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8 AMS says fond farewell to outgoing CO and welcomes incoming CO

Lt.-Col. Andrew Wedgewood takes over 8 AMS leadership from Lt.-Col. Tressa Home

By Ross Lees

Lieutenant-Colonel Tressa Home, outgoing Commanding Officer (CO) of 8 Air Maintenance Squadron (8 AMS), was praised for her leadership of the squadron over the past two years at the Change of Command parade at the National Air Force Museum of Canada on Aug. 14 by presiding officer Col. David Lowthian, 8 Wing/CFB Trenton Wing Commander (WComd), and by incoming CO Lt.-Col. Andrew Wedgewood.

Lt.-Col. Home said it was her command team and the personnel of 8 AMS who were responsible for the successes under her command.

As she prepared to pass the mace to Lt.-Col. Wedgewood, she confirmed that analysis.

"Andrew, you are gaining a cohesive and highly capable group of aviation professionals," she

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Lt.-Col. Andrew Wedgewood, incoming CO of 8 AMS, (left), Presiding Officer Col. David Lowthian, 8 Wing/CFB Trenton WComd, (centre) and Lt.-Col. Tressa Home (right) outgoing CO of 8 AMS, sign the change of Command scrolls at the ceremony on Aug. 14. Photo by Ross Lees



Cadets perform their final march past at the Trenton Cadet Training Centre on Aug. 14. Photo by Ross Lees

Trenton Cadet Training Centre displays impressive final parade

Outstanding cadets receive awards for their admirable performances throughout the summer

By Ross Lees

A very impressive final graduation parade from the Trenton Cadet Training Centre (TCTC) took place on the main parade square at CFB Trenton Aug. 14.

According to Reviewing Officer and 8 Wing/

CFB Trenton Commanding Officer, Colonel David Lowthian, just over 700 cadets took part in the parade in 13-degree temperatures under cloudy skies which made the event feel like it truly was taking place at the end of summer.

With this graduation, 1,475 cadets spent time at

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Walk Into No Man's Land spearheading fight to shed light on PTSD



Steve Hartwig is shown in this photograph at the Afghanistan Repatriation Memorial in Bain Park in Trenton during the Walk Into No Man's Land through Quinte West. Photo by Brad Denoon

One walker says PTSD is common in our society, but the diagnosis of PTSD is not

By Ross Lees

The Walk Into No Man's Land had its genesis in a desire of three men suffering from Post Traumatic Stress Disorder (PTSD) to bring the disorder out into the light.

Having started the walk in British Columbia, the three men plan to walk across Canada – ultimately ending the walk in Newfoundland – while talking to anyone who wishes to speak to them or ask them questions about the debilitating disorder.

Last week, they marched through the Quinte West area and put a spotlight on this disorder often thought to stem from military action, but now being shown to affect police, firemen and other civilians experiencing external stress or trauma.

The three men, Steve Hartwig, Jason McKenzie and Scott McFarlane, met when they joined the military and were among the first Canadian soldiers dispatched to Yugoslavia. Each suffers from PTSD and they expect to battle its symptoms for the rest of their lives. Through their walk, they hope to make people more aware of PTSD and they want to try to eliminate the stigma often attached to the illness.

"I've been dealing with PTSD myself for the past 20 years from my military service," Mr. Hartwig told *The Contact* in an interview at the National Air Force Museum of Canada on Aug. 13. "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,

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ATF Romania prepares to support CAF troops



A team of medical experts from the Aeromedical Evacuation Flight out of 8 Wing Trenton, 1 Canadian Field Hospital (Ottawa and Montreal detachments), and the air-crew of 412 (Transport) Squadron arrive in Campia Turzii, Romania onboard a CC-144 Challenger on Aug. 17, to provide aeromedical evacuation support to the Canadian Air Task Force Romania, which is the air component of Operation REASSURANCE. The Aeromedical Evacuation Flight is committed to providing immediate aeromedical care to Canadian Armed Forces members whenever and wherever help is needed.

Photo by Capt. Christopher Daniel



(Left) A member of the Canadian Air Task Force (ATF) Romania refuels a CC-144 Challenger from 8 Wing's 412 (Transport) Squadron on Aug. 17, in Campia Turzii, Romania during Operation REASSURANCE. The CC-144 Challenger provides aeromedical evacuation support to the ATF. *Photo by Capt. Christopher Daniel*



(Right) Members of the Canadian Air Task Force Romania collaborate with 429 (Transport) Squadron crew out of 8 Wing Trenton in uploading cargo into a CC-177 Globemaster III in Campia Turzii, Romania on Aug. 17, during Operation REASSURANCE. *Photo by Sgt. Patrick Borduas*



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CFS Alert the point of debarkation for Coast Guard vessels

Master Corporal Julie de Ste Croix, of 2 Air Movements Squadron in Trenton, marshals in a Transport Canada Dash-7. Transport Canada is using Canadian Forces Station Alert as a point of debarkation in support of 2 Canadian Coast Guard Vessels traversing the Arctic Ocean.

Photo by Cpl. Dave Bancroft



Wing Logistics and Engineering Picture of the Week

The Change of Appointment for the 8 Wing Telecommunications and Information Services Officer (WTISO) took place on Aug. 12. After three years as WTISO, Major Joel Ingimundarson handed control over to Maj. Peter Williams. The parade/ceremony was held in the GPV Bay of the Maple Leaf Route building, and was witnessed by the 8 Wing Chief of Staff, Lt.-Col. David Alexander.

Submitted photo

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.

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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



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Fitness & Health

Poll reveals the challenges parents face in packing a healthy meal for kids Picky eaters can stymie parents' efforts to pack nutritious food

Four out of five Canadian parents (81 per cent) pack lunches and snacks at home for their children to take to school. However, with 22 per cent of parents saying their children are picky eaters, the challenge is ensuring they eat what is packed for them. We asked 2,000 parents across Canada about their school lunch realities in a poll conducted in June, 2013, for the Heart and Stroke Foundation. Here's what the poll revealed:

- 83 per cent of parents feel it's very important that their

children eat healthy snacks and lunches every day at school. A large majority (81 per cent) said that the main source of their child's lunches and snacks is food packed at home. Only one in 10 rely on a school cafeteria or lunch program.

