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## Canada continues support of Ukraine against Russian aggression

By Ross Lees

Canada's continued response to Russian aggression and militarism in Eastern Ukraine continues to be "swift, targeted and unequivocal," according to Canadian Minister of National Defence Robert Nicholson.

He made the announcement Aug. 7 as an aircraft from 8 Wing/CFB Trenton was preparing to airlift non-lethal military equipment and supplies to Ukraine as a result of that continued Russian aggression.

"In light of the ongoing hostilities and Russia's blatant support thereof, Canada has imposed severe sanctions on the Putin regime and continues support to NATO's

Reassurance measures in Europe," Mr. Nicholson told a small gathering of military and civilian personnel at Trenton, including a large contingent of media.

The flight leaving Aug. 7 was the first of a series of flights loaded with detection equipment, emergency medical kits, helmets, protective vests, ballistic eye wear and other material, according to government officials.

"Putin's failure to end support to armed rebel groups constitutes a real threat to international peace and security," Mr. Nicholson stated emphatically. "Canada will not stand by in the face of this threat, which is why I am pleased today to announce

Canadian Minister of National Defence Robert Nicholson announced Aug. 7 that Canada was preparing to airlift non-lethal military equipment and supplies to Ukraine as a result of continued Russian aggression in that country.

Photos by Ross Lees

Continued on page 6

## 8 Wing welcomes new Wing Chief Warrant Officer

Chief Warrant Officer (CWO) Sandor Gyuk (left), outgoing 8 Wing CWO, Colonel David Lowthian (middle), 8 Wing Commander and CWO Darcy Elder (right), incoming 8 Wing CWO, sign the 8 Wing CWO Change of Appointment scroll during the 8 Wing CWO Change of Appointment ceremony at the National Air Force Museum on August 11, 2014.

Photo by Cpl. Precious Carandang, 8 Wing Imaging



See story on page 7

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# Walk Into No Man's Land aims to heighten awareness of PTSD



Lisa-Marie Gueron, left, Steve Hartwig, centre, and Jason McKenzie visit the Afghanistan Memorial at the National Air Force Museum of Canada as part of their Walk Into No Man's Land to increase awareness of post traumatic stress disorder. *Photo by Ross Lees*

*"My goal is to shine a spotlight onto the care men and women receive across our nation. PTSD is not a sickness or a disease, it is a result of being exposed to trauma and we all need support..."*

*A quote from Steve Hartwig's business card.*

By Ross Lees

Having endured the many challenges of post traumatic stress disorder (PTSD) three friends wanted to raise awareness about post traumatic stress disorder (PTSD).

Steve Hartwig, Jason McKenzie and Scott McFarlane are doing that through a walk across Canada called Into No Man's Land, and that walk arrived in Trenton Wednesday. Stopping first at the Canadian Tire store, the men then walked to the Afghanistan Repatriation Memorial, then proceeded up to the National Air Force Museum of Canada.

At each and every stop, they welcome people coming up to them and talking about PTSD. They

avoid programs at these stops which would take time away from talking to people who may need information about PTSD or who might be willing to take that first step out of the darkness to talk to someone they feel they can trust and who has experienced what they might be going through.

The three buddies were with some of the first military personnel to be deployed to Yugoslavia, and they experienced the trauma and stress noted for bringing on PTSD. However, their tours were really the beginning of the PTSD epidemic and few people actually knew anything about PTSD. Treatment was just not available and soldiers did not readily admit they were suffering from trauma-related anxieties.

The three of them believe it is time PTSD was brought into the light and that any stigma attached to it is eliminated. They walk many miles each day to make that happen.

"I've worked with many different groups and I've come to realize that PTSD is very common in our society – depression, anxiety, nightmares, insomnia, alcoholism, drinking. Dealing with stress is common, it's the diagnosis of the disorder PTSD that is not as common," Mr. Hartwig noted.

Much progress has been made in the care and awareness of PTSD, however, with the rash of PTSD suicides in recent years more support and funding is pivotal in preventing even more senseless deaths, according to the three men.

The march began on the BC legislative grounds on June 23, 2014 and will take approximately 4 months ending in St Johns Newfoundland in or about September 2014. The march will consist of 32km walked distances each day augmented with periodic short drives.

Watch next week's Contact for a detailed interview with one of these men, Steve Hartwig.



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# Golden Hawk F-86 Sabre jet restored to its position at Zwick's Park

*In appreciation, City of Belleville presents Key to the City to CFB Trenton*

By Ross Lees

It was done to perfection and very much appreciated by the City of Belleville.

In fact, the refinishing of the F-86 Sabre jet was so well done and it looked so fantastic up on its pedestal at Zwick's Park that Belleville Mayor Neill Ellis thanked CFB Trenton and the Aerospace Telecommunications Engineering and Support Squadron (ATESS) by presenting them with the Key to the City of Belleville, the highest honour which can be bestowed on an individual or group.

Mayor Ellis said it was important that the aircraft - which had deteriorated over the years because of weather and bird and animal tampering - be restored properly. It was for that reason, as well as the cost, that CFB Trenton was approached to do the restoration and why ATESS was given the job.

The military took the job because it was a chance to train



(above) Belleville Mayor Neil Ellis presents 8 Wing/CFB Trenton Commander Col. David Lowthian with the Key to the City as a token of the city's appreciation for the magnificent restoration work done of the Golden Hawk F-86 Sabre jet once again on its pedestal in Zwick's Park. Photos by Ross Lees



(right) Col. Lowthian and Belleville Mayor Neil Ellis proudly display the Key to the City presented to CFB Trenton and ATESS in appreciation of the restoration of the Golden Hawk F-86 Sabre jet at Zwick's Park. Members of ATESS, the unit which actually did the restoration, stand at attention beneath the jet in the background.

