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Quinte Region gathers for National Day of Honour ceremony

By Ross Lees

The Quinte Region joined the rest of Canada in honouring those Canadian Armed Forces (CAF) member who fought in Afghanistan as part of a National Day of Honour ceremony held at the Afghanistan Repatriation Memorial (ARM) in Quinte West on Friday, May 9.

Just days earlier, the Soldier On Relay began their journey to Ottawa, carrying the last Canadian flag to have flown in Afghanistan with them. It was presented to the Governor General of Canada at the Canadian ceremony in Ottawa.

In a well-attended but solemn ceremony, Ontario Premier Kathleen Wynne perhaps put the thoughts of many into words as she took a break from the provincial election campaign to attend the Quinte West ceremony when she said, "Because of you, we don't have to question our security."

She was of course speaking to the many military members and their families from 8 Wing/CFB Trenton in attendance.

But it was perhaps Lieutenant Colonel David Alexander, 8 Wing Chief of Staff filling in for 8 Wing Commander Colonel David Lowthian, who really brought the message of the ceremony home to Quinte West.

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The Quinte Region joined with Canadians across the country on May 9 to take part in the National Day of Honour ceremony, celebrated locally at the Afghanistan Repatriation Memorial in Trenton. *Photo by Ross Lees*



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Trenton's 424 Squadron participates in annual SAREX in Gatineau-Ottawa

By Alexandra Baillie-David

Photos by Alexandra Baillie-David

The skies above Ottawa-Gatineau were filled with the sights and sounds of search and rescue (SAR) aircraft and personnel during the week of May 5 to 9.

In order to maintain their position as one of the most elite SAR units in the world, SAR squadrons from the Royal Canadian Air Force (RCAF) must conduct annual SAR exercises (SAREX) within their areas of responsibility. (For example, 424 Squadron is responsible for most of Quebec, all of Ontario and the Arctic.)

"We conduct annual search and rescue exercises because we have to be able to practice our ability to deploy our SAR assets," explained Lieutenant-Colonel Jean Bernier, Commanding Officer (CO) of 424 Transport & Rescue Squadron based out of 8 Wing Trenton. "We chose the Ottawa-Gatineau area because it's close to Trenton and because the terrain is so varied."

According to Lt.-Col. Bernier, the hilly terrain, dense woods and large bodies of water help in creating the perfect SAR scenario.

"Today's scenario is actually based on a SAR mission I was involved in back in 2006," said Sgt. Eric Soubrier, a Search and Rescue Technician (SAR Tech), pointing to a pickup truck that the squadron pre-positioned on the Mont Cascade hillside. The truck was used as a stand-in for the fuselage of a Cessna Caravan that crashed in Port Alberni, B.C. when Sgt. Soubrier was posted to 19 Wing Comox, B.C.

After parachuting down from the CC-130 Hercules, SAR Techs assessed the simulated crash site and began extracting volunteer casualties trapped in the truck.

"When there is a major search, like the one we are training for here, we have to be able to reproduce everything we would normally do on an actual mission," said MCpl. Steve Delage. "So even when it's training, it's real."

MCpl Delage adds that although SAR exercises are meant to test a squadron's ability to react, they also test their ability to deploy as an entire unit. For TIGEREX 2014, more than 80 personnel deployed to the Gatineau-Ottawa Executive Airport, out of which the exercise was based.

During another scenario on May 7, a different group of SAR Techs simulated the rescue phase of a search by hoisting up volunteers, or "casualties", from the Civil Air Search and Rescue Association (CASARA) and Sauvetage et recherche aériens du Québec (SERABEC) into a hovering CH-146 Griffon helicopter.

Anne Barr, a veteran pilot and spotter with CASARA, said the exercise also gave participants the chance to learn about a new piece of technology called FlightGear, an open-source flight simulation system that helps train spotters to detect any abnormal ground activity while on a search.

"For the first time, we can use the system to train the human eye and show the spotters what the ground should look like," noted Barr, pointing to two computer screens where the FlightGear program is running.



A SAR Tech hoists a CASARA volunteer into a CH-146 Griffon helicopter.



Wind drift indicators (WDIs) are released from the backend of a CC-130H model Hercules.



A group of SAR Techs prepare to extract a casualty from the "aircraft".

After a full week of training, members of 424 Squadron reported that the exercise was a complete success and returned to Trenton to resume their regular duties.

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8 Wing Flyers 2014 Ontario Region Basketball Champs

By Jay Burt

The 8 Wing Men's Flyers Basketball squad took to the courts for the Ontario Region Basketball Championship in Meaford March 17-21 with six teams competing. Trenton was anxious to avenge their loss from the previous year. Months of practice clearly paid off as Trenton established itself early as the team to beat by crushing Petawawa in the tournament's opening game.

Utilizing a new offence focused on aggressive scoring and shot taking, the team averaged 94 points a game going into the final, scoring a tournament-high of 101 against Toronto and winning every game by an average of 25 points. The players



Flyers championship team, after the final.

were not just about offence though and they proved that in the finals against the high-powered Kingston squad.

Kingston, the 2013 Ontario Region Basketball Champs and runners-up for the CF Nationals, had sailed through the 2014 tournament averaging 80 points a game until the final. Shifting the game plan to aggressive half-court pressure and focusing on defensive rebounding, Trenton held Kingston to a tournament-low of 42 points, easily winning the gold medal by a margin of 20 points.

Every player contributed to the win with a true team effort in each game. This year's Trenton team was as follows: Cpl. Gary Normore, Cpl. Larry Normore, Capt. Brad Krajcik, Lt. Hassan Malik, Cpl. Alan Albano, Cpl. Nicholas Bourgon, Cpl. Shane Williams, MCpl. Ben Hill, Sgt. Mac Adams, Capt. Maurice Ennis, Maj. Jim Burton and Maj. Jay Burt.

The CF Nationals are scheduled for June 21-26 at CFB Borden, and the team has high expectations. Go Flyers!

