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## 429 Squadron flies last troops out of Afghanistan

# CC-130 Hercules the workhorse, CC-117 the lifeline to troops in Afghanistan



Lt.-Col. Jean Maisonneuve, Commanding Officer of 429 "Bison" Transport Squadron, told members of his squadron that their efforts in support of the troops on the ground in Afghanistan made him very proud. Photo by Ross Lees

By Ross Lees

There was reason for celebration and remembrance as the final CC-177 Globemaster III crew from 429 "Bison" Transport Squadron arrived back home at 8 Wing, Trenton, after delivering the last 100 troops out of Afghanistan.

8 Wing Commander Col. David Lowthian said he was proud of the teamwork demonstrated by all 8 Wing personnel involved in the mission to Afghanistan, noting that 8 Wing's contribution started with the CC-130 Hercules with 429 and 436 squadrons and ended with the CC-117 Globemaster III.

"If you were to call the CC-130 Hercules the workhorse for our troops in Afghanistan, we could say the CC-177 Globemaster was the lifeline for our troops that operated in Afghanistan," he remarked as members of 429 Squadron gathered to welcome the last CC-117 crew home on March 18.

Representing the Minister of National Defence, Mr. Daryl Kramp, Member of Parliament for Prince Edward-Hastings, said he was delighted to be able to express in person the gratitude felt by the people of the Quinte region, the province and the entire country for the great job done by members of the Canadian Armed Forces in general and those at 8 Wing in particular.

Continued on page 2

## 2014 Cut for the Cure

# Fundraising campaign searches for a Wing Champion

Please see story on page 9

This woman happily participated in last year's Cut for the Cure at 8 Wing/CFB Trenton by having her hair shaved completely off. Contact file photo by Ross Lees



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# CC-130 Hercules the workhorse, CC-117 the lifeline to troops in Afghanistan

Photos by Ross Lees



A large gathering of current and former 429 Squadron personnel gathered to welcome back the crew who completed the final flight bringing the last 100 Canadian Armed Forces personnel out of Afghanistan.

Continued from page 1

"I've experienced the highs and lows of what you've done," he stated. "I've been here for some of the repatriations – the horrible price that has been paid – but also the accomplishments – over 32,000 troops and 65 million pounds of freight to Kabul, Kandahar and Bagram airfields in direct support of coalition forces. That's absolutely incredible and something you should be so proud of."

Nearly three weeks after the delivery of the first CC-177 Globemaster, Lt.-Col. Jean Maisonneuve, the current Commanding Officer of 429 Squadron, flew the first CC-177 combat mission into Afghanistan on August 29, 2007. Col. Lowthian, who was also at 8 Wing at the time, recalled how quickly the first CC-117 was introduced to the mission.

"From that point onward, we worked our way up to one-week sustainment flights or more if required," he added. "We repatriated our troops, we conducted relief-in-place missions, deployed-in-place missions, and very important missions which highlighted the teamwork, team-building and hard work and partnerships of all involved. I want to highlight the importance of that teamwork behind this operation and the one and only important part of this mission – to support our troops on the ground in Afghanistan. Congratulations! Mission accomplished."

Since that first flight, 429 Transport Squadron has not stopped, Lt.-Col. Maisonneuve indicated. "Over 700 missions we've flown in support of our troops in theatre and close to 17,000 hours of flight. It's the first time we've resupplied troops in combat since Korea. Congratulations! You make me very proud!"

## 429 Squadron's contribution to the Afghanistan mission

429 "Bison" Transport Squadron has been an integral contributor to the mission in Afghanistan since January 2002 when they participated as part of OPERATION Apollo, the first Canadian deployment in the campaign against terrorism. Between January and August 2002, the CC-130 Hercules Tactical Airlift Detachment (TAL Det) logged over 1,800 operational flying hours on more than 320 missions in the Arabian Gulf Region.

During the same period, the Squadron helped to deliver two million kilograms of cargo and 3,700 passengers to destinations in the theatre of operations in support of coalition forces. The first Canadian tactical flight into Kandahar occurred in 2003. 429 Squadron successfully delivered 30,000 pounds of material to a bombed-out 3,900 foot long runway under direct small arms and rocket fire.

With the introduction of the CC-117 Globemaster III in 2007, 429 Squadron's role expanded to providing the critical air bridge between Canada and Afghanistan with regular sustainment flights in support of operations. Critical to the success of the war effort, 429 Squadron flew 746 missions totaling close to 17,000 hours of flight. These missions saw the successful delivery of 32,000 troops and 65 million pounds of freight to Kabul, Kandahar and Bagram airfields in direct support of coalition forces.

From 2007 to March 18, 2014, 429 Squadron has deployed hundreds of individuals totaling 18,937 person days and 541 missions. In addition to the 541 missions, the Squadron has also conducted 285 sustainment flights. Each flight involved a crew of six and took an average of seven to 10 days to complete.



Lt.-Col. Troy Paisley, formerly of 429 Squadron speaks with Prince Edward-Hastings MP Daryl Kramp and 8 Wing Commander Col. David Lowthian upon the return of CC-117 Globemaster 704 from flying the last 100 troops out of Afghanistan March 18.



CAF personnel prepare to empty the last CC-177 Globemaster aircraft used to fly personnel out of Afghanistan.

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# Bullying is a community problem

*'The specialists say that when the bullies understand the consequences of bullying, that's when they change.'*

By Ross Lees

**B**ullying is much more than just a problem faced by students.

According to Jasmin Roy, a philanthropist, actor, host, author, director, reporter, columnist, speaker and one of the leaders of the Opération Enfant Soleil Telethon and the creator of the Jasmin Roy Foundation in 2010, it is a societal problem, a community problem.

In speaking to the students of École secondaire Marc-Garneau Wednesday afternoon, he stressed the following to reporters who interviewed him following the presentation.

"I want them (the students) to understand the impact of bullying on the human brain and their self-esteem," he said. "Like I said to them, it's not because you have been bullied in your life – like Céline Dion – that you're not going to be able to have a successful career or be able to accomplish things in life. The specialists say that when the bullies understand the consequences of bullying, that's when they change. So I don't talk about the violence, but what that violence caused to me inside. I had to deal with anxiety problems, depression, even when I was a teenager and as an adult."

Those problems are ongoing and still must be negotiated with as a condition of his life, Mr. Roy explained.

Bullied himself from a very young age, Mr. Roy does these seminars to try to prevent those kind of life problems for teenagers. His program has mostly been taught so far in Quebec, but he wants to expand it across Canada, eventually, something he promises to do in time.

Reaction from the students to his seminars has often surprised the teachers and principals of the schools he speaks at, reveals Mr. Roy. He is often advised "it will be tough in this school," but they are often amazed by the result. He said they often have to stop the seminar before the students are finished asking questions.

"I don't lie! It's my story and when I talk about all the problems with girls right now, the girls who say slut, bitch and whore, I think we have a society problem," he stated. "It's more than just bullying. It's how the young girls deal with their own identity."

Amazingly, it is not only teenagers and high school students who become engaged by Mr. Roy's seminars. He told of being at an elementary school recently and hearing questions from students about anxiety and sleeping problems. He could not believe these issues were being dealt with by children so young.

Mr. Roy limits his seminars to Grade 4 and above but will engage students and parents of those students up to high school and into university.