Continued on page 10



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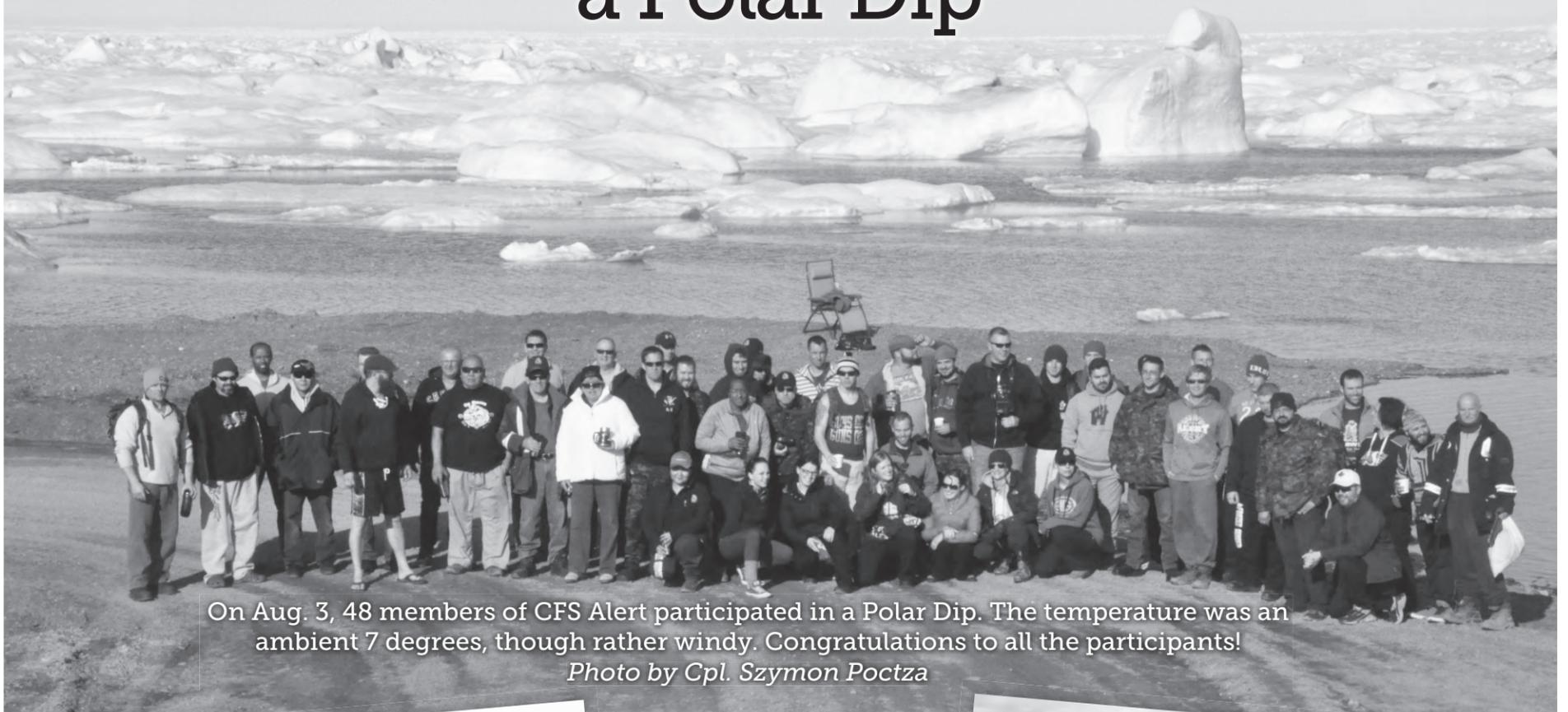
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# CFS Alert personnel experience a Polar Dip



On Aug. 3, 48 members of CFS Alert participated in a Polar Dip. The temperature was an ambient 7 degrees, though rather windy. Congratulations to all the participants!

Photo by Cpl. Szymon Poctza

## CFS Alert cleanup crew supervised by wolf pack



The staff at CFS Alert cleaned-up a total of 1,020 pounds of garbage which was blown around the Station on Aug. 14. From left to right: Maj. Scott Marshall, MCpl. Lee Darrow, WO Hollie Butticci, Pte. Dan Longpre, MCpl. Julie de Ste Croix, AB Corey Colombe, Pte. Holly Wortman.

Photos by  
Cpl. Szymon Poctza



The staff at CFS Alert participate in a garbage clean-up of the Station. Two members of the wolf pack acted as supervisors. In the foreground (from left to right): Pte. Dakota Lacroix and Pte. Brenda Benzies.

### 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 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 CONTACT is published every Friday with the kind permission of Colonel David Lowthian, MSM., CD, Commander, 8 Wing/CFB Trenton. 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, CAF or other agencies.

Where typographical errors are discovered in advertisements (including classifieds) that result in goods not being sold, this newspaper is only liable to refund the money charged for the advertising space.

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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, graphics or photos within typed pages. Additional graphics, logos and photos must be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) 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 a jpeg format at a high resolution for quality reproduction.
- Articles must be received by Monday at noon prior to print date.

### Letters to the Editor:

All letters must be signed and include the name of the author, which will be published. Include a phone number for verification. We reserve the right to edit the text 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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# Camp Trillium's annual Charity Golf tournament hugely successful



8 AMS representatives join the Camp Trillium Charity Golf Tournament committee members in presenting a cheque to Camp Trillium's Carrie Arnold and Charles Benson.

Photo by Ross Lees

Camp Trillium's annual Charity Golf tournament hugely successful – headline

By Sgt. Kevin Palmer and Ross Lees  
The 20th annual Camp Trillium Charity Golf Tournament was held at Roundel Glen Golf Club at CFB Trenton on July 11 and raised \$14,917, exceeding organizers' expectations.

"We have come full circle having it here where it all started," noted Sgt. Kevin Palmer of 8 AMS at a cheque presentation at Roundel Glen Aug. 8.

In support of Camp Trillium, 8 AMS hosted the annual event, with the support of other Wing squadrons. The sun was shining all day, and the temperature was perfect for an excellent day of golf. Roundel Glen provided an excellent meal, no one went home hungry and great prizes were awarded.

"We set new records this year with raffles, silent auctions and the final total," noted Sgt. Palmer. "With 139 do-

nations, four sponsors, two hole-in-one sponsors and 70 golfers participating, we exceeded our expectations in raising the \$14,917."

Lt.-Col. Tressa Home, the Commanding Officer of 8 Air Maintenance Squadron, thanked Camp Trillium staff for organizing and holding an open house at Camp Trillium in West Lake.

"It was great to have an opportunity to come out and see what you guys do," she noted, adding she was very impressed with the enthusiasm exhibited by the instructors.

Carrie Arnold, the Camp Trillium Manager of Special Events, said the open house was a great reminder to everyone why they do what they do for Camp Trillium, including staff.

Ms. Arnold expressed thanks on behalf of Camp Trillium to the Canadian Armed Forces members.

"Thank you to all of you because

without you, this doesn't happen," she stated. "It's heartwarming to see all of the effort you put into it."

