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This Surf 'n' Turf contestant paddles hard towards the finish of the kayak/canoe leg of the event in an attempt to achieve the best time before transitioning to the cycle road race portion of the relay.
Photo by Ross Lees

28th Annual Surf 'n' Turf attracts 600 competitors

Weather gods provide virtually perfect weather for eight-leg fitness test

By Ross Lees

CFB Trenton's annual Surf 'n' Turf event proved to be as popular as ever when over 600 athletes came out to test themselves against the 60 km eight-leg, cross-country fitness challenge. Spanning the City of Quinte West, this year's event featured the familiar events of running, kayaking/canoeing, cycling and swimming.

The fastest time this year went to the amazing Tin Mate duo of Adin Doxtator of Frankford and Jeff Musson, competing for Tri and Run Sports, at three hours, 17 minutes and 17 seconds.

The fastest team was the Para Rescue squad, winning the relay portion of the event in three hours, 34 minutes and 47 seconds. Idir Belhocine was the fastest Tin Person, finishing the event in three hours, 51 minutes and 35 seconds while Jutta Merilainen was the fastest woman, crossing the finish line in four hours and eight seconds.

Race organizer Maj. Neil McMahon said it took an incredible amount of people an incredible amount of time to organize the event and make sure it ran smoothly.

"I thank all our volunteers who help throughout the event and while it is being organized and we thank our sponsors who help make this event possible year after year," he said. He also noted that the event could not be done without the assistance of the Municipality of Quinte West and their personnel.

8 Wing Commander Col. David Lowthian said the weather gods had smiled on the 28th annual

Continued on page 2

Heroes Highway Ride honours military personnel

By Ross Lees

Motorcycle ride honours fallen soldiers and those still serving around the world

Approximately 1,700 bikes rode off the parade square at CFB Trenton to participate in the Heroes Highway Ride on Saturday, June 7.

All of the men and women participating in the Ride were doing so to honour the 158 military personnel killed during the Afghanistan War as well as to honour all of those military men and women still serving in the Canadian Armed Forces around the world.

Several of the bikes in the Ride sported tremendously detailed paint jobs honouring fallen soldiers from Afghanistan in addition to those lost in other conflicts

including Vietnam and Korea.

Perhaps the most riveting memorial of the day was the one carefully guarded by WO Renay Groves and her crew from the 21 Electrical Warfare Regiment of CFB Kingston. Called "Leopard C1 Badger CFR 81657," the portable monument is made of parts from a Leopard engineering vehicle damaged during a mine strike in Afghanistan in July, 2008.

Covering the memorial are the poppies representing each of the soldiers who made the supreme sacrifice while serving in that country. These poppies were

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Event featured kayaking/canoeing, cycling and swimming

Continued from page 1

event once again this year, supplying almost perfect weather. "We have over 600 participants this year and many of them are trying to better their times from last year," he said.

Tin Mate Colin Runions of Ottawa, one of the first contestants back across the finish line, said he really enjoyed the contest this year and he would definitely be back to compete again.

"It was awesome," he noted, "although there was a lot of water in some areas."

He said he lost about a minute on his time when he kept going straight when he should have turned.

Transition areas were often confusing as a contestant switched from one mode of transportation to another and Jutta Merilainen expressed some frustration when she was ready to enter the water for the second leg of the event

and her kayak wasn't ready for her.

But that's what makes this event so compelling year after year. As much and as hard as you train, something always seems to happen to make the event different from years previous.

Second and third place in the relay were taken by Moira River Kayak Club and The Knights, respectively with times of three hours, 35 minutes and 32 seconds and three hours, 45 minutes and 30 seconds.

Jon Bell was second in the Tin person event (3:53:38) with Jutta Merilainen third, James Reid was fourth (4:04:40) and Alexi Ouellet was fifth (4:16:40).

The Tin Mate relay second place standing was taken by the Elvis Gratton team (3:29:15), Living Primal took third (3:29:26), Beauty and the Beast was fourth (3:30:20) and the Underdogs were fifth (3:34:49).



8 Wing Commander Col. David Lowthian and WCWO Sandor Gyuk cross the finish line in this year's 28th annual Surf 'n' Turf event.



These young competitors pushed each other to finish strong at the Surf 'n' Turf race.

Dorian LeMaire of St. Phillippe, Montreal, is congratulated after he finished the Surf 'n' Turf race by his daughter Laila.



(above) Jutta Merilainen considered the mountain bike segment of the 28th annual Surf 'n' Turf the easy part.

Photo by Ross Lees

(left) Adin Doxtator is shown here being paced by Jeff Musson as he finishes the Tin Mate relay.



