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>> Healthy message sent by 8 Wing/CFB Trenton leadership

National fruit and vegetable campaign kicked off with animated and articulate vegetables

2

>> 8 Wing's Capt. Michelle Guertin a world-class Iron Man

This young 2 Air Movements Squadron woman loves the challenge of a triathlon

3

>> RCAF participates in Coalition Virtual Flag

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9

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MFRC Family Day



Two young boys enjoy their place atop this police vehicle as they pepper a military police officer with questions at the MFRC Family Day on Sunday. See the story and more pictures on page 5.
Photo by Ross Lees

24 CF H Svcs invests its first Honorary Lt.-Col.

Hon. Lt.-Col. Dr. Amber Hayward-Stewart is no stranger to the military

By Ross Lees

No stranger to the Canadian Armed Forces (CAF), Dr. Amber Hayward-Stewart "re-upped" with the military Wednesday when she became the inaugural 24 Canadian Forces Health Services Centre (24 CF H Svcs C) Honorary Lieutenant-Colonel, joining her husband Hon.-Col. Kemp Stewart (429 Squadron) in the Honorary Colonel ranks of 8 Wing/CFB Trenton.

24 CF H Svcs Commanding Officer Major (Maj.) Rochelle Heudes, was quick to point out the significance of this investiture.

"This is definitely one of the most significant events for 24 CF H Svcs C and also a defining moment in our unit's history," she noted. "In the past, clinics were not authorized to have Honoraries, however, in 2014 this decision was changed and all CF health care clinics are now permitted to make these appointments."

Her predecessor, Lt.-Col. Peckham, wasted little time in nominating Dr. Hayward-Stewart, as a result of her accomplished career with the CAF and the community at large, Maj. Heudes stated.

Continued on page 7

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Healthy message sent by 8 Wing/CFB Trenton leadership

National fruit and vegetable campaign kicked off with animated and articulate vegetables

By Ross Lees

“Sept. 21 to Oct. 3 is the National Vegetable and Fruit Campaign, so what better way to launch the annual campaign than to partner with our leadership and promote health?” wondered Lisa Refausse, Manager of Health Promotions on 8 Wing.

Monday at the end of the work day The Health Promotion team along with the key leaders of the base passed out bananas to every motorist and pedestrian at the corners of Yukon and Anson streets.

“We wanted to be sure that members of our 8 Wing/CFB Trenton community had a serving of fruit that day as we raised awareness to the necessity of this food group,” she noted. “Bases across the country are holding various events to promote this healthy campaign, however it was only at 8 Wing that there was a collection of this food group on hand to pass out fruit to everyone.”

On hand was a strawberry – Major Rochelle Heudes, Commanding Officer of 24 Canadian Forces Health Services Centre (24 CF H Svcs C), snap peas - Captain Stephane Quirion, Community Health

Nurse at 24 CF H Svcs C, Wing Chief Warrant Officer Darcy Elder was the carrot and Wing Administration Chief Warrant Officer Jean Lafond was the bunch of grapes.

Lisa and her health promotion team thanked the base leaders who partnered with Health Promotion and the Strengthening the Forces messaging to present a fine event.

“And the proof is in the pictures as to how willing and energetic this group was to help out,” she said. “It was an easy sell to our leadership team as not only did they dress up, they were true advocates for the messaging.”

North side members of 8 Wing/CFB Trenton can look forward to seeing the animated fruits and vegetables next week, she advised.