Wing Logistics and Engineering Picture of the Week



8 Wing Food Services gives local students experience

8 Wing Food Services took part in the annual cooperative (Co-op) education program available through the high schools in the Prince Edward County district. This year the Yukon Galley hosted two Co-op students: Raine Patrick, 17, and Alex Barnes, 17.

Alex is currently in grade 12 at East Northumberland Secondary School (ENSS) in Brighton. He applied for the Co-op position at the Yukon Galley to see if he would enjoy the kitchen atmosphere. He has enjoyed the experience to the fullest, and now plans on pursuing this culinary field in his future endeavors.

Raine is currently attending grade 12 at St. Paul's Secondary School in Trenton. Raine participated in the program last year and was very anxious to come back for a second year to learn more about a military food service organization. For the past six (6) years she has been serving with the Air Cadets, and now feels that a military environment will be the choice for her. She will be attending the culinary arts program at Loyalist College this September, and has shown an interest to join the Air Force as a military cook after the program.

8 Wing Food Services team appreciates your hard work and wish you both all the best.

The Contact Newspaper

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

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

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

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

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

Letters to the Editor:

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



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Aboriginal Awareness Day May 21

The Defence Aboriginal Advisory Group invites everyone to this 8 Wing Professional Development event

By Ross Lees

The Defence Aboriginal Advisory Group (DAAG) is looking forward to their annual Aboriginal Awareness Day on Wednesday, May 21 in the Aboriginal Garden behind the Officers' Mess beginning at 11:00 a.m.

"It's an opportunity for base personnel to interact with the Aboriginal culture," stated DAAG co-chair Cpl. Raul Chavez.

The day's events have been organized in partnership with 8 Wing, Loyalist College, and the Tyendinaga Mohawk Territory.

Each year, as part of the Aboriginal Awareness Day celebrations, the DAAG looks to add something to the Aboriginal Garden. According to Cpl. Chavez, this year's addition to the garden will be a fire sculpture because "in the Aboriginal culture, everything comes from the fire." The sculpture will be introduced to the garden in a special ceremony involving 8 Wing Commander Col. David Lowthian. The DAAG has been preparing the grounds for two weeks now and Cpl. Chavez said any DND employee or CF member is invited to attend and to bring friends or family to the grounds to the Aboriginal Garden any time of the year to rest or relax or just to meditate.

The theme of this year's Aboriginal Awareness Day is "History and Heritage". There will be fun educational activities related to smudging ceremonies and medicine as well as handcrafts and drum-making workshops. A traditional lunch of soup, bannock and other refreshments will be provided.

Should inclement weather prevail on the day of the event, activities will take place in the Officers' Mess.



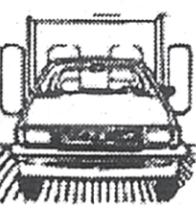
Cpl. Raul Chavez, co-chair of the 8 Wing Aboriginal Awareness Day, was smudged by Betty (Katsitsiase) Maracle, Visiting Elder, Aboriginal Services at Loyalist College in last year's event. *Contact file photo by Ross Lees*



Members of 8 Wing assemble the tipi in the Aboriginal Garden behind the Officers' Mess in preparation for Aboriginal Awareness Day, to be held May 21. The tipi will be on display for the duration of the entire event which will start at 11 a.m. and opening ceremony at 11:30 a.m.

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First Nations Fire Ceremonies and the meaning of fire

Many First Nations practice a spiritual ceremony that involves a Sacred Fire. It offers the chance to ask for blessings, say special prayers, and meditate. The location of the fire is blessed and a circle of stones is placed around where the fire is to be lit. Four openings are left in the circle of stones, representing the four directions. Small stakes with ribbons are sometimes placed at these openings. A lighting ceremony will take place and also a ceremony for allowing the fire to burn out.

There are different types of Iroquois fire: Council Fire, Personal Fire, Longhouse Fire, and Opening Fire. For anyone who requires it, a Fire Keeper

is always available as a guide.

The Onondaga are known as the Keepers of the Fire. In this role, the Onondaga officially open and close the meetings of the Grand Council, which is comprised of all 50 chiefs of the Haudenosaunee Confederacy.

There is a progression to a fire ceremony, where the next step is to involve the Creator. Adding tobacco to a fire ceremony invokes a relationship with the energies of the universe, and ultimately the Creator. As the smoke rises, it carries the prayers to the Spirit World and to the Creator.

For the Haudenosaunee, fire:

- Brings the spiritual side together with the physical.

- Is symbolic and makes something real, more tangible, adding validity.

- Is the medium that carries a meeting or gathering from the heads of the people to the Creator; it is a way of opening our world to the Spirit World

- Facilitates a meeting of the minds, where minds mesh in one location

- Is considered the bearer of new life, and is therefore regularly associated with fertility

- Can also be used for cleansing/purification. Cedar and sage are burned to repel unwanted spirits and energy, to purify and to clear a space

- Represents one of the four elements, along with earth, water, and air

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Hangar 2 seeks LEED Gold certification

Green building attributes designed to save energy and materials throughout the life of the building and as a test area for future construction



By Ross Lees

Hangar 2 is going for the gold. Hangar 2 is under consideration for a gold level certification through the Leadership in Energy and Environmental Design (LEED) program, an internationally accepted benchmark for the design, construction and operation of high performance green buildings. LEED promotes a whole-building approach to sustainability by recognizing performance in five key areas of human and environmental health: sustainable site development, water efficiency, energy efficiency, materials selection and indoor environmental quality.

As one of the newest hangars at 8 Wing, Hangar 2 is equipped to accommodate specific second-line maintenance requirements for the CC-130J Hercules aircraft. What many do not realize about this two-bay facility, however, is that it was planned, designed and built to high standards of sustainable design, in alignment with the Federal Sustainable Development Strategy.

For those unfamiliar with the green building attributes of Hangar 2, it has an impressive array of design features which make this building state-of-the-art from top to bottom, from the outside in.

People carpooling to Hangar 2 or using alternative transportation like a hybrid or alternative-fuel vehicle are likely to be among the first to notice the green initiatives. Of the 32 non-visitor parking spaces allocated at the north-west corner of the hangar, four have been set aside for those who carpool. A plan has since been put in place to help organize and encourage others to carpool.