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French and Canadians renew friendly relations

French Air Force Chief of Staff visits Canadian Forces bases, Ottawa to confirm mutual support and professional development



8 Wing Commanding Officer Col. David Lowthian (centre) presents one of his RCAF 90th Annivesary limited edition prints of a coloured pencil drawing he did of "the Herd" when he was the Commanding Officer of 429 "Bison" Squadron in 2009, to French Air Force Chief of Staff Gen. Denis Mercier (right) while Lt.-Gen. Yvan Blondin, Commander of the Royal Canadian Air Force, looks on.

Photos by Ross Lees

By Ross Lees

Relations between Canada and France continue to grow closer following airlift support assistance provided by the Royal Canadian Air Force (RCAF) in Mali in 2012.

During the French forces' mission to stabilize the security situation in Mali in response to United Nations Security Council Resolution 2085, the RCAF provided the French Air Force with airlift support to assist them in their mission in 2012. Later in 2013, France invited Canada to participate in SEPENTEX 13, an annual multi-national military exercise involving France, Belgium, Italy, the United Kingdom, and the United States.

This increased cooperation between France and Canada led to the Commander of the RCAF, Lieutenant-General Yvan Blondin, visiting France last year as a guest of the French Air Force Chief of Staff, General Denis Mercier. As a gesture of mutual respect and in the spirit of cooperation, Lt.-Gen. Blondin invited Gen. Mercier to visit Canada at the end of May this year.

Gen. Mercier's first stop was in Ottawa, where he was welcomed onto Canadian soil by His Excellency David Johnston, Governor General of Canada.

His second stop was 8 Wing/Canadian Forces Base Trenton where he caught a glimpse of the RCAF's hub of air mobility.

Themes for the visit to Canada included mutual support for operations and course, training and professional development of personnel. While in Trenton, Gen. Mercier and his support staff heard from the various integral and lodger unit commanders at 8 Wing concerning their functions. In addition to the briefings, Gen. Mercier and his staff visited the Air Mobility Training Centre (AMTC) where he was given the opportunity to operate the CC-130J Hercules flight simulator.

As part of his visit to 8 Wing, Gen. Mercier was given a special gift by 8 Wing Commander Col. David Lowthian. The Wing Commander surprised the general by presenting him with one of his RCAF 90th Annivesary limited edition prints of a coloured pencil drawing he did of "the Herd" when he was the Commanding Officer of 429 "Bison" Squadron in 2009.

"What's kind of special about this is that we received all four CC-177 Globemaster III aircraft during my tenure as Commanding Officer of 429 Squadron in the first nine months, but there were only two occasions where

we had all four aircraft ("the Herd") on the ramp. That's how busy we were with Afghanistan especially and everything else we were doing - Burma relief, Jamaica relief and all that stuff.

One of our wing photographers captured that on a winter's day and it was from that photo that I was able to do the original drawing," he explained to *the Contact*.

After his visit to 8 Wing/CFB Trenton, Gen. Mercier went on to tour the offices and facilities of 1 Canadian Air Division and the Canadian NORAD Region Headquarters.



Visiting members of the French Air Force, including Gen. Denis Mercier, Chief of Staff of the French Air Force (centre), are pictured here with Lt.-Gen. Yvan Blondin (second from left in the front row) and Col. David Lowthian (front row, left) in front of the CC-130J Hercules flight simulators housed at the Air Mobility Training Centre.



Gen. Denis Mercier, Chief of Staff of the French Air Force, (front row, centre left) Lt.-Gen. Yvan Blondin, Commander of the RCAF (2nd from left in the front row), and Col. David Lowthian, 8 Wing Commander (extreme left in the front row) listen to presentations made by the Wing Operations Officer and the commanders of 429, 436, 437 and 8 ACCS squadrons.

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8 ACCS shows the way in Alert

8 ACCS personnel developed and designed a protective thermal blanket to assist with maintaining the radar's optimal operating temperatures

By WO Wade Dominie, 8 ACCS ATC S&T WO

Alert picture of the week Alert memorials



Two of the memorials on site at CFS Alert are pictured here. The memorial in the foreground was built to commemorate the Lancaster crash of July 31, 1950. The memorial in the background was built to commemorate the crash of the CC-130 Hercules during Op BOXTOP 22 on Oct. 30, 1991. *Photo by Cpl. Szymon Pocza*

Canadian Forces Station Alert, or the North Pole as my children like to refer to it, is located in the Qikiqtaaluk Region in Nunavut, Canada. It is the northern most permanently inhabited place in the world, sitting at latitude 82°30'05" North, and is actually 817 kilometers from the North Pole. In April, the average temperature hovers somewhere around -32.4° Celsius, a fact I like to remind my children of especially when they tell me it's finally warming up at home. Anyway, let's just say it's really cold!