- Lunch is a full-time job: 64 per cent of parents said their child takes lunch and snacks from home five days a week.

As for the challenges, parents had this to say:

- 14 per cent of parents cited lack of time as the biggest chal-

lenge they face in trying to make healthy packed lunches and snacks.

- More than one in five (22 per cent) reported that picky eaters do not like healthy choices.

"Picky eaters can be a challenge," said Carol Dombrow, Heart and Stroke Foundation registered dietitian. "Try engaging your kids by getting them more involved in snack and lunch preparation. Kids who are included and have a say in the process are more likely to want to eat what you've prepared."

As part of the Time to Start campaign, the Foundation is offering weekly meal plans developed by its registered dietitians at healthcheck.org, complete with preparation tips and helpful hints.

Source: Heart and Stroke

http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.8767319/k.2B8/School_lunches_How_parents_really_feel.htm

Un sondage révèle les défis qui attendent les parents qui préparent des repas sains à leurs enfants

Les enfants difficiles peuvent enrayer les efforts des parents en saine alimentation

Quatre parents canadiens sur cinq, soit 81 pour cent, préparent des lunches et des collations à la maison afin que leurs enfants les emmènent à l'école. Cependant, 22 pour cent des parents disent que leur enfant est difficile, ce qui complique la tâche de leur servir des aliments nutritifs.

Nous avons demandé à 2 000 parents des quatre coins du Canada de nous parler de leur expérience des lunches scolaires dans le cadre d'un sondage mené en juin 2013 pour le compte de la Fondation des maladies du cœur et de l'AVC. Voici ce que ce sondage a révélé :

- 83 pour cent des parents croient qu'il est important que leur enfant ait des collations et un lunch sain chaque jour à l'école.

- Une vaste majorité (81 pour cent) dit

que la maison est la principale source des lunches et collations de leur enfant. À peine 10 pour cent ont recours à la cafétéria ou aux programmes de diners de l'école.

- Le lunch est la norme : 64 pour cent des parents disent que leur enfant apporte un lunch et des collations de la maison cinq fois par semaine.

Quant aux défis, voici ce que les parents avaient à dire :

- 14 pour cent des parents mentionnent le manque de temps comme principal obstacle à la préparation de lunches sains et de collations saines.

- Plus d'un parent sur cinq (soit 22 pour cent) signale que leur enfant est difficile et n'apprécie pas les choix sains.

« Les enfants difficiles posent un véritable défi, dit Carol Dombrow, diété-

tiste de la Fondation des maladies du cœur et de l'AVC. Essayez d'impliquer davantage vos enfants en les faisant participer à la préparation des collations et des lunches. Les enfants ainsi impliqués sont plus susceptibles de donner leur avis et d'apprécier ce que vous avez préparé. »

Dans le cadre de la campagne Futé pour la rentrée, la Fondation offre des plans de repas hebdomadaires créés par des nutritionnistes professionnelles sur le site visezsante.org, où on retrouve également des conseils de préparation et des trucs utiles.

Source : Fondation Des Maladies Du Cœur Et De L'Avc

http://www.fmcoeur.com/site/c.ntJXJ8MMIqE/b.8767313/k.CBE2/Lunches_224_l8217233cole_l8217opinion_des_parents.htm

Crunchy broccoli salad with cheddar and chicken

- 125 mL (1/2 cup)
- 25 mL (2 tbsp)
- 25 mL (2 tbsp)
- 2 mL (1/2 tsp)
- Ground pepper,
- 750 mL (3 cups)
- 375 mL (1-1/2 cups)
- 80 mL (1/3 cup)
- 375 mL (1-1/2 cups)
- 125 mL (1/2 cup)

- 1% plain yogurt
- light mayonnaise
- lemon ju ice
- paprika
- to taste
- broccoli florets
- grilled chicken breast or cooked chicken, cut in strips
- red onion, thinly sliced
- cherry tomatoes, cut in half
- Old Canadian Cheddar, grated

Directions

1. In a large bowl, mix the yogurt with the mayonnaise, lemon juice and paprika. Pepper to taste.
2. Add the remaining ingredients. Stir well and let stand a few minutes. Serve accompanied by fresh bread or grilled pita.

Nutritional Information (per serving)

Calories: 228, Protein: 24 g, Total Fat: 10 g, Saturated Fat: 4 g, Cholesterol: 64 mg, Carbohydrates: 12 g, Fibre: 3 g, Sugars: 6 g, Sodium: 225 mg, Potassium: 605 mg

Source: www.heartandstroke.com



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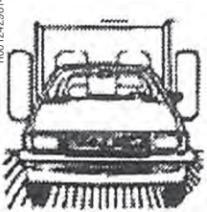
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camp this summer doing training, tours, flights in the C-17 Globemaster and CC-130 Hercules, participating in sports and attending movie nights, concerts and parades, all of which helped to pass the summer quickly. For many of those cadets, the highlight of the summer was the many new friends they made; according to an impromptu survey taken by Col. Lowthian during his inspection of the cadets.

In his speech following the inspection, Col. Lowthian thanked all of the cadets for their service.

“At 12 years old, you made a decision to commit to join the cadets, something bigger than you, something bigger than your community,” he told the cadets on parade surrounded by family and friends. “You’ve had a glimpse of a very exciting career that I get to enjoy every day and that your instructors get to enjoy every day, as well.

“I want to thank you for your service as Canadians,” he stated. “You’ve committed time and energy, you’ve been selfless in what you are doing. Together, you have overcome some great obstacles, some great challenges over the last six weeks or throughout your year at home. With that, you have learned an aspect of teamwork your peers will not fully understand.”

Col. Lowthian also thanked the staff at the TCTC, cadet parents and loved ones, for their support, without which the cadets could not have been as robust in fulfilling their duties as cadets.

