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>> ATESS changes Commanders

Diverse, multi-headed hydra that is ATESS welcomes new Commander Lt.-Col. Marie-Claude Gaumont

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>> 424 Squadron SAR teams rescue CESSNA pilot on Frances Lake

The CESSNA pilot was stranded in Frances Lake when his floatplane would not start

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>> 17 Wing and 8 Wing personnel deploy in support of NATO Reassurance Measures

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424 Tiger Sqn. witnesses Change of Command

Lt.-Col. Dany Poitras assumes command of 424 (Transport and Rescue) Sqn from Lt.-Col. Jean Bernier

By Ross Lees

Lieutenant-Colonel Jean Bernier rode off into a bright blue sky in style on June 19.

In handing over his command of 424 (Transport and Rescue) Squadron (Tigers) to Lt.-Col. Dany Poitras, Lt.-Col. Bernier took his last ride in front of 424 Sqn. personnel on his motorcycle with a plush tiger head mounted on the handlebars.

Proud of his squadron to the end, Lt.-Col. Bernier heaped praise on those people he had served with for the past two years. He said he had tested the Squadron's mission focus repeatedly over the past two years through deployments but the response was always flawless and admirable.

"While financial and airframe limitations forced you to make massive revisions to the way we conducted business, you adapted, optimized and made sacrifices, yet you never once compromised our safety and mission success," he told the assembled

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Lt.-Col. Jean Bernier takes his final ride in front of the 424 Sqn. troops.
Photo by Ross Lees

Huskies welcome new Commanding Officer



(From left to right): Lt.-Col. Kevin Tromp, Col. David Lowthian, and Lt.-Col. Ryan Eyre sign the 437 Squadron's Change of Command Scroll.

Photo by Cpl. Dan Strohan, 8 Wing Imaging

By Capt. Christopher Daniel

Members of 437 (Transport) Squadron, also known as the Huskies, warmly welcomed their new Commanding Officer (CO), Lieutenant-Colonel (Lt.-Col.) Kevin Hendrik Tromp, during a change of command parade at CFB Trenton on June 20.

Lt.-Col. Tromp succeeds Lt.-Col. Ryan Eyre, who led for the past two years the Squadron that operates the CC-150 Polaris fleet.

"I am pleased to welcome Lt.-Col. Tromp to the 8 Wing command team as the CO of the Husky Squadron," said 8 Wing Com-

mander Colonel David Lowthian. "He is a very capable and focused leader; I'm confident that he will continue the great job that Lt.-Col. Eyre has done in leading a team of professionals, dedicated in delivering essential air mobility support to the Canadian Armed Forces and the Government of Canada."

8 Wing Trenton has been home base for 437 Squadron since 1961. The Squadron's primary role is long-range transport of personnel and equipment as well as VIP airlift; examples include operations in support of the Canadian Forces, NATO

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Lt.-Col. Andrew Cleveland takes over WOps from Lt.-Col. Christian Roy

By Ross Lees

A Wing Operations Officer (WOpsO) is the most critical person on a team, according to 8 Wing Commander Col. David Lowthian, and he was lucky to inherit a team in the summer of 2013 which included Lt.-Col. Christian Roy as his WOpsO, he noted at the 8 Wing Operations Change of Appointment (CoA) ceremony June 25.

"I could not have hand-picked a better group of Commanding Officers and Branch Heads," he stated. "With the span of activity and operations of

CFB Trenton, I had to rely on and trust their expertise and advice – my Wing Operations Officer was critical to the success and readiness of 8 Wing."

Col. Lowthian called Lt.-Col. Roy and outstanding Wing Operations Officer.

"No matter how intense and how challenging the situation may have been, there was a calmness about him that put everything into perspective and that kept everyone on task and within their respective lanes – including me. I have worked with Christian since the 1990s and have seen him functioning at various levels within the RCAF. Let me tell you, he was at his best as Wing Operations Officer. Friendly, approachable, always ready with a lesson by way of a story, and highly respected among his peers, Christian was in his comfort zone in a position that had to respond to uncertainty and ambiguity on any given day."

Lt.-Col. Roy ran a tight ship while managing limited resources, according to Col. Lowthian.

"Christian has played an important role in how we have made great improvements to how we track and account for our missions here at 8 Wing."

Lt.-Col. Roy said he could not have produced the operational readiness responses during his tenure without the help of many people, including the Readiness Training Flight, Wing Imaging, the Air Traffic Control, and the Hangar 4 gang.

"It takes a lot of effort and coordination to accomplish each mission and without the leadership of Maj. Brian Crosier, Maj. Balwin, Maj. Cardy, Capt. Gosse, Capt. Muelgassner and Capt. Godfrey-White, we would not have succeeded with our mandate."

Lt.-Col. Roy also thanked Col. Lowthian for his consistent support and trust, his Deputy WOpsOs Maj. Gary Giacomuzzo and Maj. Mark Weidenborner, his executive assistant for keeping him



Incoming WOpsO Lt.-Col. Andrew Cleveland (left) is joined by 8 Wing Commander Col. David Lowthian (centre) and outgoing WOpsO Lt.-Col. Christian Roy as the Change of Appointment scroll is signed.

Photo by Cpl. Precious Carandang

on time and for addicting him to chocolate, and CWO Stark, who he thanked for her dedication, support and candor during times of crisis.

Lt.-Col. Roy felt incoming WOpsO Lt.-Col. Andrew Cleveland was similar in many ways in that both men had strong operational backgrounds and both had a sense of humour.

"Trust me, Andy, you'll need it," he noted.

As a final note of advice to Lt.-Col. Cleveland, Lt.-Col. Roy gave him a golden rule – don't ask for a third year extension as WOpsO.

Early in his address, Lt.-Col. Cleveland asked his wife's indulgence during his tenure as WOpsO as he expected there would be many times when she would see

blank stares into the distance while he was at home.

Lt.-Col. Cleveland indicated he was very happy to be returning to 8 Wing/CFB Trenton, adding there was no doubt Lt.-Col. Roy had done a fantastic job and was handing him a strong team.

