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## Soldier On Relay began in Trenton Sunday

Sgt. Norm Ford begins the Soldier On Relay from the Afghanistan Repatriation Memorial in Trenton with his 18 comrades applauding in the background Sunday morning. See the full story and more pictures on page 15 plus information on the National Day of Honour ceremonies in Ottawa and Quinte West on Friday on pages 12 and 13.

Photo by Ross Lees

## 10th Annual Invisible Ribbon Gala raises approximately \$68,000 for Trenton MFRC

It's called the invisible uniform, but military members and the chain of command obviously know that uniform worn by military family members is important to the Canadian Armed Forces.

The military community, along with members of the local community, attended the 10th Annual

Invisible Ribbon Gala on Saturday, May 3 to help support the Trenton Military Family Resource Centre (TMFRC) and raised approximately \$68,000 in one massive but enjoyable effort.

This year's gala faced some challenges affecting the total raised, revealed Trenton MFRC Interim

Executive Director Tamara Kleinschmidt.

"First, the local economy was not as healthy as it has been in the past," she said. "Second, we began the planning process very late this year due to the changes with the (MFRC) executive director.

Continued on page 21

Guest speaker Kim Mills, a military mom of two from Kingston and author of the SheIsFierce.net blog, deeply touched many people attending the gala with her speech about military life and military families' reliance on MFRC services and programs.

Photo by Ross Lees



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# North American Occupational Safety and Health Week

## A message from the Wing Commander



**D.W. Lowthian**  
Colonel  
Wing Commander

### Safety and Health: Make safety a habit

The week of 4-10 May 2014 has been designated as North American Occupational Safety and Health (NAOSH) Week. While workplace Safety and Health are of key importance year-round, the recognition of NAOSH Week provides an opportunity to collectively focus on the importance of preventing injury and illness in the workplace, at home and in the community. The theme for this year's Safety Week is "Make safety a habit."

NAOSH week was first launched in 1997, implemented through a Free Trade Agreement between Canada, the United States and Mexico. The NAOSH logo of three hands forming an equilateral triangle portrays the three participating nations. It symbolizes joint venture, cooperation and the commit-

ment to common goals shared by all occupational safety and health partners.

We operate in an environment of significant risk and hazards that, coupled with resource constraints, may stress and challenge our safety culture. I require each of you to remain focused on mission success, safety in operations and well-being in the workplace. A rigorous risk management approach requires a systematic hazard assessment methodology that is flexible, responsive, and outcome focused.

The main ingredients and the keys to success in any safety program are informed and concerned participants. Take advantage of the many learning opportunities on the Wing; educate each other with positive attitudes and behaviours that will, in time, become

safety habits.

We must always strive for answers and execute solutions that will make things safer for ourselves, our families, our work sites and our communities. NAOSH Week presents an excellent opportunity to reinforce and strengthen our commitment to occupational safety and health.

The diligence and the commitment to excellence of our personnel at every level of the organization is a testament to the strength of our program. Thank you for your continued participation in our shared objective to provide the safest and healthiest environment for all.

D.W. Lowthian  
Colonel  
Wing Commander

## Semaine Nord Américaine De La Sécurité Et De La Santé Au Travail

### Message Du Commandant De L'escadre

#### Santé et sécurité: La sécurité, une question d'habitude

La Semaine nord américaine de la sécurité et de la santé au travail (SNASST) se déroulera du 4 au 10 mai 2014. La sécurité et la santé au travail revêtent une grande importance tout au long de l'année, mais la SNASST nous donne l'occasion de mettre tous ensemble l'accent sur la prévention des blessures et des maladies au travail, à la maison et dans la collectivité. Cette année, le thème retenu est « La sécurité, une question d'habitude ».

La SNASST a d'abord été lancée en 1997 dans le cadre d'un accord de libre échange conclu entre le Canada, les États Unis et le Mexique. Le logo de la SNASST, soit trois mains qui forment un triangle équilatéral représentant les trois pays participants, symbolise l'action concertée, la coopération ainsi que l'engagement de tous les partenaires envers l'atteinte de leurs objectifs communs dans le domaine de

la santé et de la sécurité au travail.

Nous travaillons dans un environnement présentant des risques et des dangers considérables qui, combinés à des limites financières, pourraient mettre à rude épreuve notre culture de la sécurité. Je demande donc à chacun d'entre vous de continuer de mettre l'accent sur la réussite de la mission, la sécurité des opérations et le bien être dans le milieu de travail. Une approche rigoureuse de gestion des risques nécessite une méthode systématique d'évaluation des dangers qui est souple, adaptée aux besoins et axée sur les résultats.

Des participants renseignés et intéressés constituent le principal ingrédient et la clef du succès de tout programme de sécurité. Profitez des nombreuses occasions d'apprentissage offertes à l'escadre; sensibilisez-vous mutuellement au sujet des attitudes

et comportements positifs qui deviendront des habitudes de sécurité.

Nous devons constamment nous efforcer de trouver des solutions pour assurer notre sécurité ainsi que celle de notre famille, de notre lieu de travail et de la collectivité, et la SNASST s'avère une excellente occasion de cibler et de renforcer notre engagement à cet égard.

La diligence et l'engagement de notre personnel envers l'excellence, à tous les échelons de l'organisation, témoignent de la force de notre programme. Je vous remercie de collaborer avec autant de constance à l'atteinte de notre objectif commun, soit d'offrir à tous un milieu de travail toujours plus sain et plus sécuritaire.

D.W. Lowthian  
Colonel  
Commandant d'escadre

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# Head of Trenton MFRC works with national accreditation project



*Today's MFRCs are multi-million dollar organizations offering a wide array of professional services*

Susan Sweetman stands in front of her office building in Ottawa where she has been seconded to the Canadian Forces Morale and Welfare Services (CFMWS). Photo by Alexandra Baillie-David

By Alexandra Baillie-David

Susan Sweetman, Executive Director of the 8 Wing Trenton Military Family Resource Centre (MFRC), is working hard in Ottawa as part of her year-long secondment to the Canadian Forces Morale and Welfare Services (CFMWS) organization. In the broadest sense, her assignment will help improve the way MFRCs deliver services to military families.

"Thirty years ago, when MFRCs were stood up, they were small, informal organizations that often offered part-time childcare, nursery school and coffee sessions for spouses. Today, MFRCs are much more complex, multi-million dollar organizations offering a wide array of professional services," said Sweetman, who travels to Ottawa once a week as part of her secondment.

"I see the next chapter of MFRCs as being recognized as the grown-up, professional partners that they are, providing excellent quality services for our military families from coast to coast."

Sweetman was asked by CFMWS in Ottawa to help pilot a national accreditation project. The project is geared towards ensuring that the standards for operating MFRCs are the same and are being met across Canada. That will be done, noted Sweetman, by establishing

an accreditation program.

"Accreditation is our way of validating the excellent professional service advancements that have been made over the past 30 years," she revealed.

Sweetman is working along with CFMWS team members Claudine Fugere and Sue Goddard to ensure that any accreditation model chosen will address the needs and mandates of MFRCs and the Department of National Defense (DND).

The accreditation process, once in place, will measure MFRC mandated service areas, such as bilingualism, childcare, recreational activities and family support.

"I see accreditation as the process of making MFRCs accountable to Canadian (Armed) Forces families and to taxpayers who fund our services," said Sweetman. "I and many of my colleagues from other MFRCs already value the high quality and professionalism of the current programs and operations across the country, so accreditation is one way of formalizing that."

Since this past January, Sweetman and her colleagues have been researching and analyzing potential organizations that would carry out the accreditation process.