8 Air Communication and Control Squadron (8ACCS) travels to Alert semi-annually to provide Air Traffic Control Service for Operation BOXTOP, which is a two-week replenishment operation instrumental in supplying CFS Alert with all the necessities to maintain daily living within the station.

It goes without saying that the extreme weather conditions in Alert are immensely harsh on equipment. The bitter cold can also

be detrimental to CAF member's health and safety. As such, we are always extra vigilant in ensuring we're dressed appropriately when outside and looking out for each other by watching for early signs of exposure and hypothermia.

During operation BOXTOP 13/1, Squadron members faced with those exacting conditions utilized blankets, cardboard, and plastic bags as a makeshift protective barrier in order to protect the MPN-25 deployable Air Traffic Control radar system from freezing and possibly sustaining severe damage. Realizing the requirement to provide the radar with an additional protective layer, the 8 ACCS technical staff developed and designed a protective thermal blanket to assist with maintaining the radar's optimal operating temperatures. Once the design was completed, a prototype of the thermal blanket was produced by FIRWIN Corp, located in Toronto, and made ready for initial testing during BOXTOP 1/14.

Fast forward to April 13, 2014 in

Alert. Storm condition one. The temperature, a chilling -39 with wind gusts of 90-km/h means it is not a great day for flying, but it is a perfect day for evaluating the functionality of the thermal blanket. In these punishing weather conditions the radar's environmental control unit (ECU) would normally struggle to maintain essential operating temperatures, adding additional stress to vital components and possibly damaging the MPN-25. With its blanket securely attached, the MPN-25 easily maintained its optimal operating temperatures and its ECU was able to operate within its normal parameters.

The development and successful testing of this new cost-effective thermal blanket will reduce the strain of Canada's northern climate on the vital components of the MPN-25 and greatly increase the reliability of this essential RCAF Air Traffic Control asset. This is just another example of how 8 ACCS personnel are "showing the way" in Alert.

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.

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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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RCAF Milestone Moments Celebrating the 70th Anniversary of the D-day landings



Operation Overlord is the code name for the Battle of Normandy which began on June 6, 1944. While most people refer to it as D-Day, this day was, in reality, known as Operation Neptune and the Normandy Landings.

Planning for Operation Overlord began on Feb. 12, 1944 when Dwight Eisenhower was directed to “enter the continent of Europe, and in conjunction with other United Nations, undertake operations aimed at the heart of Germany and the destruction of her armed forces.”

By the end of Operation Overlord in August 1944, the Allied forces had committed over two million troops. They suffered over 200,000 casualties, lost more than 4,000 aircraft and 4,000 tanks. It is estimated that the German Army suffered 500,000 casualties. The civilians in the area suffered an estimated 39,000 casualties.

The RAF and RCAF were out the night before on June 5 as part of Operation Tonga. Paratroopers from the 6th Airborne Division were to drop into Normandy and capture bridges near the Caen Canal and the River Orne to prevent the German Army from flanking during the

assault the next morning. Six Handley Page Halifax bombers towing Horsa Gliders took off with members of the Oxfordshire and Buckinghamshire Regiment, followed by six Armstrong Whitworth Albemarle carrying members of the 22nd Independent Parachute Company. Later that evening, another 16 Albemarles left with members of the 1st Canadian Parachute Battalion, 9th Parachute Battalion, and the 3rd Parachute Brigade Headquarters. By the end of the night, the RAF and RCAF had committed a further 239 Dakotas and Short Stirlings, and 300 Horsa and Hamilcar Gliders, and transported more than 8,000 men to Normandy.

This photo shows men of the RAF and D Company of the Oxfordshire and Buckinghamshire Regiment preparing to leave.

Operation Neptune was the largest operation that had been planned by the Allied forces to date and involved: 1,213 Naval Combat Vessels; 4,126 landing ships and craft; 864 merchant ships; 736 ancillary craft; 156,000 personnel landing by sea or air; 11,590 aircraft in support of the landing; and 2,395 aircraft and 867 gliders employed as part of Operation Tonga.

The RCAF Milestone Moments have been compiled and researched by the staff of the National Air Force Museum of Canada.

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If you are in a supervisory position and would like to learn more about the Low Risk Drinking Guidelines and other topics around Alcohol, Other Drugs

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Source: Centre for Addiction and Mental Health (www.camh.ca) and Canadian Centre on Substance Abuse (www.ccsa.ca)

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The Canadian Armed Forces 2014 Health & Wellness Challenge

The Canadian Armed Forces Health & Wellness Challenge draw winners: Kendra Lafleur, Health Promotion Director (2nd from the left) and Denise Read from SISIP (3rd from the left) present Cpl. Shawn O'Hara, 429 Sqn., and Capt. Craig Jacob, a member from 41 Army Cadet Unit, with their prizes from May's Health & Wellness Challenge. Missing from the picture is the third winner: MCpl. Denis Noel of 436 (T) Sqn. 8 Wing Commander Col. David Lowthian, left, and WCWO Sandor Gyuk witnessed the draw and presentation of the prizes. Submitted photo

CAUTION!