Hangar 2 also features an electric charging station for employees with hybrid/alternative vehicles. Not only can employees charge their vehicles while they work, they can get preferred parking too.

For those who take their bicycles to work, racks have been set up to encourage the use of non-motorized transportation as cycling helps reduce pollution and land development impacts from automobile use. For those cycling to work, convenient changing and shower facilities are available on-site. The bike racks and changing and shower facilities are sufficient to serve at least five per cent of the building's occupants, enabling more people to adopt greener transportation methods.

Selection of the site for Hangar 2 involved a careful process aimed at reducing the environ-



mental impact of building there. This was achieved by not increasing the footprint of the developed land and developing on land at least five feet above the elevation of the 100-year flood plan. Erosion control measures were also implemented to reduce negative impacts on water and air quality. This was achieved by onsite effluent management on the construction site through the creation of holding ponds and directed runoff during construction.

The light-coloured roof used for Hangar 2 minimizes the impact on microclimate and human and wildlife habitat. The tan-coloured roofing has a solar reflective index (SRI) of 77. Light-coloured roofing covers 81 per cent of the hangar roof area helping to prevent the production of hot microclimates. A light-coloured roof reduces the amount of energy a standard black roof would absorb, helping to reduce the heat island effect produced by the building and keeping the interior temperature cooler in summer and warmer in winter – which results in more efficient energy use and cooler communities.

Light pollution is reduced by minimizing light trespass from the building site and improving night sky access. Night-time visibility through glare reduction also reduces development impact on nocturnal environments. This was achieved by incorporating the results of a lighting analysis into the hangar design, using automated lighting systems, frosted windows and task and directional lighting. The lighting layout has been designed to make efficient use of the low energy lights. Full cut-off exterior fixtures have been used: however apron lighting is exempt from this requirement.

Water use reduction

The site uses a local grass seed mixture containing Creeping Red Fescue and Perennial Rye Grass. By selecting local, drought-resistant species, no irrigation is needed to maintain them beyond the initial establishment period. This helps reduce the demand on local potable water and negates the need for the installation of a permanent irrigation system.



A reduction in the use of municipally provided potable water for sewage conveyance by 100 per cent has been achieved by rainwater harvesting.

A cistern captures up to 24,000 litres of rainwater and will supply water to flush fixtures for the 27 people using the facilities. Using historical data, it has been demonstrated that the cistern has the capacity to provide sufficient water for flushing fixtures throughout the entire year. In addition to reducing dependence on municipal potable water, rainwater harvesting also reduces peak storm water volume.

This project achieved an amazing 74 per cent reduction in potable water use relative to the baseline fixture performance requirements provided by LEED. This was achieved by installing a suite of low-flow fixtures comprised of 1.9 litres/minute lavatories, high efficiency toilets, 8.3

litre/minute sinks, and 9.5 litre/minute showers.

Storm water is collected and transmitted via infrastructure supporting storm water management for a large area of the base, utilizing ramp surface drainage, ditches and storm water piping to discharge into the truck storm water collection system. The capacity of this system is sufficient to meet the demands of the base, including the site area associated with the Hangar 2 project.

Energy and Atmosphere

The main wall type consists of metal or brick cladding with stud or masonry backup. Semi-rigid insulation is located between the cladding z-girts, yielding an overall R value of 13.2. The R-30 roof has polyisocyanurate insulation. The central plant includes eight condensing boilers and two air-cooled scroll chillers. There are seven air handlers throughout the building. The offices are served by VAV system, with hydronic heating and cooling, and zone level heating in the form of hydronic baseboards and reheat coils. The workshops are multi-zone systems, served by constant volume units. The north workshop and AVS shop have hydronic heating and cooling; the other workshops only have heating.

The hangar air handlers have constant air flow (unless purging is required) and no cooling. The aircraft hangars use radiant floor heating for conditioning and unit heaters to make up heat loss through open overhead doors. Condensing water heaters are used in conjunction with low-flow lavatories and regular-flow

Continued on page 15



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10 golden rules to time management

1. Know how you currently use your time. In order to manage your time, you must first know how you spend it. You may wish to keep a log for a week to see the ways you use your time.
2. Identify your "prime time." Some people work well first thing in the morning while others tend to "wake up" later in the day. Identify your best time and use it to carry out your most important or difficult tasks.
3. Do tomorrow's planning tonight. This allows you to start off working first thing the next morning without having to decide what to do first.
4. Ask yourself "Why am I doing what I'm doing right now?" While this may seem like a silly question, it is, in fact, a valid one. It is easy to get sidetracked on less vital issues. Asking yourself this question can help you refocus your attention where it is most beneficial.
5. Handle each piece of paper once. This can be a difficult habit to get into, but it can save you a lot of time.
6. Plan your work but work your plan. Don't spend your time making a plan unless you actually intend to put it to use.
7. Delegate whenever possible. Don't fall into the trap of feeling you have to do everything since no one else can do it as well as you do. Not only is this not true, you're causing yourself additional stress by trying to do it all.
8. Delegate wisely. It's poor planning and unfair to your employees to delegate tasks to them that they don't have the skills, time, authority or resources to do.
9. Identify your high-payoff items. Spend most of your time and energy on those items with the biggest return.
10. Concentrate on results, not on being busy. While you may work hard and go home exhausted after a long day at work, at the end of the day, consider what you actually accomplished.