"I see a well-oiled machine and I have no intention of disrupting that machine," Lt.-Col. Cleveland stated.

He said while cutbacks have been incorporated, the work still needed to get done.

"However, the job did not get less, it still needs to get done and it will be a challenge," he said. "But we've faced challenges before, we'll overcome the challenges and we'll have some fun while we're doing it."

CFB Trenton Learning Advisor moving to Grenada with Cuso International

In the learning community, September is seen as the time of new beginnings. It seems fitting, therefore, that Sara Rylott, the Learning Advisor at CFB Trenton, will be moving to Grenada Sept. 1 to volunteer with Cuso International.

"It was the opportunity of a lifetime," Ms. Rylott stated. "There are very few international development opportunities that do not require either Spanish or language training, but Grenada is an English speaking country. When I saw the job posting I felt like it was written for me."

She will be training adult educators at two schools who work with disadvantaged youth as well as transferring her skills in HR Planning to her new colleagues.

Cuso works by sending subject matter experts rather than financial aid to countries so that they can build the competencies they need to be successful through a transfer of knowledge rather than a transfer of funds. They are able and heading south.

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ATESS changes Commanders

Diverse, multi-headed hydra that is ATESS welcomes new Commander Lt.-Col. Marie-Claude Gaumond

By Ross Lees

Asked to tell what the Aerospace and Telecommunications Engineering Support Squadron (ATESS) does, most people will have a hard time.

Even Brigadier-General David Wheeler, Deputy Commander of 1 Canadian Air Division, called ATESS a "strange bucket of stuff" at their Change of Command ceremonies on June 20 at 8 Wing/CFB Trenton.

What he knows for sure is that they do specialize in aerospace, telecommunication and engineering. When he heard the specifics of what they do, he was amazed and flabbergasted. Now, if an issue arises he will ask first hand if ATESS can do it!

That is the "diverse, multi-header hydra" as outgoing Squadron Commander Lieutenant-Colonel Colin Selkirk describes ATESS, which was taken over by Lt.-Col. Marie-Claude Gaumond Friday morning. As one example of what goes on at



Lt.-Col. Marie-Claude Gaumond, left, incoming ATESS commander, Brig.-Gen. David Wheeler, centre, Deputy Commander of 1 Canadian Air Division, and Lt.-Col. Colin Selkirk, right, outgoing Commanding Officer of ATESS, sign the Change of Command scroll on June 20. Photo by Ross Lees

ATESS, Lt.-Col. Selkirk spoke of the tactical satellite communications system being installed on the Griffon aircraft, a system both designed and installed by ATESS personnel.

"I am very proud of our accomplishments over the past two years but I never ceased to be amazed and humbled by the subject matter expertise and the experience brought into play, the enthusiasm, the

excellence and support we see brought into play every day," he said. "Believe me, this is a very operational-focused group."

Lt.-Col. Selkirk said he had been given credit for some of the achievements over his two years of tenure, but he said they were really as a result of the work of the personnel at ATESS and their motivation of always being in sync and in step with team effort.

"I know you are capable of marvelous successes and I look forward to seeing them," he said. "I will never forget you."

Brig.-Gen. Wheeler, however, noted that ATESS had also benefitted from Lt.-Col. Selkirk's tactical and book smarts, his experience which he used to mould all the pieces of ATESS into one.

He felt ATESS would also benefit from

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Wing Logistics and Engineering Picture of the Week



Cpl. Anne-Emilie Belley displays the new combat shirt to be worn by CF members, at 8 Wing Trenton Clothing Stores.
Photo by Cpl. Darci Normore

Male Military Coach of the Year



In coaching the 8Wing/CFB Trenton Men's Slow Pitch team to the 2013 Ontario Region Men's Slo-pitch Championship, WO Dan Flammond demonstrated just how important good coaching can be to a team. Defeated three times early in the Ontario Region championships in Borden, WO Flammond coached his team to an 18-3 win in the quarter-finals, then prepared and inspired his team to a 7-5 defeat of Borden in the first semi-final match. The Trenton team then went on to defeat Petawawa 21-15 in the final. The team then advanced to the CF National Men's Slo-pitch Championship held in Borden, where they placed second. WO Flammond is shown here receiving his plaque from acting WCWO Stark. Photo by Ross Lees

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We are the primary internal and external communication tool for 8Wing/CFBTrenton 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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Public Affairs, Internal Comms: 8 Wing Public Affairs

PSP Manager: John Snyder

The Independent (Metroland) Staff

General Manager: Ron Prins 613-475-0255 ext:214

News and Feature Content: Ross Lees 613-392-2811 ext:3976

Advertising Production: Glenda Pressick 613-966-2034 ext:520

Bookkeeper: Benita Stansel 613-475-0255 ext:202

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The CONTACT produces news and information about 8Wing/CFBTrenton 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 clipart, graphics or photos with intyped pages. Additional graphics, logos and photos must be sent as separate files.
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(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.

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2 MP Squadron personnel witness Change of Command

Maj. Alexandre Dumulon-Perreault replaces Maj. Chris Alexandre as new 2 MP Sqn CO

By Ross Lees

As the outgoing Commanding Officer of 2 Military Police (MP) Squadron, Major Chris Graham thanked the Wing leadership, the Air Force MP Group and the MP branch for the opportunity to command such a gifted group and for being allowed to lead the way he best saw fit. In so doing, the squadron had been enabled to achieve its operational goals, he noted at the Change of Command ceremony June 24.

Maj. Graham indicated that a Commanding Officer sometimes forgets to say thank you to the many people he works with during a tenure and he took the opportunity to make sure he thanked everyone for their support while he was Commanding Officer. Those thanks went out to his chain of command and his staff and to the men and women who make up the whole of 2 MP Sqn.

"Last but not least, I save the most gratitude for those folks who every day spend their lives making all of ours better. They keep streets safe, and deploy to far away places on a word of command. The men and women of this squadron have made it what it is today. They represent the wisdom of the past and the bright stars of the future. They are dreamers and hard workers. So thank you most of all to those who work day-to-day in the MP flights, on the streets and in the offices... the men and women of 2 MP Sqn.," he stated.