Massive outdoor cycling class to take place on the parade square 27 June 2014

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Participants of the 2014 Heroes Highway Ride stream around WO Renay Groves and her crew from the 21 Electrical Warfare Regiment of CFB Kingston as they stand on guard with the "Leopard C1 Badger CFR 81657" monument just inside the main gates of CFB Trenton on Saturday. The portable monument was made of parts from a Leopard engineering vehicle damaged during a mine strike in Afghanistan in July, 2008.

Continued from page 1

placed on the memorial while it was still in Afghanistan.

WO Groves served two short tours and one full tour in Afghanistan.

"These poppies, hand-carried by me back from Afghanistan, were laid out for all of our fallen soldiers during the last ceremony in Kandahar in 2011," she said.

For at least one rider in the Heroes Highway Ride on Saturday, one of those poppies held special significance.

Cpl. Matthew McCully was killed while serving in Afghanistan and his father, Ron McCully, rode with his son in mind. Prior to the Ride, McCully thanked all of the people who helped to organize the event and all of those who came out to participate, although he struggled to say anything with the

emotions he was feeling at the time.

"No other country has something like this," he said. "Every man and woman in Canada has something to be proud of."

Lou DeVuono, the White man behind the Heroes Highway Ride, came up with the idea while standing on a bridge overlooking a repatriation convoy going down the Highway of Heroes to Toronto transporting the bodies of three military personnel.

"It was late December, it was going to be Christmas, and there were three families that their Christmas was never going to be the same again," he said.

While watching the cars disappear down the road, he thought of the soldiers going back to Afghanistan and the soldiers wounded

in combat.

"Where was their recognition for their contribution and sacrifice? I wanted to do something that encompassed all the military, past and present, so I came up with this idea," he said.

8 Wing Chief Warrant Officer Sandor Gyuk welcomed the bikers to the parade square, a sacred place set aside for parades of honour, he said.

"And you are doing precisely that today," he said. "(This is) a parade for the fallen. As a serving member I appreciate all you do, as do all of our serving members."

During the ride, \$3,200 was raised in support of Wounded Warriors Canada and the Tony Stacey Centre for Veterans Care in Scarborough.

Trapper Cane (right) and Carmela Fortino (wrapped in a Canadian flag) admire just one of many bikes that took part in the Heroes Highway Ride, which began at the CFB Trenton parade square Saturday morning.



Photos by Ross Lees

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SUN JUN 15TH - 1-3 PM

78 POWER STREET
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MLS#2143098 - \$214,900

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SAT JUN 14TH - 1-3 PM

54 CEDAR CREEK WAY
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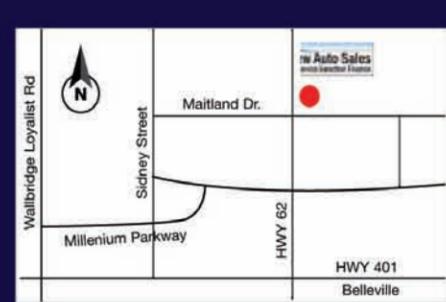
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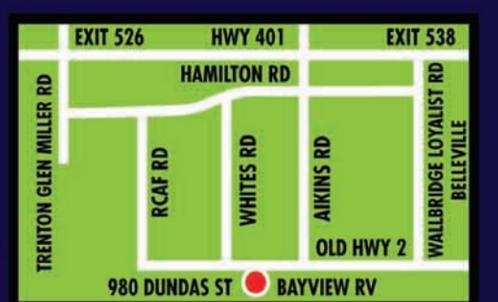
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Faces of 28th Annual Surf 'n' Turf finishers

Photos by Ross Lees



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Rescuers meet the rescued at North Bay Armed Forces Day June 4

By Maj. Ray Stockermans

It is a rare occasion in the world of Search and Rescue (SAR) that the rescuers get to meet the people whom they have rescued after the initial contact during the mission. Often this is because the patients get dropped off at a hospital or a waiting ambulance and the rescue crew returns to base, never to see them again.

This was not the case for Alexis Levac, a young girl who went missing near Lavigne, Ontario last year, when she was 10 years old. She was reunited with her rescuers, the crew of 424 Squadron's Griffon 493 at the North Bay Armed Forces Day on June 4. Attending with her extended family, she was only told on the morning of that day that she would meet MCpl. Jonathan Pothier, the SAR Technician who was hoisted down to rescue her, as well as the rest of the crew.