Les 10 règles d'or de la gestion du temps

1. Déterminez votre emploi du temps actuel. Pour gérer votre temps, vous devez d'abord savoir de quelle façon vous le répartissez. Vous pouvez à cet effet tenir un journal pendant une semaine.
2. Déterminez votre « temps fort ». Certaines personnes travaillent mieux tôt le matin, tandis que d'autres sont efficaces plus tard dans la journée. Cernez vos meilleures heures et exécutez vos tâches les plus importantes ou difficiles à ce moment.
3. Effectuez la planification d'une journée le soir précédent. Ainsi, vous commencerez à travailler dès votre arrivée, sans avoir à décider ce que vous devez faire.
4. Demandez-vous pour quelle raison vous exécutez les tâches actuelles. Cela peut sembler simple, mais c'est en fait très utile. En effet, il est facile de s'écarter du droit chemin et de se consacrer à des aspects peu importants. Si vous vous posez cette question, vous pouvez vous concentrer sur les aspects les plus bénéfiques.
5. Manipulez les documents une seule fois. Vous aurez peut-être de la difficulté à atteindre cet objectif, mais vous pourrez sans doute ainsi gagner beaucoup de temps.
6. Planifiez votre travail et respectez le plan établi. Ne prenez pas le temps d'élaborer un plan sauf si vous comptez vraiment vous en servir.
7. Déléguez dans la mesure du possible. Ne tombez pas dans le piège de tout vouloir faire vous-même parce que personne d'autre ne peut le faire aussi bien. Non seulement cette affirmation est fautive, mais vous vous imposez également un stress supplémentaire.
8. Déléguez avec sagesse. Il est inefficace, et injuste pour vos employés, de déléguer à ceux-ci des tâches pour lesquelles ils n'ont pas les qualifications, le temps, l'autorisation ou les ressources nécessaires.
9. Précisez les éléments qui rapportent. Consacrez la majeure partie de votre temps et de votre énergie aux tâches qui produisent les meilleurs résultats.
10. Concentrez-vous sur les résultats et non sur un emploi du temps chargé. Même si vous travaillez fort et rentrez à la maison exténué après une longue journée de travail, déterminez ce que vous avez accompli pendant cette journée.

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8 Wing launches construction of new Hazardous Waste Facility



8 Wing Commander Col. David Lowthian breaks the ground for the new Hazardous Waste Facility in the presence of representatives from Wing Logistics and Engineering (WLE), Wing Supply (W Supp), Wing Construction and Engineering (WCE), Defence Construction Canada (DCC) and Jasper Construction. From left to right are: Siva Gnananayakan (DCC), Maj. Renald Nelson (WCE), Maj. Lewis (A/WLEO), CWO Gyuk (WCWO), Dan Meens (DCC), Sule Kisac (DCC), Mark Forrester (DCC), Peter Scardino (Jasper Construction), Col. Lowthian (WComd), Kevin Stuart (IC Haz Waste Facility), Maj. Carroll (OC Sup & Foods), Lt. Perron (W Supp), Lt. Goldstein (W Supp), MWO Lewis (W Supp), Capt. Stubbs (W Supp O), WO Deck (W Supp), Steve Chinnatamby (CE Eng O), Tony Armstrong (Haz Waste Facility), MWO Vanwesten (TEME) and Mark Brant (DCC). *Photo by Ross Lees*

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8 Wing Trenton Commander, Colonel (Col.) David Lowthian, launched the construction of a new Hazardous Waste Facility, during a ground-breaking event held on the north side of the base Monday, May 12.

"This new facility will replace ageing infrastructure and demonstrates our commitment to our environment, and to the health and safety of our personnel," said Col. Lowthian. "While our operations are important, it is essential that we support these operations in a sustainable manner."

The new Hazardous Waste Facility is a 723 m² building that will allow 8 Wing Supply Squadron to collect and package hazardous materials for shipment off-base for proper disposal. The new building will move this function out of its current temporary home in a 1940s fuel storage facility.

The new facility's design incorporates safety and environmental features including advanced heating, ventilation, and air conditioning, explosion proofing, and oil/water separators. With environmental protection in mind, the entire floor will be sloped and sealed to contain potential spills.

"The new Storage and Hazardous Waste Facility, along with the precautions taken in handling hazardous materials, significantly reduces environmental and life-safety risks associated with the disposal of chemicals and products that are needed for maintaining modern aircraft and associated equipment," said Col. Lowthian.

This \$5.74 million construction project was awarded to Jasper Construction Corp. from Concord, Ontario on March 19, 2014 and is scheduled to be completed by March 19, 2015.

Continued on page 14

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McHappy Day pays off for Quinte Children's Foundation

Community members serve up 100 days of camp for kids through McHappy Day

By Ross Lees

The tempo at 8 Wing / Canadian Forces Base Trenton has nothing on McHappy Day in Quinte West!

8 Wing Commander Colonel David Lowthian and Wing Chief Warrant Officer Sandor Gyuk represented the base well as guest servers at the Quinte West outlet of McDonald's during McHappy Day on Wednesday, May 7. They joined celebrities throughout the community to raise funds for the Quinte Children's Foundation.

Base personnel turned out in force to help the community support the chosen children's charity for this 21st annual event sponsored by the region's McDonald's restaurants. Thanks to everyone's support, over \$18,000 was raised this year between the local franchises in Quinte West, Belleville, Madoc and Bancroft.

"A great big 'Thank you' goes out to all of our customers in Hastings County, for making this event a success," said Colin McLean, the owner of the McDonald's on Dundas Street East in Belleville and current Board Member with Quinte Children's

CWO Gyuk and a helper double-check the order they are about to hand out. Photo by Ross Lees

Foundation. "This is the 21st McHappy Day in Canada and (thanks to) the amazing support from all our communities we will be able to send over 100 kids to camp this year."

Patricia Guernsey, Board Chair of Quinte Children's Foundation added, "On behalf of the Quinte Children's Foundation Board of Director's, staff, and especially all the children we will be able to send to camp, a big 'thank you' goes to our local McDonald's owners: Jamie Campbell and Terri Van Zant in Bancroft; Bob and Sylvia Doyle, in Belleville/Madoc; Colin and Jodi McLean, in Belleville; and Cynthia and Ken Schmidt, in Quinte West, and their entire staff. Because of you, we will make a lot of children McHAPPY! As well, 'thank you' to all of the

wonderful community volunteers for making the 2014 McHappy Day such a success".

"When this community gives money, it goes to the kids in Quinte West," said Quinte West franchise owner Ken Schmidt. The majority of people who will benefit from the McHappy Day proceeds come from Trenton area.