“Cadet organizations are a huge enabler, opening doors in the future for jobs, careers, perhaps even the Royal Military College of Canada or even the Canadian Armed Forces (CAF), and I know that many who work with me and for me have enjoyed at least a summer or two like the one you just experienced,” he noted. “I am proud and happy to say that in front of me, I have a bright, young generation of Canadians, of leaders, who come from great families under great instruction and that have a great future.”

It was a theme Major (Retired) Tom Thomas expanded upon as he spoke on behalf of the Ontario Provincial Committee of the Air Cadet League of Canada.

“The main purpose of Air Cadet training is to produce good Canadian citizens through leadership training, self-discipline and, most important, the discovery of your own individual potential. In the various training that you have received here over these past few weeks, all these aspects have been taught and tested. You all have an important role to play in your communities and in life all together. You are the citizens and leaders of the future,”



The Army, Navy and Air Force Veterans (ANAVETS) medal was awarded to the most proficient cadet on a six-week course as a legacy of ANAVETS to promote excellence in the Canadian Cadet Organization and becomes a permanent part of the cadet's uniform. Winner of the top cadet advanced music training ANAVETS medal for excellence in music training and demonstrating a positive attitude and demeanor while maintaining above average dress and deportment was Cadet Roman Barton from 151 Squadron in Oshawa. This medal was presented by Lt. (N) Lilje, course officer and Mr. Brian Woodley, ANAVETS Belleville President. Photo by Ross Lees

Maj. (Ret'd) Thomas stated.

TCTC Commanding Officer, Lt.-Col. Darryl Rolfe, told the cadets they should be proud of their dress and deportment on the parade square.

“You’ve prepared with dedication and enthusiasm and you have demonstrated that there is simply no finer youth development program than the cadet program,” he said. “I have witnessed too many to count examples of tremendous teamwork, selfless acts of support to each other, acts of achievements, athletic prowess and a strong competitive spirit. Your dedication, enthusiasm and youthful spirit propel this training centre forward every day and you brighten every day while you are here.”

Lt.-Col. Rolfe also took some time to

thank Col. Lowthian and all of 8 Wing/CFB Trenton for their support throughout the summer cadet training period on the base.

“All regard our training centre as part of the overall no-fail 8 Wing mission – Military Police, Wing Operations, ATESS, the flying and non-flying squadrons, CE, transport, fire hall, Wing Foods, PSP, base chapel, 24 Health Services – all played a role in making the summer and today a huge success. Through your actions and words, Col. Lowthian, you have reinforced the importance the CAF bears in its role as stewards of Canada’s largest and finest youth organization.”

As usual, the graduation parade was a time to honour some of the outstanding cadets who performed admirably during their courses.

Winners of the Lt.-Col. S.L. Beaton trophy for top cadet by squadron were: Golf Squadron's Cadet Angelica Filipe from 283 Squadron in Woodbridge, Hotel Squadron's Cadet Madeline Coleman from 779 Squadron in Mount Hope, and India Squadron's Cadet Justen Wong from 778 Squadron in Richmond Hill.

Continued on page 14



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H V A C

Long serving cadet instructor retires

By Lt. Andrew Smith, Central Region Gliding School UPAR

After 40 years working with the Canadian Armed Forces (CAF), Major Rick Sensabaugh is hanging up his wedge.

Having reached his 65th birthday last month, Maj. Sensabaugh has taken a step back and has retired from the CAF. Spending all of his time working exclusively with Cadets Canada, and more specifically with the Air Cadet Gliding Program, Maj. Sensabaugh has made an impact on many current and former cadets as well as the many cadet staff he has worked with over the past 40 years.

For many 8 Wing personnel, Maj. Sensabaugh is the personification of the cadet gliding program. He would always have the answer to any question concerning the program and he was always deeply involved in any project within the program. It didn't matter if it was student selection, course administration or airfield maintenance, he was the man to talk to if you wanted to know what was going on.

Maj. Sensabaugh has been a part of the Air Cadet Gliding Program since it began. Starting his cadet career in 1963, Maj. Sensabaugh first joined 87 Eagle Squadron Royal Canadian Air Cadets in Welland, Ontario. Four years later, he was awarded his Power Pilot Scholarship and his flying career had begun. In 1969, he was among the first eight people to complete the new Glider Conversion program being run in Central Region and he went on to become part of the initial staff at Central Region

Gliding School when it was stood up in 1971. In his 47 years of cadet flying, Maj. Sensabaugh has held many flying positions within the school including flight instructor, tow pilot, and chief tow pilot.

Over the past 40 years working with Central Region Gliding School, Maj. Sensabaugh has been instrumental in overseeing many of the changes that the program has undergone. He has held many command positions within the school and has had the opportunity to influence the lives of not only the cadets in his charge, but also the many officers who have worked with him. While Maj. Sensabaugh spent his summers in Trenton, he also spent many years as a Gliding Centre Commander in Welland, working tirelessly to ensure that as many local cadets as possible got to experience a flight in a glider.

In civilian life, Maj. Sensabaugh is well known as an avid competitor in local badminton and bowling circles as well as an aficionado of vintage vehicles. He and his wife, Phyllis, have three children, all of whom have participated in the Air Cadet program.

This summer marks the end of an era at CRGS as Maj. Sensabaugh will trade in his CIC uniform for that of a Civilian Instructor. He continues to share his time and his experience by staying active in the Air Cadet Gliding Program and he will return to duty as a civilian instructor for the foreseeable future.



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Presiding Officer Col. David Lowthian, 8 Wing/CFB Trenton WComd, passes the mace of command for 8 AMS to Lt.-Col. Andrew Wedgewood, the incoming CO of 8 AMS. Photo by Ross Lees

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Continued from page 1 stated.

Lt.-Col. Wedgewood would not let Lt.-Col. Home deflect all of the praise for the squadron's many and varied accomplishments under her command.

"Tressa, you led 8 AMS with poise, intelligence and determination and the results speak for themselves," he noted, adding, "The salient point is that you embody what it means to lead in the Royal Canadian Air Force."

Col. Lowthian supported that claim in his speech.