His seminar is different for the adults, though.

"I still talk about my story, but with the parents, we need to talk about the perceptions because they are used to saying to their children or teenagers, 'You need to fight back.' We need to change that mentality. Parents have to work with the school."

Bullying is sometimes misidentified, also, he said.

"Some parents say their child was bullied, but it may only be once or twice a year and if it's between friends, it's not bullying but conflict. Usually

bullying is not between friends," he pointed out.

"Bullying is not only a problem between the victim and the bully," he stated. "It's a community problem. You need to work on the community and the school is a micro-community. You need to work on the ensemble because 99 per cent of the time, the aggression is in front of others. There are more people who are observers than victims or bullies."

Questions are often asked about suicide and Mr. Roy warns it is an issue which must be dealt with carefully.

"Usually when they commit suicide, they are dealing with more than just bullying. We have to be careful with that. It's a part of a bigger problem," he noted.

Mr. Roy wrote a book about his experiences with bullying as a gay student, adding at first it was more like homophobia.

The second part of his book was about young people today dealing with similar problems.

"After that, I opened my fight to all forms of bullying because I realized it was the same pattern," he said. "Young people have a problem – anxiety, depression and they're quitting school, so that's why I decided to fight, to change this mentality."



Jasmin Roy, one of the leaders of the Opération Enfant Soleil Telethon and the creator of the Jasmin Roy Foundation in 2010, speaks to the students of École secondaire Marc-Garneau on March 19; the students were engaged by what he had to say.

Photos by Ross Lees

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# CFS Alert celebrates 2014 Sunrise Ceremony and Arctic Winter Games



Canadian Forces Station (CFS) Alert members take part in the 2014 Sunrise Ceremony and Arctic Winter Games on March 14.

*Photos by Cpl. Szymon Poczta*

By Lt. (N) Kaighley Brett



Station members compete in the team skiing event during the 2014 Sunrise Ceremony and Arctic Games held at CFS Alert on March 14. Forefront (left to right): Mr. Don Perley, Mr. Tom Williamson, WO Sylvain Pelletier, Mr. Matt Okraszweski. Background (left to right): Pte. Pier-Olivier Canuel-Tousignant, Pte. Ludovic Belanger-Juno, Cpl. Katherine Bouchard, Pte. Luis Muxart-Hung

For most people, a sunrise is not something often thought about. After all, it is typically an every day occurrence. However for the members serving at Canadian Forces Station (CFS) Alert, many of whom have spent up to four months in 24-hour darkness, the first sunrise of the year is most certainly an event to cherish and celebrate.

The first sunrise was scheduled for Feb. 28, however due to cloud cover and snow storms; the first glimpse of the sun wasn't witnessed at CFS Alert until the morning of March 5. A Station announcement was made, and the excitement on the Station was palpable. Hundreds of pictures were taken that day to commemorate the first sunrise, many ending up on social networking sites to share with our family and friends.

In order to celebrate not only the sunrise, but also the community that we are a part of, CFS Alert held its annual Sunrise Ceremony on March 14, combined with our version of the Arctic Winter Games.

The afternoon kicked off with music and a roaring bonfire down at the end of the runway on the shores of the Arctic Ocean. The games were kicked off with a traditional Inuit poem and the reading of the athlete's oath to celebrate "northern sport, culture and friendship." Station members participated in six traditional Arctic winter games including: snowshoe racing, triple jump, kneel jump, snow snake, skiing and push pole. Handmade medals, created at our very own wood hobby shop, were awarded to the winners of the events. As the bonfire died down and the sun started to set, the participants returned for a hearty meal complete with traditional meats, such as caribou and bison, as well as bannock.

It might have been -40°C at the beach of the most northerly permanently inhabited site on earth, but nothing could stop the CFS Alert family from celebrating the sun, the coming of spring, the diverse cultures of the North and our time spent together. After all, it was a beach party only CFS Alert could throw!

## 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 at and 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, 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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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 Tuesday 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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# Sgt. Janick Gilbert Flight Safety Investigation Report completed

The Flight Safety Investigation Report (FSIR) concerning the death of search and rescue technician (SAR Tech) Sergeant Janick Gilbert on Oct. 27, 2011, is now available on the Air Force Directorate of Flight Safety website.

On Oct. 26, 2011, the day before the Sgt. Gilbert's death, two men in a small open aluminum boat became stranded in an ice field approximately eight nautical miles southeast of Igloolik, Nunavut. A SAR CC-130 Hercules aircraft from Trenton, Ontario, was dispatched to the area and, upon locating the men in a raft, a decision was made to parachute in three SAR Techs to provide assistance before it became dark.

The first SAR Tech landed in the water, swam to the raft, and assisted the men. The second SAR Tech landed in the water but was unable to swim to the raft. He commenced his own survival procedures. Approximately four hours later, a CH-149 Cormorant helicopter hoisted the two SAR Techs and the two rescued men aboard, all unharmed. One hour later, the Cormorant crew located the unresponsive body of the SAR Tech team leader, Sergeant Janick Gilbert. He was flown to the Igloolik airport and transported to the local health centre where, sadly, attempts to resuscitate him were unsuccessful.

The investigation focused on



SAR Tech Sgt. Janick Gilbert died after he was exposed to harsh conditions in Canada's North during a rescue in 2011.

SAR Tech personal life support equipment and the regulations governing rescue activities and has produced several recommendations for preventative measures, several of which have already been implemented with the aim of preventing similar occurrences in the future.

The Royal Canadian Air Force has implemented 12 of the preventive measures, including amendments to operator manuals addressing SAR Tech equipment and training. This report recommends an additional 35 preventive measures and further identifies 10 safety concerns aimed at improving current SAR Tech aviation life support and safety/rescue equipment as well as amending operating procedures and checklists.

## Inspiring others to give blood

It takes many donations to save a life, and every usable part of your donation goes to a patient in need. That's because every time you roll up a sleeve, your blood donation is separated into three components: red blood cells, platelets and plasma. Make a difference today by calling 1-888-2-DONATE (1-888-236-6283) or book online at [www.blood.ca](http://www.blood.ca) to book an appointment. 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 March 28. 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.

### Rally Together to Save Lives

It's important to spread the word about donating blood - 43 per cent of first time donors actually go with someone else to donate. Bring a new donor to the next blood donor clinic.

Giving blood is so vital. You may not realize just how much blood is required to save a life. For instance, it can take:

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# Fitness & Health

## Take control of stress

Stress is a fact of life. No matter how much we might long for a stress-free existence, the fact is stress is actually necessary. It's how we respond to stress that can negatively affect our lives.

Stress is defined as any change that we have to adapt to. This includes difficult life events (e.g. bereavement, illness) and positive ones. Getting a new job or going on vacation are certainly perceived to be happy occurrences, but they, too, bring about changes, also known as stress, that require some adaptation.

Learning to effectively cope with stress can ease our bodies and our minds. Meditation and other re-

laxation methods including exercise and visualization are all helpful techniques for reducing the negative impact of stress.

Stress can be beneficial – in moderation. That's because short episodes of stress trigger chemicals that improve memory, increase energy levels and enhance alertness and productivity. But chronic stress has debilitating effects on our overall health. Physically, it can contribute to migraines, ulcers, muscle tension and fatigue. Canadian researchers found that chronic stress more than doubles the risk of heart attacks.