"It truly is amazing how supportive our communities are of McHappy Day and on behalf of all the kids, thank you," said Connie Reid, Executive Director of Quinte Children's Foundation.

For more information on the Quinte Children's Foundation or to learn more about how to apply for funding to send your child to camp, please visit www.quintechildrensfoundation.com.



8 Wing Commander Col. David Lowthian serves up a McHappy meal during McHappy Day on Wednesday, May 7. Photo by Ross Lees



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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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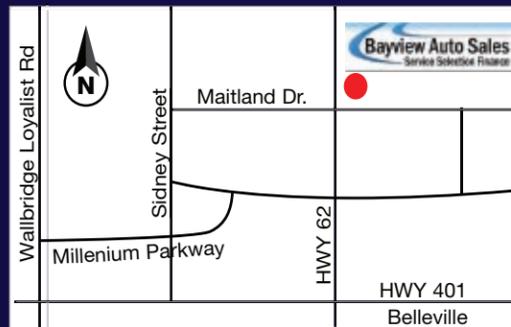
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Habs NHL Champions!

PSP F&S Director Mr. Dave Rothermund and NHL President MCpl. Willy Kaufman posted with the Habs team which consisted of, back row, left to right: WO Steve Lamarche, Cpl. Will Squires, Capt. Chuck Gaudette, WO Ian St-Laurent, LS Frank Cyr, Cpl. Dylan Stargratt-Squires, Capt. "Rocket" Richard Dumais, WO Don MacLean, and CWO Sandor Gyuk. Front row, left to right: Col. Dave Lowthian, Mr. Adri Boodoosingh, MCpl. J.F. Robert, and Maj. Shane Loder. Missing from photo: Cpl. Wayne Anthony, Capt. Maxime Harrison, MCpl. Jason James, WO Paul Makarchuk, Sgt. Michael Peel, Mr. John Snyder, Sgt. Martin Smith, Sgt. Rob Terpstra, Capt. Daryl Walker and Cpl. Tyler Twohig.

Photo by Dan Cormier

Third shootout required to determine winning team in five-team Noon Hour Hockey League

It took two hard-fought games, but the Habs finally defeated the Battalion for the championship in the five-team Noon Hour Hockey League (NHL) on the base.

The Habs had placed third in league standings while the Battalion was second, but the two teams were very evenly matched with strong goaltending. (Both goaltenders kept their teams in this competition to the very end.)

In the opening game, the Battal-

ion emerged victorious winning 4-3 at 3:22 minutes into sudden-death overtime.

That same theme was carried over into the second game, which was deadlocked at three goals apiece at the end of regulation time and at the end of sudden-death overtime. The battle went into the third shootout before the Habs finally scored one more time than the Battalion to clinch the championship.



Fitness and Sports (F&S) Director Mr. David Rothermund and NHL President MCpl. Willy Kaufman presented the championship trophy to Habs captain Adri Boodoosingh (centre) with both 8 Wing Commander Col. Lowthian and Wing Chief Warrant Officer Gyuk looking on. Both the Wing Commander and CWO Gyuk played on the Habs team. Photo by Ross Lees

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Military spouse wins \$50 CANEX gift card in Health and Wellness Challenge



Jennifer Wagner, the spouse of a 429 Squadron member (centre holding the baby), was the lucky recipient of a \$50 CANEX gift card which she won in a draw at the Canadian Armed Forces Health and Wellness Challenge May 1. In addition to the draw at the kick-off event, participants in the challenge can win nationally provided prizes sponsored by SISIP and CANEX. At the time of the draw, there were 125 registrants at 8 Wing/CFB Trenton. This number of people tracking their healthy choices as part of the challenge has since increased to 155 participants. In addition to the national challenge, two units are running inter-unit challenges: the Regional Cadet Support Unit and the Wing Comptroller. All 155 participants are receiving a daily health tip to promote conscious healthy choices. Pictured with Mrs. Wagner (left to right) are CWO Lafond, Administration Branch CWO, Kendra Lafleur, Health Promotions Director; Lt.-Col. Elizabeth Cameron, 8 Wing Administrative Officer; and Maj. Sandra Humphreys, 8 Wing Personnel Administrative Officer.

Photo by Ross Lees

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437 Squadron takes part in Heart and Stroke Big Bike Ride

Photos by LS Jordan Ilareguy



437 (T) Squadron members enthusiastically took part in the "Heart and Stroke Big Bike Ride" on May 6. Members proudly peddled through the streets of Trenton, making themselves heard by providing loud music with bells and tambourines and gaining the attention of the general public. The crowds watched and cheered knowing that the support of the "Big Bike Ride"

campaign would bring hope to thousands across the country dealing with Heart and Stroke related conditions. One in three Canadians die before their time, and it is the number one killer of women. The Husky family raised \$330 toward this deserving cause with all of the proceeds going to the Heart and Stroke Foundation.



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Offer(s) available on select new 2014 models through participating dealers to qualified retail customers who take delivery by June 2, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to \$1,665, \$5.00/MC fee, \$29 tire tax, other taxes, environmental fee, and \$100 A/C charge (where applicable). Excludes licensing, registration, insurance, variable dealer administration fees up to \$399, fuel-ill charges up to \$100, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. 0% financing offer up to 84 months available O.A.C. to qualified retail customer, on approved credit for the new 2014 Rio LX MT (F0541E)/2014 Optima LX AT (OP742E)/2014 Rio LX MT (R0541E) with a selling price of \$14,596/\$22,314/\$12,596 and includes delivery and destination fees of \$1,485, tire tax of \$15, A/C charge (\$100 where applicable) and a cash bonus of \$2,918/\$4,000/\$2,918. Bi-weekly payments of \$0/\$123/\$69 for 84 months with \$0 down payment. Credit fees of \$0. Total obligation is \$14,596/\$22,314/\$12,596. See retailer for complete details. *Cash purchase price for the new 2014 Forte LX MT (F0541E)/2014 Optima LX AT (OP742E)/2014 Rio LX MT (R0541E) is \$14,596/\$22,314/\$12,596 and includes a cash bonus of \$2,918/\$4,000/\$2,918 (which is deducted from the negotiated selling price before taxes). Retailer may sell for less. \$Cash Bonus amounts are offered on select 2014 and 2015 models and are deducted from the negotiated purchase/lease price before taxes. Offer ends June 2, 2014. See your dealer for complete details. *Model shown Manufacturer Suggested Retail Price for 2014 Forte SX (F0748E)/2014 Optima SX Turbo AT (OP748E)/2014 Rio SX with Navigation (R0748E) is \$26,355/\$34,795/\$22,295. *Highway/city fuel consumption is based on the 2014 Rio LX+ ECO (AT)/2014 Forte 1.8I, MP4-cyl (MT)/2014 Optima 2.4L GDI (AT). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the GreenGuide Fuel Consumption Guide. Your actual fuel consumption will vary based on driving habits and other factors. *The Bluetooth® wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.