"I have been very fortunate to have Lt.-Col. Tressa Home as my Commanding Officer at 8 AMS," he stated. "She not only provided the backbone of readiness required among our various fleets, she also led dramatic improvements to team and individual performance, she achieved

stellar results on numerous audits, she pioneered the introduction of the Canadian Armed Forces' newest resource management information system - DRMIS at 8 Wing, and she was an outstanding Wing Champion for Visible Minorities in the Workplace."

Lt.-Col. Home thanked Col. Lowthian and Capt. Sandor Gyuk for their unconditional support of her leadership of 8 AMS throughout her term and told her own leadership team it had been a pleasure working with them to achieve their collective goals.

"I take with me a sense of camaraderie as well as a better appreciation of what you require in the execution of your responsibilities," she noted. "You are the command heartbeat of the squadron ensuring the collective focus stays strong

Continued on page 9

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8 AMS Chief Warrant Officer Thadius (Ted) Poper presents Lt.-Col. Tressa Home with a gold-plated sword letter opener as a departing gift from the squadron. Photo by Ross Lees

Continued from page 8
sense of humour, a strong sense and true. Thank you for your contribution in realizing our vision and our mission.”

When it got right down to the nitty-gritty, Lt.-Col. Home had this to say to her personnel and their families.

“You guys rock! I could not ask for a more professional and dedicated team to leave. You impressed me with your ethics, your mission focus, your expert knowledge as well as your care and compassion,” she told them.

She also had praise for the new commanding officer of 8 AMS, as she told her squadron, “You are getting an outstanding leader and a forward-looking thinker in your new CO, Lt.-Col. Wedgwood. He has a great

sense of humour, a strong sense of purpose and he has been described by some as ‘cerebral.’”

After praising Lt.-Col. Home for her accomplishments, Lt.-Col. Wedgwood called the personnel of 8 AMS extraordinary and he assured them, “There is no place I’d rather be.”

Lt.-Col. Wedgwood graduated from the Royal Military College of Canada with a Bachelor’s of Electrical Engineering before completing his training as Aerospace Engineering Officer in 1996. He has served in Ottawa, Trenton, and Winnipeg and has deployed to the United Arab Emirates and Afghanistan.

8 AMS strives for continued excellence in its objective to provide safe and effective second line maintenance support



Lt.-Col. Tressa Home presents the newly designed 8 AMS Commander’s Coin (designed by CWO Thadius (Ted) Poper) to Squadron CWO Ted Poper. This was the first coin of its kind to be presented. Photo by Ross Lees

to Air Mobility and SAR units at 8 Wing and across Canada. Working together as a team to meet its diverse missions, 8 AMS lives up to its motto - Conjunctis Viribus (With Combined Powers).

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Walk Into No Man's Land

Continued from page 2

is common, it's the diagnosis of the disorder PTSD that is not as common."

He feels there is a stigma attached to the disorder and he and his buddies would like to help get rid of that stigma through talking to people and making everyone more aware of the challenges facing people with PTSD.

"People don't understand it," he said. "They're afraid of it or there's maybe some judgement. My belief is that by increasing awareness, the education level will be increased and we can become more open-minded, we can open dialogue about PTSD in our country."

Mr. Hartwig said the mental health world is buzzing right now because of what has happened recently with renowned actor Robin Williams and the work of Clara Hughes biking across Canada.

"People are speaking more and more about mental health issues and it's important for us, as well, that people understand that PTSD is one of the few things created by an external event. We're exposed to trauma, we have an injury, we can get care, we can heal, we can move on and we can have the life we had before," he stated.

Seeing communities and the country as a whole become more open and accepting of people with PTSD is very important to the three men. Mr. Hartwig notes there was a very high incidence of PTSD from Roto 1 and Roto 2 to Yugoslavia and prior to Yugoslavia, there were no incidences of PTSD. It meant those suffering from PTSD when they returned from Yugoslavia could not expect the same quick diagnosis and treatment personnel receive now.

"The debriefings and immediate care available now are based on those first few rotations in Yugoslavia," he said. "When it comes to me, basically every day it's taking another step and walking forward and working towards healing."

He feels elements of what happened to him came about because there were no protocols in place.

"They weren't ready for what happened in Yugoslavia and at that time - 20 years ago - people weren't talking about PTSD. The three of us on the march have literally talked to hundreds of people that have been dealing with PTSD for a long time. Caregivers and society didn't know how to deal with PTSD, so what happened in that timeframe with the Canadian Armed Forces (CAF) was like with most organizations. They knew they needed more care and they knew they needed more protocols and that's what they're doing now. There are still maybe some grey areas around what type of care is available for them in terms of whether or not the individual is even

participating. That is a big question because a lot of people with PTSD are afraid to admit they have PTSD, which comes back to the stigma in society that we need to help break. What I've heard and what I've seen with health services branches in many organizations is that they're there and they want to help."

For himself, Mr. Hartwig says he knew right away he had a problem through his behavior, his thoughts and in talking to other people.

"We were under a lot of stress and there was a lot of unusual behavior, a lot of unsafe behavior," he noted. "People with PTSD tend to self-medicate, there's a lot of drinking, anger and irritability are very high on the scale, insomnia, weird sleeping patterns, being afraid to go to sleep, having re-experiences often, strong avoidance behavior and I was isolating myself."

He said he felt alienated as soon as he got back, that he just didn't fit in anymore. He said his perception of what was actually happening to him was drastically different from those who loved and supported him because he was so busy dealing with stuff in his head that he was never present.

"I knew when I first saw my mom the day I got home," he said. "I saw my mom and I just sunk."

He recalls being asked the same questions over and over by his friends and the people he met and telling the same stories and he didn't want any of it.

"I just wanted to get out of it," he stated. He started drinking heavily to take himself out of the pain.

"Looking back now, I realize the opportunities for care and support were there, but I wasn't ready and I didn't want it," he said. "It took me years (to seek help.)"

It wasn't until he found a doctor he really believed in and who he knew understood PTSD that he began to get help. He readily admits he was frustrated by the early care of doctors who didn't understand the problem and he would often walk out of an interview from frustration.

"I believe care immediately is important, the initial debriefing in the initial weeks and months is very important to help people express themselves," he stated.

Just the day before on the walk, he had talked to a person going through PTSD who was dealing with anger issues.