Persistent stress also affects us emotionally and intellectually, and can cause:

- ✓ Decreased concentration and memory
- ✓ Confusion
- ✓ Loss of sense of humour
- ✓ Anxiety

- ✓ Anger
- ✓ Irritability
- ✓ Fear

The link between stress and mental illness has yet to be fully understood, but it is known that stress can negatively affect an episode of mental illness.

### Managing Stress

First, it's important to recognize the source(s) of your stress. Events such as the death of a loved one, starting a new job or moving are certainly stressful.

However, much of our stress comes from within us. How we interpret things – a conversation, a performance review, even a look – determines whether something becomes a stressor. Negative self-talk, where we focus on self-criticism and pessimistic over-analysis can turn an innocent remark into a major source of stress.

Understanding where your stress originates can help you decide on a course of action. External stressors, like bereavement or career changes, can be managed over time and with the support of family and friends. Internal stressors, caused

by our own negative interpretation, require changes in attitude and behaviour.

The goal of managing stress is to cue the "relaxation response." This is the physiological and psychological calming process our body goes through when we perceive that the danger, or stressful event, has passed.

For more information on adaptive and effective stress management, consider taking a stress management course, such as the Strengthening the Forces' "Stress Take Charge!" course, which is running next on March 26. Contact your local Health Promotion Office 613-392-2811 x3768. Register online at <http://healthpromotion.cfbtrenton.com>.

Source: [http://www.cmha.ca/mental\\_health/take-control-of-stress/](http://www.cmha.ca/mental_health/take-control-of-stress/)

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## Maîtrisez votre stress

Le stress est une réalité de la vie. Peu importe notre désir de vivre une existence sans stress, il est indéniable que le stress est nécessaire. C'est notre réponse au stress qui peut nuire à notre vie.

Le stress est défini par tout changement auquel nous devons nous adapter. Cela comprend les événements difficiles de la vie (le deuil et la maladie) et les événements positifs. Se décrocher un nouvel emploi ou partir en vacances sont des événements heureux mais ils sont également des changements, aussi appelés stress, qui nécessitent une certaine adaptation.

Apprendre à gérer efficacement le stress permet de détendre notre corps et notre esprit. La méditation et les autres méthodes de relaxation, l'exercice et la visualisation sont des techniques qui aident à réduire les répercussions négatives du stress.

Un stress modéré peut être bénéfique : de courts épisodes de stress peuvent stimuler la production de substances chimiques qui améliorent la mémoire, augmentent le niveau

d'énergie et favorisent la vigilance et la productivité. À l'opposé, le stress chronique a des effets déprimants sur notre santé en général. D'un point de vue physique, il peut causer des migraines, des ulcères, des tensions musculaires et de la fatigue. Des chercheurs canadiens ont découvert que le stress chronique double le risque d'infarctus.

Un stress persistant nous affecte également d'un point de vue émotionnel et intellectuel et peut causer :

- ✓ Une diminution de la concentration et de la mémoire
- ✓ De la confusion
- ✓ La perte du sens de l'humour
- ✓ De l'anxiété
- ✓ De la colère
- ✓ De l'irritabilité
- ✓ De la peur

### Gérer le stress

Il est tout d'abord important de reconnaître les sources de votre stress. Des événements comme le décès d'une personne chère, un nouvel emploi ou un déménagement sont stressants.

Cependant, il est important de noter que la plus grande partie de notre stress vient de nous. La manière dont nous interprétons les choses – une conversation, une évaluation de rendement, voire même un regard – détermine si une situation devient un facteur de stress. Avoir un discours intérieur négatif, dans lequel nous nous critiquons et nous analysons de manière pessimiste, peut métamorphoser une remarque innocente en une source de stress majeure.

Comprendre d'où provient notre stress peut nous aider à mettre au point un plan d'action. Les sources de stress externes, comme le deuil ou un changement de carrière, peuvent être maîtrisées avec le temps et le soutien de la famille et des amis.

Les sources de stress internes, engendrées par nos propres interprétations négatives, peuvent nous obliger à apporter des modifications à notre attitude et à nos comportements.

Le but de la gestion du stress est de trouver la «

réponse r e l a x a n t e ».

Il s'agit du processus de calme psychologique et physiologique par lequel passe notre corps lorsque nous savons que le danger, ou l'événement stressant, est terminé

Pour en savoir plus sur les méthodes adaptatives et efficaces de gestion du stress, inscrivez-vous à un cours de gestion du stress, tel que celui qui est offert dans le cadre du programme Énergiser les Forces, « Le stress : Ça se combat », le 26 mars. Communiquez avec votre bureau local de la Protection de la santé 613-392-2811 x3768. Inscription en ligne à l'adresse courriel : <http://healthpromotion.cfbtrenton.com>.

Origine : [http://www.cmha.ca/fr/mental\\_health/maitrisez-votre-stress/](http://www.cmha.ca/fr/mental_health/maitrisez-votre-stress/)

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# Promotion at Wing Admin Branch



From left to right: Lt.-Col. Elizabeth Cameron, 8 Wing Administration Officer (WAdminO), presented MS Andrews with his promotion recently while the WAdmin Branch Chief Warrant Officer, CWO Jean Lafond, looked on. *Photo by Sgt Denise Snow*

# Presentation for 25 Years Public Service Award



From left to right: Lt.-Col. Elizabeth Cameron (WAdminO) presented Becky Groves with an award recognizing her 25 years with the Public Service while CWO Jean Lafond (WAdmin Branch CWO) witnessed the event. *Photo by Sgt Adriana Dilworth*

"In October 1988, Becky Groves started working for the Public Service of Canada in the department of correctional services at Warkworth Institution. In 1993, she transferred to the Service Canada office in Belleville and was responsible for the supervision

of the Warrant section which produced the EI cheques. Finally in 2002, Becky applied for a position with DND and has been with us since. Becky works at the 8 Wing Administration Branch as the Management Services Officer. Congratulations, Becky."

# ANNOUNCEMENT



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# 2014 Cut for the Cure needs a Champion

*Continued from page 1*

**H**ello, All. The time has come for us to think about shaving our heads for pledges in support of cancer research. This will mark the 8th year we have done this and, to date, we have raised just shy of \$50,000. Well done 8 Wing / Canadian Forces Base Trenton!

I am looking for more volunteers including a Commanding Officer and Chief Warrant Officer from one of the units or squadrons. The event is staged for May 16 at 1:30 p.m. in the Warrant Officers' and Sergeants' Mess. Come down and enjoy a beverage at the bar while watching the fun. Cutting off the locks for the 8th year will be Aldo Poropat and his staff from Capelli's Salon.

## **What is cancer?**

According to the Canadian Cancer Society, it is a terrible disease that starts in our cells. Millions of cells group together to form tissues such as muscles, bones, and organs like the lungs and the liver. Genes inside each cell order it to grow, work, reproduce and die. Sometimes instructions

get mixed up causing cells to form lumps or tumours.

Tumours can either be benign (non-cancerous) or malignant (cancerous). Benign tumours stay in one place and are not usually life-threatening.