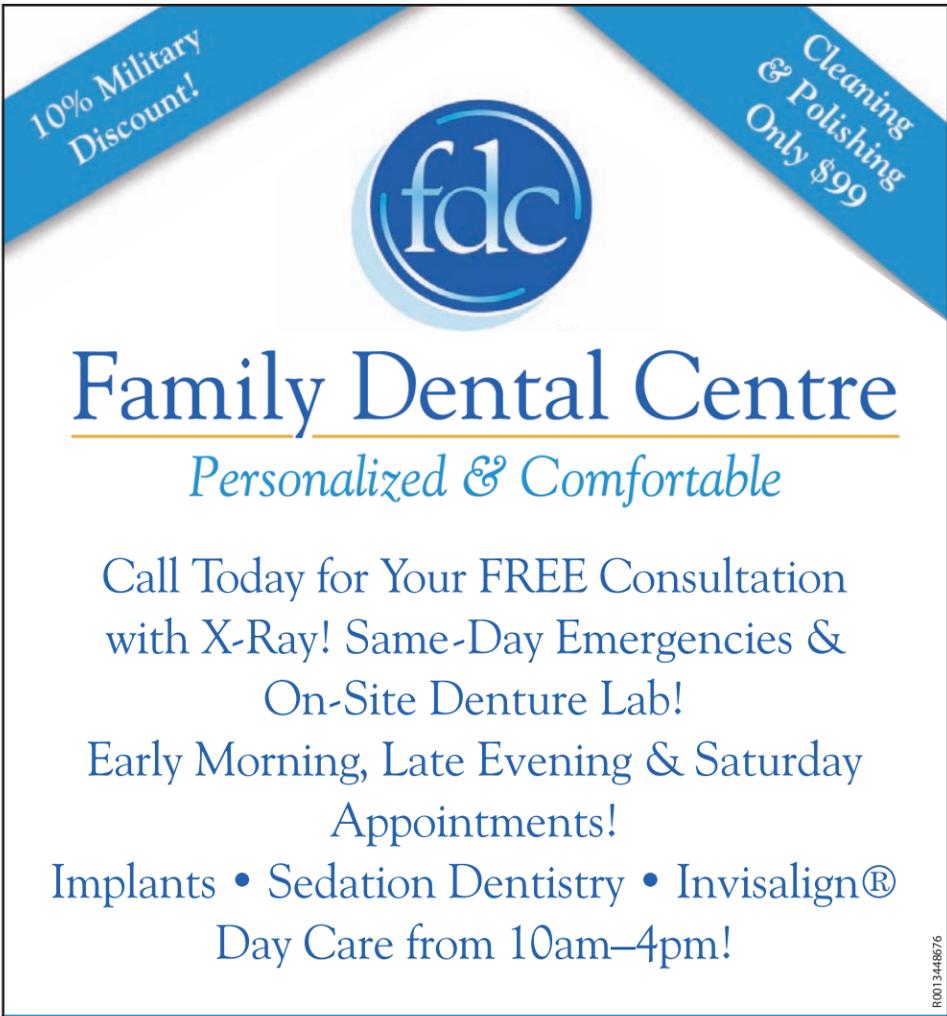


Animated and articulate vegetables and fruits handed out healthy snacks to departing base personnel Monday evening to kick off the National Vegetable and Fruit Campaign from Sept. 21 to Oct. 3.

Photos by Ross Lees



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8 Wings Capt. Michelle Guertin a world-class Iron Man

*This young 2 Air
Movements Squadron
woman loves the challenge
of a triathlon*

By Ross Lees

Three years into being a triathlete, 27-year-old Capt. Michelle Guertin of 2 Air Movements Squadron at 8 Wing/CFB Trenton is starting to make a name for herself.

She is also beginning to find out just how far she can push her body.

In the last month, this truly fit young Canadian Armed Forces (CAF) member has pushed herself far and away beyond what she might originally have thought she could do, especially for a person who was never really athletic as a youngster growing up until she got into her late teens. Fencing at Royal Military College got her started, eventually triggering an interest in running that ultimately evolved into a love of the triathlon – swimming, cycling and running.

Today she is ranked 12th in Canada for the Iron Man 70.3 distance and she is ranked 135th in the world over that distance. That's after just one race at that distance but that one race opened up a world of possibilities for her.

In many respects, she really did just stumble into this category. She took part in a race in Muskoka early in the summer and qualified through it for an Iron Man 70.3 world championship race in Austria. She originally thought she had qualified for a race next year, but found out it was for a race just six weeks later in Austria. With some trepidation but with encouragement from her coach, she decided to go for it.

"I had some discussion with my coach, but we both felt I should just go for it because it was probably a once-in-a-lifetime opportunity," she told *Contact* recently. "I signed up and we just rejigged our whole training program. We felt it was just a golden egg that fell into my lap and I didn't want to waste this opportunity."

She had reason to regret that decision in some ways only a few weeks later when she finally hit the slopes of the course in Austria. Nothing had prepared her for the steep grades in Aus-



Capt. Michelle Guertin is shown during her race in Austria on her bike. Submitted photo

tria and the pure length of the bike ride and run. Also the switch from a distance where speed is emphasized more than endurance to a pure endurance race was abrupt and she recalls finding herself on the course and, after checking her times, couldn't believe how slow she seemed to be going, both on the bike and running.