"We've been analyzing these organizations against the criteria that we are normally audited for by DND," added

Sweetman.

Sweetman comes by the secondment honestly, saying she's a "military brat, military spouse and military parent." She's passionate about ensuring the quality of services provided to all Canadian Forces families. In addition to her personal experience with the military family lifestyle, Sweetman also holds a Bachelor's degree in Social Work and two Masters' degrees, one in Public Administration and one in Law. She has been with the Trenton MFRC since 2008.

"My background has been working within other governmental organizations that have been held to high levels of accountability and professional standards," said Sweetman.

Sweetman hopes that by the end of the year the MFRCs involved in the pilot of the accreditation project will be well on their way to completing the process of accreditation. "When I get back to Trenton my intent is to apply for the accreditation there because I know that we are 90 to 95 per cent ready," added Sweetman.

"I love having the opportunity to do this. It has meant recognition for me personally, and of MFRCs that have significantly evolved over the last 30 years," She noted.

Sweetman will return to Trenton full-time in January 2015.



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# L'Envol announces new French-language child care facility

*The school will also offer an extended day program from early morning until early evening to meet the needs of Quinte area families.*

By Ross Lees

École élémentaire catholique L'Envol officially announced the opening of their new daycare at the beginning of the next school year at an open house on April 30.

The school, located at 45 Johnson Drive, Trenton, will house the brand new facility which will allow families with children from 18 months to four years to access French-language child care in a fully francophone environment in the heart of the community.

Able to accommodate up to 16 children, the daycare will be open to all preschool-age children in the communities of the Quinte area as of the start of the next school year. The service will be available for a fee from 6:45 a.m. to 5:45 p.m. daily for 12 months of the year. The fee for five days a week full-time enrolment is \$35 per day. Full-time enrolment takes precedence, however, if space is available, part-time or occasional enrolment will be accepted.

"Confirming the opening of our childcare services this past January was the highlight of our year," noted Carole Beauchamp-Kavanah principal of L'Envol school. "We are so thrilled for our core community."

"It is very important for the school board (Conseil des écoles Catholiques du Centre-Est, or CEECE) to offer a range of services to support families and parents who want their children to learn French and become francophone to understand the importance of being in a francophone environment," added Diane Burns, Board Trustee for the Hastings, Prince Edward, Frontenac, Lennox and Addington ward. "It is our hope these services will meet the

needs of these families."

The new daycare centre is part of an attractive new addition to the school which features a very modern, new play area supported by a new kitchen area to supply the needs of the children and the staff of the facility.

In accordance with best practices in early childhood education, the qualified early childhood educators will be preparing daily programming which reflects the tastes and interests of the children, and their individual needs. Each day will involve a variety of activities, quiet time and outdoor games designed and dedicated to preschool children, says Céline Bourbonnais, Senior Communications Officer.

"We're so pleased to offer childcare services for 16 children aged 18 months to four years old," said Guy Dubois, the Superintendent responsible for early childhood education at the CEECE. He also announced the extended day program from early morning until early evening to meet the needs of families in the Quinte area.

L'Envol accommodates more than 150 students. Combined with its regular school program, which spans from Junior Kindergarten to Grade 8, the new daycare and before- and after-school programs along with the Petits pas à trois, a part-time program for three year olds, the school serves Quinte West and Belleville.

CEECE is the largest Canadian network of French-language schools outside of Quebec serving 21,000 students in forty-one elementary schools, 10 secondary schools and a school for adults.



Sienna and Benjamin get an early jump on playing at the new L'Envol daycare.

Photo by Céline Bourbonnais



Guy Dubois, the Superintendent responsible for early childhood education at the CEECE, Eugenie Congi, Superintendent of Education at CEECE, and Carole Beauchamp-Kavanah, Principal of L'Envol, each take an apple at the open house for the new daycare at L'Envol on April 30.

Photo by Ross Lees

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# Op BOXTOP – Lifeline to CFS Alert

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Running since the 1950s, Op BOXTOP has been a re-supply operation held bi-annually during April and September. While most of these operations run smoothly, the tragic accident of BOXTOP 22 shall not be forgotten. On Oct. 30, 1991 a CC-130 Hercules was on its final approach when it clipped the top of a hill and crashed 30 kilometers away from the Station. Of the 18 personnel on board, four were killed outright and the pilot later died of exposure. Wreckage of the aircraft remains on the site. Since then, flights go from flight number 21 to number 23, intentionally skipping number 22 in memory of the crash.

On April 12, 2014, CFS Alert's population dramatically increased when 42 additional personnel arrived for Op BOXTOP. For the next two weeks, CFS Alert's population doubled with 124 people on its frozen grounds. BOXTOP augmentees were composed of aerospace telecommunication and information systems (ATIS) technicians from 8 Air Communications and Control Squadron; general duty staff; mobile support equipment operators (i.e. drivers); water, fuels and environmental (WFE) technicians; marshallers; firefighters; and, supply technicians. For most augmentees, it was their first BOXTOP experience. With Op BOXTOP up and running, the Station was fully animated.



Airfield personnel perform their normal duties around a CC-130J from 8 Wing Trenton during Op BOXTOP in April 2014.  
Photo by Cpl. Szymon Poczka

The missions held in April each year are termed "wet BOXTOP" because fuel supplies are replenished. This year, CC-130J and CC-177 crews travelled between Thule (Greenland) and Alert (Nunavut) day and night. Their goal: bring enough fuel to Alert to ensure operations for the rest of the year. A total of 1.5 million litres of fuel was transferred in an incredibly short amount of time. The operation was a big success, finishing ahead of schedule, thanks to the hard work, great planning and communication between personnel in Thule and Alert.

BOXTOP will continue its re-supply mission in September 2014, when "dry BOXTOP" will bring dry goods and materials as well as fuel to our big CFS Alert family.

## Best BOXTOP Beard grown by Cpl. Simon Bilodeau



Major Chad Gehl (right) presented the Best BOXTOP Beard certificate to Corporal Simon Bilodeau (left) at Thule, Greenland on April 25 during Operation BOXTOP. The BOXTOP beard contest is a charity in support of communities near Thule Air Base in Greenland. Charity events held during BOXTOP 01/14, including 50/50 draw, helped to raise \$302 for the local community. The BOXTOP operation in April is dedicated to the delivery of domestic fuel stock from Thule (Greenland) to CFS Alert and Eureka (Nunavut), as well as, airlift of ultra-low sulphur diesel (ULSD) from Resolute Bay (Nunavut) to CFS Alert. The CC-130J Bulk Fuel Delivery System (BFDS) and wing fuel from the CC-130J and CC-177 aircraft are used to off-load the fuel. The BFDS permits the movement of approximately 30,000 pounds of DF-8 fuel per flight. This is referred to as a wet lift.

Photo by Cpl. Precious Carandang, 8 Wing Imaging

## The Contact Newspaper

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

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

The CONTACT is published every Friday with the kind permission of Colonel David Lowthian, MSM., CD, Commander, 8 Wing/CFB Trenton. The Publisher reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CAF or other agencies.

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

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## Guidelines for submissions: ARTICLES AND PHOTOS

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

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

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

## Letters to the Editor:

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



## A Military Community Newspaper

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



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# Yoga/Mental fitness event – for the Health of It

The first of May marked the launch of the Annual Canadian Armed Forces (CAF) Health and Wellness Challenge. To get the challenge started at 8Wing/CFB Trenton, we held an outdoor yoga/mental fitness event! Although the rain pushed the yoga session indoors, the launch was a great success.

Strengthening the Forces along with CANEX and SISIP developed a great program for the month of May to help support the health and wellness of our CF community. Promoting fitness and good health are paramount within the CAF and this challenge achieves that by encouraging participants to adopt healthier lifestyles.