"It's not a healthy expression (of anger), it's just a rageful expression because he's so hurt and so scared," Mr. Hartwig noted. "I think there's a lot of that with PTSD. There's a wound, an injury and a lot of fear around it, so helping to show people it's okay to have PTSD and it's okay to admit you have PTSD and it's especially okay to get help with PTSD is very important."

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Monthly Mindfulness Group

This skills-based group is open to those individuals (military community and general public) who are interested in developing their mindfulness practices as a way to reduce stress and anxiety, increase awareness of thoughts, emotions and behaviours, and improve choice when responding to difficult situations. Meetings take place July 30, and Aug. 27, from 12 p.m. to 1 p.m. or 1 p.m. to 2 p.m. Please register at least one week prior to the workshop you wish to attend by contacting: Ashlee Allen, Trenton MFRC, 613-392-2811 ext. 5541, or allen3@cogeco.net

Groupe mensuel de pleine conscience

Un groupe axé sur l'intégration des concepts de la pleine conscience offert à ceux (communauté militaire et grand public) qui sont intéressés à développer leur pleine conscience pour réduire le stress et l'anxiété, accroître la sensibilisation aux pensées, aux émotions et aux comportements, pour aider à faire face aux situations difficiles. Le 30 juillet, et le 27 août de midi à 13h00 ou de 13h00 à 14h00. Veuillez-vous inscrire au moins une semaine avant l'atelier auquel vous désirez assister. Pour information ou pour vous inscrire: Ashlee Allen, CRFM de Trenton, 613-392-2811 poste 5541, ou aallen3@cogeco.net

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Adult Single Day Admission: \$43 (\$54.23 at the door). Junior and Senior Single Day Admission: \$39 (\$41.80 at the door). Pay once, go twice: \$57.

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Adulte, admission journalière: 43,00\$ (54,23\$ à la porte). Junior et Sénior admission journalière: 39,00\$ (41,80\$ à la porte). Payez une fois, allez deux fois: 57,00\$.

Behind Closed Doors Event

An exclusive shopping and fashion event in support of local charities at the Quinte Mall on August 23rd. Doors open at 7:30 p.m. and the fashion show begins at 8 p.m. Lots of prizes to be won. Tickets are \$5 cash only please, and tickets are available at Quinte Mall Guest Services and at the MFRC

Derrière les portes closes

Les portes ouvriront à 19h30 avec un défilé de mode et un événement exclusif de magasinage pour le financement d'organismes locaux le 23 août. Beaucoup de prix à gagner. Les billets sont en vente au CRFM \$5.00 (argent comptant seulement) et aux services à la clientèle du Quinte Mall.

Passes for the Toronto Science Centre

We have received new community passes for

the Science Centre. With these passes, adults pay only two dollars for their admission and children, youth and seniors get free entrance. Please come the MFRC reception to pick them up.

Laisser-passer pour le Centre de science de Toronto

Nous avons reçu de nouveaux laissez-passer pour le Centre de science (Science Centre). Avec ces laissez-passer, les adultes paient seulement deux dollars pour l'admission et les enfants, les jeunes et les personnes seniors entrent gratuitement. Venez à la réception du CRFM pour ramasser les vôtres.

Take back the Night: Shatter the Silence ~ Stop the violence

Shattering the Silence through: Poetry, music, art – Thursday, Sept. 25, at 6:30p.m. All are welcome at the Belleville Market Square. Refreshments and Women's

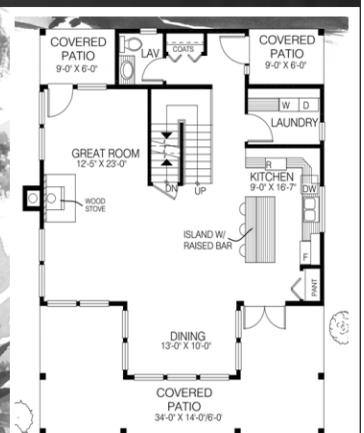
March at the end of the evening. For information, please contact Ashlee Allen 613-392-2811 ext. 5541 or aallen3@cogeco.net

A nous la nuit: Briser le silence ~ Eliminer la violence

Jeudi le 25 septembre 2014 à 18:30, au Belleville Market Square. Vous êtes tous les bienvenus à une soirée de musique, de poèmes, et d'art pour briser le silence. A la fin de la soirée les femmes feront une marche et des rafraîchissements seront servis. Pour information, please contact Ashlee Allen 613-392-2811 poste 5541 ou aallen3@cogeco.net

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Home of the Week
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Plan No: 10-2-226

Designed specifically for a narrow lot, this two-storey, three-bedroom family home boasts a glass-railed balcony outside the master suite, as well as three covered patios accessible from the main floor.

The home has three entries, each protected by a covered patio. At the front, the entry leads into the kitchen, while another entry at the back leads into the great room. The third entry opens into a corridor, with a coat closet nearby.

The great room, with six large windows, will receive plenty of natural light, and features a wood-burning stove. The dining room, located in a bayed-out area, will also be full of light, thanks to windows on three sides.

The kitchen is separated from the rest of the great-room area by an island with a three-seat eating bar. An L-shaped counter configuration will save steps for the cook, who will also appreciate the roomy pantry. French

doors open to the large patio that overlooks the front garden, making al fresco meals a breeze during the warmer months.

Also on the main floor is a two-piece powder room, as well as the laundry room.

Upstairs, the master suite occupies a dormer, so the ceiling slopes in two directions. The en-suite includes an oval soaker tub with its own window, as well as double basins and a glassed-in shower stall. The walk-in closet will have plenty of

room for clothing and accessories.

The secondary bedrooms also feature a sloped ceiling, and share a three-piece bathroom, with a linen closet conveniently located nearby. Both bedrooms look out to the back garden, as well as having windows to the side.

The large landing area is protected by a railing.

This home measures 34 feet wide and 42 feet, two inches deep, for a total of 2,082 square feet of living space.