Presiding Officer Lt.-Col. Paul Thobo-Carlsen, Commander of the Air Force Military Police Group, said when Maj. Graham was ap-



Maj. Alexandre Dumulon-Perrault, the new Commanding Officer of 2 MP Sqn. (right), is joined by Lt.-Col. Paul Thobo-Carlsen, Commander of the Air Force Military Police Group, (centre) and Maj. Chris Graham, the outgoing Commanding Officer of 2 MP Sqn., as they sign the Change of Command scroll on June 24. Photo by Ross Lees

pointed Commander of 2 MP Sqn., he was known as a hard worker and keen analytical thinker with a strong sense of the "big picture," traits that would serve him well as 2MP Sqn. Commander.

"He did not disappoint," Lt.-Col. Thobo-Carlsen noted. In fact, over the past two years, he's ensured the Squadron provided a high level of MP support to the various Wings under his purview. He has fully embraced the Air Force MP Group vision by ensuring that Squadron personnel were incul-

cated with 'air-mindedness' and by always maintaining an appropriate balance between our role as a police service on the one hand, and our role as a security force on the other.

"Maj. Graham has also been a stalwart supporter of the Tactical Aircraft Security Officer (TASO) program - very proactively pushing for changes to RCAF and CF MP Gp policies and advocating for additional resources - to improve this critically important program. To that end, he recently directed

the reorganization of 21 MP Flt to better support the security functions required of the Squadron. By 'thinking outside the box' and challenging the traditional guard-house organizational model, he is allowing us to experiment with a potentially more effective model that might eventually see wider application across the CF MP Gp."

As for the Maj. Alexandre Dumulon-Perrault, the incoming Commander of 2 MP Sqn., Lt.-Col. Thobo-Carlsen said he was

placing a huge responsibility on him, but that he had the utmost confidence that he would continue to develop the Squadron in a manner that would ensure all supported Wing Commanders received the very best possible MP advice and services.

"I look to you to maintain a steadfast operational focus in support of Royal Canadian Air Force (RCAF) and joint Canadian Armed Forces (CAF) operations, while concurrently ensuring the utmost professionalism and independence in policing operations," Lt.-Col. Thobo-Carlsen stated.

Maj. Dumulon-Perrault reassured him instantly, noting he realized leading troops was a great privilege and that he would make every effort to honour that privilege.

"I know from having been here for the last two years that there have been some tough times since the standing up of 2 MP Sqn. but, throughout all of this, the troops have remained strong and dedicated to providing outstanding support to their chain of command," for which he thanked them.

Maj. Dumulon-Perrault looked forward to discussing the challenges the MPs face and getting input from everyone.

"We as a unit will face the great moments as well as the difficult times ahead together, support each other and come out of it that much better because of our collaboration," he stated. "I am committed to working with you and all of the staff of the Air Force MP Group towards our common goal, to serve the Air Force."



Maj. Chris Graham (left) presented Maj. Alexandre Dumulon-Perrault with a Squadron flag during the Change of Command Ceremony Tuesday morning. Photo by Ross Lees



Maj. Graham presented a logo to be used on official documents to Maj. Dumulon-Perrault during the Change of Command ceremony. Photo by Ross Lees

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As of May 1, 2009, Ontario targeted measures to help take more drinking drivers off the roads. Drivers who register a BAC from 0.05 to 0.08 (known

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Are you prepared to pay the price?

A long weekend, celebrating the end of school and hectic family schedules often goes hand-in-hand with BBQs and patios. Please do not forget how important it is to stop and think before you drink. Can you afford to drink and drive?

Your Licence Suspended for one year: Inconvenience, embarrassment and must rely on others, a bus, walk or take a taxi to arrive at your destination

- ✓ Criminal Code Fine: \$600
- ✓ Remedial Measure Program (Back on Track): \$475
- ✓ Licence Reinstatement Penalty Fee: \$150
- ✓ Ignition Interlock (for one year after licence reinstated): \$1,300
- ✓ Increased Insurance Cost (\$4,500.00 extra per year for three years): \$13,500 (estimate)
- ✓ Legal Costs (estimated range): \$2,000 to \$10,000 or more

Total minimum cost: \$18,000

Other costs associated with impaired driving:

- Property damage
- Loss of employment
- Uninsured medical costs
- Physical and relationship injuries
- Loss of life

The cost of making other arrangements: Priceless

Top tips for being a great host

1. Don't plan physical activities when you're serving alcohol. People are more prone to accidents and injury while drinking.
2. Provide low-alcohol and alcohol-free drinks, such as mocktails, non-alcoholic punch, pop, bottled water, tea and coffee.
3. Have food available to avoid drinking on an empty stomach. Avoid serving salty, sweet or greasy snack foods; they'll make your guests thirstier. High-starch and protein foods such as meats, veggies, cheeses, dips and breads are good choices.
4. Be prepared for overnight guests.
5. Serve drinks yourself or designate a bartender instead of having an open bar. People tend to drink more when they serve themselves. Also, avoid serving doubles. Keep a jigger next to the bottles to measure accurately.
6. Have a plan to deal with guests who drink too much. Before the party, ask someone reliable to help you keep things under control.
7. Don't drink too much yourself. As the host, you'll be able to handle potential problems better when you can think clearly and act quickly.