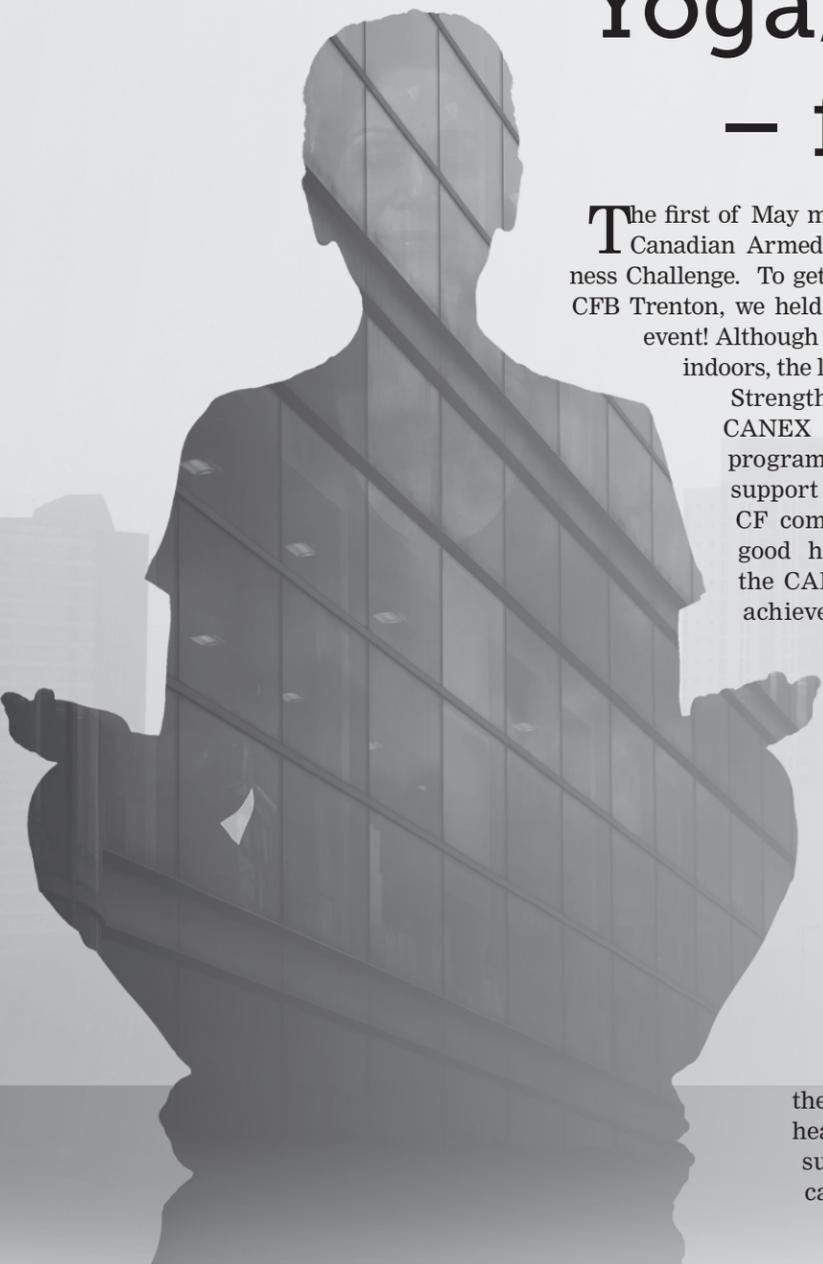
Daily choices around health and wellness are the foundation of this challenge, and the choices are based on the core program areas of Strengthening the Forces. Making healthier choices such as daily physical activity, connect-

ing with friends, and making sound nutrition choices are just a few examples of what the challenge is about.

The Yoga/Mental Fitness event on May 1st seemed to be a perfect way to launch the Challenge as it highlighted both physical and mental fitness, core characteristics for our operational effectiveness.

Health Promotion along with the Fitness and Sports Cell delivered a successful 30-minute yoga and mental fitness workout at the south side gym. Many thanks are owed to: the various units that helped make the launch a success; the Wing Commander for officially launching the challenge; the Wing Admin Branch for their

*Continued on page 8*



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*Continued from page 7*

continued support; 24 HSvcs Centre for their collaboration; WTISS, 8 Wing Imaging, and the Contact for their technical expertise; the Wing Chief for his continued support of our events; the CANEX and SISIP for the great prizes; and to the many participants who joined us for this mental-meets-physical workout.

We encourage you to make great choices every day for your health and wellness and please keep counting your daily activities to reach that 320 point goal – for the health of it!

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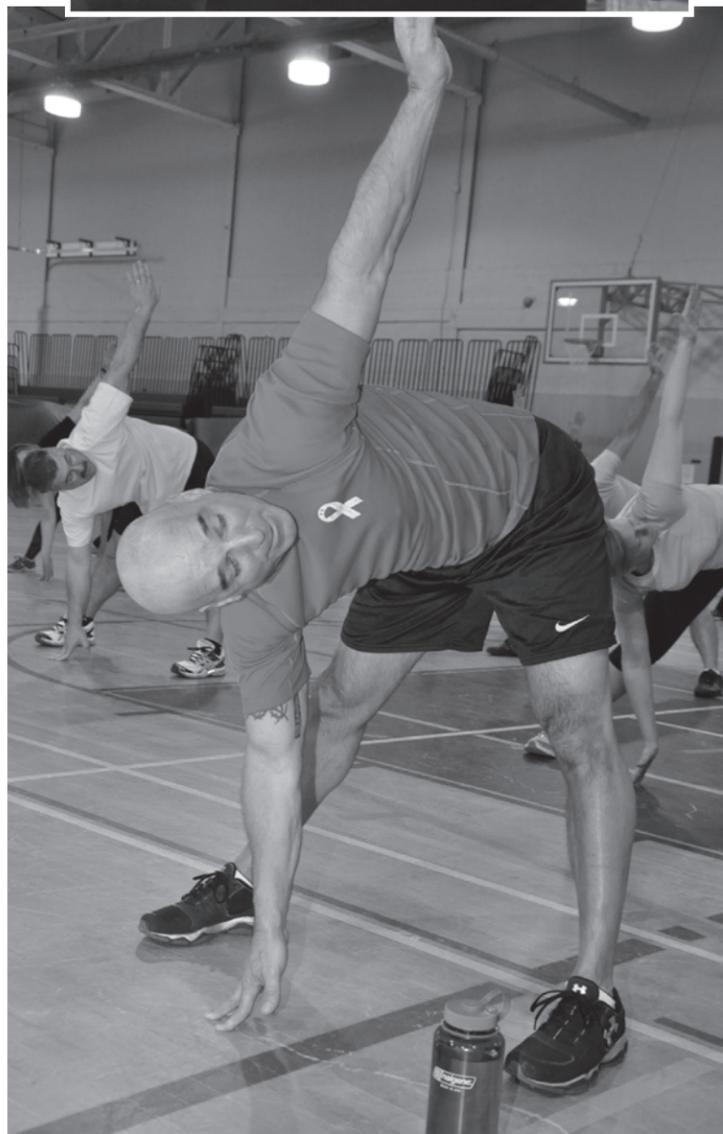
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If you would still like to register, please visit [cfbtrenton.com](http://cfbtrenton.com) and through the Health Promotion tab go to events, challenges and then choose CAF Health and Wellness.

On behalf of your Health Promotion team at 8 Wing/CFB Trenton – thank you for your participation in this event and in the Challenge!