Malignant tumours are able to invade nearby tissues and spread to other parts of the body. Cancer cells that spread to other parts of the body are called metastases. It is important to find malignant tumours as early as possible.

Cancers are named after the part of the body where they start. For example, cancer that starts in the bladder and spreads to the lungs is called bladder cancer with lung metastases.

An estimated 187,600 new cases of cancer and 75,500 deaths from cancer will occur in Canada in 2014. The number of estimated new cancers does not include 81,700 non-melanoma skin cancer cases.

Cancer is the leading cause of death in Canada and is responsible for about 30 per cent of all deaths. Two out of five Canadian are expected

to develop cancer during their lifetime. One out of four Canadians is expected to die from cancer.

Want to reduce your chances of developing cancer? The Canadian Cancer Society says to follow these general steps:

- **Live well.** Make healthy choices. Be a non-smoker. Keep a healthy body weight, by being active and eating well. And use sun-block when outside.
- **Be aware.** Look after yourself. Know your body and watch for signs of cancer. Report any changes to your doctor and get screened regularly.
- **Get involved.** Help reduce risks for everyone. Raise awareness about cancer in your community.

ATESS will again go for the bragging rights of being the unit who pledged the most. I do believe the challenge is on.

*So please contact me, WO Dan Gorman, at local 2955 or email at [Dan.Gorman@forces.gc.ca](mailto:Dan.Gorman@forces.gc.ca), to register and get your pledge sheets.*



Lt.-Col. Jean Maisonneuve, Commanding Officer of 429 (Transport) Squadron, got a high and tight hair cut last year in support of the Cut for the Cure.

Contact file photo by Ross Lees

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# Wing Logistics and Engineering Picture of the Week



The Wing Supply Social Committee hosted a breakfast on March 19 in celebration of the start of Spring. The menu included pancakes, bacon, sausage, coffee and juice all served with a smile by the senior staff. Lt. Derek Vanstone and 2Lt. Lindsay Holst did the majority of the cooking while Lt. Heesub Chung and MWO Grant Lewis served the hungry crowd. Staff even offered up one plate to the weather in the hopes that Spring will eventually come to Trenton. Thanks to all who came out to eat and serve. And, thank you to the Social Committee for a job well done. *Submitted photo*

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- attending the gala
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**Camp mother-daughter relationship - Mothers and daughters - teen:**

Would you like to learn skills to communicate more effectively and strengthen your relationship? This program will address the communication between mothers and daughters from Grade 8 to Grade 10, problems that are relevant to teens today and those to come, and how to address them. The next session is currently planned for Saturday, March 22, from noon to 4 p.m. To register, contact Mona Lévesque 613-392-2811 ext. 4528

**Camp de relation mère-fille - Mères et filles-adolescentes:**

Aimeriez-vous apprendre des habiletés pour communiquer plus efficacement et solidifier votre relation? Ce programme traitera de la communication entre les mères et les filles de la 8e à la 10e année, des problèmes qui sont pertinents aux adolescentes aujourd'hui et ceux à venir et, comment les aborder. La prochaine séance aura lieu le 22 mars, de midi à 16h00. Pour inscription contactez Mona Lévesque 613-392-2811 poste 4528.

**Looking for Summer Work?**

Drop into the MFRC between 4 p.m. and 6 p.m. on March 20. Bring your résumé! Meet with local service providers, discover and register for services to help you find that awesome summer opportunity. New this year: Health and Safety Training Workshop by Employment Ontario Agencies, from 5 p.m. to 6 p.m. \*This training is mandatory for some agency registrations. For more information, contact Liz Nicholas at 613-392-1811 ext. 3852 or Elizabeth.nicholas@forces.gc.ca

**Cherchez-vous un emploi d'été?**

Arrêtez le jeudi 20 mars entre 16h et 18h au CRFM. Apportez votre C.V.! Rencontrez des pourvoyeurs de services locaux. Découvrez et inscrivez-vous à des services qui offrent de l'aide pour trouver une opportunité formidable pour l'été. Du nouveau cette année : Un atelier de formation pour la santé et la sécurité est offert entre 17h et 18h par les agences d'Ontario Emploi. \*Cette formation est obligatoire pour s'inscrire avec certaines agences. Pour plus d'information, contactez Liz Nicholas au 613-392-2811 poste 3852 ou elizabeth.nicholas@forces.gc.ca

**Ontario Science Centre Passes at the Trenton MFRC**

Adults: \$2, children under 18 free. Passes are valid until June 27 and excludes March Break March 7-16.

**Laissez-passer pour le Centre des Sciences de l'Ontario disponibles au Trenton CRFM**

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**Purdy's Chocolate Fundraiser for the Trenton MFRC Daycare**

Order deadline is April 1. Pick-up date is April 11 at the MFRC. Order by completing an order

form at the MFRC or shop online at www.purdysgpp.com and join group #26278.

**Une campagne de collecte de fonds <<Purdy's Chocolate>> pour la garderie du CRFM de Trenton**

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**The Triple P**

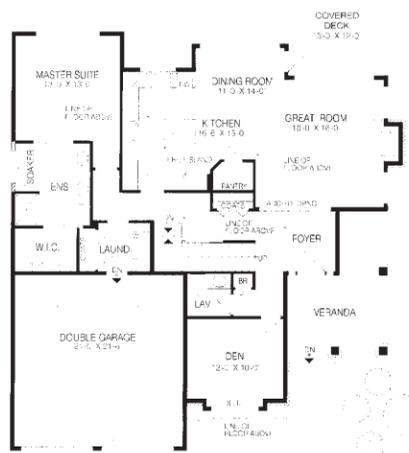
Positive Parenting Program is one of the most effective evidence-based parenting programs in the world, backed up by more than 30 years of ongoing research. Triple P gives parents simple and practical strategies

to help them confidently manage their children's behaviour, prevent problems from developing and build strong, healthy relationships. Saturday, April 5 from 9 a.m. to 4 p.m. at the MFRC. To register or for information contact 613-968-1144.

**Triple P**

Le programme de pratiques parentales positives est une méthode utile et pratique pour aider les parents à élever leurs enfants en mettant l'accent sur les éléments positifs. Des petits changements faciles à mettre en œuvre qui font une grande différence pour les parents, les enfants et les familles. Samedi le 5 avril, de 9h00 à 16h00 au MFRC (la session est offerte en anglais seulement). Pour inscription ou pour information composez le 613-968-1144.

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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.

### Seeking military personnel

Not here for a long time? That's okay: a short time will do. Maximize your time at 8 Wing / CFB Trenton and boost your community involvement activities for your PER. We offer short- or long-term opportunities in our non-profit organization and we will gladly recognize your help in an appropriate letter for your personnel file. Are you enthusiastic, creative, and hardworking? Do you have experience in computer technology, web design, business, marketing, writing, research, or organization leverage strategies that you would like to share? If you have an eye for detail, can think critically, and can problem solve, then we need you. Based in Trenton and established in 1982, the Trent Community Correctional Committee is a non-profit organization that is currently undertaking some organizational restructuring and redefinition. We welcome all inquiries and offer volunteers the opportunity to contribute to the success of a unique community resource. Please contact Ms. Tara Whyte, Program Manager, by email at [tccc@bellnet.ca](mailto:tccc@bellnet.ca) or by phone at 613-394-3911.