Camp Trillium offers year-round recreation experiences to bring children with cancer and their families together in an environment that normalizes relationships and experiences, helping the healing process and enhancing quality of life.

Throughout the year, programs are offered from summer programs to weekend camps in the summer and fall. With Camp Trillium's two sites located on Our Island in West Lake near Wellington, Ontario and at Rainbow Lake near Waterford, Ontario, both locations run successful programs each year.

Thanks goes out to Roundel Glen for hosting this year's event and to all the volunteers, participants and businesses who donated to the success of this year's tournament.

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# Canada's response to the situation has been '...swift, targeted and unequivocal:' Minister

Photos by Ross Lees

Continued from page 1

even further action Canada is taking to help the people of Ukraine."

The equipment, which was requested by the Ukrainian government, would be turned over to them after the 17-hour flight.

"This equipment will provide physical and medical protection to those on the front lines against the insurgency," Mr. Nicholson noted. "The equipment provided will allow Ukrainians to better detect and track the movement of illicit goods and people."

Mr. Nicholson reminded everyone that the support Canada has supplied to the Ukrainians would not have been possible without the cooperation, expertise and resources of the Canadian Armed Forces (CAF).

"I would like to thank the team at 8 Wing Trenton for all their hard work that went into deploying this equipment," he said. "Know that your work and efforts are appreciated by all of us here in Canada and by those in need overseas."

Vadym Prystaiko, Ukrainian Ambassador to Canada, said the

emergency medical gear was anticipated and needed in by Ukrainian soldiers.

"This equipment will bring more fathers back to families while helping to bring rule of law back into the cities and towns and re-establish sovereignty," Mr. Prystaiko stated.

Ihor Kozak, a member of the League of Ukrainian Canadians and a former Canadian military officer, was impressed with Canada's consistent and continued support of Ukraine.

"Right from the onset of the Ukraine crisis,

Canadians and millions of our brothers and sisters overseas, I would like to express our deep gratitude to the Government of Canada and to all of you for this much needed help, and most importantly - for doing the right thing. We also strongly encourage Canada to stay the course in maintaining its international leadership role in assisting Ukraine and in challenging Putin's regime, thus standing up for global peace, stability and security, and for our Canadian values," he said.

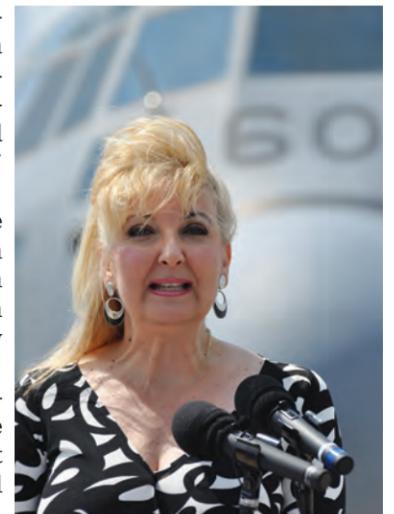
The newly appointed president of the League of Ukrainian Women, Lisa Shymko, brought the Ukrainian crisis into focus for those attending the ceremony of Canada, "Not since World War II has supported by Europe faced a greater threat to the Parli-

ament and the Canadian society at large, have adopted the most principled position on the issue within the G7, and have been steadfast in their increasing support for Ukraine-political, financial, and now with this important military equipment. On behalf of the hundreds of thousands of my fellow Ukrainian-Ca-

President of the League of Ukrainian Women, Lisa Shymko, said the fight the Ukrainian people was involved in against state-sponsored Russian terrorists was nothing less than a fight to protect global security and geopolitical stability.



Vadym Prystaiko, Ukrainian Ambassador to Canada, said the equipment being sent to Ukraine by Canada was anticipated and needed and he thanked Canada for its support of his countrymen.





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# Says farewell to 'personable and direct' CWO Gyuk, the man responsible for base morale, welfare and discipline

Continued from page 1



New 8 Wing CWO Darcy Elder receives the ceremonial baton from 8 Wing Commander col. David Lowthian at the Change of Appointment ceremony at the National Air Force Museum of Canada on Aug. 11.

By Capt. Julie Brunet and Ross Lees

8 Wing/CFB Trenton Commander Colonel (Col.) David Lowthian bid farewell to his trusted 8 Wing Command Team partner of one year, Chief Warrant Officer (CWO) Sandor Gyuk, in a traditional ceremony held at the National Air Force Museum of Canada (NAFMC) on Aug. 11.

Col. Lowthian noted in his speech that Trenton is the gateway to and from theatres of operations worldwide and the base hosts Canada's soldiers, families, and leaders, community and international friends on a weekly basis. He said every day base personnel put their best foot forward to ensure that those who spend time at 8 Wing know the strategic influence and importance of this base and how their efforts contribute to something much bigger than themselves.

"Those visitors don't remember the concrete, infrastructure, the tarmacs and the waterfront vista," he said. "But they will remember those who have left a lasting impression upon them. Sometimes

it only takes a second to leave that impression. Sometimes we only have one second to leave an impression. Chief Warrant Officer Gyuk leaves an impression wherever he goes and he only needs a second to do so."

Welfare, morale and discipline were the arena in which WCWO Gyuk was most comfortable, Col. Lowthian noted, adding he worked closely with every unit CWO to ensure the well-being of base personnel was being looked after.

"Sandor could read the pulse of the Wing," Col. Lowthian stated. "He knew the undertones and could pick up on where attention was needed. This is a special attribute and one that has made him uniquely special."

While blessed with a somewhat gruff exterior befitting a CWO, Col. Lowthian said WCWO Gyuk would often find opportunities to mix with the junior ranks during their visits to the various units of 8 Wing.

"But his personable nature and direct but genuine interest in our

troops' concerns, made him very approachable."

Col. Lowthian said he relied on Chief Gyuk as an essential part of his Command Team.

"It's a Chief's wisdom that helps to steer a Commander's thoughts in the decision-making process," he said. "I know that I haven't seen it all, but I know that WCWO Gyuk could help me fill in the blanks."

The Change of Appointment (CoA) ceremony saw CWO Gyuk turning over the position of 8 Wing Chief Warrant Officer to CWO Darcy Elder after nearly four years of service as the trusted advisor to three of 8 Wing/CFB Trenton's commanders: Col. David Cochrane, Col. Sean Friday and Col. David Lowthian.