*Lisa, Brenda, Kendra, Gilli*



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# Token of appreciation



Major Christine Bannerman presented a token of appreciation to MFRC Gala event planner Stefanie Wolf for her successful efforts in coordinating the event in a very short time period.

*Photo by Ross Lees*

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# RMC cadets have interesting and exciting careers ahead of them

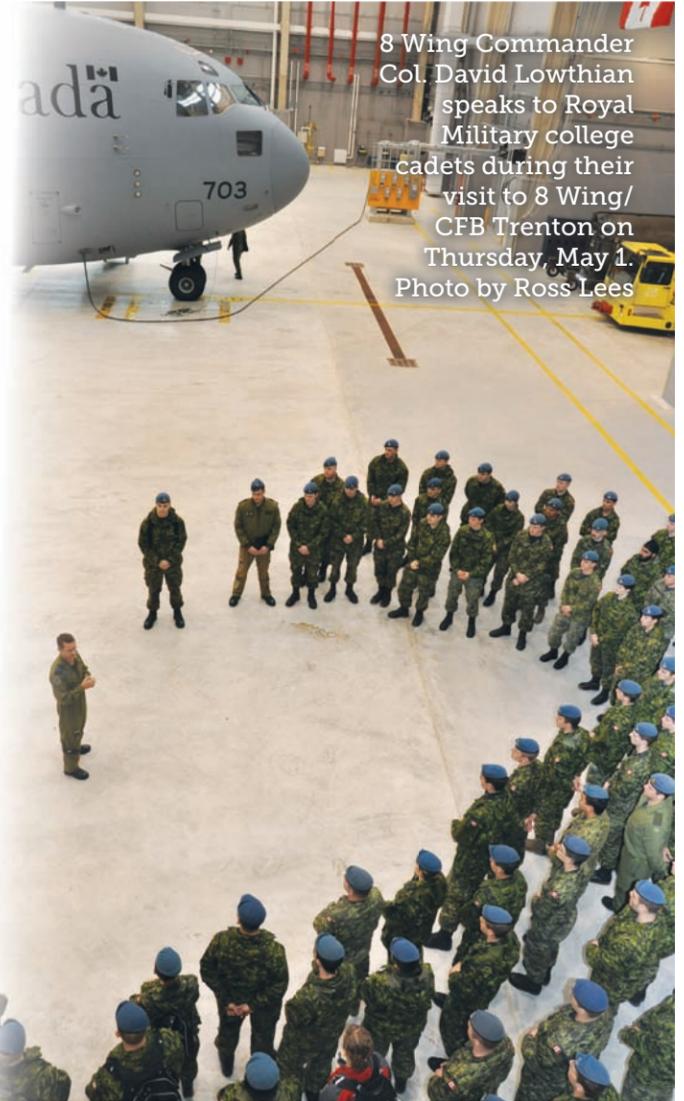
*New terminology will work its way into networked and intertwined careers full of 'neat stuff'*

By Ross Lees

Cadets from the Royal Military College of Canada (RMCC) caught a glimpse of the interesting and exciting careers ahead of them in the Canadian Armed Forces (CAF) during a visit to 8 Wing Trenton on Thursday, May 1.

"Often times you will receive responsibilities that in your mind that you are not

*Continued on page 11*



8 Wing Commander Col. David Lowthian speaks to Royal Military college cadets during their visit to 8 Wing/CFB Trenton on Thursday, May 1. Photo by Ross Lees

**10<sup>th</sup> Annual**

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Continued from page 10

ready for, be it a pilot leader of a squadron or a training officer, but that's how it works," 8 Wing Commander Colonel Lowthian said in his address to the cadets. "Be assured that you will be trained exceptionally well and your creativity and best attributes will come through and you will soon see that you will be put into some very interesting and exciting positions as you move forward."

As future leaders and operators of the CAF the RMCC cadets were informed that they would have to be able to adapt quickly to the changes in their environment. This is particularly true in the view of changing technology and the terminology associated with that technology. "A C17 is a weapons system and a C-17 simulator is a weapons system trainer," Col. Lowthian informed the cadets.

As institutional champions, Col. Lowthian advised the cadets to begin thinking in much larger patterns than flying, servicing or controlling aircraft.

"It's much larger than that," he said. "I would say it is especially so since Afghanistan, where our military learned to inter-operate amongst themselves - to link operations, if you will, between our Army, Navy Air Force and Special Ops - working together. That's bigger than the Air Force and that's what defines our CAF. So you'll become familiar with terms like air/land integration, and that's not just tactical helicopters, that's our entire Air Force supporting land-centric operations if that's what's required of that day, or vice versa. You'll become familiar with the terminology such as flying in formation."

He drew on Afghanistan as an

example.

"Our helicopters - the Griffons and the Chinooks - our C-130s and our UAVs were there interoperating together, supporting each other," he noted. "Had we had fighters in theatre at that time, they would have been working together, as well. That's how I work on a daily basis and those working for me or with me among all the other wings in Canada. We are more networked and intertwined than we have ever been before, so you can all go your separate ways in your specialty training, but you have the best resource you'll need for the rest of your careers, which is all the relationships you are making right now, not just among the blue folks, but among everybody at RMC. You'll realize it when you see it and

you'll see it at various points throughout your career."

He also told them to remember the term Air Task Force, terminology again relatively new for the Air Force.

"We've gotten a good grip and understanding of command and control and that comes back to leadership in that there's going to be a whole host of opportunities for each and every one of you to weave into an Air Task Force at some time," he said.

"It's going

to be a very exciting career and you're going to see a lot of neat stuff come your way all the time, often before you feel you're ready for it," he added. "But know that through our training, our mentorship program and the expertise we have among our seasoned personnel, you will be ready."

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# National Day of Honour

May 9, 2014

# of HONOUR

## AFGHANISTAN



## QUINTE WEST

**Afghanistan Repatriation Memorial**  
**Bain Park, Trenton**  
**May 9, 2014**

**TIME: 13h00**

*Ceremonies begin*

**TIME: 13h10**

*Playing of the Canadian National Anthem.*

**TIME: 13h14**

*The Honourable Rick Norlock, Member of Parliament for Northumberland-Quinte West, will say a few words.*

**TIME: 13h18**

*The Honourable Daryl Kramp, Member of Parliament for Prince Edward-Hastings, will say a few words.*

**TIME: 13h22**

*His Worship, Quinte West Mayor John Williams, will say a few words.*

**TIME: 13h26**

*Lieutenant-Colonel David Alexander, Acting Wing Commander of 8 Wing Trenton, will say a few words.*

**TIME: 13h30**

*Act of Remembrance (Last Post, Silence, Lament, Rouse)*

**TIME: 13h35**

*Padre Eric Doiron will give the Benediction.*

**TIME: 13h36**

*Please rise for the Royal Anthem.*

**OTHER EVENTS:**

*After the ceremony, everyone is invited for a simple get together at the WO & Sgt's Mess.*

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**Parliament Hill**  
Wellington Street, Ottawa  
May 9, 2014

**TIME: 12h30**

*The National Day of Honour Parade leaves Canadian War Museum*

**TIME: 13h00**

*The National Day of Honour Parade arrives at Parliament Hill.*

*Vice Regal Inspection followed by 21 gun salute  
Arrival and presentation of the Solider On Relay team baton*

**TIME: 13h30**

*A single gunshot will signal two minutes of national silence*

*First Royal Canadian Air Force fly-by  
Playing of the Canadian National Anthem  
Second Royal Canadian Air Force fly-by*

**OTHER EVENTS:**

*The Soldier On Afghanistan Relay  
True Patriot Love Breakfast for members of the Canadian Forces, Veterans and their families  
The National Day of Honour Parade to/from Parliament Hill to the along Wellington Street  
Service for the Fallen in the Senate  
Announcement of Honours  
Announcement of Afghanistan Memorial  
Announcement of Inscription on National War Memorial  
Static displays at Parliament Hill*

# National Day of Honour

May 9, 2014

# of HONOUR

## AFGHANISTAN

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**RECENTLY UPDATED!**



WOW! Don't miss this updated brick bungalow with new windows, exterior and interior doors, flooring and 4 piece bathroom. Custom cabinets in both kitchen and bathroom. Plus new gas furnace. In a prime location with a large fenced lot.