### Free Yoga for people with exposure to Traumatic Operational Experience

Have you been exposed to a traumatic operational experience? Are you interested in participating in some exciting new research on the potential benefits of yoga for people who have been exposed to a traumatic operational experience? Yoga sessions run once a week for 12 weeks with the next start time in April. Participants may register until March. Yoga sessions are free but you will be asked to fill out questionnaires on a few occasions. If you are interested in participating in the study or would like more information, please contact Dr. Danielle Charbonneau at 613-541-6000 at ext. 6635 or by email at [Etude.yoga.study@rmc-cmr.ca](mailto:Etude.yoga.study@rmc-cmr.ca)

### March 28 – Blood Donor Clinic

The next Blood Donor Clinic at CFB Trenton will take place at the Yukon Galley, located at 75 Yukon Road, from 10 a.m. to 2 p.m. 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.

### April 14-16 - General SCAN and Medical Seminars

Are you planning to retire in the near future? Exploring your options? Unsure about pen-

sion, financial or education benefits after release? CFB Trenton.

SCAN seminars are designed for military members with 10 or more years of service contemplating a return to civilian life, any member of the military may attend. Spouses are also strongly encouraged to attend. Seating is limited. Reservations may be made by filling out and returning a registration form found on the WPSO's website or the Splash Page no later than April 4. Registration begins at 8:30 a.m. each day at the Junior Ranks Mess, Astra Lounge of 8 Wing/

### 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.

### A SPECIAL WELCOME TO MILITARY PERSONNEL FROM WELCOME WAGON

Welcome Wagon representatives have been greeting newcomers to communities since 1930 in Canada. We have a gift package for you and your family as newcomers to our area. Please contact Welcome Wagon to advise them

that you are new to the area and you will be contacted soon.

#### Gift packages include:

✓ Maps and brochures of the area as well as the surrounding area, with advice on some of the neat places to visit.

✓ Gifts from some of our local merchants.

✓ Invitations to return to our local merchants for other gifts.

Please call us today...Sharon at 613-475-5994.

## Upcoming Health Promotion Programs

#### Stress: Take Charge! (STC)

STC offers a self-directed approach to stress management through self-awareness, behaviour change and skill building. Participants will learn to recognize stress at its earliest onset; learn the ACT approach to creating change; discuss a stress management lifestyle involving time management and work/life balance; explore stress management tools, including building resilience; and create a lifestyle action plan.

Date: March 26

Timings: 8:30 a.m. to 4 p.m.

#### Top Fuel for Top Performance (TFTP)

**What you eat makes a difference!**  
Want Top Performance? Go for Top Fuel! Does your job require you to be focused and alert? Are you assigned to a demanding exercise? Are you training

for a fitness standard or competition? Do you want to improve your health and physical performance? Top Fuel for Top Performance workshops will provide you with knowledge and practical tips to tune-up your food choices.

Dates: Program runs over two full days - April 8 and 15

Timings: 8:30 a.m. to 4 p.m.

#### Mental Fitness and Suicide Awareness Supervisor Training (MFSAST)

Mental Fitness and Suicide Awareness (MFSAST) is aimed at assisting in the understanding and maintenance of mental fitness, including awareness of suicide and suicide intervention for non-professionals. MFSAST promotes awareness and skill building to maximize mental fitness for individual and operational effectiveness.

Date: April 24

Timings: 8:30 a.m. to 4 p.m.

#### Here's how to sign up!

Online <http://healthpromotion.cfbtrenton.com>

Call 613-392-2811 Ext3768

Walk-in 177 Hercules St. Bldg 119

Strengthening the Forces programs are available, free of charge to all CF members, DND employees, NPF employees, CF spouses and dependants.

#### Program not scheduled?

##### Get on the Waitlist!

All programs are available for wait-listing. This may be done by calling 3768 or registering online for you preferred programs. You will be emailed when the course secures a date and registration is available.

## Programmes de promotion de la santé à venir

#### Le stress : ça se combat

Le programme « Le stress : ça se combat » offre une démarche autonome pour gérer le stress au moyen de la connaissance de soi, du changement de comportements et du perfectionnement des acquis. Les participants apprendront à reconnaître le stress à ses débuts, découvriront l'approche de la thérapie d'acceptation et d'engagement pour créer un changement, aborderont l'intégration de la gestion du stress dans leur mode de vie au moyen de la gestion du temps et de l'équilibre travail-vie personnelle, exploreront les outils de gestion du stress, ce qui comprend le développement de la résilience, et créeront un plan d'action quant à leur mode de vie.

Date: le 26 mars 2014

Heure: De 8 h 30 à 16 h 00

#### Bouffe-santé pour un rendement assuré

Ce que vous mangez fait toute la différence! Vous recherchez un rendement supérieur? Optez pour une Bouffe-santé! Est-ce que votre emploi exige

que vous soyez concentré et alerte? Devez-vous participer à un exercice militaire exigeant? Est-ce que vous vous entraînez pour un test d'aptitude physique ou pour une compétition sportive? Voulez-vous améliorer votre état de santé et votre performance physique? Les ateliers du programme Bouffe-santé pour un rendement assuré accroîtront vos connaissances et vous donneront des conseils pratiques pour améliorer vos choix alimentaires.

Dates: La durée du programme est deux journées complètes – le 8 et le 15 avril

Heure: 08h30-16h00

#### Sensibilisation à la santé mentale et au suicide - Formation pour superviseur.

Le programme Sensibilisation à la santé mentale et au suicide est conçu pour favoriser la compréhension et le maintien de la santé mentale, notamment au moyen d'activités de sensibilisation au suicide et de prévention du suicide destinées à des non-professionnels. Il s'agit d'un programme de sensibilisation et de perfectionnement

des acquis qui vient à maximiser l'état de santé mentale des individus et l'efficacité opérationnelle.

Date : le 24 avril 2014

Heure : De 8 h 30 à 16 h 00

#### Voici comment vous inscrire :

En ligne à <http://healthpromotion.cfbtrenton.com>

Par téléphone au 613-392-2811, poste 3768

En personne au 177, rue Hercules,

bâtiment 119

Le programme Énergiser les Forces est offert gratuitement à tous les membres des FC, aux employés du MDN, aux employés des FNP, aux conjoints et conjointes de militaires et à leurs personnes à charge.

#### Aucun programme prévu? Inscrivez votre nom sur la liste d'attente!

Il y a une liste d'attente pour tous les programmes. Vous pouvez inscrire votre nom à la liste de votre programme préféré au poste 3768 ou en ligne. Vous recevrez un courriel lorsque la date du cours est fixée et l'inscription est ouverte.



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# Sports & Recreation

### Red Cross Swim Lessons Spring 2014

Registration for the military community starts Tuesday, March 10, online and in-person from 1:30 p.m. at the RecPlex. Registration for the general public starts Friday, March 14, online and in-person from 1:30 p.m. at the RecPlex. Lessons will be held on Tuesday, from April 8 to June 10, Thursdays from April 10 to June 12 and Saturdays, from April 12 to June 28. (There are no swim lessons on Saturday, April 19 and Saturday May 17.) All classes are 10 lessons in duration. Registration for all will continue until the first class.