Source: Liquor Control Board of Ontario

Consequences	Test 0.05 to 0.08 BAC - "Warn Range"			Impaired Driving Conviction: Impaired driving, test over legal limit - 0.08 BAC or refuse test		
	1st Time	2nd Time (within 5 yrs)	3rd and Subsequent (within 5 yrs)	1st Offence	2nd Offence	3rd and Subsequent Offence
Roadside suspension ¹	3 days	7 days	30 days	90 days ²	90 days ²	90 days ²
Administrative Monetary Penalty	\$150	\$150	\$150	\$150	\$150	\$150
Alcohol Education Program	No	Yes	No	Yes	Yes	Yes
Alcohol Treatment Program	No	No	Yes <small>Subsequent offences include a mandatory Medical Review</small>	Yes	Yes	Yes
Ignition Interlock Condition	No	No	6 months	1 year minimum	3 year minimum	Lifetime
Minimum Jail Sentence - on conviction	n/a	n/a	n/a	No	30 days	120 days
Fine - on conviction	n/a	n/a	n/a	\$1000	Judge's discretion	Judge's discretion
Licence Suspension - on conviction	n/a	n/a	n/a	1 year ²	3 years ²	Lifetime ² <small>Lifetime licence suspension is reducible to 10 years if certain conditions are met</small>

Notes:
¹ Road side suspensions are separate and distinct from any criminal charges a driver faces in court.
² Drivers who are caught driving while their licence is suspended for a Criminal Code driving conviction will have the vehicle they are driving impounded and face fines from \$5,000 - \$50,000.

Ideas to help stop your guests from drinking and driving

1. Plan ahead. Make sure there's always a designated driver around to get everyone home safe and sound.
2. Make sure drinking and driving isn't an option. Take turns being the designated driver.
3. Make sure everyone's got cab money or public transit fare so that no one is stuck without options at the end of the night.
4. Arrange for a few overnight parking spots so that your guests don't need to worry about getting towed or ticketed if they have to leave their car behind.
5. Simply say "no". Be firm. Let your friend know that you can't let them drive home because you care. It's a tough spot to be in, but you could save their life. Remember, it's always best to take them aside to alleviate any potential embarrassment.
6. If a friend's been drinking, don't be embarrassed to call someone on their behalf for a safe ride home. Everyone involved will appreciate it in the end.
7. You can always call a cab for a friend. It's a lot easier to convince them to take it if it's already there than it is if they have to wait around for one.
8. Ask for their keys:
 - o Asking your friend for their keys when they've been drinking doesn't need to be awkward. Just be discreet and calm. You could even make light of the situation. It's always better to pull a friend aside to talk to them in private.
 - o If you feel awkward about asking for their keys, enlist someone else's help. Sometimes there's strength in numbers.
9. Don't give in. Persistence is key when dealing with the issue of drinking and driving. Insist that they find another way home.
10. If a friend's been drinking but insists on driving, be prepared to call the police for help. It's tough, but it could save lives.

Source: Liquor Control Board of Ontario



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424 Squadron SAR teams rescue CESSNA pilot on Frances Lake

Two search and rescue (SAR) teams from 424 (Transport and Rescue) Squadron rescued a 72-year-old civilian male pilot who was stranded onboard a CESSNA-180 floatplane on Frances Lake, Ontario on June 22.

A CC-130H Hercules with seven personnel and a CH-146 Griffon helicopter with five personnel were tasked at approximately 7:20 a.m. (EST) after an emergency locator transmitter (ELT) was picked up by high flyers in the Lake Huron area. The Ontario Provincial Police also reported the overdue CESSNA aircraft on floats from Nepewassi Lake to Frances Lake. Within an hour, the two SAR teams from 424 Squadron were airborne to search for the pilot.

wards Sudbury where it picked-up the floatplane's ELT, which led them to Frances Lake. The CC-130H found the floatplane and the CH-146 came to pick-up the pilot, who was uninjured, and then brought him back to his farm in Sudbury.

The CESSNA pilot was stranded in Frances Lake when his floatplane would not start. He spent the night afloat and turned-on the ELT in the morning before his flight note expired.

"We're glad that the pilot was uninjured and in good shape when we found him. It was such a fulfilling experience when we brought him back to his family safe," said Capt. Justyna Pietraszek

Air Combat Systems Officer, 424 (Transport and Rescue) Squadron



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Quick Facts

- 424 Squadron is based in 8 Wing/CFB Trenton, and together with 435 Squadron out of 17 Wing Winnipeg, they are responsible for 10,000,000 square kilometres of the Trenton Search and Rescue Region comprising most of the Province of Quebec, all of Ontario, the Prairie Provinces and the entire Arctic.
- SAR incidents under the federal SAR mandate are defined as "all aircraft incidents and all marine incidents in waters under federal jurisdiction." With the exception of federally owned National Parks, the overall responsibility for ground search and rescue rests with the provinces, territories and municipalities. The Canadian Armed Forces may, however, provide assistance to land and inland water rescues when possible.

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CFB Trenton Learning Advisor moving to Grenada with Cuso International

Continued from page 2

to do this by raising funds to send volunteers. For every dollar donated to Cuso, the Federal Government donates nine dollars. To help send more volunteers, the Rylott's are trying to raise \$2,000 (roughly the cost to send a volunteer overseas for a year).

"We want to pay it forward," Ms. Rylott noted. "Through the generous donations of Canadians and the Government of Canada we are able to go on this adventure, we want more Canadians, and hopefully people from this base, to get the opportunity to give back on a global scale."

Similar to military deployments, there is training that is done before a volunteer is sent overseas and then reintegration training upon your return. It might seem odd to do training to travel to the Caribbean since most people rarely stray far from their all-inclusive resort while in the islands, but they don't see how the average person lives. Unfortunately 57 per cent of youth in the Caribbean or Latin America live in poverty and young men are at high risk for violent death. The Caribbean represents less than half of one per cent of the world's population yet accounts for 25 per cent of all murders globally. Studies have shown that education and training can help turn the corner for youth who are involved in narcotics and gangs.

While safety is always an issue, there are other concerns like schooling for the couple's two boys, Aiden (12) and Owen (10).

"I feel a bit sorry for them. The temperature is consistently 29 degrees and feels

like 40 yet all schools in Grenada have a strict dress code of pants, no shorts, and a tie," she said. "In fact, Grenada is a much more formal country than Canada. Co-workers call each other by their last names and appropriate dress is expected and in some cases the law (It is illegal to wear camouflage clothing on the island and tank tops or shorts in the capital building). I thought I would pack some sundresses and capris and off I would go! Turns out I need to buy suits to fit into the workplace!"

The public service has provisions for employees to take a one-time leave of absence for up to a year for personal reasons. Both Sara and Brent will be returning to CFB Trenton in June of 2015. In the meantime, the entire family will be writing about their experience of getting ready to move to a foreign country, living abroad and then returning.