"I am very honoured to have been part of the 8 Wing team and proud of all the achievements that have been accomplished over the past three-and-a-half years. The 8 Wing personnel and the citizens of the surrounding area make me very proud to be Canadian. You all made Liz's and my stay here most enjoyable," CWO Gyuk said as part of his parting remarks.

Since taking over the position in January of 2011, CWO Gyuk has been continuously impressed with the teamwork shown by 8 Wing personnel.

"The collaboration and cooperation between all units including our civilian co-workers demonstrated to me that when faced with a challenge, whether domestically or abroad, all personnel wanted to make a positive difference. This was most evident during SAR (search and rescue) operations, (the mission to provide) humanitarian aid to the Philippines, the mission in Afghanistan and in the show of support to the families of our fallen during repatriation ceremonies, just to name a few," Chief Gyuk noted.

WCWO Gyuk said it was an honour to be chosen and to serve as the WCWO at 8 Wing and he praised the men and women, both military and civilian, who helped him get the job done over his tenure.

A military police member by trade, 8 Wing's new Chief Warrant Officer, CWO Darcy Elder, is no stranger to teamwork. Since joining the Canadian Armed Forces (CAF) in March of 1988 he has worked in a variety of positions where teamwork was the key to success. He has served in New Brunswick, Nova Scotia, Ontario and has been deployed overseas to Bosnia as well as to Afghanistan.

Newly appointed to the position of 8 Wing Chief Warrant Officer, CWO Elder is prepared for whatever the position will hold.

"Over the next horizon, I will endeavor to grow upon the exceptional work of my predecessors to ensure the highest standard of operational excellence is maintained while facing the challenges of the future operational environment," he said.

Extremely privileged to receive the appointment as the 8 Wing Chief Warrant Officer, CWO Elder sees himself as "the champion of the profession of arms for all soldiers, sailors, airmen and airwomen of the wing/base" and affirms that he is "ready and extremely proud to be entrusted with the task."

CWO Elder looked forward to working with Col. Lowthian "as his Command Team partner to meet our assigned priorities and tasks and to foster continued growth for the Defence Team and the families of the Wing." When asked about what he will focus on during his tenure, CWO Elder was to the point: "My priorities are simple - influencing the delivery of operations while balancing and meeting the needs of our members and their families as well as continuing to foster and strengthen the already strong ties to the communities within the Quinte Region."



Former CWO Sandor Gyuk is promoted to Captain in a ceremony conducted here by 8 Wing Commander Col. Lowthian and Liz Gyuk while new 8 Wing CWO Darcy Elder observes. Photos by Ross Lees



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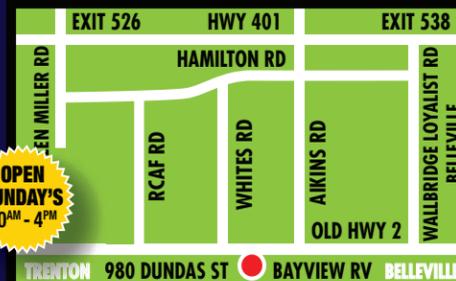
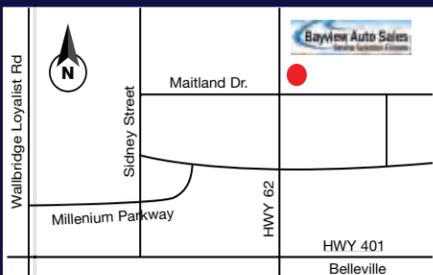
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**JULY D**

# 8 ACCS changes gypsy Mothers, celebrates 45th Anniversary

Maj. Jeff Szumlanski is replaced by Maj. Allan Ferriss at 8 ACCS Commanding Officer



Maj. Jeff Szumlanski, outgoing 8 ACCS CO, Col. David Lowthian, 8 Wing/CFB Trenton Commanding Officer, and incoming 8 ACCS CO Maj. Allan Ferriss, sign the Change of Command documents while those remaining at 8 ACCS look on in the background. Photo by Ross Lees

By Ross Lees

Once a gypsy, always a gypsy and once the gypsy Mother (Squadron Commander), you never stop worrying about the gypsies of 8 Air Communication and Control Squadron (8 ACCS), who were not only going through a change of command Aug. 8, but were also celebrating

their 45th anniversary.

Outgoing 8 ACCS Squadron Commander Maj. Jeff Szumlanski made it clear at the Change of Command ceremony that he would miss the gypsies but that he would continue to watch their progress as he advanced in his career. And he would always be proud of his association with this "small but amazing and proud Royal Canadian Air

Force Squadron, the jewel of the RCAF."

Presiding Officer, 8 Wing Commander Col. David Lowthian described them differently, but in no less glowing terms.

"The gypsies are a high value resource and they know their stuff," he stated proudly.

Maj. Szumlanski said the squadron had barely stopped in

*Continued on page 14*

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**ENSS "NEW" REGISTRATIONS:**

East Northumberland Secondary school will be welcoming new registrations the week of August 25, 2014. Appointments are necessary and may be arranged by calling the school at 613-475-0540 between 7:30 a.m. and 3:30 p.m. daily. It is recommended to pick up a Registration package starting Thursday, August 21.

Please be advised that new registrants **AND** parents/guardians will meet first with the school administration and then with Student Services. When meeting with school administration the following information and documentation **will be required:**

- for grade 9-12 - a credit counselling sheet (from last school attended)
- for grade 8 students - a final report card
- individual education plan (if applicable)
- birth certificate and proof of residency
- 911# and address
- health Card
- immunization records, if available

Please also have available, the name and telephone number of your family doctor (where applicable) and the name and telephone number of an emergency contact (other than a parent/guardian or someone who lives in the same home as the student).

We look forward to meeting you as we prepare for another school year at East Northumberland Secondary School.

**REPORT CARDS: will be available for pickup starting Thursday, August 21**

**TIMETABLES: ALL students MUST pick up a NEW timetable on the 1st day of school from their period 1 teacher....lists will be posted on the main doors & throughout the school.**

For every Albert College student, there's a success story just like Nathan's.

**Thank you Albert!!!**

Our son, Nathan, just graduated from Albert College where he attended school from Grade 4 to Grade 12. He is now on his way to the University of Guelph to follow his passion in Media Studies with a major in Journalism.

As parents, we chose Albert College because of the reputation and endorsement from previous students and their parents. The school far exceeded our expectations. We are so proud of the person that Nathan has become, and Albert College has played a major role in his development. He graduated as an Ontario Scholar with Distinction.