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

Annual hydrant flow testing

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

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. Participants are also asked to collect pledges in support of cancer research. Contact WO Dan Gorman at 2955 or email 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 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. Funds raised from the car show this year will go to the 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 17 - Quinte Branch of Ontario Genealogical Society (OGS)

This month's presentation by the OGS will feature Stephanie Wright discussing the topic of creating a personal archive. The meeting will take place at Quinte West Public Library, 7 Creswell Drive, Trenton, from 1 p.m. to 3 p.m. Everyone is welcome. For more information, visit www.rootsweb.ancestry.com/~canqbogs

May 17 - Trenton Horticultural Society and Garden Club Annual Plant Sale

Proceeds from this sale will go to club gardens in Victoria Park, Centennial Park and the Trenton Memorial Hospital patio and atrium on 2C. The sale takes place at the Chiropractic Centre's parking lot, 455 Dundas St. W., Trenton, from 8 a.m. to 12 noon or until sold out.

May 21 - Aboriginal Awareness Day

The Defence Aboriginal Advisory Group is sponsoring an 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 at the Aboriginal Garden (or in the Officers' Mess in case of inclement weather). 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@CFB Trenton WCE@Trenton. The event runs from 1100 to 1400.

May 30 - CFB Trenton blood Donor Clinic

The next Blood Donor Clinic at CFB Trenton will take place at the CFB Trenton RecPlex gym, 21 Namao Drive, from 10 a.m. to 2 p.m. on May 30. All regular or new donors are urged to come out and donate. Bad weather conditions this winter have resulted in several cancelled clinics which have resulted in a shortage of blood supplies.

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.

June 6 - 28th Annual Surf 'n Turf Relay Race, CFB Trenton

The relay is a 60 km eight-leg cross-country fitness challenge spanning the Quinte West area. Starting at Baker Island at 8:30 a.m., the race involves running, canoeing, cycling and swimming and finishes with a glory run. Register online at www.onlineregistrations.ca/surfnurf/ by May 27. Entry fees include race entry, race T-shirt, post-race BBQ, and on-course refreshments. Athletes can work in teams of up to eight members, race in pairs (Tin mates) or as individuals (Tin man/woman). For more information, visit www.cg.cfpsa.ca/cg-pc/Trenton/EN/FitnessandSports/MilitaryFitness/surfnurf

Construction d'une installation pour déchets dangereux à la 8e Escadre



Dan Meens (DCC), Sule Kisac (DCC), Col. Lowthian (WComd), and Kevin Stuart (IC Hazardous Waste Facility) examine the details of the new Hazardous Waste Facility. Photo by Ross Lees

Continued from page 8

8^e ESCADRE/BFC TRENTON (ONTARIO) - Le commandant de la 8e Escadre Trenton, le colonel (Col.) David Lowthian, a donné le coup d'envoi à la construction de l'installation pour déchets dangereux, lors de la cérémonie d'inauguration des travaux qui a eu lieu le 12 mai, à la 8e Escadre Trenton, en Ontario.

« La construction de cette installation, qui remplacera l'infrastructure vieillissante, montre bien notre engagement envers notre environnement et envers la santé et la sécurité de notre personnel », a déclaré le Col. Lowthian. « Même si nos opérations sont importantes, il est essentiel que nous les soutenions en respectant le principe du développement durable. »

La nouvelle installation pour déchets dangereux sera abritée dans un bâtiment de 723 m², dans lequel l'Escadron d'approvisionnement de la 8e Escadre rassemblera et emballera les matières dangereuses qui seront expédiées à l'extérieur de la base afin d'être éliminées de façon appropriée. Il sera ainsi possible de transférer au nouveau bâtiment cette fonction qui est provisoirement exécutée

dans une installation de stockage de carburant datant des années 1940.

Le concept de la nouvelle installation pour déchets dangereux respecte la sécurité et l'environnement et prévoit des systèmes perfectionnés de chauffage, de ventilation et de climatisation, un dispositif antidéflagrant et des séparateurs huile eau. Afin d'assurer la protection de l'environnement, le plancher sera incliné et entièrement scellé afin d'endiguer les éventuels déversements.

« La nouvelle installation d'entreposage et de déchets dangereux, tout comme les précautions prises pour traiter les matières dangereuses, réduira considérablement les risques pour l'environnement et la sécurité des personnes qui sont associés à l'élimination des produits chimiques et des produits nécessaires à l'entretien des aéronefs modernes et de l'équipement connexe », a expliqué le Col. Lowthian.

Ce projet de construction, dont le coût s'élève à 5,74 millions de dollars, a été confié le 19 mars 2014 à l'entreprise Jasper Construction Corp. de Concord, en Ontario. L'achèvement des travaux est prévu pour le 19 mars 2015.



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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!

Provincial Park Passes – Rental Soon

Passes for Sandbanks Provincial Park, North Beach, and Presqu'Île Provincial Park will soon be available. Back by popular demand, the Community Recreation Association will again be offering 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. Available to military personnel and CRA members only.

Aquatics

Morning Aquafit - Mondays, Wednesdays, and 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, and 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, and Fridays, April 7 to June 20, 4:45 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.