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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. 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. 10 – 8 Wing Officers' Mess Ladies Club Meet and Greet Fiesta Picnic

The 8 Wing Officers' Mess Ladies Club is hosting a Meet and Greet Fiesta Picnic on Wednesday, Sept. 10 at 6 p.m. in the Officers' Mess. Admission is members free with renewal of membership and invited guests of members is \$15. For more information, email chambersj@live.ca

Oct. 4 – Freedom Reins Fall Artist and Artisan Fair

Painters, photographers, artisans, sculptors, mixed media artists, crafters, fabric artists, pencil artists, jewelers, illustrators, and pinterest enthusiasts are all encouraged to put their talents to good use and take part in the Freedom Reins Fall Artist and Artisan Fair and Fundraiser. Book no and showcase your talent. For more information, please contact Tara at 613-394-3911 at the Freedom Reins Growth and Learning Centre or at freedomreinsal.com

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

Laundry detergent pods a health hazard for children



The following excerpt has been taken from a Consumer Reports article last year: (<http://www.consumerreports.org/cro/2013/03/laundry-detergent-pods-remain-a-health-hazard/index.htm>)

If you have small kids in your house and use laundry/dish-washing pods have a read:

Laundry detergent pods are convenient, but there's a dark side to these cleaners from Arm & Hammer, Purex, Tide, and other brands: Since early 2012, poison-control centers nationwide have received reports of nearly 7,700 pod-related exposures to children age five years and younger.

As sales increase, so have the exposures. In October 2012, the Centers for Disease Control (CDC) called the situation "an emerging health hazard," with young children being most vulnerable. A

month later, the Consumer Product Safety Commission (CPSC) followed with a safety alert.

If you have or care for young kids, keep detergent pods out of their reach. And, if a child does ingest a pod, call the poison-control helpline immediately.

An excerpt from the CDC website states:

During May and early June 2012, the Carolina Poison Center and the Poison Control Center at the Children's Hospital of Philadelphia received four reports of children with vomiting, mental status changes, and respiratory distress after ingesting the contents of laundry detergent pods.

Laundry detergent pods are single-load capsules that contain concentrated liquid detergent within a water-soluble membrane that dissolves when in

contact with moisture. Laundry detergent pods were introduced into the U.S. market in 2010, and multiple manufacturers now sell laundry detergent packaged in pods.

On May 17, 2012, CDC and the American Association of Poison Control Centers (AAPCC) began tracking and characterizing reported exposures to laundry detergent from pods. During May 17 to June 17, 2012, poison centers reported 1,008 laundry detergent exposures to the National Poison Data System (NPDS), of which 485 (48 per cent) exposures involved laundry detergent pods. Age was recorded for 481 exposures, of which 454 (94 per cent) exposures involved children aged five years or younger. Among children aged five years or younger, a significantly greater proportion of those exposed to laundry detergent from pods had gastrointestinal and respiratory adverse health effects and mental status changes compared with those with non-pod laundry detergent exposures.

Parents and caregivers should keep laundry detergent pods, as well as other household cleaning products, out of reach and out of sight of children. Health-care providers should be aware that exposure to laundry detergent from pods might be associated with adverse health effects more often than exposure to non-pod laundry detergents.

Upcoming Health and Fitness Programs

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: 30-minute 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

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: Every Monday!

Timing: 12 noon to 12:45 p.m.

Info: South Side Gym in MPR room or Spin Studio

Mental Fitness and Suicide Awareness Supervisor Training

MFSA Supervisor Training for CF personnel in leadership positions is aimed

Dates: Sept. 11 – Unit Reps
Sept. 24 - Basewide
Timing: 8:30 a.m. to 4 p.m.
Info: Mite Coded



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Fitness & Health

NEW – Coming in September

All inclusive memberships that will include use of the facility as well as access to certain programs. One fee equals all access. For one year memberships, there is an option to make preauthorized payments.

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

Core Fitness (30 minutes) – Mondays, Sept. 29 to Dec. 1, 4:30 p.m. to 5 p.m. at the South Side Gym

Boot Camp Fitness (60 minute) – Mondays, Sept. 29 to Dec. 1, 5:10 p.m. to 6:10 p.m. at the South Side Gym

Kickboxing (60 minutes) – Mondays, Sept. 29 to Dec. 1, 6:20 p.m. to 7:20 p.m. at the South Side Gym

Yoga – Tuesdays, Sept. 30 to Dec. 9 or Thursdays, Oct. 2 to Dec. 4 (10 sessions), 6:40 p.m. to 7:40 p.m. at the South Side Gym

Spin-Fusion – Tuesdays, Sept. 30 to Dec. 9, 5:35 p.m. to 6:35 p.m. at the South Side Gym

Cardio/Step/Strength – Tuesdays, Sept. 30 to Dec. 9, 6:40 p.m. to 7:40 p.m. at the South Side Gym

Tai Chi – Tuesdays, Sept. 30 to Dec. 9, 5:35 p.m. to 6:35 p.m. at the RecPlex Gym

Pilates/Core Fitness – Wednesdays, Oct. 1 to Dec. 3, 4:30 p.m. to 5:30 p.m. at the South Side Gym

Zumba – Wednesdays, Oct. 1 to Dec. 3, 5:45 p.m. to 6:45 p.m. at the South Side Gym

*Spin Class – Thursdays, Oct. 2 to Dec. 4, 4:30 p.m. to 5:30 p.m. at the South Side Gym

Muscular Interval – Thursdays, Oct. 2 to Dec. 4, 5:35 p.m. to 6:35 p.m. at the South Side Gym

Advanced Aquatics

Junior Lifeguard Course – Mondays, Oct. 6 to Dec. 1, 6 p.m. to 7 p.m.

Youth Aquatic Club – Monday, Wednesday, Friday, Sept. 22 to Dec. 12 (12 weeks), 4:45 p.m. to 6 p.m.

Bronze Star with Basic First-Aid and CPR “A” – Mondays, Oct. 6 to Dec. 1, 7 p.m. to 8 p.m.

Child, Youth and Teens Programs

Learn to Skate for Youngsters – Ages four to seven years – Fridays, Oct. 10 to Dec. 12, 5 p.m. to 6 p.m.