The school offers something for everyone. Nathan found his passion for the arts by performing in every school drama production. He also enjoyed team sports from swimming to track and field to cross country running. The aspect of being part of the community instilled a desire for Nathan to volunteer for many community service activities from "Me To We" days, food drives, 30 Hour Famine, climbing the CN Tower and many more.

The level of academic leadership was inspiring. The quality of teachers, small class size and the international student body was a positive influence for Nathan. Each teacher got to know the students as individuals, which we believe sets Albert College apart from other schools.

Nathan will always be a part of the the Albert College family as he moves forward and will be able to reflect on the positive influence that it has had on his life, and ours.

C. and E. Shubert  
Amy and Edward Shubert  
Parents of Nathan, Class of 2014

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<p><b>NATURE ENTHUSIAST'S DREAM</b></p> <p><b>77 CLIFF WAY</b> Don't miss out on this rare opportunity to own your own sanctuary w/deeded access to prestigious Oak Lake. This 2 bed, 1 bath ranch style bungalow retreat won't last long. A fantastic investment/rental opportunity. Only 5 minutes from all amenities in the quaint town of Stirling or just 20 minutes to the 401.</p> <p>MLS#QR21405298 - \$144,900</p>	<p><b>RESIDENTIAL &amp; COMMERCIAL ALL IN ONE</b></p> <p><b>16088 HWY 2</b> This beautiful 6 year old bungalow is situated on a desirable 2 acre lot. Imagine yourself relaxing here in the spring, summer &amp; fall. Just wanting this beautiful home &amp; not the business? Not a problem... everything will be removed! Wanting the commercial space &amp; the business? This is the deal for you!</p> <p>MLS#2141937 - \$319,000</p>	<p><b>BEAUTIFUL KITCHEN</b></p> <p><b>78 POWER STREET</b> Three bed one bath bungalow on 100X150ft lot. Open concept kitchen, large main living area to enjoy your social gatherings. The basement is unfinished &amp; waiting for your personal touch. Beautiful Pine Acres is where you'll want to be. Minutes to CFB, a sought after school district, and all amenities close by.</p> <p>MLS#2143098 - \$214,900</p>

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# Golden Hawk F-86 Sabre jet restored to its position at Zwick's Park

Continued from page 3

their personnel on an actual aircraft project and they could do it as a community project.

"It was done to perfection," Mayor El-

lis noted, adding, "Without their help, we have no idea what it would have cost. It may have taken our whole capital budget. It's priceless what they've done!"

Presenting them with the key to the



ATESS was proud to have their picture taken with the Golden Hawk F-86 Sabre jet they had just restored at Zwick's Park. In fact, this was the second time the jet had been restored by members of CFB Trenton. It was also restored in 1987 by technicians of the Aerospace Maintenance Development Unit and the Base Aircraft Maintenance Engineering Branch, according to a plaque on the pedestal.

Photo by Ross Lees



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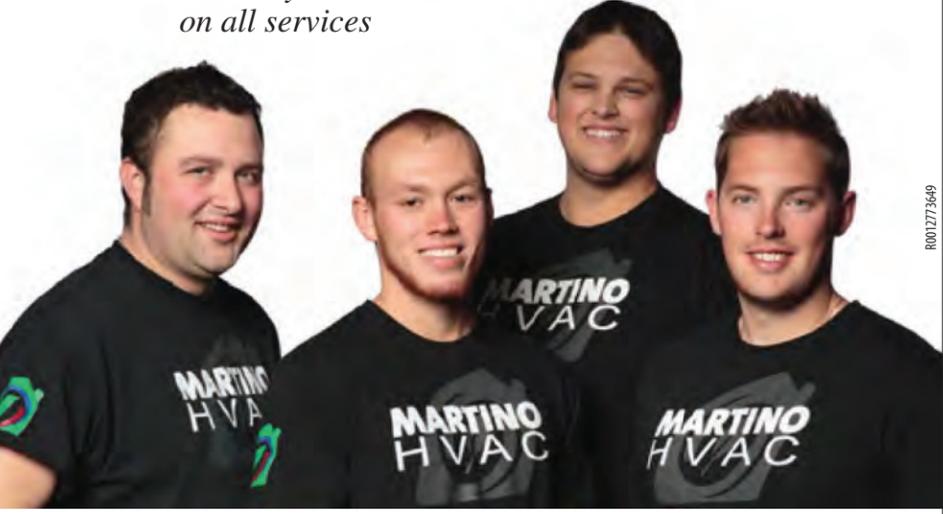
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# Trenton MFRC nominated for Quinte Business Achievement Award

## Base organization receives nomination for Not-for-Profit of the Year by business program

By Ross Lees

Trenton's Military Family Resource Centre (MFRC) was blown away by their nomination for the Quinte Business Achievement Awards not-for-profit of the year award.

According to Tamara Kleinschmidt, interim Executive Director of the local organization, they were caught completely off guard by the nomination.

"I wasn't really aware of the Quinte Business Achievement Awards and when I checked into it, they do quite a number of awards," she told *the Contact* this week.

One of the criteria of the nomination was for non-profit businesses with excellence in business through integration of best practices, and Mrs. Kleinschmidt acknowledged that is something MFRCs traditionally do very well.

"It was pretty exciting stuff, so we immediately sent off notifications to the board and to Lt-Col. Cameron (Elizabeth, the 8 Wing Administration Officer) and they were all excited about the nomination," Mrs. Kleinschmidt noted. "The board was especially excited because they've been working hard at making sure they've got a really strong direction for the organization as a whole, so they've been doing a lot of the work but not seeing a lot of public recognition for that. It's an excellent case where they get to sit back and say, 'Hey, you're doing something good.'"

Mrs. Kleinschmidt and her board were unaware they were being nominated or even who nominated them, and they still don't know who that might have been. They are hoping that somewhere along the process, they will find out who nominated them so they can express their appreciation.

Winners of the awards will be announced at the 17th Annual Awards Gala on Friday, Oct. 24, an event being held at the National Air Force Museum of Canada. Tickets can be purchased with a credit card from the website at [www.qbaa.ca](http://www.qbaa.ca) or you can call the Quinte West Chamber office to order your tickets and mail a cheque.

Timing could not have been better for the announcement to come to light, according to Mrs. Kleinschmidt.

"We just received a report back from our focus groups and one of the things it talked about was MFRCs getting out and talking to the community at large about what the military family experience is and helping the community have a better understanding of the military community within the broader community," she said. "That's one of the recommendations of our report, so this is pretty timely stuff! It's exactly what the community is telling us we need to be doing."