However, she put her head down and continued through the race, completing it in an overall time of six hours, six minutes and 42 seconds. If there was a portion of the race that stood out, it was the emotional exhaustion she experienced at the finish line. She remembers crossing the line and then just feeling her emotions get away from her.

Several days later, she is back in Canada, back at work and doing an interview with her little base paper and recalling those next few days. Back into training for a coming race in Chicago barely three weeks in the future, she remembers sleeping for 12 hours straight at one point and still requiring more sleep than normal.

The race in Austria had satisfied a craving she had had, though.

"Every time I've been to a triathlon, I've always wanted more," she said. "It never

seemed long enough. I always finished with feelings of happiness and accomplishment and there wasn't that big of an emotional stressor or drain on those distances."

After Muskoka it was different.

"It was the first time I finished a race and said I can't do more,"

she recalled.

Austria brought all of that back in spades and she said it was like fighting your own personal demons.

"You're all on your own – no music and no one to talk to – just you and the devil and the angel on your shoulder, more the devil

Continued on page 11

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Mental Health Continuum Model

HEALTHY	REACTING	INJURED	ILL
Normal mood fluctuations Calm & takes things in stride	Irritable/Impatient Nervous Sadness/Overwhelmed	Anger Anxiety Pervasively sad/Hopeless	Angry outbursts/aggression Excessive anxiety/panic attacks Depressed/Suicidal thoughts
Good sense of humour Performing well In control mentally	Displaced sarcasm Procrastination Forgetfulness	Negative attitude Poor performance/Workaholic Poor concentration/decisions	Over insubordination Can't perform duties, control behaviour or concentrate
Normal sleep patterns Few sleep difficulties	Trouble sleeping Intrusive thoughts Nightmares	Restless disturbed sleep Recurrent images/nightmares	Can't fall asleep or stay asleep Sleeping too much or too little
Physically well Good energy level	Muscle tension/Headaches Low energy	Increased aches and pains Increased fatigue	Physical illnesses Constant fatigue
Physically and socially active	Decreased activity/socializing	Avoidance Withdrawal	Not going out or answering phone
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Vegetable and Fruit Awareness Campaign

Join the two week Vegetable and Fruit Awareness Campaign 2015 from Sept. 21 to Oct. 4!

Here are instructions on how to become an active participant of the Vegetable and Fruit Awareness Campaign:

1. Read the featured articles
2. Try the recipes
3. Watch the videos
4. Track your vegetable and fruit consumption for 2 weeks using the downloadable form (PDF, 103 Kb). This will serve as a learning and motivational tool.
5. Contact HP 8 Wing/CFB Trenton to find out what activities are planned on your base/wing and participate in as many as you can!
6. Visit cfbtrenton.com for the National website.

Congratulations, you are on your way to improving your health and well-being as well as your physical and mental performance!

Lisa Refausse – Manager Health Promotion x4122
Pamela Holmstead – Health Promotion Specialist x5429
Cindy Tromp – Health Promotion Specialist x3767
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The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events affecting Canada's largest and busiest air base – 8 Wing/CFB Trenton.

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

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

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Public Affairs, Internal Comms: 8 Wing Public Affairs

PSP Manager: John Snyder

The Independent (Metroland) Staff

General Manager: Melissa Hudgin 613-966-2034 ext: 504

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

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

Bookkeeper: Heather Naish 613-966-2034 ext: 560

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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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MFRC Family Day attracts approximately 1,200 guests

String of beautiful days and many attractions helps annual event stay popular

By Ross Lees

Their streak of nice days for the annual Military Family Resource Centre (MFRC) annual Family Day was maintained this year as a beautiful, sunny day back-dropped this well attended event.

Early numbers indicate approximately 1,200 people came out for the Family Day at the MFRC complex, an event which again featured games, activities, demonstrations, displays and good food in abundance.

"Our Family Day was a blast!" noted Communications and Development coordinator Devon Taylor following the event. "Everything went nearly as planned," she said, although a misplaced part resulted in no mechanical bull this year, but it barely seemed to be missed among all of the activities.

"It was a beautiful day and it was great to see so many families come to enjoy the activities and learn more about the different programs we offer and that are available in the community," Miss Taylor stated.