Skills and Drills – Mondays, Oct. 6 to Dec. 8, 5 p.m.

to 6 p.m.

Shinny Hockey – Starts Oct. 6 to Dec. 19

Tyke/Novice – Fridays, 6 p.m. to 7 p.m.; Atom – Wednesdays, 4 p.m. to 5 p.m.; PeeWee – Tuesdays, 4:30 p.m. to 5:30 p.m.; Bantam/Midget – Mondays, 4 p.m. to 5 p.m.

Family Skate – Saturday and Sunday, Oct. 4 to Dec. 21, 1 p.m. to 3 p.m. at RCAF Flyers Arena.

Indoor Soccer Night – Wednesdays, Oct. 1 to Dec. 3, six to eight years of age, 5 p.m. to 6 p.m.; nine to 12 years of age, 6 p.m. to 7 p.m.

Drop in Youth Basketball – Thursdays, Oct. 2 to Dec. 4, 5:30 p.m. to 6:30 p.m.

Basketball for Kids – Mondays, Sept. 30 to Dec. 1, six to eight years of age, 5 p.m. to 6 p.m.; nine to 12 years of age, 6 p.m. to 7 p.m.

Kookin with Kidz – Tuesdays, Sept. 30 to Dec. 2, six to eight years of age, 5:15 p.m. to 6:15 p.m.; nine to 12 years of age, 6:15 p.m. to 7:15 p.m.

2014-15 Noon Hour Hockey League beginning soon

It's that time of year again when hockey season begins. The 8 Wing/CFB Trenton Hockey leagues are open to CF Military, DND and NPF full time employees.

The start of Noon Hour Hockey League (NHL) is scheduled to commence on Monday, Sept. 29 and play during noon hours at a cost \$90 per player. Player registration for the NHL will commence on Tuesday, Sept. 2 to Friday, Sept. 19. The gymnasium main office hours are from 8 a.m. to 11:30 a.m. and from 1 p.m. to 3:30 p.m., Mondays to Fridays.

For further information, contact the Military Sports Coordinator, Mr. Dan Cormier, at Loc. 3373.

2014-15 Wing Hockey League registration begins

Registration for the Wing Hockey League (WHL) will commence on Sunday, Sept. 28 and play every Sunday, Monday, Tuesday, Wednesday and Thursday evening at a cost \$1,600 per team. The league organizational meeting will be held at 2 p.m., Thursday, Sept. 11 at the gymnasium conference room. All interested team representatives are to invited to attend.

For further information, contact the Military Sports Coordinator, Mr. Dan Cormier, at Loc. 3373.

Attention adeptes de photographie! Le concours de photographie des FAC est lancé!

Les belles photos méritent d'être partagées. Un magnifique portrait, une prise architecturale inspirante ou une image saisissante de militaires à l'œuvre – voilà ce qui peut faire de vous un gagnant du concours de photographie des Forces armées canadiennes (FAC).

Grâce au concours, les photographes amateurs et professionnels peuvent s'inscrire à huit catégories et gagner des prix intéressants en plus d'avoir l'occasion d'exposer leurs photos. Après avoir évalué avec soin les mérites de chacune des images, un jury de photographes experts fera la sélection des meilleures photos parmi des milliers reçues. Le lieutenant-général Guy Thibault, vice-chef d'état-major de la défense, déterminera le récipiendaire du Prix du président d'honneur, le VCEMD.

« À titre de président d'honneur du concours de photographie des FAC, je

suis heureux de promouvoir le rôle important que joue la photographie dans notre quotidien », a déclaré le Lgén Thibault. « Les photos nous permettent de raconter nos histoires et de faire connaître notre perspective sur le monde qui nous entoure, que ce soit en captant un exercice militaire ou des scènes de vacances familiales. J'invite tous les photographes de la communauté des FAC à participer au concours en nous montrant leurs meilleures photos de l'année. »

Le 1col (ret) Jean Lapointe, un talentueux photographe nommé photographe de l'année des FAC à quatre reprises, sera membre du jury cette année. Sa perspective unique d'ancien participant et son regard de connaisseur seront un atout important lors de la sélection des gagnants.

« Les juges n'ont qu'une seconde ou deux pour faire un jugement sur une photo alors il est important de

choisir des photos qui vont se différencier des autres », souligne Jean. Il sera à la recherche de photos qui suscitent la surprise, les émotions ou font preuve de créativité. « Une photo peut être parfaite au point de vue technique, mais si on reste neutre en la regardant elle aura peu de chance de gagner. »

Le concours de photographie des FAC est ouvert à tous les militaires, anciens combattants, membre l'Équipe de la défense et leur famille. Pour connaître tous les détails du concours et pour vous y inscrire, rendez-vous au www.concoursdephotodesfac.ca.



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Continued from page 6

Winner of the Lt.-Col. J. Gale Award as top overall basic aviation technology and aviation course cadet who excelled in the study of the fundamentals of aerospace, airport operations, aircraft manufacturing and aircraft maintenance was Cadet Ruvarashe Chikombero from 809 Squadron in Virgil.

Winning the 413 Wing AFAC Award as top overall basic aviation course cadet who excelled in the study of aviation fundamentals was Cadet Wolfgang Becker from 8 Squadron in Richmond Hill.

The Lt.-Col. J.M. Donnelly Trophy to the top overall advanced aviation course cadet who excelled as a cadet specialist, instructor and team leader in aviation activities was presented to Cadet Justin Pymonto from 110 Squadron in Scarborough.

In band courses, the top intermediate musician award for the cadet who excelled in their intermediate-level studies, who always had a positive attitude and who maintained a high level of dress and deportment went to Cadet Ria Wilson of 46 Sea Cadet Corps in Sault Sainte Marie.

The Army, Navy and Air Force Veterans (ANAVETS) medal was awarded to the most proficient cadet on a six-week course as a legacy of ANAVETS to promote excellence in the Canadian Cadet Organization and becomes a permanent part of the cadet's uniform. Winner of the top cadet advanced music training ANAVETS medal for excellence in music training and demonstrating a positive attitude and demeanor while maintaining above average dress and deportment was Cadet Roman Barton from 151 Squadron in Oshawa.