She said military people and those involved in MFRCs often underestimate the quality of activities taking place at MFRCs like that in Trenton.

"There's amazing excellence in a lot of different areas and this is definitely one of the things that the military does really well," she said of the MFRCs.

"A few years ago, Michaëlle Jean, was Governor General of Canada, she had just been appointed, and I had been invited to a luncheon there because she wanted to talk about military family experiences. We talked from a quality of life perspective in MFRCs and what kinds of things were going on at MFRCs. She said, 'You know, you guys are doing amazing things and it's time to translate those skills and knowledge to the outside community.'

She made us look at what we did so much differently because we didn't really recognize the fact there was such great stuff going on in the centres, and it's all across the country, so definitely we should be looking more at translating out into our communities and supporting other non-profits in the area," Mrs. Kleinschmidt stated.

In fact, it was a situation the organization had already recognized and is even now putting into place, according to Mrs. Kleinschmidt. In doing some organizational changes recently, they have begun to establish a position in their organization referred to as a community liaison, who will be working diligently to make connections outside the military community and within.

"We're putting a lot of focus on that, particularly for the next year," she indicated. "It was definitely identified that even military families truly don't know with as much de-

tail as we would like where we are and what we do. We need to raise that awareness. Community partners really don't have a clear understanding of what it's like to be part of a military family, so we're going to focus on that over the next 12 months and see if we can improve that. Hopefully, we can."

Maj. Christine Bannerman, the chair of the MFRC board of directors, expressed surprise and pride in the nomination.

"The Board is very proud to be a part of the Trenton MFRC during this exciting time. We are delighted to be recognized and nominated for a Quinte Business Achievement Award. Our interim executive director, Tamara Kleinschmidt, has been working with her team to offer military families the best possible services. Congratulations go out to our Trenton MFRC," she said.

# Home of the Week

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Natural stone accents and mullioned windows give this tidy rancher an appealing rustic look. Inside, the two-bedroom floor plan is ideal for a retired couple or a small family.

Nine-foot high ceilings and a contemporary open design enhance the feeling of spaciousness.

Factor in an unfinished basement, and this home might also suit a growing family.

Entry is through an open courtyard, which could

easily be gated to enclose a small garden filled with potted plants.

The single front door is surrounded by windows that will bring natural light into the foyer. A staircase to the left of the foyer leads to the basement. A laundry room is tucked behind the stairwell, with access to the two-car garage with its built-in work bench.

The spacious great room forms the hub of this home, with views to the back sundeck. A corner fireplace

will warm the room in winter, while access to the sundeck will expand the living space in summer.

The contemporary kitchen is equipped with an angled work island, a greenhouse window and a pantry cupboard. An optional buffet can be added to the dining area, increasing storage for dishes and glassware.

The bedrooms are well separated, with the master suite located at the back of the house for quiet and

privacy. The master suite includes a three-piece bathroom, a bayed window and a door to the rear sundeck. Another three-piece bathroom is situated just outside the second bedroom.

Exterior finishes include horizontal siding, painted trim and decorative woodwork in the gables.

This home measures 40 feet wide by 51 feet, 6 inches deep and has 1,294 square feet of finished living space. The design includes an unfinished basement.

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Welcome to The Contact newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service 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](mailto:cfbcontactnewspaper@gmail.com). Please include the date, time, and location of the event along with a brief description. Please do not send posters.

### Annual hydrant flow testing

As in previous years, the 8 Wing Fire Department will be conducting annual hydrant flow testing throughout the Wing and in the PMQ area. These tests help to confirm and ensure that the water pressures servicing these areas are sufficient for firefighting 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.

### Sept. 12 - 8 Wing CFB Trenton Education and Transition Fair

Considering education and learning options for the future? Professional development and /or transitions forecasted? The Education and Transition Fair will provide empowering information and encourage all those who may be interested to adopt a lifestyle that includes an individual learning plan. No registrations are required, all personnel and dependents can drop-in anytime at the RecPlex gymnasium between 10 a.m. and 3 p.m. on Sept. 12. Additional details may be found on the Wing Splash page or WPSO website.

### Sept. 26 - Blood Donor Clinic

A blood donor clinic will be held in Trenton at the CFB RecPlex at 21 Namao Drive from 10 a.m. to 2 p.m. All regular or new donors are urged to come out and donate.

### Oct. 6-8 - General SCAN and Medical Seminars

Considering retirement in the near future? Exploring your options? Unsure about pension, financial or education benefits after release? SCAN seminars at the Astra Lounge in the Junior Ranks Mess are designed for military members with 10 or more years of service who may be contemplating a return to civilian life, though they are open to all military personnel. Spouses are strongly encouraged to attend. Seating is limited. Reservations may be made by filling out and returning the registration form found through the WPSO's website or on the wing Splash page no later than Oct. 2. Registration begins at 8 a.m. each day at the Astra Lounge, Junior Ranks Mess, 8 Wing/CFB Trenton.

# Safety

## Home spas - know what you are getting into



With the increasing popularity and numbers of home spas comes a corresponding increase of hot tub casualties. People must realize there are important safety responsibilities to owning and using a hot tub.

The hot bubbling water swirling around your body relaxing and soothing those aching muscles can have severe consequences. The average temperature in a spa is hot enough to raise your body temperature by several degrees above normal levels. About 10 to 15 minutes is safe for most users; but longer exposure can put enough stress on the cardiovascular system and cause changes in blood pressure and heart rate.

Consider your health before entering a tub. Older people with circulatory problems or heart conditions should stay away from a hot tub. Pregnant women and young children are also advised against hot tub use.

Do not go for a soak if you are on any medication, even such non-prescription drugs as antihistamines. Such drugs can make you drowsy, which introduces the risk of falling asleep and possibly drowning in the tub. If you lose track of how long you've been in the water or if you start to feel tired or faint, get out slowly. Getting out of the hot tub slowly allows your body to get accustomed to the change

in blood pressure.

Keep breakables such as drinking glasses and bottles away from the tub. Never drink alcoholic beverages in a hot tub. Electrical appliances such as radios and stereos should also be kept out of the area. Hot tubs located on an outdoor deck should use grounded lights for illumination.

When children are around the hot tub, strict rules should be set to avoid accidents. Horseplay should be avoided as should running around or near the tub. Children should always be accompanied by an adult while in the tub. Never allow diving to the bottom of the tub as the pull of the suction unit may tend to hold a child underwater.