### Aquatics

**Morning Aquafit** – Mondays, Wednesdays, and Fridays from Jan. 6 to March 21 (33 classes), 8:30 a.m. to 9:20 a.m.

**Evening Aquafit/Jogging** – Tuesdays and Thursdays from Jan. 7 to March 20, 6:15 p.m. to 7:15 p.m.

**Senior Lane Swim** – Mondays, Wednesdays, and Fridays from Jan. 6 to March 21 (33 swims), 7:30 a.m. to 8:20 a.m. or 8:30 a.m. to 9:20 a.m.

### Fitness Programs

**Zumba** – Wednesdays, April 9 to June 11, 6:45 p.m. to 7:45 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-Fashion** – 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

**Stroller-fit** – Tuesdays, April 15 to June 3, 9:30 a.m. to 10:30 a.m.

**Movement and Dance, ages six to 12 years** – Saturdays, April 5 to May 24, 9:30 a.m. to 10:15 a.m.; six to eight years and 10:20 a.m. to 11:05 a.m. - nine to 12 years.

**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.

**Triathlon Training for Youth 14 to 16 yrs** – Fridays, April 7 to June 9, 4:45 p.m. to 6:30 p.m.

**Indoor/Outdoor Soccer Night** – Thursdays, April 10 to May 29, 5:15 p.m. to 6:15 p.m. - six to eight years and 6:15 p.m. to 7:15 p.m. for nine to 12 years.

**Hippity Hoppity Easter Event** – Ages six to 12 years – Friday, April 11, 6 p.m. to 9 p.m.

**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.

### Advanced Aquatics

**Adult/Teen Stroke Improvement (Beginners)** – Tuesdays, April 8 to June 10, 6:55 p.m. to 7:55 p.m. and Saturdays, April 12 to June 28., 11:55 a.m. to 12:55 p.m.

**Adult/Teen Stroke Improvement (Intermediate/Advanced)** – Thursdays, April 10 to June 12, 6:55 p.m. to 7:55 p.m. and Saturdays, April 12 to June 28, 11:55 a.m. to 12:55 p.m.

**Junior Lifeguard Club for Youth eight to 15 years of age** – Mondays, April 7 to June 23, 6 p.m. to 7 p.m. (No swim lessons on Monday, April 21 and Monday, May 19).

**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 Star with Basic First-Aid and CPR "A"** – Mondays, April 7 to June 23, 7 p.m. to 8 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 p.m. to 4:30 p.m.

## Call for nominations for CF National Chief Official for Triathlon

The position for Canadian Forces (CF) Chief Official (or Referee-in-Chief) for the sport of Triathlon is currently open and will include participation in the 2014-2017 National Championships (a four-year position).

As per the Canadian Forces National Sports Rulebook, the Chief Official is appointed by the Director of Sports, Recreation and Messes. The RIC is responsible for advising Canadian Forces Sports Manager (CFSM), the jury of appeal, the host base, teams and competitors regarding the rules of play and for advising CFSM concerning the selection criteria for officials attending CF National Sports Championships, and acting as the Chief Official at the designated CF National Sport Championship.

When submitting an application, all of the following information must be included: full name, rank, unit, base, work phone number, list of all triathlon related qualifications, list of officiating experience (military and civilian at all levels), list of related experience as a Chief Official/Referee-in-Chief, letter(s) of recommendation and/or list of references, and any other information that is pertinent or the applicant would like to share.

If you have any questions relating to the position or the application process, please contact the CFSM at CSN 996-9979 or Witoslawski JA@CMP PSP@Ottawa-Hull, the National Sports Coordinator, at CSN 992-0867.

Submit your application to the Military Sports Co-ordinator at Cormier DG@CFB Trenton PSP@Trenton no later than April 17.



## 2014 Ontario Region volleyball championships to be played in Trenton

8 Wing/CFB Trenton will be hosting the 2014 Ontario Region Men's and Women's Volleyball Championships at the gymnasium from March 21 to 23. Come out and support the base men's and women's volleyball teams.

#### Men's Teams

- A 1. Trenton
- A 2. Kingston
- A 3. North Bay

#### Women's Teams

- 1. Trenton
- 2. Kingston
- 3. Petawawa
- 4. Borden
- 5. North Bay

#### Friday March 21

Pre-Tournament Briefing @ 4 p.m. (Gym Conference Room)  
Opening Ceremonies 6 p.m.

Court A	Women's	Court B	Men's
6:30 p.m.	W 1 vs 4	6:30 p.m.	M B 3 vs B 1
7:30 p.m.	W 2 vs 3	7:30 p.m.	M A 2 vs A 3
8:30 p.m.	W 5 vs 1	8:30 p.m.	M B 2 vs B 3

#### Saturday March 22

Court A	Women's	Court B	Men's
9 a.m.	W 5 vs 3	9 a.m.	M A 1 vs A 2
10:15 a.m.	W 1 vs 2	10:15 a.m.	M B 1 vs B 2
1 p.m.	W 4 vs 5	1 p.m.	M A 3 vs A 1
2:15 p.m.	W 3 vs 1	2:15 p.m.	
3:30 p.m.	W 4 vs 2	3:30 p.m.	
6 p.m.	W 2 vs 5	6 p.m.	M Q 2nd B vs 3rd A
7:15 p.m.	W 3 vs 4	7:15 p.m.	M Q 2nd A vs 3rd B

#### Sunday March 23

Court A	Women's	Court B	Men's
8:30 a.m.	W S 1st vs 4th	8:30 a.m.	M S 1st B vs Winner 2nd A vs 3rd B
10:15 a.m.	W S 2nd vs 3rd	10:15 a.m.	M S 1st A vs Winner 2nd B vs 3rd A

1 p.m. – Women's Final  
2:15 p.m. – Men's Final

# Classifieds

To Place an Ad: **613-392-2811** or **613-475-0255**  
 For Delivery Inquiries, please call **613-475-0255**  
 Email: [brighton\\_classifieds@metroland.com](mailto:brighton_classifieds@metroland.com)  
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New and almost new women's clothing sale. Tops 20-5X, pants 14-16-18-26. March 22 10-2. 11 Cory Cres., Trenton. More info 613-392-5903.

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- N** Notices
- N** Notices
- N** Notices
- N** Notices

**8 WING /CANADIAN FORCES BASE TRENTON 8WING/CFB TRENTON**

**REQUEST FOR EXPRESSIONS OF INTEREST FOR THE PROVISION OF FOOD CONCESSIONS**

The Commanding Officer 8 Wing/CFB Trenton in his Non-Public Fund (NPF) capacity is soliciting proposals from qualified food vendors interested in operating a food concession during an open house on premise of 8 Wing/CFB Trenton scheduled for 31 May 2014.

Individuals or parties interested in submitting a proposal are asked to contact Mr. Todd Peddle Deputy Personnel Support Programs Manager at (613) 392-2811 ext 3079 or via E-Mail at [todd.peddle@forces.gc.ca](mailto:todd.peddle@forces.gc.ca).

The proposal must include the following,

1. all logistical requirements including square footage and power requirements;
2. list of proposed food items to be sold;
3. confirmation of operating hours to service public requirements. It is expected that this requirement will extend from 0900hrs – 1800hrs on the day of the activity;
4. copy of recent food inspection certification; and
5. proposed fee or remuneration based upon percentage of sales to be surrendered by concessionaire

Deadline for expressing interest is 31 March 2014.  
 Acceptance or rejection of proposal is entirely at the discretion of the Commanding Officer.