"I think the real story of the day was the way this community sets up this event," noted Executive Director Tamara Kleinschmidt early in the day. "It just goes from nothing to a functioning event in a very short period of time and it's amazing to watch."

Much of the community pitches in to make this event successful. Bouncy cas-

ties, fire and police demonstrations and rides were available, a miniature train ride, face painting, a dancing demonstration, displays of martial arts, and crafts all made the day exciting while a continuous outdoor barbecue satisfied the ravenous appetites of those attending.

The MFRC refuses to rest on its laurels for their Family Day.

"We will be reviewing the feedback we received from families to see how we can improve for next year," added Miss Taylor. "We are always looking for ways to improve and make the day an even better event for military families."



Trenton MFRC executive director Tamara Kleinschmidt admired the beautiful wooden train which spent the day giving families rides.

(Right) This young lady gets her face painted under watchful eyes at the MFRC Family Day.



This young person is suspended in happy animation on this bouncy castle at the MFRC Family Day Sunday.

Photos by Ross Lees



These four friends took a break from having fun at the MFRC Family Day to have their picture taken.

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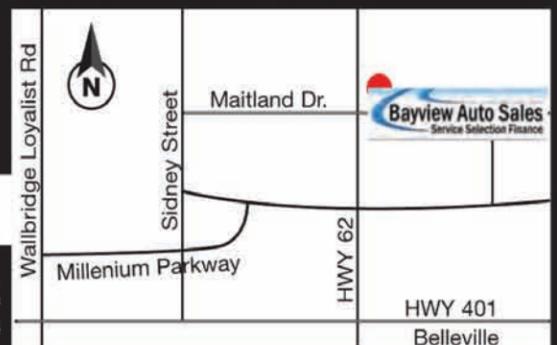
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24 CF H Svcs invests its first Honorary Lt.-Col.

Continued from page 1



Hon Lt.-Col. Amber Stewart said it was an honour and a privilege to be appointed as 24 CF H Svcs very first Honorary Lt.-Col

"I have no doubt that Amber will excel in her duties as an Hon. Lt.- Col. in promoting esprit de corps and being the public face for our unit," Maj. Heudes said.

It was a theme newly invested Hon. Lt.-Col. Hayward-Stewart expounded on.

"As your new Hon. Lt.-Col., what I hope to do is provide that community link for you, help to maintain the esprit de corps, which is already very prevalent, and I think most important, I want to be there for the good times and ensure that you, while you are here at 24 Health Services, have a great time in the community and advance in your careers as well," she stated.

She said there was already a close-knit affiliation with the base and the community and she wanted to help strengthen that bond.

In stressing the medical theme of the investiture, she noted that the first hospital in the area was raised due to the base.

"It was sometime after the war and there were a lot of newlyweds," she said. "A year later, there were a lot of babies that had to be born. Before we had a hospital, it was the top floor of a local hotel that actually was the first makeshift hospital."

Even today, the link between the base and Trenton Memorial Hospital (TMH) is strong, she added.

"We train and update the SAR techs and we hopefully serve as an area where nurses, PAs and doctors can continue to make its competency," she noted.

Dr. Hayward-Stewart joined the CAF reserve forces in 1981 and, upon completing her educa-

tion with a Masters in psychology, she became the first female non-engineer to win the Col. C. Wade Excellence in Leadership Award in 1991. In 1995, she completed her MD from McMaster University, she completed her certification in the college of Family Physicians from Queen's University in 1997 and in 1998 her PFD in psychology from Carleton University.

She went on to become a physician at Royal Military College of Canada and a physician for the Canadian Nijmegen team as well as a private practice. In 2003, after doing her residency in orthopedics, Dr. Hayward-Stewart went to work as a physician at CFB Kingston, including a stint in the capacity of Base surgeon. In July of 2005, she retired from the military, quickly becoming the medical director of the emergency department and emergency physician at Northumberland Hills Hospital.

She was a primary care physician in Trenton and was appointed and trained as a coroner for Ontario East region and she received her Law and Medicine Post Graduate certificate from Osgoode Hall in 2010, the same year she was appointed to the position of chief of emergency medicine at TMH. She currently runs a private practice in family medicine in Picton.

Maj. Heudes is obviously proud of her new Hon. Lt.-Col., which she made obvious in the closing remarks of her speech.

"Amber, I look forward to working together with you and I would like to take this opportunity to welcome you as a member of our 24 CF Health Services family," she said.