In winter, watch for ice build-up in and around your outdoor tub. Ice build-up causes a slipping hazard while walking to and from your spa. A hard protective cover over the top of your tub is recommended. You may also purchase these with locks for extra protection.

Proper storage and handling of your spa chemicals is very important. Careless handling and storage of chemicals can result in serious injury if basic precautions are not taken. Always make sure children and pets are kept away from open containers. Read and follow directions on the labels and measure quanti-

ties closely. Overdosing your pool water will not make the water any cleaner but it can give bathers irritated eyes and skin. Don't smoke around chemicals because they can be ignited from a single cigarette.

The most basic and perhaps the most important rule when mixing chemicals for spas is never add water or liquid chemicals to a dry chemical - always add the chemical to the water. Improperly stored spa chemicals can give off noxious gases, cause fires and corrode surrounding equipment.

All spa chemicals should be stored separately from other household chemical compounds. Liquid chemicals should never be stored above dry chemicals and all chemicals should be locked away on high shelves in a cool, dry, well ventilated cabinet.

Keep the original lids on all chemical containers and make sure the lids are tightly sealed when not in use. It's also a good idea to keep records of how old your chemicals are and throw out any that are beyond their expiry date.

There are few things more appealing than a nice soak in a hot tub. But as with anything else, the secrets of enjoying a hot tub are common sense and a good knowledge of just what it is you are getting yourself into.

## A special welcome to Military personnel from Welcome Wagon

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# Fitness & Health

## Summer Kidz Kamp 2014

Monday to Friday – June 30 to Aug. 22, (eight weeks) 8 a.m. to 4 p.m. (No Summer Kidz Kamp on July 1 and Aug. 4) Register anytime Online or weekdays in person from 1 p.m. at the RecPlex!

## Provincial Park Passes – Rental Soon

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

## Red Cross Swim Lessons

For children and adults during the summer of 2014, eight lessons in duration. Session three – Aug. 11 to Aug. 22., Mon, Tuesday, Wednesday and Friday mornings – eight lessons. Register now online or in-person from 1:30 p.m. at the RecPlex.

## Aquatics

Morning Aquafit - Mondays, Wednesdays, Fridays, June 30 to Aug. 29 (26 classes) 8:30 a.m. to 9:20 a.m.

Senior Lane Swim - Mondays, Wednesdays, Fridays, June 30 to Aug. 29 (26 swims), 7:30 a.m. to 8:20 a.m. or 8:30 a.m. to 9:20 a.m.

## Fitness Programs

Pilates/Core Fitness – Wednesdays, July 9 to Aug. 27, 4:20 p.m. to 5:20 p.m.

NEW! Cardio/Step/Strength – Wednesdays, July 9 to Aug. 27, 5:30 p.m. to 6:30 p.m.

Tai Chi – Tuesdays, July 8 to Aug. 26, 5:35 p.m. to 6:35 p.m.

## Advanced Aquatics

Red Cross Babysitter's Course – Saturday, Aug. 16, 10 a.m. to 5 p.m.

Standard First Aid with CPR "C"/AED – Friday and Saturday, Aug. 22 and 23, 9 a.m. to 5 p.m.

Standard First Aid with CPR "C"/AED re-certification Sunday August 17., 9 a.m. to 5 p.m.

## Health Promotion fall 2014 course calendar

### Butt Out Self Help

Butt Out is designed to help participants overcome their addiction to nicotine by providing education and support. This program focuses on smoking/chewing cessation medications; problem solving and coping strategies; relaxation and stress management; physical activity; minimizing weight gain; preparing for high-risk situations, and developing a plan for remaining tobacco-free.

Dates: By appointment; call x3768

Timing: 30min appointments @ Health Promotion Office

### Mental Fitness Mondays

MFM are presented on Mondays by Lisa and Brenda, who bring their expertise in Health Promotion Programming combined with their backgrounds in wellness to deliver a series of classes that blend mental and physical with the emphasis on mental fitness and resilience. The CF Health and Physical Fitness Strategy speak to this concept of both the mental and the physical, and this series will work to bridge the gap in this field.

Dates: Every Monday!

Timing: 12h00 - 12h45 hrs

Info: South Side Gym in MPR room or Spin Studio

### Mental Fitness & Suicide Awareness Supervisor Training

MFSA Supervisor Training for CF personnel in leadership positions is aimed at assisting in the understanding and maintenance of mental fitness, including awareness of suicide and suicide intervention for non-professionals. MFSA promotes awareness and skill building to maximize mental fitness for individual and operational effectiveness.

Dates: 11 September 2014 – Unit Reps

24 September 2014 - Basewide

Timing: 08h30-16h00

Info: Mite Coded

### Weight Wellness Lifestyle Program

WWLP takes a realistic and positive view to achieving a healthy lifestyle with a self-management approach to behaviour change. Throughout the program, participants will develop personalized goals and learn skills to manage eating habits and physical activity for a lifetime. This course is interactive, combining physical activity and nutrition information.

Dates: 25 September – 13 November 2014

Timing: 18h30–20h30

Info: Course consists of 8 sessions on Thursdays

### Stress: Take Charge!

STC offers a self-directed approach to stress management through self-awareness, behaviour change and skill building. Participants will 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.

Dates: 30 September 2014

Timing: 08h30–16h00

### Alcohol, other Drugs & Gambling Awareness – Supervisor Training

AODG Supervisor Training aims to educate CF members in leadership positions of key factors required in creating an addiction free work environment. Topics discussed include understanding risks and benefits of alcohol use; recognizing the early warning signs; developing effective interviewing skills; and understanding and changing the culture of an organization.

Dates: 2 & 3 October 2014

20 & 21 November 2014

Timings: 08h30–16h00 day 1 & 08h30-12h00 day 2

Info: Mite Coded

### Air Force 101

AF101 was designed to help leadership encourage and facilitate healthy lifestyles in order to sustain operational readiness. Topics include Addiction Free Living, Stress Management, Injury Prevention & Active Living, and Nutritional Wellness.

Dates: 7 October 2014

Timing: 08h30–15h00

### Managing Angry Moments

MAM is an interactive program designed to help increase personal performance by identifying successful coping strategies that participants already use in anger-generating situations and by providing opportunities to learn and practice new skills. Discussions focus on understanding anger; identifying personal triggers; managing conflict with others; identifying and practicing strategies that work for you, and learning how to manage your responses for the long-term.