Organizers of the North Bay Armed Forces Day had asked 424 Sqn to send a Griffon as a static display and to have the entire



MCpl. Jon Pothier, left, and Sgt. Brad Power, right, flank Alexis Levac as they display the plaque they were awarded at the North Bay Armed Forces Day on June 4. Submitted photo

Continued to page 12

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ASD support group

For caregivers of a person on the Autism Spectrum, the next meeting of the ASD support group will take place on June 19 from 6 p.m. to 7:30 p.m. Childcare will be available. Contact Kelly Briggs at 613-392-2811 ext. 4527.

Trouble du spectre Autistique (TSA)

Groupe de soutien pour les aidants naturels d'une personne atteinte du spectre de l'Autisme, la prochaine rencontre aura lieu le 19 juin de 18h00 à 19h30. Service de garde disponible. Contactez Kelly Briggs 613-392-2811 poste 4527.

Office Max Grand & Toy's and Trenton MFRC's 9th Annual Fundraising BBQ

Office Max Grand & Toy and Trenton MFRC are teaming up for their 9th Annual fundraising barbecue on Wednesday, June 25, from 11 a.m. to 2 p.m. at Baker Island. A burger or hot dog plus a drink and chips will cost \$3. There are raffle prizes and giveaways, face painting and more. All proceeds will be used to support the deployment programs offered through the MFRC.

Office Max Grand & Toy et le CRFM de Trenton vous invitent à son 9ième BBQ annuel

Une collecte de fonds pour le programme de déploiement du CRFM. Mercredi le 25 juin, de 11h00 à 14h00 à l'île Baker. 3\$ pour un hamburger ou un hot dog et breuvage plus chips. Tirage de plusieurs prix et cadeaux! Maquillage et plus...

Monthly Mindfulness Group

This skills-based group in mindfulness practice is open to those (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 June 25, 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 workshop: 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 25 juin, 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

MFRC Annual General Meeting 2014

All military families and interested community partners are invited to the MFRC Annual AGM Wednesday, June 25 at 6 p.m. at the MFRC, Siskin Centre. Approval of 2013-14 financial statements will take place, annual reports will be given and people are invited to meet the board and provide input. Refreshments will be served. Register for free childcare by June 23 by calling 613-965-3575.

Discounted Canada's Wonderland Tickets at the MFRC

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. MFRC Day, June 28. Admission and all-you-can-eat lunch-buffet - Adult: \$42.88, Junior/Senior: \$37.79.

Billets rabais de Canada's Wonderland au CRFM

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\$. Journée du CRFM, 28 juin, admission et buffet lunch-tout ce que vous voulez manger - Adulte : 42,88\$, Junior/Sénior : 37,79\$.

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Home of the Week
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Plan No: 2-2-753

The plans for this attractive two-bedroom home include a strategy for family growth – a future den or third bedroom on the ground floor, together with a future rec-room with a wet bar.

At ground level, the covered entry – always a boon in bad weather – leads through a door with a window and side-lights into a foyer with a handy bench and coat closet to the right. To the left is the U-shaped stairway to the second or main floor.

The double garage is large enough to accommodate a work bench, and enjoys access to the foyer.

On the upper floor, the great room is front and centre, overlooking the front garden, with a gas fireplace. Adjacent is the dining room, which boasts on optional built-in buffet that will provide serving and storage space.

At the back of the home is the kitchen, with an efficient U-shaped counter configuration and a doorway to a covered patio that overlooks the back garden. The kitchen is separated from the dining room by a low counter, so the cook will never feel isolated. A pantry will provide extra room for cans and jars.

The laundry room includes a broom closet, as well as a side-by-side washer and dryer.

The master suite, at the front of the home, enjoys a large window overlooking the front garden, as well as smaller, higher windows along the side. The en-suite includes double basins and a soaker tub, as well as a shower stall. The walk-in closet is roomy enough to accommodate clothing and accessories.

The second bedroom looks out to the back garden and is near the second bathroom. The linen closet is close by.

On the ground floor, the future third bedroom has windows that look out to the side garden, as well as access to the foyer and the future rec-room and a roughed-in three-piece bathroom.

Exterior finishes include wooden shingles, brick accents, a front door with side-lights, painted woodwork and a decorative garage door.

This home measures 40 feet wide and 40 feet deep, for a total of 1,260 square feet of space on the main, or second, floor. Ceilings rise to nine feet throughout the second floor.

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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.

June 13 – Family rollerblading

Presented as part of Recreation Month, family rollerblading will take place from 6 p.m. to 9 p.m. at the RCAF Flyers Arena. Please bring your own equipment and we supply the arena and tunes.

June 14 – Free Recreational Swim

Presented as part of Recreation Month, a free recreational swim for the whole family will take place at the RecPlex pool from 1 p.m. to 3 p.m.