MLS 2140877 **\$219,000**

**OPEN HOUSE 14 GRANDVIEW CRT. SATURDAY, MAY 10TH ~ 2 - 4PM.**



**Custom Built, Executive Home**

Eat-in kitchen with gorgeous cherry cabinets, light and cheery formal dining room and floor to ceiling stone fireplace in living room. Nicely landscaped in a tranquil setting and an oversized 2-car garage.

MLS 2142631 **\$411,000**

*Directions: North on Highway 62, West on Foxboro-Stirling Road, 1st right on Baptist Church Road approximately 5 KMS*

**READY FOR YOU!**



Lovely 1 storey home featuring beautiful hardwood floors and kitchen with ample cupboard space. Large deck for summer time BBQ's plus gas hook up. Unspoiled basement to develop! Convenient to bus stop and shopping.

MLS 2140824 **\$222,000**

**WEST END CHARM!**



Solid stone and brick bungalow with new shingles 2008 - 30 year warranty. New gas insert 2012, most windows and doors replaced. Ductless air conditioning.

MLS 2141082 **\$180,000**

**GORGEOUS CENTURY HOME**



Style and grace permeate this triple brick 2 storey home that sits majestically on a large country lot but still only minutes to the 401 and Belleville. Large country kitchen. Original crown moulding is plaster. Exposed brick in master bdrm leading into 4 pce ensuite w/ laundry, plus walk in closet. Summer porch plus deck with hot tub. Detached double garage and old stone smoke house.

MLS 2141581 **\$354,900**

**MOVE RIGHT IN!**



Klemencic Built Quality Brick and Stone Bungalow located in a quiet residential neighbourhood. Basement partially finished and drywall has been completed for remainder. It has been plumbed for wet bar and also an 8 X 8 roughed in bathroom. Large Deck with Spacious Fenced Back Yard.

MLS 2137127 **\$299,000**

**NICE FAMILY HOME!**



Cozy 2 storey home in a family oriented neighbourhood. Features 3 bedrooms, an office and newer windows. Close to several schools, bus stop, shopping and church. Generous lot with fenced back yard to keep pets and children safe, mature trees and patio for BBQ'S.

MLS 2136680 **\$165,000**

**COZY EAST END!**



Nice 2 bedroom open concept bungalow with walk up attic for future development. Full-partially finished basement. Great level lot with fencing. Walking distance from schools, bus stops and amenities.

MLS 2142193 **\$179,000**

**WEST END BEAUTY!**



Lovely 2 storey in prime West End location. This immaculate home shows pride of ownership. Master Ensuite, separate dining room and convenient main floor laundry. Nicely landscaped and a spacious, double attached garage. Walking distance to Public and Secondary School and also near soccer fields.

MLS 2133971 **\$264,900**

**NEW LISTING**



Waterfront home on large lot. Lovely kitchen with oak cupboards, main floor family room, laundry room. 3 good sized bedrooms, master with 4 pc en-suite, bull basement with walk-out, attached double garage. Northstar windows tinted on lakeside. Septic new in 2009. Great fishing!

MLS 2142701 **\$345,000**

**WATERFRONT!**



Lovely waterfront home located within 20 minutes of Belleville. Well maintained 2 bedroom, 2 bathroom with sun room and main floor laundry. Sit on the large back deck and watch the river roll by!

MLS 2140942 **\$235,000**

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Condominium, perfect for retirement, investment or first time purchase. Laundry service, parking and additional storage. This is a very clean, secure building.

MLS 2142201 **\$113,000**

**NICE WATERFRONT**



Lovely 2 bedroom home overlooking Moira. Nicely appointed rooms. Relaxing back garden with view of the river. Great place to retire!

MLS 2141791 **\$169,900**

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MLS 2141976



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# Soldier On Afghanistan Relay begins in Trenton



8 Wing military members took the opportunity to look at the memorials of the fallen soldiers in Afghanistan which were displayed Sunday morning at the Afghanistan Repatriation Memorial site. *Photo by Ross Lees*

## Nineteen ill and wounded members of Soldier On carry the last Canadian flag flown in Afghanistan to Ottawa

By Ross Lees

Nineteen ill and wounded members of the Soldier On Afghanistan Relay started a relay from the Afghanistan Repatriation Memorial (ARM) in Trenton on Sunday, May 4. The relay will end in Ottawa on May 9 in time for the National Day of Honour ceremonies commemorating Canada's mission in Afghanistan, where 158 members of the Canadian Armed Forces were killed. In between,

the relay stopped in Belleville, Tyendinaga Mohawk Territory, Napanee, Kingston, Perth, and Gatineau.

Sgt. Norm Ford had the honour of carrying the last flag flown in Afghanistan in its special case on the first leg of the relay as it left the ARM. Major-General David Miller, the Chief of Military Personnel with the Canadian Armed Forces (CAF) said he could think of no better place to begin the relay than from the ARM in Trenton.

"There can be no more defin-

ing place than here in Trenton where our family – our fallen – came home," he noted, adding the military will always remember the compassion, respect and professionalism with which the soldiers were repatriated at 8 Wing/CFB Trenton. As the team set off running, walking and wheeling the last flag flown in Afghanistan, Maj.-Gen. Miller added that all members of the CAF wanted to impart a message of thanks for the incredible support of Canadians throughout the conflict in Afghanistan.

Mayor of Quinte West John Williams said this was another special day at the ARM in Trenton. "It is very appropriate that the Soldier On Relay begins here and we're proud to have the military in our community," he said. Major Jay Feyko recalled the day he became a wounded soldier 10 years ago, when a suicide bomber in Afghanistan detonated about four metres from Feyko's right side, leaving him with multiple shrapnel wounds and blind in one eye. He noted that his worst day was not that much different from any of the other 18 Soldier On members in attendance May 4 or any other wounded Canadian soldier during the Afghanistan conflict.

"The common thread for all of us is that a traumatic event has changed us, our families, our friends and our lives will never be the same again," he

told the large gathering on the wind-chilled shores of the Bay of Quinte.

Recovery from those wounds was frightening, frustrating, challenging and overwhelming, he said, "...and as we accept our new normal, we quickly learn we do not have to take this journey alone. We have strong and loving support from family, friends, colleagues and our nation to guide us along the way. The care and compassion displayed by Canadians solidifies our love for this country and reminds us why we all signed up to protect it."

He said it remained everyone's responsibility to ensure ill and injured veterans know they

are not alone, that they have a strong support network to help them navigate through their journey. He said the inuksuk has been adopted as the symbol for Soldier On because each stone supports the other and it demonstrates that strength lies in the community.

MCpl. Chris Downey, Maj.-Gen. Miller and Mayor Williams laid a wreath at the ARM as part of the ceremony and Mayor Williams was presented with an inuksuk to symbolize the support of the community and the appreciation of the wounded and ill members and their families from the Afghanistan conflict.



MCpl. Chris Downey lays a wreath while Maj.-Gen. David Miller and Quinte West Mayor John Williams observe.