"I wanted the boys to start writing because I am sure there are other children whose parents are either immigrating or posted to another country or even in Canada and it is nice for children to read about the experiences of others to make the change a little less scary," she stated.

You can follow them at either BrentInGrenada or SaraInGrenada.blogspot.ca, where there is also the opportunity to donate to Cuso, linked on their blogs.

"I hope our adventure inspires others to take a chance and do something meaningful. We all have items to check off the bucket list. My advice is don't wait for the opportunity to come knocking, go after it and make it happen," she said.

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This truck payment should have stated WEEKLY not BI-WEEKLY in the June 19 issue.

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- 7 am Lions Pancake Breakfast
- 9:30 – 11 am Worship Service and Motorcycle Show & Shine
- 9 am – 4 pm Rotary Mini Putt, Craft Show in Arena
- 10 am Food & Artisan Vendors Open
- 10 am – 3 pm Car Show
- 10 am – 4 pm Static Display – First Responder Vehicles, OPP, Fire, CFB, EMS, Lioness Kiddie Corner (games), BINGO, Inflatables, Outdoor Petting Zoo, Laser Tag, Strongman Competition
- 10:30am Show your Canadian spirit! Community parade from Arena to Amphitheatre – Prizes for Best Youth, Adult & Group
- 11:00 am Celebration Ceremonies at Amphitheatre with Giant Birthday Cake!
- 1 pm – 3 pm Drum Circle – Try it out!
- 1 pm Search & Rescue Demo over the Water
- 1 – 9:40 pm Musical Entertainment at Amphitheatre & Pavilion
 - 1-3pm Blair Yarranton Jazz Band
 - 3-5pm The Bootleggers
 - 5-7pm The Fade Kings
 - 7pm-Fireworks! Wrought Iron Roots
 - 1-5pm Women of Song
- 9:40 PM FIREWORKS**
- 10:00 pm Outdoor Family Movie by HD Outdoor!

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- Lots of Events starting at 11:00
 - 5 KM Fun Run
 - Circus Jonathan
 - Pie Eating Contest sponsored by Pat Guernsey 2:00
 - Indian River Reptiles
 - Beach Volleyball Tournament
- Children's Stage
 - 12:15-1:00 Andy Forgie
 - Jan Bo's Puppets
 - 11:00, 1:45 Puppet Tamer
 - 4:00 Puppet Tamer
 - 2:30-3:30 Jeanette Arsenaault, Keynote Speaker, Singer and Songwriter
- Quinte Broadcasting Main Stage
 - 12:15 - 1:00 Stompin Jon - Tribute to Stompin Tom Connors
 - 1:15 - 2:15 The Rotted Roots Ramblers - Blue Grass/ Country Roots
 - 2:30 - 3:30 The Getaway - Classic and Contemporary Rock
 - 3:45 - 4:45 The Tony Silvestri Band - Classic and Original music
 - 5:00 - 6:30 The Tim Campbell Band - Hard Rockin Blues
 - 6:45 - 8:15 The Reasons - Music from the 50's-60's-70's and 80's
 - 8:30 - 10:00 Big Black Smoke - Classics from the 60's and 70's

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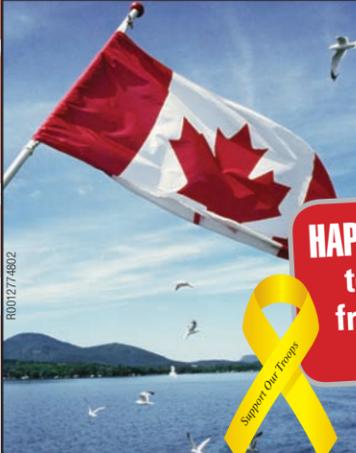
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Recently, Mr. Paul MacPherson became aware of Camp Maple Leaf located on a 104-acre island in the Kawartha Lakes Region of Ontario. He was impressed with the vision of the Camp, the programmes for disadvantaged children, children of Military families and its long history associated with Canada’s military. Mr. MacPherson grew up in the Muskoka Lakes and has always retained his sense of hometown community support. He has been recognized for his philanthropy and commitment to all of the communities that have touched his life as a recipient of the Lieutenant Governor’s Community Volunteer Award.

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17 Wing and 8 Wing personnel deploy in support of NATO Reassurance Measures

17 Wing Winnipeg and 8 Wing Trenton deployed personnel Saturday to replace Royal Canadian Air Force members presently engaged as part of NATO Reassurance Measures in Eastern Europe. These personnel will provide integral support in areas of engineering, information services, logistics, human resources, and communications to the Air Task Force currently deployed at Câmpia Turzii, Romania.

The Canadian Armed Forces have been a major contributor to NATO operations and exercises since its founding 65 years ago and is committed to transatlantic unity, security, and stability. Canada continues to provide

modern, deployable capabilities to allied missions and highly trained personnel to its command structure. In recent years, Canada has been an active participant in NATO-led missions in Afghanistan, the Balkans, and Libya.

"This most recent deployment of Royal Canadian Air Force personnel demonstrates Canada's continuing support to NATO and our continuing commitment to support partner nations," said The Honourable Rob Nicholson, Minister of National Defence.

"The Canadian Armed Forces are committed to promoting global security and maintaining transatlantic partnerships by providing modern, deployable capabilities and highly trained personnel to allied efforts.

We will continue to support the Air Task Force presently in Romania to ensure optimal mission performance during our exercises with allies," said Lieutenant-General Yvan Blondin, Commander, Royal Canadian Air Force.



Major John Lewis, Acting Wing Logistics and Engineering Officer of 8 Wing Trenton, shakes hands of personnel from 17 Wing Winnipeg and 8 Wing Trenton who deploy Saturday, June 21 onboard a CC-150 Polaris from CFB Trenton to replace Royal Canadian Air Force members presently engaged as part of NATO Reassurance Measures in Eastern Europe. These personnel will provide integral support in areas of engineering, information services, logistics, human resources, and communications to the Air Task Force currently deployed at Câmpia Turzii, Romania.