Winning the Top Cadet Drill and Ceremonial Instructor Course Medal for the cadet demonstrating strong leadership and instructions skills and above average dress and deportment was Cadet Kristen Pengelly from 713 Squadron in Hamilton. This individual earned the highest grades in all evaluations and set a positive demeanor and esprit de corps.

Staff cadet awards are presented to the cadets who demonstrated the highest degree of proficiency throughout the summer among cadets who all perform exceptionally well. These staff cadets are singled out for consistently displaying a positive attitude, and outstanding work

ethic and a commitment to improving both themselves and their subordinates.

This year's Top Staff Cadet award presented to a staff cadet demonstrating strong instructional ability, was receptive to new ideas and continually motivated fellow peers and cadets while maintaining excellent standards of dress and deportment went to Flight Sergeant Rebecca Gark from 44 Squadron in Sarnia.

This year's Cadet Training Centre Warrant Officer First Class Award recognizing the staff cadet who attained the highest position in the Training Centre went to WO1 Jethro Cheng from 351 Squadron in Markham. WO1 Cheng was also presented with the Wing Commander's Coin by Col. Lowthian after he received the Cadet Training Centre Warrant Officer First Class Award.



This year's Top Staff Cadet award presented to a staff cadet demonstrating strong instructional ability, was receptive to new ideas and continually motivated fellow peers and cadets while maintaining excellent standards of dress and deportment went to Flight Sergeant Rebecca Gark from 44 Squadron in Sarnia. The award was presented by Lt.-Col. Darryl Rolfe, Commanding Officer of the Trenton Cadet Training Centre. Photo by Ross Lees



Winning the Top Cadet Drill and Ceremonial Instructor Course Medal for the cadet demonstrating strong leadership and instructions skills and above average dress and deportment was Cadet Kristen Pengelly from 713 Squadron in Hamilton. This individual earned the highest grades in all evaluations and set a positive demeanor and esprit de corps. This award was presented by Lt. Sandra Kassfeldt and Mr. Brian Woodley, ANAVETS Belleville President. Photo by Ross Lees



This year's Cadet Training Centre Warrant Officer First Class Award recognizing the staff cadet who attained the highest position in the Training Centre went to WO1 Jethro Cheng from 351 Squadron in Markham. WO1 Cheng was also presented with the Wing Commander's Coin by Col. Lowthian after he received the Cadet Training Centre Warrant Officer First Class Award. This award was presented by Col. David Lowthian, Reviewing Officer and 8 Wing CFB Trenton Commander and MWO Aiden Brake, Training Centre Chief. Photo by Ross Lees

Attention shutterbugs!

The CAF Photography Contest is here

Great photographs deserve to be shared. A beautiful portrait, an awe-inspiring architectural shot or a gripping image of military members at work – any of these may be a winner at the Canadian Armed Forces (CAF) Photography Contest.

With eight exciting categories for both novice and advanced photographers, the CAF Photography Contest offers members of the military community the chance to win great prizes and showcase their work. The images are judged by a panel of photography experts, who carefully weigh the merits of each image and select their favourites from thousands of entries. One

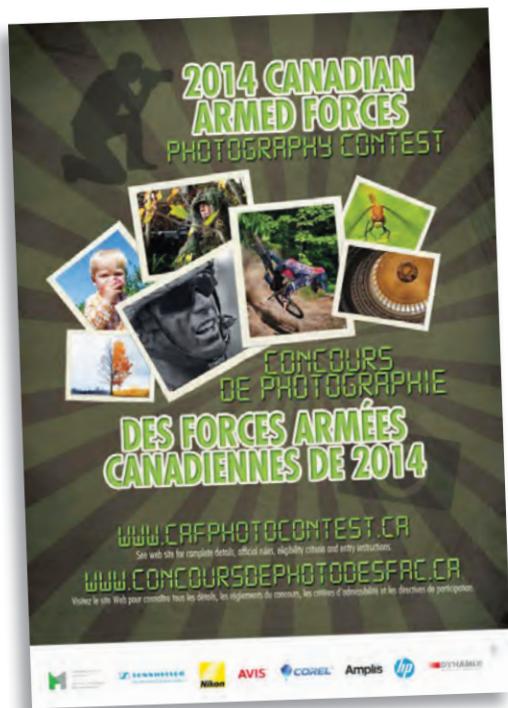
special photo is also selected by the Vice Chief of the Defence Staff, Lieutenant-General Guy Thibault, to be honoured with the VCDS Patron Award.

“As the patron of the CAF Photography Contest, I’m thrilled to help promote the important role that photography plays in our lives,” said LGen Thibault. “Photography helps us share our stories and our perspective on the world around us, whether that’s an in-depth look at a military exercise, or a great shot captured on a family vacation. I encourage all photographers in the CAF community to participate in this year’s contest and share their best images of the year with us.”

New to the judging panel this year will be LCol (Retired) Jean Lapointe, a talented photographer and four time CAF Photographer of the Year award winner. As a participant-turned-judge, he will bring a unique perspective and critical eye to judging this year’s entries.

“Since the judges only have one or two seconds to assess an image, it is important to choose photos that stand out” notes Jean. He will be looking for photos that surprise him, show creativity, and create emotion. “A photo can be technically perfect, but if it doesn’t move you in any way, it doesn’t stand much of a chance of winning.”

The CAF Photography Contest is open military members, veterans, Defence Team employees, and their families. For full contest details and to enter, visit www.cafphotocontest.ca.



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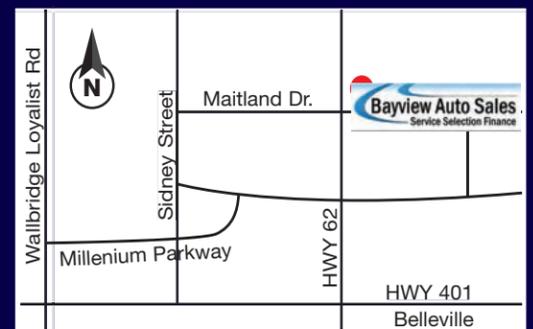
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