*Photo by Ross Lees*

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# Tiger Squadron conducts SAR exercise in Gatineau

## 8 Wing SAR team combines training efforts with volunteer SAR organizations

More than 80 personnel from 424 Squadron, (Transport and Rescue) Squadron, with their CC-130H Hercules aircraft and CH-146 Griffon helicopters, participated in an annual search and rescue (SAR) exercise called TIGEREX 2014 in Gatineau (Que.) from May 5 to 9.

“Our SAR team from 8 Wing Trenton Commander, Colonel David Lowthian. “TIGEREX provides realistic training opportunities for our SAR personnel to maintain and further develop their skills through the enactment of simulated casualties and complex rescue scenarios.”

Throughout the exercise, multiple simulated SAR scenarios are organized to put the skills of the SAR team to the



test. This provides 424 Squadron's SAR crews, and the crews of partner agencies, invaluable interaction and exposure to how SAR operations are conducted and how they can work together better in responding to life-saving calls. Scenarios throughout the week include a simulated aircraft crash at Mont Cascades, simulated maritime distress at the Cumberland-Masson ferry, and other simulated crash scenarios in more remote locations of the Gatineau hills.

“TIGEREX 2014 serves to exercise a multi-day major search with operations taking place away from the Squadron's main operating base,” said Lieutenant-Colonel Jean Bernier, Commanding Officer of 424 Squadron. “In such circumstances, our partner organizations from the areas of operation usually help during the search, requiring large scale



Photos by Sgt Pascal Quille

cooperation and coordination. This exercise provides 424 Squadron great training opportunities and exposure to such an environment.”

Volunteer SAR organizations such as the Sauvetage et recherche aériens du Québec (SERABEC) and the Civil Air Search and Rescue Association (CASARA), with whom 424 Squadron regularly works, are annual participants of TIGEREX. This year's exercise included participation of the Sureté du Québec, Ontario Provincial Police, and local paramedics and fire rescue crews from the Gatineau area.

Together with 435 Squadron out of 17 Wing Winnipeg, 424 Squadron is responsible for 10 million 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.

Search and rescue 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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**Managing Powerful Emotions**

This program is an eight-week group that offers information about skills and tools to increase emotional regulation, and to cope with intense emotions and crises. If you have questions about whether or not this group will meet your needs please contact us. 2014 dates have not yet been set, but if you are interested please contact Audrey Cochrane 613-392-2811 ext. 4017 or acochrane@cogeco.net

**Gestion d'émotions fortes**

Le programme se déroule sur huit semaines et fournit des renseignements sur les aptitudes et les outils à adopter pour accroître l'équilibre émotionnel et gérer ses émotions et les crises intenses. Nous étudierons les types de réaction face aux émotions et leur impact sur les relations et les autres sphères de la vie. Pour de plus amples renseignements sur les dates ou autres, veuillez me contacter au 613-392-2811 poste 4017 ou acochrane@cogeco.net

**From the Ground Up:**

This group is a women's self-empowerment program that teaches assertiveness skills, healthy communication, builds self-esteem, promotes self-care and emotion management skills. The spring session will run Tuesdays and Thursdays, May 27 until June 19 from 9:30 a.m. to 12 noon. To register or for information, contact Ashlee Allen 613-392-2811 ext. 5541 or aallen3@cogeco.net

**Apprendre à Grandir:**

Ce groupe est un programme d'autonomisation pour femmes, qui enseigne l'affirmation de soi, la communication saine, l'estime de soi, le prendre soin de soi et la gestion des émotions. L'édition du printemps débutera le 27 mai jusqu'au 19 juin. Les mardis et jeudis de 9h30 à 12h00. Pour vous inscrire ou pour information, contactez Ashlee Allen 613-392-2811 poste 5541 ou aallen3@cogeco.net

**April weather summary**



*Rainfall the memorable aspect of April*

By MCpl King, 8 Wing MET SQN

After a long and cold winter, temperatures have finally returned to near normal values at 8 Wing Trenton, but many people will remember the rainfall received this month.

Mean daytime temperatures averaged at 11.0°C, just slightly below the normal of 11.3°C. One record was set in April. On the 16th the minimum temperature was minus 6.4°. This beat an old record of minus 6.1°C which was established in 1943. The maximum temperature for the month was 22.3°C on the 14th. Two days later, on the 16th we received our minimum temperature of minus 6.4°C.

April was a wet month. We had 14 days with measurable precipitation and three of these days measured at over 20mm of rain. We received 129.5mm of rain which is 58mm above normal. On the 7th of the month 24.0mm of rain fell at 8 Wing. This beat an old record of 14.5mm of rain from 1959.

Environment Canada long-range forecasts indicate near normal values for the month of May. If this holds true, we can expect daytime maximum temperatures to average around 18°C and rainfall at 71mm.

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

The Office Max Grand & Toy and Trenton MFRC 9th Annual Fundraising barbecue will take place 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 of the MFRC.

**Office Max Grand & Toy's et le CRFM de Trenton vous invitent à son 9me 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 plus breuvage plus chips. Tirage de plusieurs prix et cadeaux! Maquillage et plus...

**Military Community Yard Sale**

The Military Community Yard Sale will take place May 24, from 8 a.m. to 1 p.m. Rent a table for \$5. Rain or shine. For more information or to reserve a table, please contact Mona Lévesque at 613-392-2811 ext. 4528 or mlevesque@cogeco.net

**Vente de garage de la communauté militaire**

Le 24 mai, de 8h00 à 13h00. Louer une table pour 5\$. Beau temps mauvais temps! Pour plus de renseignements ou pour réserver un table, veuillez contacter Mona Lévesque au 613-392-2811 poste 4528, ou par courriel: mlevesque@cogeco.net



**Plan No: 7-3-964**

This attractive multi-gabled three-bedroom family home, with an unfinished basement included in the plans, has enough curb appeal to make it an asset to any neighbourhood. And the interior lay-out is equally appealing. Entry is up two steps, through a covered porch and into a spacious foyer. To the left, through an angled doorway, is the den, ideally located to double as a home office. A coat closet is conveniently located through an archway, and beyond it is the powder room. Directly ahead, through another archway, is the great room, with large windows overlooking the back garden. The fireplace is flanked by two more windows, and the 12-foot ceiling adds a touch of drama. Another archway separates the dining room/kitchen from the great room. Sliding doors from the dining room, which also boasts a 12-foot ceiling, open onto a covered deck, the perfect spot for year-round barbecuing. Two more arched doorways, as well as a half-wall with an arched opening, lead from the dining room back to the foyer. The kitchen, separated from the dining room by a generously sized prep island, contains lots of counter space. Amenities include a computer desk, a walk-in pantry and a window over the sink. A doorway from the kitchen leads to the laundry room, which contains a storage cupboard, as well as an L-shaped counter that will be ideal for folding clean linens and clothing. A U-shaped staircase leads to the second floor, where a super-sized ensuite adjoins the master bedroom. This room features not only a large walk-in closet and built-in entertainment unit, but also a two-way fireplace. Just imagine relaxing in the en-suite soaker tub on a cool evening with firelight reflected in the tiled surround. The second and third bedrooms share a three-piece bathroom, and a linen closet is located just outside bedroom no. 3, where an extra-deep window sill will provide display space for plants and collectibles. The double garage has room for a good-sized workshop. On the outside, two gables feature decorative cross-bracing. Stone-based pilasters flank the front porch, echoing the stone bases on the garage facade. Board-and-batten, horizontal wood siding and partly mullioned windows add to the home's charm. The home measures 60 feet wide and 43 feet deep, for a total of 2,544 square feet of living space.