Dates: 22 October 2014

Timing: 08h30–16h00

### Top Fuel for Top Performance

TFTP is designed for those with an active lifestyle, TFTP presents the latest information on nutrition and how it applies to daily energy requirements. Discussion topics include everyday eating; timing of foods and fluids; body composition; and weight issues; dietary issues and supplements, and fine tuning your eating and activity habits.

Dates: 24 October – 14 November 2014

Timing: 08h30–12h00

Info: Course consists of 4 sessions on Fridays

### Want to Register for a Course?

Health Promotion Office

177 Hercules Street, Bldg 119.

Phone: (613) 392-2811 x3768

Fax: (613) 965-3033

Email: healthpromotiontrenton@forces.gc.ca

Website: www.cfbtrenton.com

Gillianne McCormick, Health Promotion Administrative Assistant

Lisa Refausse, Acting Health Promotion Director

Brenda Riddell, Health Promotion Manager

Ext.3768

Ext.4122

Ext.5429

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Unit Chaplains /Aumôniers des unités:  
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## 8 ACCS changes gypsy Mothers, celebrate 45th Anniversary

*Continued from page 9*

the past two years, but had never failed to live up to their reputation for professionalism, deployed excellence and operational success. He refused to wish for a quiet week, however, as the last time he had mentioned it was quiet, the squadron and 8 wing was immediately saddled with two high-readiness, short notice deployments back-to-back in 48

hours.

"The unit met and exceeded its assigned mandate," he noted of the many times they were stretched thin as a unit. "Many a time those of us left behind would quietly walk the floor of the empty squadron building, where you could count those remaining in single digits. You have served and sacrificed: missed family members' birth-

days, graduations, anniversaries and celebrations. As your CO, I appreciate your sacrifice of being away from your family and friends for long periods of time. And I thank you for those rare occasions where I had the privilege to visit you on deployment and for a brief moment, walk a mile in your shoes and observe your incredible accomplishments, operation success and gypsy spirit.

"this unit is blessed with amazingly self-motivated, capable, professional, hard-working and dedicated personnel with common sense, a sense of duty (and humour) and a belief in maintaining the proud reputation of this squadron," he said.



Maj. Szumlanski goes for a final spin on the 8 ACCS parade square with his family. *Photo by Ross Lees*

Col. Lowthian noted in his speech that 8 ACCS personnel were often indeed the first in and the last out of a deployment and agreed with Maj. Szumlanski's description of the squadron as "deployed excellence."

Of Maj. Szumlanski, Col. Lowthian said,



Maj. Szumlanski is presented with the 8 ACCS CO's office sign by WO Fulton. *Photo by Ross Lees*

"You understood the special character of your unit and you fostered it with creativity, enthusiasm and passion."

Col. Lowthian said incoming CO of the gypsies Maj. Allan Ferriss's wide-ranging experience would serve him well as he took over command of 8 ACCS.

"8 ACCS is an incredibly important part of the RCAF's deployable mission and having your unit based at 8 Wing speaks to the mandate of readiness, reach and immediacy," he stated. "I know you will hold it high and will continue to work closely with 8 Wing Leadership Team as we move your capability forward so that the Air Force can perfect its increasingly impor-

tant and relevant expeditionary concept."

Maj. Ferriss said it was an understatement to say he was honoured to take over command of the gypsies, "...a high caliber, operationally focused unit during these times of change and international turmoil," noting it was what he joined the CAF to do. He said it was a remarkable honour to take over command from a mentor, colleague and friend.

"Gypsies, for 45 years, your actions have defined you as a unit who everyone wants, who everyone wants to be, and who everyone wants to work with," he said. "I'm honoured to be your incoming CO. Now let's go lead the way."

# Former military officer returns to Trenton

*League of Ukrainian Canadians member Ihor Kozak returns to the base he deployed from for Op ATHENA and Op APOLLO*

By Ross Lees

It was like coming home for League of Ukarinian Canadians member Ihor Kozak, a former Canadian Armed Forces Officer whose first posting was here at 8 Wing/CFB Trenton.

The former aerospace engineer who graduated from Royal Military College in Kingston in 2001, when he was posted to Trenton, served with 8 Air Maintenance Squadron (8 AMS) until 2005. During that time, he was deployed to Operation ATHENA and Operation APOLLO and he travelled extensively internationally while he was participating with Open Skies. He spent 11 years in the CAF.

Leaving the military was just "the next step in his career," Mr. Kozak told *the Contact*.

"I had accomplished everything I wanted to accomplish in the military, I had a tremendous career - travelled a lot internationally - but the time was right for me to leave the military. I wanted to get into the business community and start doing not-for-profit work and get involved in politics, all of which I am now doing. It was just the next step, but I left on an extremely positive note and I still keep in touch with all my friends and just have nothing but amazing things to say about the CAF," he stated.

Mr. Kozak said it was very nice to revisit the base but it was also emotional for him.

"We are standing right at the terminal from which I was leaving for the Persian Gulf and Op APOLLO more than 10 years ago," he said. "My parents were here with me at the time and they



Ihor Kozak, a member of the League of Ukrainian Canadians, speaks at the announcement Aug. 7 that Canada would airlift non-lethal military equipment and supplies to Ukraine as a result of that continued Russian aggression.

*Photo by Ross Lees*

received me here back in Canada, so all those moments are coming back. I have also met a few of the non-commissioned members with whom I worked at 8 AMS at the time I was deployed. It was very pleasant and I am happy to be here."

Mr. Kozak now has his own consulting firm called Kozak International Corp., which advertises global reach, individual approach.

As a member of the League of Ukrainian Canadians, Mr. Kozak has been heavily involved in humanitarian support and not-for-profit work in Ukraine building Canadian-style democracy.

"I was there for the elections, I was in Eastern Ukraine where all this trouble is right now," he said. "We've been working very closely with the government of Canada with Prime Minister Harper's office and with the Minister of Defence and we're very happy that this non-lethal support and military equipment is being provided now."

While the situation is already lethal in Ukraine with over 1,000 deaths already in the conflict and the MH17 tragedy in which a civilian aircraft was shot down by what Mr. Kozak describes as "terrorists using a surface-to-air Russian-sponsored missile, he says there is every indication things could get worse before they get better.

"Putin (Russian President Vladimir Putin) is mounting troops on the border, so I hope it's not going to get worse, but it might," he noted.

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