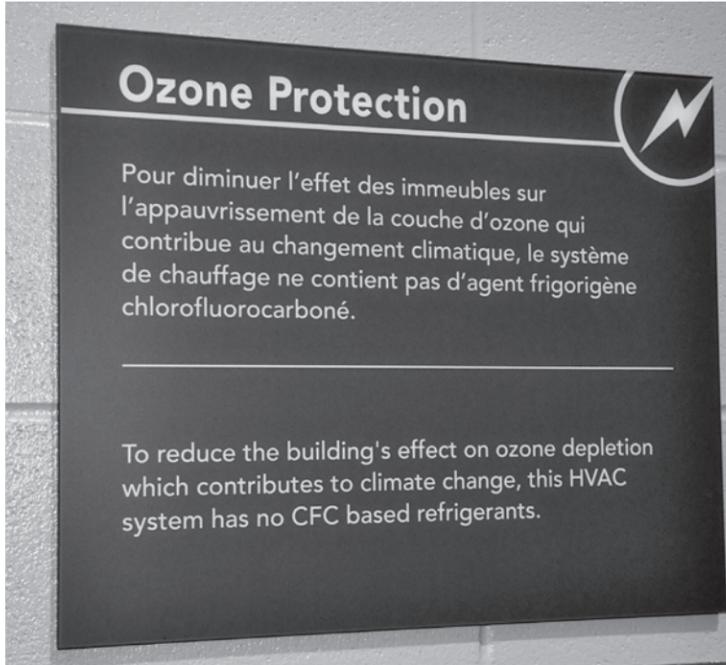
Fitness Programs

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, 6 p.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

Youth Night Out - Ages six to 12 years – Friday, May 23, 6 p.m. to 9 p.m.
School's Out for Summer - Ages six to 12 years – Friday, June 20, 6 p.m. to 9 p.m.

Hangar 2 seeks LEED Gold certification



Continued from page 6
hand washing/industrial sinks and showers.

Overall lighting power density is 15W/m² (1.4 w/ft²). Tubular daylighting devices. Occupancy sensors and day lighting controls have been used extensively in the workshops, warehouse and administrative areas.

Ozone protection

To reduce ozone depletion and support early compliance with the Montreal Protocol, Hangar 2 installed HVAC and R equipment that does not contain HCFCs.

Materials and resources

Hangar 2 is designed to save the environment from the construction stage through to end of life. Materials and resources are recycled through a designed recycling element in the building and construction waste material was recycled throughout the construction phase. Even through local sourcing of construction materials, energy was saved in reduced transportation costs.

No smoking is allowed in the building and carbon dioxide monitors are installed in densely occupied spaces and integrated into the ventilation system.

While it is impossible to eliminate Volatile Organic Compounds (VOCs) entirely from the project, efforts were made to drastically reduce the number of VOCs on site by using specifically chosen low level paints, sealants, adhesives and many other construction materials.

Occupant comfort is also addressed through a thermal comfort and monitoring system to maintain temperature and humidity.

Every innovation and design element described above allowed for extra contributions towards the LEED Green Building Rating System.



Trenton Military Family Resource Centre

INFORMATION / REGISTRATION / INSCRIPTION • 613-965-3575 • www.familyforce.ca • www.forcedelafamille.ca

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. Course dates for 2014 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 étudi-

erons 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 Audrey Cochrane 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:

Cegroupeestunprogrammed'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

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

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

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

Le 24 mai, de 8h00 à 13h00, 5\$ pour louer une table, 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

Welcome Wagon at the MFRC

Attention: military personnel new to the area in the last six months. Welcome Wagon has been greeting newcomers with a gift package... as they move from one city to another... since 1930 in Canada. A special "Welcome Wagon" welcome is extended to military personnel on the last Friday of every month at the MFRC, from 3 p.m. to 5 p.m. Please confirm attendance with the MFRC reception (613-965-3575) two days prior, to ensure sufficient gift packages are available for you. For more information, call Sharon at 613-475-5994 or Sharonkirby@xplornet.com

Military Community Yard Sale

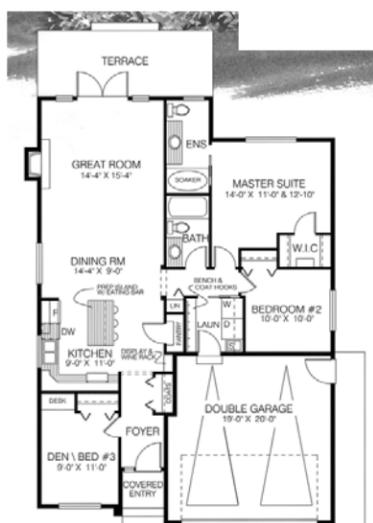
The Military Community Yard Sale will take place May 24, from 8 a.m. to 1 p.m. Rent a table for \$5. Rain or shine. For more information or to reserve a table, please contact Mona Lévesque at 613-392-2811 ext. 4528 or mlevesque@cogeco.net

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

Home of the Week

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One-level living is the idea with this compact bungalow, which easily compensates for its lack of a basement with a clever main-floor plan that makes use of every inch of space.

The covered entry leads into a foyer with a den (or third bedroom) to the left and a coat closet to the right. Beyond the foyer and past a display case/wine rack are the kitchen and dining area, with the great room overlooking

the back garden. French doors in the great room open onto a terrace, and natural light will flood through windows in the dining area and over the kitchen sink.

The kitchen includes a handy prep island with a three-seat eating bar, as well as a pantry and generous counter space.

The master suite also overlooks the back garden, and includes an ensuite bathroom with an oval soaker tub, as well as

a walk-in closet. The second bedroom, tucked in betwixt the master suite, the laundry room and the double garage, will share a three-piece bath with the third bedroom or den, which features closet space as well as a built-in desk that would make it ideal for a home office.

The laundry room features a bench and a wall of coat hooks, as well as access to the double garage. The linen closet is located nearby.

Should a basement be desired, included are plans for an optional stairway.