**8e ESCADRE/BASE DES FORCES CANADIENNES TRENTON**

**DEMANDE D'EXPRESSIONS D'INTÉRÊT INSTALLATION DE COMPTOIRS DE VENTE D'ALIMENTS, JOURNÉE PORTES OUVERTES DU 90e ANNIVERSAIRE DE LA FORCE AÉRIENNE – 8e ESCADRE/BFC TRENTON**

Le commandant de la 8e Escadre/BFC Trenton, en sa qualité de gestionnaire de fonds non publics, sollicite des propositions de vendeurs de produits alimentaires qualifiés pour tenir des comptoirs de vente d'aliments à l'occasion des célébrations « portes ouvertes » du 90e anniversaire de la Force aérienne, qui auront lieu dans les installations de la 8e Escadre/BFC Trenton. La journée portes ouvertes se tiendra le 31 mai 2014.

Les personnes ou les parties qui souhaitent présenter une proposition sont priées de communiquer avec M. Todd Peddle, gestionnaire adjoint des programmes de soutien du personnel, par téléphone au 613 392 2811, poste 3079, ou par courriel à [todd.peddle@forces.gc.ca](mailto:todd.peddle@forces.gc.ca).

La proposition/demande doit comprendre ce qui suit :

1. exigences du vendeur sur le plan logistique incluant, mais sans s'y limiter, le nombre de mètres carrés requis et les besoins relatifs à l'alimentation en électricité;
2. liste des aliments et menu qui seront proposés aux visiteurs pendant la journée portes ouvertes;
3. confirmation des heures d'ouverture pour répondre aux besoins du public. Ces heures sont censées être de 9 h à 18 h le jour de l'activité;
4. copie d'une attestation récente d'inspection des aliments délivrée par le service de santé local;
5. rémunération basée sur le pourcentage des ventes au comptoir que le vendeur propose de verser.

La date limite de présentation des expressions d'intérêt est le 31 mars 2014.  
 L'acceptation ou le rejet de toute proposition ou demande demeurent entièrement à la discrétion du commandant de la 8e Escadre/BFC Trenton.

- N** Notices
- N** Notices
- N** Notices
- N** Notices

**8 WING CANADIAN FORCES BASE TRENTON Non-Public Property REQUEST FOR PROPOSAL for the Production of 8 Wing/Canadian Forces Base (CFB)Trenton Morale & Welfare publications**

8 Wg/CFB Trenton is soliciting proposals from qualified persons interested in producing various Morale and Welfare publications. Individuals or parties interested in submitting a proposal are asked to contact Mr. Todd Peddle Deputy Personnel Support Programs Manager at (613) 392-2811 ext 3079 or via E-Mail at [todd.peddle@forces.gc.ca](mailto:todd.peddle@forces.gc.ca) in order to receive a proposal package. The proposal package will provide detailed instructions of proposal format. Deadline for submissions in required format is 31 March 2014.

**Biens non publics 8e ESCADRE BASE DES FORCES CANADIENNES TRENTON DEMANDE DE PROPOSITIONS pour la production des publications de la 8e Escadre/Base des Forces canadiennes (BFC) Trenton consacrées au moral et au bien être**

La 8e Escadre/BFC Trenton sollicite des propositions de personnes qualifiées désirant produire diverses publications consacrées au moral et au bien être.

Les personnes ou les parties désireuses de présenter une proposition doivent communiquer avec M. Todd Peddle, gestionnaire adjoint des programmes de soutien du personnel, par téléphone au 613 392 2811, poste 3079, ou par courriel à [todd.peddle@forces.gc.ca](mailto:todd.peddle@forces.gc.ca), afin d'obtenir une trousse de proposition.

La trousse fournira des instructions détaillées concernant le modèle de proposition. L'échéance des soumissions dans le format requis est le 31 mars 2014.

**8 Wing Chapel**



**Location:** 91 Namao Dr. E  
**Contact:** (613) 392-2811 ext. 4593 or 2490  
**Office Hours:** Mon to Fri: 0800 -1600 hrs  
**Worship Times:**  
 • Protestant Service - 0900 hrs  
 • RC Mass English - 1015 hrs  
 • RC Mass French - 1130 hrs  
 • Every 3rd Sunday Bilingual - 1015 hrs  
 • Confession: At all times  
 • Daily Mass: Tuesday to Thursday at 12:00 hrs

**Baptisms:** Please allow at least 30 days notice for preparation. For more information please call the chapel at 613-392-2811 ext. 4593 or 2490.

**Marriages:** Couples wishing to be married by a military chaplain must have their application approved prior to setting a date for the wedding. Normally at least one party must be active in a military or civilian church. Please contact the chaplain's office.

**Employee Assistance Program**

*Referral agents:*

**Drew Craig**  
 (Chairperson) 3930

**Karen Brake**  
 7911

**Nathalie Serre**  
 7413

**Rhonda Loomes**  
 7588

**James Leblanc**  
 3053

# Wing Construction Engineering promotions



Lt.-Col. Dany Breton, 8 Wing Logistics and engineering (WLE) Officer promoted the following personnel while CWO Paul Kombargi, the WLE CWO, looked on.

Submitted photos are in order of appearance.

- Sgt. Joseph Shea
- Sgt. Jonathon Desrosiers
- Private Trained Matthew Skerry
- WO John Robinson

Modren 3 Bedroom Home Near Trenton Airbase



A safe beautiful all brick modern 3 bedroom home. Everything is included. Water, heat, hydro, Satellite T.V. Private fenced yard with deck, parking. Close to the YMCA, parks, schools and Trenton Airbase. This is a one store house. It comes with all modern appliances. Kitchen aid dishwasher, Whirlpool stove and fridge. Also full use of a shared washer and dryer down stairs. You would have the main floor of this home separate and secured from the downstairs This is a clean quite home suitable for a mature professional person or family. Please no smokers or pets. \$1300 per month. Fist and last moths rent as well as references are required. Please email or call for details. Thank you.  
613-398-6691, pebamford@hotmail.com

R0012608063

## Open House

Sat. March 15 & 22 10am -12 noon

**189 Ridley St. Rossmore \$459,000**

**2009 P.E.C. Construction Association Award Winning Home**  
 Many custom features and private in-law suite. This 3200 sq ft home features polished concrete solar heated radiant floors on main level, solid bamboo staircase and flooring, ICF construction, wrap around porch, two covered concrete patios, 4 bedrooms and 3.5 bathrooms. Custom kitchen with large pantry. Private balcony from the master bedroom overlooking the Bay of Quinte. 3/4 acre lot with deeded water access. City water, high efficiency wood stove, sunken family room, large treed back yard. Quiet street, great neighbors and beautiful sunsets.  
 In-law suite features all one level, one bedroom, full bath, full kitchen, private patio and entrance, radiant floors and 9 ft ceilings.