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Dr. Roxane knows first hand, being a Military spouse herself, the difficulties of finding a new bilingual dentist! She and her team put your military family dental needs first in a friendly and comfortable atmosphere!

Dr. Roxane has seven years of experience under her belt, graduating from Université de Montréal in 2006 and University of Rochester in 2007. She is currently a Master in Implant Dentistry from the International Congress of Oral Implantologists.

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Welcome to The Contact newspaper's Community Events page! Thanks to the generosity of Smyllie'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 27 - Family Rollerblading

Presented as part of Recreation Month, family rollerblading will take place from 5 p.m. to 9 p.m. at the RCAF Flyers Arena. Please bring your own equipment and we supply the arena and tunes.

June 29 - 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.

July 30 - Blood Donor Clinic

The next Blood Donor Clinic at CFB Trenton will take place at the Baker Island Community Centre, 27 Island Park, from 10 a.m. to 2 p.m. on July 30. All regular or new donors are urged to come out and donate.

A special welcome to Military personnel from Welcome Wagon

We are happy to welcome you and your family to our area and trust your stay with us will be the most memorable in your military career.

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Welcome Wagon representatives have been greeting newcomers to communities since 1930 in Canada. We have a gift package for you and your family as newcomers to our area. Please contact Welcome Wagon to advise them that you are new to the area and you will be contacted soon.

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 - Gifts from some of our local merchants.
 - Invitations to return to our local merchants for other gifts.
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Questions or Comments?
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14th Annual Sports and Fitness Awards



Cpl. Garry Normore of ATESS was presented with the Male Athlete of the Year award, winning the award over his twin brother Cpl. Larry Normore of 436 Sqn., MCpl. John Ready of ATESS, and Capt. Bradley Krajcik of 8 AMS. Fitness and Sports Director David Rothermund had nothing but positive things to say of Cpl. Garry Normore, noting he was an excellent example of an all-round athlete. He was said to have a diverse physical and sporting regimen including basketball, ball hockey and slo-pitch and a high sporting IQ to be able to master the three systems these teams utilized. He was said to have performed admirably at all three regional championships, playing in the starting lineup and being counted on heavily by all three teams. His performance during the men's slo-pitch championship contributed to the 8 Wing/CFB Trenton team competing in the CAF National Championship. Mr. Rothermund said Cpl. Normore was a pleasure to coach, was a terrific character on and off the field and represented the military in a positive light while always being an excellent team player. Cpl. Normore received his plaque from acting WCWO Stark.

The Volunteer of the Year award was won this year by MCpl. Willy Kaufman, President of the Noon-Hour Hockey League. He said the league at 8 Wing/CFB Trenton was the best league he had ever played in and that it was relatively easy to run. "I really don't have much to do, it basically runs itself." MCpl. Kaufman received the Volunteer of the Year plaque from 8 Wing Administration Officer Lt.-Col. Elizabeth Cameron.





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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 stars 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.

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, 5 p.m. to 6 p.m. and nine to 12 years, 6 p.m. to 7 p.m.

NEW! Drop-in Youth Basketball 13 to 17 years - 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, 5:30 p.m. to 6:30 p.m. and nine to 12 years, 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, 6:30 p.m. to 7:30 p.m.

Advanced Aquatics

High Five (Principles of Healthy Child Development) - Friday, June 27, 10 a.m. to 5 p.m.
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 recertification - Sunday, Aug. 17, 9 a.m. to 5 p.m.

2014 athletes honoured at 14th Annual Sports and Fitness Awards Breakfast



The recipient of the Female Athlete of the Year award was Capt. Emmanuelle Gratton, who has participated in the women's volleyball and soccer programs for several years, according to Mr. Rothermund. She took great pride and responsibility, enthusiastically leading her team by example. Capt. Gratton's immense dedication to both sports was evident in her mastery of the new systems the team utilized, often taking time during breaks at practice to help teammates struggling with the new concepts. She performed admirably at both Regional championships and was counted on heavily by both teams. She was asked by the Ontario Region Volleyball winners, CFB Kingston, to join them as they made their run at a CAF National Championship. A pleasure to coach, Capt. Gratton displayed terrific character both on and off the field of play. Her constant positive yet feisty, never-say-quit demeanour set an excellent state of mind for the team prior to, during and after games. She undoubtedly "owned the moment" in everything she did. Capt. Gratton is pictured here receiving the Female Athlete of the Year plaque from Acting Wing Commander Lt.-Col. Christian Roy. Photo by Ross Lees



MCpl. Jason Poulin was named Official of the Year at recent 14th Annual Sports and Fitness Awards Breakfast held June 12. In announcing the presentation, Fitness and Sports Director David Rothermund noted that MCpl. Poulin had gone above and beyond what was asked of him holding the position of 8 Wing Referee-in-chief. As a level three official, he imparted wisdom and knowledge to all members of his staff, despite recovering from back surgery in the recent season. Despite his own physical challenges this year, he organized 8 Wing officials to skate at all three Ontario Regional competitions and, due to his efforts, was able to get several 8 Wing officials promoted to the CAF National games, some for the first time. Mr. Rothermund said MCpl. Poulin had been an anchor of support for this year's officiating team, ensuring yet again that 8 Wing had a high level of referees as displayed by their appearances and excellent performances at National and Regional levels. MCpl. Poulin is pictured here receiving his plaque from 8 Wing Administration Officer Lt.-Col. Elizabeth Cameron. Photo by Ross Lees

Questions or Comments?

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OfficeMax Grand and Toy annual barbecue a smoking hot attraction

Photos by Ross Lees



(Left) Families line up to get their food and drinks at the annual OfficeMax Grand and Toy's MFRC fundraising barbecue at Baker Island on June 25. Funds raised during the event will be used to support the deployment programmes of the Trenton MFRC.

(Right) Working the barbecues for OfficeMax Grand and Toy's annual Military and Family Resource Centre (MFRC) fundraising barbecue on June 25 at Baker Island were Jeff Graves, district Sales Manager for eastern Ontario, and David Burns, Account Manager. Funds raised during the event would be used to support the deployment programmes of the Trenton MFRC.