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Welcome to The Contact newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. The Contact is always interested in what is going on in and around CFB Trenton. Please send your coming events (from blood donor clinics to tea parties) to us at [cfbcontactnewspaper@gmail.com](mailto:cfbcontactnewspaper@gmail.com). Please include the date, time, and location of the event along with a brief description. Please do not send posters.

### Annual hydrant flow testing

As in previous years, the 8 Wing Fire Department will be conducting annual hydrant flow testing throughout the Wing and in the PMQ area. These tests help to confirm and ensure that the water pressures servicing these areas are sufficient for firefighting operations. Occupants may experience discoloration of their water and need not worry. If this occurs, simply continue to run your water until the discoloration disappears. The testing period will run from June 1 until approximately Sept. 1. If there are any concerns, please feel free to contact the Fire Department business line at local 3511.

### May 10 - Soup and sandwich luncheon buffet by the AOTS Men's Club

Build your own sandwich from a variety of choices from 11 a.m. to 1 p.m. at Grace United Church, 85 Dundas St. E., Trenton. Delicious soups, desserts and beverages are also available. Adults pay \$7; children over five years pay \$4. Everyone is welcome! Come and enjoy and supporting local youth.

### May 14 - 8 Wing Officers' Mess Ladies Club Bingo Night

The 8 Wing Officers' Mess Ladies Club is holding a Bingo Night at 6:30 p.m. at the Mess. Admission is \$5 for members and \$10 for invited guests of members. Light refreshments will be available. Great prizes to be won. For information, email [chambersj@live.ca](mailto:chambersj@live.ca)

### May 14 - Trenton Senior's Club Spring Fashion Show

Come and bring your friends to the Trenton Senior's Club 105, Spring Fashion Show at 61 Bay Street, Trenton. Tickets are \$10. Call 613-392-5400 to reserve your tickets or for further information. You will enjoy our entertainment and there are great door prizes - including a TV - and light refreshments.

### May 16 - 2014 Cut for the Cure Campaign

This is a reminder that on Friday, May 16, we will be holding the 8th Annual Cut for the Cure Campaign. I am asking for participants willing to shave their heads or donate a minimum of six inches of hair and to collect pledges in

support of cancer research. Contact WO Dan Gorman at 2955 or email [Dan.Gorman@forces.gc.ca](mailto:Dan.Gorman@forces.gc.ca) to register and get your pledge sheet.

### 16 mai - Campagne Coupe de Cheveux pour la Cause 2014

Ceci est un rappel que le vendredi 16 mai se tiendra la 8e campagne annuelle de la Coupe de Cheveux pour la Cause. Nous recherchons des volontaires prêt se raser la tête ou faire don d'un minimum de 6 pouces de cheveux. Les participants devront recueillir des dons en support de la recherche sur le cancer. Contactez Adj Dan Gorman 2955 ou par courriel [Dan.Gorman@forces.gc.ca](mailto:Dan.Gorman@forces.gc.ca) pour vous inscrire et obtenir votre feuille de dons.

### May 17 - Fun family event at Frankford Tourist Park

Come and enjoy the midway rides, Riverfest Car Show, and live entertainment (including a rock 'n' roll band). There will be activities for the children, food vendors, and fireworks in the evening! Car show entrants pay \$5/vehicle to be eligible for trophies and door prizes; registration closes at 10 a.m. the day of. All makes and models of pristine vehicles will be on display along the Trent River Canal in the Park. Car show fundraiser charity for 2014 will be Frankford Food Bank. Bring the family and friends to a fun day for all ages. For more information, contact: Donna Case at local 5027.

### May 21 - Aboriginal Awareness Day

The Defence Aboriginal Advisory Group is sponsoring Aboriginal Awareness Day, an 8 Wing professional development event. All DND employees and Canadian Armed Forces members are welcome to come out and celebrate Aboriginal Awareness Week behind the Officers' Mess (or in the Officers' Mess in case of inclement weather) at the Aboriginal Garden. The theme of the event this year is History and Heritage and fun educational activities will include smudging, medicine, crafts and drum making workshops. A lunch of a traditional soup/bannock and refreshments will be provided. For further information, please call 613-392-2811, ext. 2881 or email [DAAG@CFBTrentonWCE@Trenton](mailto:DAAG@CFBTrentonWCE@Trenton)

### June 1 - Belleville Doll and Teddy Bear Show and Sale

The Belleville Doll and Teddy Bear Show and Sale takes place at the Fish and Game Club, 170 Elmwood Drive, Belleville from 10 a.m. to 4 p.m. Admission is \$4 for adults and children under 12 get in free. Contact Bev Lasher at 613-966-8095 for further information.

## Trenton High School grad provides medical care in Peru

*Cpl. David Gregory took part in Exercise Cooperation III, a humanitarian and disaster relief training exercise*



Corporal David Gregory (right), a medical technician with 24 Health Services at 8 Wing Trenton played a game of foosball with members of the Peruvian, Uruguayan and Colombian air forces during a meet-and-greet at the Callao Air Base in Lima, Peru at the start of Exercise Cooperacion III.

As a medical technician, Cpl. Gregory was responsible for providing medical care to the members of the Canadian Armed Forces (CAF) delegation taking part in Exercise COOPERACIÓN III, a two-week humanitarian aid and disaster relief training event held in Lima and other locations in southern Peru.

Cpl. Gregory joined the CAF in 2008 and grew up in Trenton, Ontario. He graduated from Trenton High School and attended Seneca College in Toronto.

"This has been an interesting experience meeting and working with other countries, seeing what equipment they have in terms of search and rescue and medical kit," said Cpl. Gregory. "I've also been learning about their capabilities as medical people, such as what training they take and the qualifica-

tions they have."

Cpl. Gregory's career highlights, thus far, include his courses as an air medical evacuation specialist and his Arctic Operator advisor course - a demanding two-month course in the high north.

Cpl. Gregory was one of almost 60 members of the CAF taking part in Exercise COOPERACIÓN III, a key Latin American multinational exercise, from April 19 to May 2 in Pisco and Lima (Callao Air Base), Peru. During the exercise, the RCAF conducted air expeditionary, search and rescue and humanitarian aid delivery training. RCAF members also exercised command and control relationships with 13 Sistema de COOPERACIÓN entre las Fuerzas Aeras Americanas (SICOFAA) countries. The exercise scenario focused on providing disaster relief following an earthquake, and subsequent tsunami, in the southern region of Peru.

The RCAF participated with a CC-130J Hercules from 436 Squadron and a CH-149 Cormorant search and rescue helicopter from 413 Squadron, which was transported to Peru in a 429 Squadron CC-177 Globemaster.



**Please join us on Wednesday, May 7th for McHappy Day!**  
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# Sports & Recreation

## 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!

## Aquatics

Morning Aquafit - Mondays, Wednesdays, Fridays, April 2 to June 20 (32 classes), 8:30 a.m. to 9:20 a.m.  
 Evening Aquafit/Jogging - Tuesdays and Thursdays, April 8 to June 12, 6:15 p.m. to 7:05 p.m.  
 Senior Lane Swim - Mondays, Wednesdays, Fridays, April 2 to June 20 (33 swims), 7:30 a.m. to 8:20 a.m. or 8:30 a.m. to 9:20 a.m.