**see additional info on Kijiji - AD id # 558587240**

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**\*\* OPEN HOUSES WEEKENDS \*\***

**2292 Rednersville Road**  
 March 23rd, April 13th and April 27th  
 1PM to 3PM  
 3bedrm; brick; 24x24' 2door garage;  
 large lot, close to CFB Trenton

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 Dem Bones Fish & Chips Purchase  
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**15% off for All Military Personnel, everyday, all the time**  
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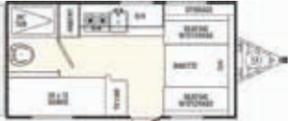
**2014 FOREST RIVER COACHMEN VIKING 1706LS**  
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 Viking boasts stunning appeal and loads of features centered around convenience and practical comfort features that the most experienced camper appreciates.




**\$49<sup>55</sup>**  
Biweekly

~~\$8,995~~ **\$6,995** Plus Freight & PDI

**2014 FOREST RIVER COACHMEN VIKING ULTRA-LITE 16B**  
 Stk# R0150  
 Only 2500lbs! Viking Ultra-Lite travel trailers by Forest River provide affordable family camping with the quality and comforts of the full size units.

**\$66<sup>16</sup>**  
Biweekly

~~\$11,995~~ **\$9,995** Plus Freight & PDI

**2014 COLEMAN EXPEDITION LIGHT WEIGHT 184BH**  
 Stk# 453186  
 Coleman's reputation for high-quality camping products is legendary. Colemans are loaded with innovative features and value. After all, Coleman is Camping!




**\$102<sup>64</sup>**  
Biweekly

~~\$17,995~~ **\$16,195** Plus Freight & PDI

**OVER 200 TRAILERS IN STOCK!**

**2014 FOREST RIVER COACHMEN ULTRA-LITE APEX 151RBX**  
 Stk# R0209  
 Apex's strong Ultra-Lite aluminum and fiberglass construction produces the highest quality and most customer friendly lightweight trailer on the market!




**\$102<sup>34</sup>**  
Biweekly

~~\$17,495~~ **\$15,495** Plus Freight & PDI

**2014 FOREST RIVER SHASTA OASIS 21CK**  
 Stk# R0163  
 Lite weight and easy to tow by Forest River. Every inch is carefully planned for ease, roominess and comfort in the most affordable RV available!




**\$102<sup>14</sup>**  
Biweekly

~~\$17,495~~ **\$14,395** Plus Freight & PDI

**2014 HEARTLAND PROWLER LYNX 25LX**  
 Stk# R0200  
 The most iconic name in the industry! Affordable, reliable, and still packed with all the features you need for the best camping experience!




**\$102<sup>57</sup>**  
Biweekly

~~\$17,495~~ **\$15,195** Plus Freight & PDI

Advertised Clearance Price is plus tax, Freight and PDI (\$1295 Freight and \$895 PDI on travel and 5th wheel trailers, \$695 Freight and \$595 PDI on tenttrailers). Take advantage of our low rate financing and we'll pay the Freight!

**14 FORD FIESTA S**



19352 Black! Manual transmission, 4 cylinder, 4 door, hatchback, AM/FM/CD, pwr mirrors, locks, only 1,000kms!!!!

**\$12,495**

**\$78.60**  
biweekly  
96 mths @ 6.99%  
0 DOWN +HST

**13 CHEV CRUZE LT**



19721 1.4L Turbo! Reverse camera! Factory remote start! Automatic, 4 cyl, 4 dr, OnStar, satellite radio, keyless entry, only 18,000kms!!!!

**\$16,495**

**\$103.76**  
biweekly  
96 mths @ 6.99%  
0 DOWN +HST

**11 FORD FUSION SEL**



19682 17" Alloy rims! Pwr heated leather seats! Pwr heated mirrors! Automatic, 4 cyl, 4 dr, sync, pin pad entry, dual climate controls, air, cruise, tilt, traction control, sync, steering wheel audio controls, AM/FM/CD, pwr locks, windows, keyless entry, 108,000kms.

**\$11,995**

**\$83.53**  
biweekly  
84 mths @ 6.99%  
0 DOWN +HST

**13 FORD FOCUS TITANIUM**



19729 Nav! Pwr heated leather seats! Pwr sunroof! Reverse camera! Push button start! Factory remote start! 17" Alloy rims! Automatic, 4 cyl, 4 dr, flex fuel, sync, keyless entry, only 25,000kms!!!

**\$19,995**

**\$125.77**  
biweekly  
96 mths @ 6.99%  
0 DOWN +HST

**12 CHEV CRUZE LS**



19712 6 Speed, manual transmission, 4 cyl, 4 dr, OnStar, satellite radio, CD, keyless entry, only 31,000kms!!!

**\$11,995**

**\$75.45**  
biweekly  
96 mths @ 6.99%  
0 DOWN +HST

**12 CHEV SONIC LT**



19080 Pwr sunroof! 17" Alloy wheels! Automatic, 4 cyl, 4 dr, hatchback, cruise, air, tilt, steering wheel controls, traction control, OnStar, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, only 9,000kms!!!!

**\$14,495**

**\$91.41**  
biweekly  
96 mths @ 6.99%  
0 DOWN +HST

**13 FORD FOCUS TITANIUM**



19713 Nav! Pwr heated leather seats! Pwr sunroof! 17" Chrome wheels! Factory remote start! Reverse camera! Black! Automatic, 4 cyl, 4 dr, hatchback, sync, flex fuel, park aid, dual climate controls, satellite radio, keyless entry, only 27,000kms!!!

**\$19,995**

**\$125.77**  
biweekly  
96 mths @ 6.99%  
0 DOWN +HST

**13 FORD FOCUS TITANIUM**



19472 Navigation! 17" Chrome wheels! Pwr heated leather seats! Pwr sunroof! Factory remote start! Pwr heated mirrors! Reverse camera! Sony sound system! Black! Rear spoiler! Automatic, 4 cyl, 4 dr, flex fuel, park aid, dual climate controls, sync, traction control, cruise, air, tilt, satellite radio, CD/MP3, pwr locks, windows, keyless entry, only 19,000kms!!!!

**\$19,995**

**\$125.77**  
biweekly  
96 mths @ 6.99%  
0 DOWN +HST

**13 FORD FIESTA TITANIUM**



19203 Pwr sunroof! Heated seats! 16" Alloy wheels! Pwr heated mirrors! Automatic, 4 cyl, 4 dr, hatchback, key pad entry, steering wheel controls, sync, cruise, air, tilt, satellite radio, CD/MP3, pwr locks, windows, keyless entry, only 19,000kms!!!!

**\$15,495**

**\$97.47**  
biweekly  
96 mths @ 6.99%  
0 DOWN +HST

**11 CHEV CRUZE LT**



19632 Automatic, 4 cyl, 4 dr, air, cruise, tilt, traction control, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, only 39,000kms!!!

**\$12,995**

**\$90.49**  
biweekly  
84 mths @ 6.99%  
0 DOWN +HST

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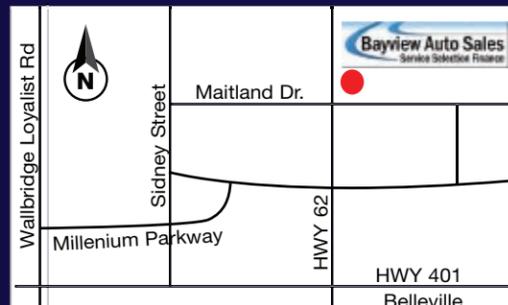
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**MARCH A**