June 15 – Father's Day Family Geo-caching

Want to take part in your own treasure hunt? Presented as part of Recreation Month, a Father's Day family geo-caching event takes place from 1 p.m. to 6 p.m. outside the south side gym and surrounding areas. Bring your own GPS unit or a phone with GPS tracking capabilities and we can send you on your way. For those who don't have a GPS unit, there are six GPS units that can be rented out as long as they are returned by 6 p.m.



Continued from page 10

crew of the rescue mission attend a ceremony where a presentation was to be made to Alexis and the crew. Four members of the original rescue crew were able to attend: First Officer Capt. Tarrant Vernon-Jarvis, Flight Engineer MCpl. Tim Hotton, SAR Tech Team Leader Sgt. Brad Power, and SAR Tech Team Member MCpl. Jonathan Pothier. Unfortunately, due to previous commitments, the Aircraft Captain, Capt. Chris Hill, was not able to attend.

The incident that led to this reunion between Alexis and the Griffon crew began on July 15, 2013. Alexis and her cousin were blueberry picking near the campground where she was staying, on the northwest corner of Lake Nipissing, near Lavigne, Ontario. It was about 3:30 p.m., and after a little while, Alexis was separated from her cousin, so she decided to walk back to the campground by herself. Unfortunately, she went in the wrong direction, and wearing only flip flops, shorts and a tank top, she walked for many hours, along rough trails, through bush and around swamps, even losing one flip flop along the way.

In the meantime, when Alexis' cousin could not find her, he went back to the campground for help, and the family began to look for her immediately. After about an hour, they notified the West Nipissing Police Department. At 4:40 p.m., the police received the call about a missing girl and began organizing the search teams. Since Alexis was staying with cousins, her parents arrived later at about 6 p.m. and joined the search. The search area was not large, but it was difficult northern Ontario terrain, which posed a challenge for searchers. When the local community found out about the missing girl, many of them volunteered. By night time, the police had so many volunteers they had to turn some away. Local businesses also

kept open late into the night providing a place for searchers to rest and recuperate.

When darkness fell, Alexis kept calm and was scared that a bear might be following her, and of other animals in the woods. The bugs were very bad, but she was lucky enough to come across a hunting cabin and resourceful enough to find some water and a blanket. However, she did not stay in the cabin as she thought that no one would see her if she was inside. Instead she covered herself in the blanket to stay warm and to keep the bugs from biting her, and spent the night outside, staying in one place.

At first, an OPP helicopter took part in the search and after the OPP crew completed their crew day, the West Nipissing Police requested the help of a military SAR helicopter, through the Joint Rescue Coordination Centre in Trenton. The standby Griffon crew was tasked at 10:53 p.m., and got airborne one hour and 25 minutes later, at 12:18 a.m. on July 16, 2013. They got on scene at 1:58 a.m., searching for a short time until they dropped off the SAR Techs at the OPP search headquarters, and went to North Bay for fuel.

The Griffon completed one more sortie searching at night, using a searchlight and night vision goggles, and refuelled again in North Bay for a daylight search. Tired from searching all night, but motivated to find the missing girl, the crew completed a second coverage of the search area in daylight, with much better effectiveness, but with no sign of Alexis.

With fuel getting low, the crew decided to complete a third coverage of the area. While getting set up for the search pattern, they extended past their normal turning point, going outside of their assigned search area slightly. In the turn back to the search area, the SAR Tech team member, MCpl. Pothier, saw the girl on the edge of a swamp jumping and waving.

424 Sqn, SAR crew meet rescued girl, honoured for their part in 2013 rescue

The family of Alexis Levac gather in front of a 424 Sqn Griffon with the helicopter crew that found her after she went missing overnight last year. The crew attended the North Bay Armed Forces Day on June 4, 2014. Alexis is with her father, mother and cousin, and the 424 Sqn crew including, from left to right are: MCpl. Tim Hotton, MCpl. Jonathan Pothier, Capt. Tarrant Vernon-Jarvis and Sgt. Brad Power. *Submitted photo*

It was just after 8 a.m., and Alexis had been missing for over 16 hours. She was found about five kilometres, straight line distance, from the campground where she was last seen. This was an amazing feat, considering she was wearing only flip flops (with one broken and eventually missing). In fact, since she was outside of the helicopter's assigned search area she was very lucky to be found in that location.

Alexis had seen the helicopter five times during the night, with the bright searchlight, and wondered why they didn't see her. When the helicopter crew spotted her in the morning, she knew they had seen her when the helicopter quickly returned to the hover, and hoisted down one SAR Tech. When MCpl. Pothier approached Alexis, she ran to him and jumped up on him! After making sure she was okay, with only minor scratches, some bug bites and bruises, he told Alexis what would happen next, how she would be hoisted into the helicopter with him. She did not seem worried or scared about this next adventure, as she only wanted to get out and see her family. He carried her to a better hoisting spot, and she was in good spirits and very calm, smiling as she came into the helicopter, but she admonished Jonathan for not paying very good attention and missing her during the night!