## Advanced Aquatics

Youth Aquatic Club for youth six to 16 years of age - Mondays, Wednesdays, Fridays, April 7 to June 20, 4:45 p.m. to 6 p.m.  
 Water Polo for Kids ages eight to 12 years – Wednesdays, April 9 to June 11, 5 p.m. to 6 p.m.  
 Red Cross Babysitter's Course – Saturday, May 24, 10 a.m. to 5 p.m.  
 High Five (Principles of Healthy Child Development) – Friday, June 27, 10 a.m. to 5 p.m.  
 Bronze Medallion and Emergency First-Aid with CPR C and AED - Tuesdays and Thursdays, April 8, 10, 15, 17, 22 and 24, 4 p.m. to 8 p.m.  
 Bronze Cross and Standard First Aid with CPR C and AED (Crash Course), Tuesdays and Thursdays, April 29, May 1, 6, 8, 13 and 15, 4 p.m. to 8 p.m.; Friday, April 26 and May 2, 4:30 p.m. to 8:30 p.m.; Saturday, April 26 and May 3, 9 a.m. to 5 p.m.; Sunday, April 27 and May 4, 12:30 to 4:30 p.m.

## Fitness Programs

Zumba – Wednesdays, April 9 to June 11, 5:45 p.m. to 6:45 p.m.  
 Core Fitness – Mondays, April 7 to June 23, 4:30 p.m. to 5 p.m.  
 Boot Camp – Mondays, April 7 to June 23, 5 p.m. to 6 p.m.  
 Squat Challenge (15 minutes) – Mondays, April 7 to June 23, 6p.m. to 6:15 p.m.  
 Gentle Boot Camp – Mondays, April 7 to June 23, 6:20 p.m. to 7:20 p.m.  
 Pilates/Core Fitness – Wednesdays, April 9 to June 11, 4:20 p.m. to 5:20 p.m.  
 Spin-Fusion – Tuesdays, April 8 to June 10, 5:30 p.m. to 6:30 p.m.  
 Tai Chi – Tuesdays, April 8 to June 10, 5:35 p.m. to 6:35 p.m.

## Youth programs

Triathlon Training for youth six to nine years – Fridays, April 11 to June 6, 4:45 p.m. to 6 p.m.  
 Triathlon Training for Youth 10 to 13 years – Wednesdays, April 16 to June 4, 4:45 p.m. to 6:15 p.m.  
 Indoor/Outdoor Soccer Night – Thursdays, April 10 to May 29, 5:15 p.m. to 6:15 p.m. for six to eight years and 6:15 p.m. to 7:15 p.m. for nine to 12 years.  
 Youth Night Out - Ages six to 12 years – Friday, May 23, 6 p.m. to 9 p.m.  
 Schools Out for Summer - Ages six to 12 years – Friday, June 20, 6 p.m. to 9 p.m.

## CAAWC, 429 Squadron win WHL finals



The 17-team, two-division Wing Hockey League (WHL) drew to a close on April 22. Seven teams competed in the A Division and 10 teams competed in the B Division. First-place ranking CAAWC defeated the third place WTISS One team in a hard-fought battle for the championship 7-4. Fitness and Sports Director Dave Rothermund presented the A Division Championship trophy to the CAAWC team (pictured above).



The B Division final game had the sixth place 429 Squadron defeating the third place 8 AMS One team 2-1 in a competitive final. The Fitness and Sports Director, Mr. Rothermund, presented the B Division Championship trophy to the 429 Sqn team of, back row, left to right: Maj. Bill Church, Cpl. Chris Belchevski, Cpl. Bill Fraser, Cpl. Garret Logan, Cpl. Chico Rodrigues, Cpl. Joe Parsons. Front row, left to right: Sgt. Tim Parker, Cpl. Trevor Archer, MCpl. Philippe DeGrace, Cpl. Mike Gagne, Cpl. Dave Francis, Cpl. Chris Massie, Cpl. Sebastien Adam, Lt.-Col. Jean Maisonneuve.



# Quinte region proves an avid supporter of the Military Family Resource Centre

*Continued from page 1*

We could not have hosted the gala at all if it had not been for the amazing efforts of our event planner Stefanie Wolf. She managed to coordinate a year's worth of work in just three months."

Raising the final total as high as possible was a team effort, Mrs. Kleinschmidt stated. Gala co-chairs Captain Christine Perrault and Chief Warrant Officer Bryan Pierce worked very hard as did MFRC Board Members Joanne Cronk and Amy Sept. Cronk solicited the majority of the auction items while Sept was

responsible for communications. Staff members Wendy Synott, Amy Snow and Andrea Turner as well as all of the volunteers who stepped forward received high praise from Mrs. Kleinschmidt.

There were several other individuals who contributed to the success of the evening, as well. Master of Ceremonies Maura-Jo Haytaoglu amused the gala crowd with her unique take on being a military spouse. She also had continuous praise of the MFRC and the people who respond to the needs of military families as they weather the ups and downs of military life.

*Continued on page 22*



Approximately 270 guests helped support the Trenton MFRC at the 10th Annual Invisible Ribbon Gala at the National Air Force Museum of Canada on Saturday, May 3. Over \$68,000 was raised at the MFRC's premier fundraiser of the year. *Photo by Ross Lees*



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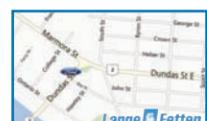


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## National Day of Honour

On May 9<sup>th</sup> Hansens' joins all Canadians to salute Canada's Armed Forces in marking the end of our country's mission in Afghanistan.

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# 10th Annual Invisible Ribbon Gala raises approximately \$68,000 for Trenton MFRC

*Continued from page 21*

Auctioneer Jim Nelson wrangled a few extra bucks out of almost every bidder in the live auction to push the total to an amazing level despite the challenges faced by the organizers.

On top of everything the Gala had to offer this year, everyone wanted to hear more from Kim Mills, a military mom of two from Kingston and author of SheIsFierce.net blog. She called herself and her family the average, "run-of-the-mill" military family, but few who heard her speak Saturday night would agree with that.

What came across loud and clear was that Mills and her husband are a man and woman very much in love despite the trials and tribulations of a military marriage. Mills made it clear she loves and respects her soldier and she understands the challenges he will constantly face as a member of the Canadian Armed Forces. To share in his journey, she will continue to wear the invisible uniform.

As a young wife and mother, she has already learned a very important life lesson as a military wife.

"The greatest lesson I have learned is that I can't do military life alone," she admitted, adding that MFRCs and the volunteers who help make it work are one of the greatest resources available to

military families.

She also said that MFRCs cannot exist without the help of the communities surrounding them and that "...the community has stepped up to support the military families in our time of need, and it has not gone unnoticed."

Mills admitted that military spouses never stop waiting for the next deployment, but that next deployment will always be easier because of the support of the MFRC and the community supporting it.

During his address to those gathered, 8 Wing Commander Colonel David Lowthian also spoke of the importance of community support to the MFRCs organization and how the services and programs provided by MFRCs were so important to military families.

He added that MFRCs are a resource, an extended family and a support network whose important work will continue beyond Afghanistan.

"Let us not forget that the tempo at 8 Wing hasn't slowed down, be it operations or exercises like Libya, the Philippines, or with our NATO Allies in Europe," he said. "Our people are always ready for the call, and that call could come fairly soon." The annual search and rescue season also helps keep the tempo high at CFB Trenton.

With the posting season in full swing, new military families ar-

iving at the base need the resources of the MFRC to help them acclimatize to the rapid pace at 8 Wing so that they feel immediately connected. Col. Lowthian finished off by saying, "the support from this region for the MFRC is second to none."



Former 8 ACCS Honorary Col. Maura-Jo Haytaoglu puts in a silent auction bid at the 10th Annual MFRC Invisible Ribbon Gala on Saturday, May 3.



(above) 8 Wing Commander Col. David Lowthian revealed that the tempo at CFB Trenton has not diminished since the end of the Afghanistan conflict making MFRCs even more important to military families.



(above) Military spouse Maura-Jo Haytaoglu gave her own unique view of military life much to the delight of the audience.

*Photos by Ross Lees*



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