Hon. Lt.-Col. Hayward Stewart was put right to work by her new CO, as she helped present a plaque featuring the newly designed 24 CF H Svcs C logo to MWO Shane Williamson and she helped acknowledge an accelerated promotion to Cpl. Sascha Paul.



The scrolls are signed in this photo as 24 CF H Svcs C inaugural Honorary Lt.-Col. Amber Hayward-Stewart (left) is welcomed to the new position by 24 CF H Svcs C CO Maj. Rochelle Heudes (right).

Photos by Ross Lees

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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.

Oct. 4 – 10 - Fire Prevention Week 2015

This year's Fire Prevention Week is scheduled to run from the Oct. 4 until Oct. 10. The theme for this year's event is "Hear the beep, where you sleep!" As in prior years, the 8 Wing Fire Department will be holding fire drills at various buildings throughout the base. All Wing personnel are advised to review their work place Fire Orders in order to ensure they are familiar with the procedures to follow in the event of a fire. For further information please contact the Fire Prevention Office at local 7880 or 3910.



Semaine de protection contre l'incendie 2015

Cette année, la Semaine de prévention des incendies se déroulera du 4 au 10 octobre. Le thème de cette année est « Dans les chambres à coucher, installez des avertisseurs de fumée! » Tout comme les années précédentes, le service d'incendie de la 8e Escadre mènera des exercices d'évacuation dans divers bâtiments de la base. On conseille à tous les employés de l'Escadre de réviser les consignes d'incendie de leur lieu de travail afin de s'assurer qu'ils connaissent bien les procédures à respecter en cas d'incendie. Pour de plus amples information, veuillez communiquer avec le bureau de prévention des incendies aux postes 7880 ou 3910.

Sept. 26 – Glenwood Cemetery Veteran's Day

The Glenwood Cemetery Veteran's Day is being held this year on Sept. 26 at the Glenwood Cemetery in Picton at 47 Ferguson St., in honour of those who fought for peace. The event is held in partnership with Branch No. 78 Royal Canadian Legion, 415 Wing Royal Canadian Air Force Association and the 851 Prince Edward Royal Canadian Air Cadet Squadron. All are welcome to attend this annual service of remembrance.

Oct. 14 – 8 Wing Officers' Mess Ladies Club Travel Night

The 8 Wing Officers' Mess Ladies Club meeting in October at 6:30 p.m. will feature guest speaker Carolyn Armitage of Carlson Wagonlit Travel, who will speak on tips for travellers. Members are free and members' invited guests are \$5. Refreshments will be served. For more information, contact chambersj@live.ca

Oct. 26 – Trenton Knights of Columbus Blood Donor Clinic

The Trenton Knights of Columbus Blood Donor Clinic takes place at the Knights of Columbus Hall at 57 Stella Crescent from 1 p.m. to 7 p.m. All regular and new blood donors are welcome.

Trenton Legion Branch 110 Halloween Dance

Make your plans for Halloween by attending the Halloween costume dance in the Legion auditorium with the band "Whiskey Burn." Admission is \$10 and the public is welcome.

Want to join the Masons?

Interested in becoming a Mason? Please bring your family for a tour of our lodge, Sunday Oct. 18, at Lake Lodge, 465 County Rd. 19, Ameliasburg, between 12:30 p.m. to 4 p.m. Contact Brian 613-242-0194.

Wing Logistics and Engineering Picture of the Week



8 Wing Transportation/Royal Canadian Electrical Mechanical Engineering (Tn/RCEME) Squadron recently completed the procurement process for a new accessibility van for 8 Wing's Integrated Personnel Support Centre (IPSC) Platoon. The van is capable of carrying up to three passengers that are in wheelchairs. This new capability reinforces the support to our ill and injured soldiers. Above Major Ballenthin turns the keys over to Captain Lund.

Photo by Cpl. Ian Howard, 8 Wing Tn/RCEME

Trenton's Nostalgic Trivia



Left: Group Captain McBurney, Centre: Group Captain McGill, Right: Flight Lieutenant McAlpine (Station Adjutant). For those of you who participated in Col. Colin Keiver's Wing Commander's Change of Command (COC) parade last month, aren't you pleased you did not have to stand on parade during this COC parade in January 1943?

