known as metal fume fever. While metal-fume fever may clear up in a day or two, it is possible for it to cause much more damage to your respiratory system.

Head: Sparks can burn your hair, causing painful damage to your scalp and skin.

Neck and Back: Standing for long periods of time bent over your work can cause stress to your back. The traditional nodding of the helmet, flicking your face shield down with your head and neck just before the arc is struck, can cause neck strain.

These, along with the many hazards to your eyes, burns caused by sparks, heat, molten metal and ultraviolet rays and cuts caused by flying spatter, and flash burns, commonly known as welder's flash or arc eye, point to the importance of wearing the right PPE when welding.

Talk with your supervisor about what PPE you need to protect you from the job you are doing. Some of the most common PPE used when welding include: leather gauntlet type gloves, leather jackets, long-sleeved shirts, high top boots, welder's

helmet, welder's cap, special filtered eyewear, face protection and hearing protection. Clothing should be made from leather, cotton or wool, and treated with flame-retardant coatings. Keep clothing dry and free of oil, grease or solvents. Pants with cuffs can collect sparks, so avoid them.

Respirators may be needed for some welding jobs. You must be properly trained in the use of the respirator and be aware when you need one. Your supervisor will be able to tell you the requirements needed when using a respirator.

Welding jobs are necessary, but there are many hazards involved with the task. Protect yourself from these hazards, even when performing welding tasks off-the-job. The few minutes it takes to put on the PPE can prevent injuries that will last a lifetime.



8 Wing Cut for Cure raises \$8,870

continued from page 1

soliciting a donation, she was approached by four-year-old Cassandra carrying her piggy bank.

"She had heard that I was getting my hair cut to prevent cancer and she wanted to donate everything in her piggy bank," Mrs. Ellis told The Contact. "We tried to talk her out of giving it all, but she wanted to give every penny. It was just so amazing! I babysit their cat every now and then so this was just wonderful!"

Mrs. Ellis had been growing her hair for 44 years, so she was about to go through a drastic change. However, she was determined to look cancer in the eye and smile at it.

When the cutting was done, she smiled continually and supported those others getting their hair cut with cheers. So inspirational was she that her husband Dwayne and her grandson each went up and had their heads shaved to support her on the spur of the moment.

How did it feel afterward?
"It feels amazing," she said with a twinkle in her eye. "It feels lighter and I feel healthier right now," she noted. "And if a four-year-old could understand I was supporting a cause and donate all her money.... She helped me raise about \$500."

Eleven-year-old Jonathon Hough began growing his hair last year at this event when his mother had her hair shaved off. He had his head shaved bald in support of Sgt. Dan Gorman's fundraising Cut for the Cure.

Lt.-Col. Dany Breton, the Champion of the event, joined with Maj. Tracy Graff to sing a duet just prior to having their hair cut, increasing the amount of funds raised and having fun while they did it.

Lt.-Col. Breton warned

everyone prior to singing that he was no singer and they could leave the room if they wanted.

Col. Sean Friday then donated another \$40 for the chance to take the first swipe through Lt.-Col. Breton's hair.

MCpl. Sandra Boulay put it all on the line when she had her head shaved, but she enjoyed collecting a good deal of money from her husband as he had the honours. And she looked very good afterward.

Her husband stated he almost had to sell a car to raise the money, but it was worth every penny.

Cpl. Marie Milliard had her own fan club in attendance as she had her beautiful long hair cut very short. When it was all done, Lt.-Col. Jason Stark said, "I wish my hair looked that good!"

Throughout the event, humour was injected often. Maj. Dave Pattison, who expects to raise well over \$1,400 when all is said and done, had tufts of hair still uncut when one person joked that the batteries had died on the clippers, a joke also used when Sgt. Dan Gorman had just rows of hair left on each side of his head.

Later, the barber gave everyone a chance to see Sgt. Gorman with just a bunny-tail-like piece of hair left on the lower back of his head. There were quickly suggestions a new hair style might have been created.

But Maj. Graff may have put it all in perspective with her personal comments to The Contact part way

through the event.

"Hey, this is a choice we can all make and it's easy," she said.

They were choices not missed by Jeff Brace, the Past President of the Hasting, Prince Edward and Brighton Unit of the Cancer Society.

"The money you all raised today will be used for research and for driving cancer patients to appointments, etc.," he said. "On behalf of the Canadian Cancer Society, I would like to thank all the people who came here and had their hair cut, shaved or whatever today. You're very, very brave and I congratulate every one of you."

He also thanked Aldo and the three ladies who did the cutting of the hair at the event.

"But finally, I think special recognition should be given to Dan Gorman, whose been doing this for six years and who has raised a lot of money," he stated.

Sgt. Gorman had the final word once a picture was taken with the participants after their hair cuts and with a cheque for \$8,870.

"Thanks folks for raising lots of money and next year we'll do it again," he added.

6. Dry run/trial run: Putting people into position and moving them around according to their plan without actually committing the terrorist act.

7. Deploying assets: Getting people and supplies into position for the attack. This is the last opportunity for police and security forces to intervene before an attack happens.

The intent is not to cause undue alarm or suggest there is currently a specific terrorist threat at the Wing, but to let the base population as a whole know there are signs that may be a precursor to a terrorist event and such signs should be reported to 21 MP Flt immediately.

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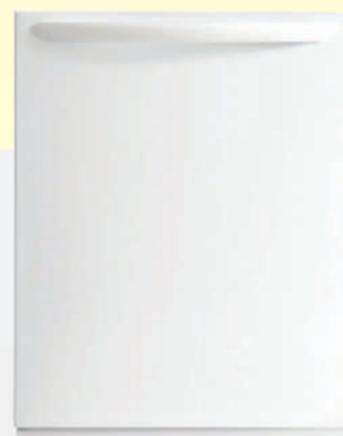
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