Exterior finishes include horizontal siding with decorative accents in the three gables, as well as partly mullioned windows and an ornamental garage door. Brick accents and a wooden pilaster near the front door lend this home the charm of a cottage.

This home measures 35 feet wide and 52 feet deep, for a total of 1,298 square feet.

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Office Hours: Monday to Friday - 8 a.m. to 4 p.m.
 Heures de bureau du lundi au vendredi - 08h00 à 16h00
Service Times/ Heures des services religieux
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 RC Mass English: 9:30 a.m. - Messe CR en anglais: 09h30
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 Unit Chaplains /Aumôniers des unités:
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Safety

Ground Fault Circuit Interruptors fatal electrical accident saviours



Ground Fault Circuit Interruptors (GFCIs) are little safety devices with big potential. They can save you from fatal electrical accidents. A Ground Fault Circuit Interrupter compares the amount of electricity flowing to the tool with the amount returning. If there is a difference, the GFCI opens the circuit, therefore shutting off power to the tool. Equipment used near or in contact with water is a leading cause of electrical accidents. GFCIs should be installed in any circuit where electrical equipment is used around moisture. The most common cord-related hazard is stress to the internal wiring when strain relief fails.

This stress pulls back the insulation around the individual conductors and exposes the bare leads. In some cases, the exposed wires contact the metal case, electrifying the entire machine. In other cases, the wiring is pulled free of its terminals allowing it to contact the housing. In both cases, the operator is exposed to the full 120V potential. Even properly grounded equipment can pose a hazard when the grounding conductor is damaged by stress. GFCIs can be installed as a permanent part of the equipment, or furnished as an extension cord. These are the main types of GFCIs:

- In-Line Ground Fault Circuit Interruptors - GFCIs installed directly on the equipment supply cord offer full time protection to the equipment operator. The unit is normally mounted about two feet from the plug end of the cord set. In this way, the GFCI can normally rest on the floor with little or no extra weight at the plug. At the same time, the major length of the cord is protected. The operator is also protected in case the strain relief on the protected equipment should fail.
- Receptacle Type GFCIs - These give you the advantage of being able to share one GFCI for a

- number of applications.
- Water-Proof Ground Fault Circuit Interruptor Extension Cord Sets - The fully submersible cord mounted GFCI is the ideal answer where rain or heavy moisture is a factor. The units come with both a plug and receptacle making them useful as either a GFCI protected extension cord or as a permanent supply cord.
- Panel Mounted GFCIs - Mounting a GFCI into the equipment itself places the controls near others and protects it from the harder use it might receive if mounted on the supply cord. A panel mounted GFCI does not

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Quinte Region gathers for National Day of Honour ceremony

Photos by Ross Lees

Continued from page 1

"The National Day of Honour is an auspicious occasion for us to honour the valour, strength and sacrifices of the more than 40,000 CAF members who served in and supported our mission in Afghanistan over the last 12 years," he said during his remarks. "We celebrate the success of the men and women who were dedicated to help combat terrorism, stabilize Afghanistan and rebuild its capacity to provide its own security."

Lt.-Col. Alexander said that as the hub of Canada's air mobility forces and the gateway of Canadian troops going to and from Afghanistan, the military personnel at 8 Wing/CFB Trenton and the citizens of Quinte Region had supported the troops and their families while away and when they came back from their missions.

"We have also mourned with the rest of Canada and assisted the families of our fallen comrades during their repatriation and as they travelled along the Highway of Heroes," he stated.

The men and women of the CAF who served in Afghanistan along with hundreds of



8 Wing Chief of Staff Lt.-Col. David Alexander escorts Ontario Premier Kathleen Wynn to the Afghanistan Repatriation Memorial in Quinte West on May 9 for the local National Day of Honour ceremony.

Continued on page 19



Ontario Premier Kathleen Wynne and Quinte West Mayor John Williams are reflected in the ARM as they visit the site following the ceremony.

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Quinte West Mayor John Williams expressed the appropriateness of holding the National Day of Honour ceremony at the Afghanistan Repatriation Memorial in Quinte West.

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Quinte Region gathers for National Day of Honour ceremony



ment, aid and good governance work in Afghanistan. Their collective sacrifices are a worthy chapter in our country's long and proud history of fighting for a safer, better world for everyone. We are forever proud and grateful," he stated. Quinte West Mayor John Williams once again expressed his pride in having the ARM located in Quinte West where the repatriated military personnel came home for their final ride down the Highway of Heroes and where so many others came

home to be reunited with their families, some after several tours in Afghanistan.

"It is very appropriate that this ceremony is being held here," he said.

Member of Parliament for Prince Edward Hastings Daryl Kramp also recalled some of the reasons 158 military members fought and died in Afghanistan for the large gathering.

"With the help of our Forces, thousands of members of the Afghan National Security Forces have been trained, hundreds of kilometres of roads have

been built or repaired, dozens of schools have been restored, thousands of teachers trained, and millions of children have been vaccinated against diseases like polio," he noted.

But there was perhaps a much longer-term legacy of the Canadian military effort in Afghanistan, Mr. Kramp noted.

"Consider that in 2001, only 700,000 Afghan children attended school and that none of them were girls. Today, there are approximately 7.7 million young people enrolled in school and one third of them are girls."



Photos by Ross Lees

Military personnel turned out in strength to honour their fallen comrades.

Tears were shed as people recalled the sacrifices of Canadians in Afghanistan.

Continued from page 18

Canadian diplomats and civilian public servants courageously demonstrated time and again the strength, spirit, ingenuity and determination which have

come to define our nation, Lt. Col. Alexander added.

"Their valour, sacrifice and remarkable accomplishments in the face of adversity will continue to inspire and guide us as Canada continues its develop-

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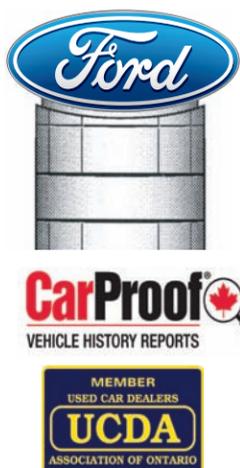
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