After hoisting Alexis and MCpl. Pothier back into the helicopter, the crew flew her to a waiting ambulance where she met her parents, just beside the general store in Lavigne. It was an emotional reunion for the family, who were very happy to have Alexis back with them. Word spread quickly that the missing girl had been found through the press and social media, and much praise was expressed for the military, police, and all the volunteers involved in the search.

It was quite windy and much cooler than Trenton when the

Griffon landed around 9:30 a.m. on the morning of June 4, 2014 at the waterfront in North Bay. The crew prepared for a busy static display as over 1,800 local school children were being bussed in for this day, which included a military parade from City Hall to the waterfront, a review by the Wing Commander, Col. Sean Boyle, speeches, and an CF-18 air display. One extra squadron member, 2Lt Justin Daniels, was brought to assist with the static while the crew went to the ceremony. He capably managed the static display with several other local volunteers, delighting many school children in the process.

The crew was seated with the VIPs and next to Alexis' family. When she first met the crew, Alexis was a bit timid and shy, but she eventually gave both SAR Techs big hugs during the ceremony. The Chief of the West Nipissing Police Department, Chuck Seguin, spoke about Alexis' adventure last summer, and called her in front of the crowd for the presentation. Assisted by the Police Services Board Chairman, M. Guy Cantin, he then invited the crew to come up and with the presented the SAR crew a plaque in honour of their assistance in this mission.

After the final speech by Col. Sean Boyle, the CF-18 show began. Following the air demonstration, there was much interest from the local media in this reunion between the rescuers and the rescued, and several interviews were given by Alexis and the SAR Techs. Alexis and her family were given a special tour of the helicopter, and then the family went on their way. The parents of Alexis were extremely grateful to the crew, and very happy that they were able to thank them in person for finding their daughter.

When MCpl. Pothier asked Alexis what she learned from her night out in the woods, she responded, "When you are lost, stay in one place."

That's good advice for everyone.



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Sports & Recreation



June is Recreation Month

Recreation plays an important role in the Canadian Armed Forces both operationally and in family support. June is Recreation Month provides an opportunity to celebrate these roles and educate the community about the importance of participating in recreation and leisure activities. The Community Recreation Association (CRA) wants to provide you with an opportunity to participate in a full month of activities and events for all ages. It is our way of giving back to the community and thanking for their continuous support. For a chance to win a trip to Florida, the "Sunshine State", go to: cfmws.com/jrm There is a bonus prize package from 8 Wing/CFB Trenton. Also enter for a chance to win a \$200 Via Rail gift certificate plus additional prizes. Visit the front desk at the RecPlex or at the south side gym kiosk for details. See our detailed calendar of free activities and events for the month of June at www.cfcommunitygateway.com/trenton or contact the RecPlex reception at local 3361 or 7138.

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

Sandbanks Provincial Park, North Beach, Presqu'île Provincial Park. Back by popular demand, the Community Recreation Association (CRA) will again be offering single day passes to area provincial parks. A total of three park passes

will be available each day. Members pay for the pass and sign it out. The pass is returned afterwards. Sorry...no reservations accepted. First come – first served. The passes are available to military personnel and CRA members only.

Red Cross Swim Lessons

For children and adults during the summer 2014, eight or 10 lessons in duration.

Session 1 – July 14 to 26, Monday, Tuesday, Wednesday, and Friday mornings – eight lessons

Session 2 – July 15 to Aug. 14, Tuesday and Thursday evenings – five weeks – 10 lessons

Session 3 – Aug. 11 to Aug. 22, Monday, Tuesday, Wednesday, and Friday mornings – eight lessons

Registration for the military community starts Wednesday, July 2 while registration for general public starts Tuesday, July 8.

Aquatics

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

Senior Lane Swim - Mondays, Wednesdays, and 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.

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, Aug. 17, 9 a.m. to 5 p.m.

High Five (Principles of Healthy Child

Development) – Friday, June 27, 10 a.m. to 5 p.m.

Fitness Programs

Core Fitness – Mondays, July 7 to Aug. 25, 4:30 p.m. to 5 p.m.

Boot Camp – Mondays, July 7 to Aug. 25, 5:10 p.m. to 6:10 p.m.

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

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

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

NEW! Easy Run and Weights Program – Tuesdays, July 8 to Aug. 26, 5:30 p.m. to 6:30 p.m.

NEW! Drop-in Adult Basketball – Wednesdays, July 9 to Aug. 27, 6:30 p.m. to 8 p.m.

NEW! Drop-in Adult Floor Hockey – Thursdays, July 10 to Aug. 28, 7 p.m. to 8:15 p.m.