Provided by Capt Sandor Gyuk, Wing Heritage Officer



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Fall 2015 Red Cross Swim Lessons

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Adult Programs

Morning Aquafit – Mon., Wed., Fri. mornings Sept. 21 to Dec. 18 from 8:30 a.m. to 9:20 a.m.

Evening Aquafit (Jogging) – Tuesdays and Thursdays Oct. 6 to Dec. 3 from 6 p.m. to 6:50 p.m.

Senior Lane Swim – Mon., Wed., and Fri. mornings Sept. 21 to Dec. 18 from 7:30 a.m. to 8:20 a.m. or 8:30 a.m. to 9:20 a.m.

New Fitness Class Pass – Purchase a punch card and you have the choice of any or all fitness classes – eight classes per card.

Boot Camp Fitness – Mondays Sept. 21 to Nov. 16 from 4:15 p.m. to 5:15 p.m.

Fitness 4 two (Parent and Baby) – This is an outdoor baby friendly class which allows mom or dad to get a great workout and attend to baby's needs at any time.

Mondays, Sept. 21 to Nov. 16 from 5:30 p.m. to 6:30 p.m.

New Hatha Yoga (60 minutes) Tuesday, Sept. 22 to Nov. 10 from 4:15 p.m. to 5:15 p.m.

New Mom and Baby Pilates – Wednesdays, Sept. 23 to Nov. 18 from 9 a.m. to 10 a.m. and Thursdays, Sept. 24 to Nov. 12, 5:30 p.m. to 6:30 p.m. at the RecPlex gym.

Spin-Fusion – Tuesdays, Sept. 22 to Nov. 10 from 5:40 p.m. to 6:40 p.m.

Zumba – Wednesdays from Sept. 23 to Nov. 18 from 5:40 p.m. to 6:40 p.m.

Pilates/Core Fitness – Wednesdays, Sept. 23 to Nov. 18 from 4:30 p.m. to 5:30 p.m.

Spin Class – Thursdays, Sept. 24 to Nov. 12 from 4:20 p.m. to 5:20 p.m.

Learn to skate – Wednesdays, Oct. 7 to Dec. 16 from 5 p.m. to 6 p.m.

Coming this fall – Mom and baby pilates.

Children, Youth and Teen Programs

Kookin' with Kidz – Wednesdays from Sept. 23 to Nov. 18 – six to eight years of age from 5 p.m. to 6 p.m.; nine to 12 years of age from 6 p.m. to 7 p.m.

Tyke Terrain – Tuesdays and Thursdays from Sept. 22 to Dec. 10 from 9 a.m. to 11 a.m. at the RecPlex gym.

Learn to skate for youngsters four to seven years of age – Mondays from Oct. 5 to Dec. 14 from 5 p.m. to 6 p.m. at the RCAF Flyers Arena.

Learn to skate for eight to 16 years of age – Mondays, Oct. 5 to Dec. 14 from 6 p.m. to 7 p.m. at the RCAF Flyers Arena.

Shinny Hockey – starts Oct. 7 to Dec. 18.

Tyke/Novice (under nine years old) Fridays from 6 p.m. to 7 p.m.

Atom (under 11 years old) Fridays from 5 p.m. to 6 p.m.

PeeWee (under 13 years old) Wednesdays from 4 p.m. to 5 p.m.

(No shinny on Friday, Oct. 9 or Wednesday, Nov. 11.)

Dash 'n Splash – Fridays, Sept. 25 to Nov. 20 from 9 a.m. to 10:30 a.m.

Drop-in Youth Basketball for ages 13 to 17 years, Tuesdays, Sept. 22 to Nov. 24 from 7 p.m. to 8 p.m. at the RecPlex gym.

Kids Night Out – Friday, Nov. 13 for five-year-olds and under from 6 p.m. to 7:30 p.m. and six- to 12-year-olds from 6 p.m. to 8:30 p.m. at the RecPlex.

RCAF participates in Coalition Virtual Flag

By Maj. James Fell

Coalition Virtual Flag (CVF), which was executed from 19-28 Aug, is a USAF sponsored exercise designed to provide operational and tactical war fighters training in synthetic, theater-level, joint combat environments. CVF is targeted at deployable units and provides the training audience an opportunity to interact with joint and coalition elements of the Theater Air Controls System (TACS). CVF is scalable and tailorable in design to train war fighters in mission planning, execution and integration within a full TACS structure. CVF serial 15-04 had participation from multiple units from the US, UK, Australia, and the RCAF, with a typical event pushing hundreds of computer based and simulator based aircraft between all the players.