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This attractive three-bedroom home features a partial second story that includes the secondary bedrooms, as well as a bonus room that would make an ideal studio or entertainment centre – the perfect setup for a family with teenaged children. The unfinished basement, included with the plans, offers room for a growing family to expand. Entry is through a covered porch with a veranda to one side. To the right is a den, ideally placed for a home office that could double as a spare

bedroom. To the left is a display cabinet. A coat closet and powder room are tucked in behind the U-shaped staircase that leads to the second floor. The open-plan great-room complex features a lofty sloped ceiling. The great room includes a gas fireplace, as well as windows that overlook a covered patio and the garden beyond. The dining room has access to this patio, making outdoor meals a breeze in the summer months. The kitchen, separated

from the great room by a prep island that contains the double sink, includes a pantry. The L-shaped counter configuration promises efficiency. The master suite looks out to the back garden and includes an ensuite with a soaker tub, as well as a shower stall. The walk-in closet will offer ample room for clothing and accessories. Upstairs, adjacent to the bonus room, the two secondary bedrooms share a three-piece bath and a linen closet. The laundry room has access to the double garage and

includes a cupboard for family gear. Ceilings rise to nine feet on the main floor, except where otherwise designated. On the exterior, horizontal siding contrasts nicely with the wooden shingles in the gables, as well as with the vertical pattern on the garage door. Brick accents on the pilasters that mark the front veranda are echoed on the garage. This home measures 40 feet wide by 56 feet, eight inches deep, for a total of 2,125 square feet.

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 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 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

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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 Capt. Gerson Flor
 Capt. Allan Lynk
 Capt. Blair Ross

Safety

Heat illness can be fatal

Working in an excessively hot environment can be difficult and even fatal. Heat can create a number of safety problems and illnesses, including heat cramps, heat exhaustion and heat stroke, which can be fatal. These illnesses caused by too much heat are called hypothermia.

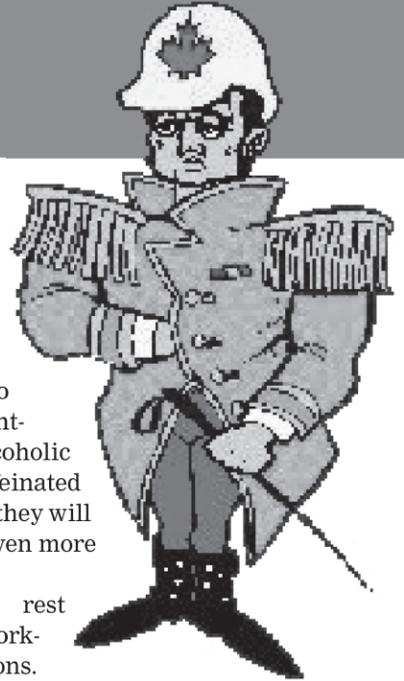


Heat can also cause you to become inattentive, short-tempered, dizzy and slow. All of these conditions can cause you to work in an unsafe manner. Hot conditions can be caused by the weather or by the work situation itself, such as a laundry-room or a foundry. When the atmosphere is humid, the effects of the heat are compounded. Here are the warning signals of heat illness:

- Heat cramps affects muscles such as those in the arms, legs and abdomen - the muscles which have been used while working. These cramps may occur after work, when the person is resting. Heat cramps are a signal that the body has lost too much salt through sweating.
- Heat exhaustion may have these symptoms: A feeling of exhaustion, nausea, dizziness, pale and clammy skin, quick pulse and low blood pressure. Heat exhaustion is also a warning that the mechanism, which controls heat for the body has become seriously overtaxed. Heat stroke may follow if heat exhaustion is not treated.
- Heat stroke is a serious matter and it can be fatal. It occurs when the body's heat control mechanism simply shuts down. Perspiration stops and the body temperature rises. The heart pounds and the skin becomes flushed and hot. This condition is a medical emergency and must be treated immediately.

hydration. The body loses water through perspiration, so you need to replenish it frequently. Do not drink alcoholic beverages or caffeinated beverages because they will cause you to lose even more water and salt.

- Take frequent rest breaks when working in hot conditions. These breaks can consist of moving to a cooler area or switching to lighter work for awhile.
- Get a physician's advice before replacing salt, particularly if your salt intake is restricted for medical reasons such as circulatory problems. The use of salt tablets is not recommended. Eating lightly salted food, before entering the work environment, may be a better idea. Also available are special drinks, which are intended to replace the body's fluid and mineral levels.
- Dress lightly, in layers so that you can subtract or add clothing as the temperature changes. Be sure to shade the skin against the sun.



Here are some tips for preventing heat illness:

- Get used to working in the heat gradually. For example, if the weather suddenly turns hot or you are transferred to a hot environment, take it easy until you are accustomed to the temperature.
- Drink water often to avoid de-

It is important that you remain alert to the signs of heat illness in yourself and in your co-workers. If signs of heat illness develop, move the victim to a cool place and cool him of by fanning or soaking him with cool water. If he is conscious, give him water to drink. If you have any reason to suspect that the person may be suffering from heat stroke, call for medical help immediately.

ATESS changes Commanders



Lt.-Col. Colin Selkirk (left) transfers command of ATESS to Lt.-Col. Marie-Claude Gaumond (right) behind the ATESS Squadron flag on June 20.

Photos by
Ross Lees

Lt.-Col. Marie-Claude Gaumond assumes command of ATESS.



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Continued from page 3

the leadership Lt.-Col. Gaumond would supply. "You'll benefit from her IT and communication experience," he told ATESS. "She is an individual who will make your organization as efficient as possible under austere conditions but make sure you have the proper resources to meet your mandate."

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Huskies welcome new Commanding Officer

Continued from page 1

and numerous United Nations and Red Cross initiatives. It has earned an excellent reputation in the role of VIP transport. Members of the Royal Family, the Prime Minister, the Governor General and various heads of State have been frequent passengers.