Youth programs

Indoor/Outdoor Soccer Night – Thursdays, July 10 to Aug. 28, six to eight years of age, 5 p.m. to 6 p.m. and nine to 12 years of age, 6 p.m. to 7 p.m.

NEW! Drop-in Youth Basketball - 13 to 17 years of age, Wednesdays, July 7 to Aug. 27, 5:30 p.m. to 6:30 p.m.

NEW! Drop-in Basketball for Kids – Mondays, July 7 to Aug. 25, six to eight years of age – 5:30 p.m. to 6:30 p.m. and nine to 12 years of age – 6:30 p.m. to 7:30 p.m.

NEW! All Sorts of Sports Outdoor Edition – Tuesdays, July 8 to Aug. 26, six to eight years, 5:30 p.m. to 6:30 p.m. and nine to 12 years of age, 6:30 p.m. to 7:30 p.m.

2014 Inter-section Slow Pitch League launched



The Inter-section Slow Pitch League is off and running with 12 teams fighting for top honours

2 Air Mov Sqn, WTISS, CCISF, TEME, W Foods, WCE, 437 Sqn, WAdmin, CJIRU, 86 ASU, W Sup, and 436 Sqn. will compete in this year's league. The Fitness and Sports Director Mr. Dave Rothermund pitches the first ball to commence the 2014 competition. The Fitness and Sports Flight would like to take this opportunity to thank the executive committee, President Capt. Yokom and Vice President Cpl. Mathieu Brassard, for volunteering their time. Good luck, have fun and play fair!

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Safety

Questions to ask about safety



When you start a new job, you usually ask certain questions like "What day are the paychecks issued?" and "What time is the lunch break?" This information is necessary, but there are some more very important questions to ask about your job. Even if you are an old hand at your work, check to make sure you know the answers to all of these questions.

What is dangerous about your job?

For instance, if you are working with machinery, what kind of accidents and injuries can occur? Could you get

You need to find out when and how this training will occur. Will you be trained by your supervisor or by co-workers? Will there be any special courses put on by outside training contractors?

Are you expected to wear any safety equipment? When you need equipment such as safety eye wear or a hard hat, how will you obtain it? Will you have expert advice in choosing and fitting this equipment? How will you be trained to use it?

What about emergencies? What are the emergency phone numbers? Could you direct outside emergency

tangled in equipment which is running, or be crushed by moving stock? Is there any risk of falls? Are there other hidden hazards? Will you be exposed to harmful chemicals, dangerous fumes or excessive noise, for example?

How will you be trained on how to do your job safely?

Are you expected to fight any fires or clean up spills? How would you evacuate the building in an emergency? How and when will you be trained in your on-going part in emergency response?

Can you find the emergency equipment? Where are the fire extinguishers? How can you find spill abatement materials? Where are the emergency exits and alarms?

What if you get injured or see someone else get hurt? Who is the first aid person in your area? Are first aid personnel identified in any way? Where is the first aid station? How do the safety showers and eyewashes work?

Where are the material safety data sheets (MSDS) for any chemicals which you might be using? You need to know how to find an MSDS so you can learn about the hazards of these substances, and all of the emergency measures required if something goes wrong.

Whom do you ask if you need information about safety and health matters? Is there someone you can go to if you have a question about how to do the job safely or how to use personal protective equipment (PPE)? Who can give you information about any hazards such as gases or radiation? If you have any suggestions for improvements, whom should you talk to?

When and where are the safety meetings? Safety meetings provide a continuing education in safe work practices, and give you a place to ask questions and express concerns.

If you don't know the answers to any of these questions, it is critical that you ask.



Cpl. Brian Walsh and Cpl. Curtis Garner-Garballa of 21 MP Flt. at CFB Trenton teamed up with the regular employees at the Tim Horton's outlet on RCAF Road to serve coffee for Camp Day on Wednesday, June 4. Photo by Ross Lees

Military Police support Tim Horton's Camp Day

21 MP Flt. serves coffee in support of Camp Day at RCAF Road Tim Horton's

By Ross Lees

Members of 21 Military Police Flight (21 MP Flt.) were on hand to serve coffee to customers at the Tim Horton's on RCAF Road in support of Tim Horton's Camp Day, an annual fundraising event.

Cpl. Brian Walsh and Cpl. Curtis Garner-Garballa of 21 MP Flt. volunteered to serve coffee to help raise funds to send kids to camp through the local Tim Hor-

ton's franchise.

"We're just helping out with Camp Day, serving up some coffees," noted Cpl. Walsh. "It's fun and the girls here are fun."

He said the pace was incredible, however.

"I don't know how they do this on a daily basis," admitted Cpl. Walsh. "It just doesn't seem to stop. But it's for a good cause and we have other people coming in throughout the day."

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