"It has truly been an honour over the past two years to command such a dynamic and operationally minded squadron," said Lt.-Col. Eyre. "The men and women of 437 Squadron have shown outstanding commitment to my priorities of operational focus, safety and personnel welfare and continue to go above and beyond in delivering strategic effect for the Royal Canadian Air Force. I will carry away fond memories of participating in flight operations worldwide with colleagues who know how to have fun while always maintaining the high level of professionalism expected from 437 Squadron."

As he officially took command of the Squadron whose proud history started almost 70 years ago with its formation at Blakehill Farm in England, Lt.-Col. Tromp said that he intends "to work with the Huskies to continue the Squadron's tradition of excellence."

Lt.-Col. Tromp was born in Pembroke, Ontario in 1972. Upon graduation from high school, he attended the Royal Military College in Kingston from 1991 to 1993 and then transferred to Royal Roads Military College in Victoria, British Columbia, graduating in 1995 with a BSc. in Computer Science and Space Science.

He received 1 Canadian Air Division 1 (CAD) Commander's Commendation for a Search and Rescue mission in the vicinity of Little Grand Rapids in December 2004. In July 2008, Lt.-Col. Tromp was posted to Trenton, Ontario as an instructor



Lt.-Col. Kevin Tromp, new Commanding Officer of 437 (Transport) Squadron, receives the 437 Squadron Colours from 8 Wing Commander, Col. David Lowthian. Photos by Cpl. Dan Strohan, 8 Wing Imaging

pilot at 426 Squadron. While there, he led a project to transform the CC-130 Operational Training Unit (OTU) into a SAR specific OTU. During this time, he also augmented at 424 Squadron as an operational SAR pilot.

From January to July 2010, Lt.-Col. Tromp was in Sudan as a member of the United Nations Mission in Sudan

(UNMIS). After UNMIS indoctrination training in Khartoum, he was sent to Rumbek, Lakes State, where he was responsible for UNMIS Air Operations in that region. Upon his return in the summer of 2010, he became the Standards Flight Commander and CC-130 Chief Check Pilot at 426 Squadron in Trenton.

Lt.-Col. Tromp graduated from the Joint Command and Staff Program at Canadian Forces College in Toronto, Ontario with a Master of Defence Studies in the summer of 2012. He was promoted to his current rank and posted to Winnipeg, Manitoba as the Senior Staff Officer Search and Rescue at 1 CAD.

424 Tiger Sqn. witnesses Change of Command



8 Wing Commander Col. David Lowthian passes the colours for 424 (Transport and Rescue) Sqn. to new Sqn. Commander Lt.-Col. Dany Poitras. Photo by Ross Lees

Continued from page 1

members of the Squadron during his change of Command parade.

Lt.-Col. Bernier also expressed his pride in the sense of community service and pride displayed by the Squadron over and over during his tenure, noting their support of the Government of Canada Work Place Charitable Campaign, the Habitat for Humanity project, and their organization of the 70th anniversary celebration weekend, which he called "...the proudest and

most memorable of my entire tour."

Pride in the Squadron did not just belong to the SAR techs and the flight crews, he noted, but to everyone involved in the Squadron.

"You have reason to be proud, but if you need reminding, perhaps you can remember 10-year-old Alexis who spent 18 hours lost deep in the woods near North Bay, you could think of the man stranded on a crane who was rescued from a raging fire below, you could remember the freezing hunters stranded

on an ice flow along with a civilian helicopter pilot who crashed his helicopter while attempting to rescue them, or you could think of the lone survivor of a plane crash who had also lost three of his friends in the accident, or the hundreds of others your actions have now become part of their life-changing experiences," he said.

8 Wing Commander Col. David Lowthian thanked Lt.-Col. Bernier for his guidance and support as a member of his Wing leadership team, and he

also thanked Squadron Chief Warrant Officer Tom Fagan for supporting Lt.-Col. Bernier during his tenure. CWO Fagan was also retiring after 35 years of service to the Canadian Armed Forces.

To Lt.-Col. Bernier, Col. Lowthian said, "Day after day, you never failed to amaze me with your ability to respond to challenges and accomplish your missions."

As he prepared to hand over the reins of the Squadron to Lt.-Col. Dany Poitras, he admitted it was with some sadness.

"For me today, this marks the end of the most exhilarating point of my career, so far," he stated. "These Tigers are the best of the best."

Lt.-Col. Poitras said so far he had not "felt the love" of the Squadron as several of his high ranking leaders were also leaving, but he noted jokingly that for those courageous enough to stick it out, he would expect only the highest standard from them and, while Mom and Dad were broke, he expected them to maintain their capabilities, face the issues and do it as a team.

"We'll find solutions to these issues and still have fun while doing it," he said. "We'll maintain our posture and cohesion and enjoy working together."

Lt.-Col. Poitras was born in Joliette, Quebec in 1970. He joined the Canadian Armed Forces in 1996 as a direct entry officer and was awarded his pilot's wings in 1999. He spent the first half of his career in tactical aviation with 1 Wing, flying the CH-146 Griffon helicopter, which included postings to 427 Squadron in Petawawa and 403 Squadron in Gagetown as an instructor.

He transferred to air mobility in 2006 with a posting to 444 Squadron in Goose Bay before being posted to 413 Transport and Rescue Squadron in Greenwood on the Cormorant helicopter. His deployments include two short rotations to Bosnia and one tour in Afghanistan with 1 Wing.

Lt.-Col. Poitras completed the Joint Command and Staff Programme in Toronto in 2013 and had the opportunity to work at the Canadian Forces Aerospace Warfare Centre prior to taking command of 424 Squadron.

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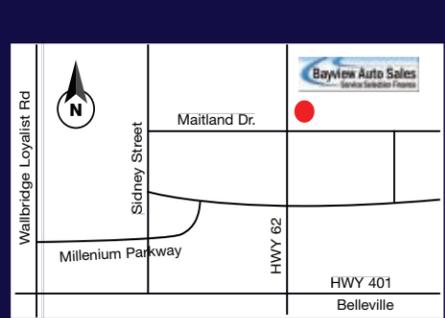


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