8 Wing/CFB Trenton supported CVF through two of its capabilities: Canadian Forces Aerospace Warfare Centre (CFAWC) and Air Mobility.

The Air Synthetic Environment (ASE) Branch, one of the branches of the CFAWC, provides the Distributed Mission Operations Center (DMOC) for the RCAF. ASE's role is to link and integrate all the RCAF fleets to operate over a distributed network in the virtual world. This year, members from ASE flew desk-top computer generated aircraft during the missions from the USAF DMOC. ASE also provided 2 CF-

18 desk top simulators located at CFAWC to fly escort and Defensive Counter-Air (DCA missions. Additionally, CFAWC provided the technical integration of the air mobility assets for a proof-of-concept for the CC-130J Weapon System Trainer (WST).

This year, the CC-130J WST was integrated into the CF Exercise & Experimentation Network (CFXNet) for the first time. A lot of collaboration was required and tasks sequenced in order to make this event successful. This was a collaborative effort over many months, with a multitude of activity going on behind the scenes, to enable the CC-130J WST to participate in this international exercise. Wing Telecommunications and Information Services Squadron/Shared Services Canada

(WTISS/SSC) enabled the Air Mobility Training Center to be connected to the CFXNet; CAE, a simulation technology and integrated training services company, provided access to the CC130J WST, their network for integration and their experts; with the ASE tech team out of Ottawa creating the coding and gateways for successful information to be passed over the Canadian network and then passed on to the USAF distributed training network; and 426

(Transport) Training Squadron/Transport Rescue Standards and Evaluation Team (TRSET) providing the WST hours and crew. The coding and challenges of the integration by the ASE team cannot be understated. Long hours, experi-

mentation, and risk mitigation occurred at every step of the way, as CVF had solid execution dates for the CC130J WST to be online.

The Air Mobility community has taken a lead role into integrating their simulation devices into a larger virtual world. Air Mobility can now tap into NATO, coalition and other RCAF simulators.

For the CVF mission, the CC-130J was able to fly: in formation with a RAAF C-130J out of Australia, while being escorted by CF-18s (out of CFAWC); F-15s and B-1 simulators from around the States; while being controlled by the AWACS simulator out of the UK and controllers out of the east coast of the USA, opportunities that would be hard to arrange in live fly events.

The synthetic world, which ASE provides, can allow a high-risk/high-threat yet safe training environment which would not be possible during a live fly event. Scenarios can be built and managed to suit each mission, tailorable down to the crew level. Connecting to other simulators, Canadian or international, allows players the opportunity to conduct realistic mission rehearsal prior to deploying, working out issues before ever reaching the threat.

All this work is in-line with the RCAF simulation strategy that mandates the maximum use of simulation in order to achieve force generation for the RCAF.



CFS Alert participates in the Terry Fox Run

Members of Canadian Forces Station (CFS) Alert participated in the 35th annual Terry Fox run supporting the Terry Fox Foundation for cancer. With the winter weather closing in on the North, station personnel had the option to run, walk, cycle or use the elliptical machine in order to complete their distance. All proceeds were donated to the Terry Fox Foundation.





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New Fall Programs at the Trenton MFRC

Visit our website - www.trentonmfrc.ca - or our Facebook page to find new and returning programs or events for adults, children, and the whole family!

Nouveaux programmes pour l'automne au CRFM de Trenton

Visitez notre site internet - www.trentonmfrc.ca - ou notre page Facebook pour trouver les nouveaux programmes et événements en plus de ceux qui nous reviennent, pour les adultes, les enfants et toute la famille!

Venez rire avec Matio Jean

Le CRFM de Trenton organise un autobus pour aller rire avec l'humoriste québécois Mario Jean à Kingston. Nous avons des billets réservés jusqu'au 1er octobre. Quand: le jeudi 22 octobre. Coût: Billet 35\$ chacun. Autobus: 5\$ chacun pour la communauté militaire. 10\$ chacun pour la communauté civile. Le paiement est dû avec l'inscription. L'autobus partira à 18 h du CRFM de Trenton et reviendra après le spectacle. Information et inscription à la réception

du CRFM 613-965-3575.

Afternoon Chatter - Let's go bowling!

This month's Afternoon Chatter will be bowling at Club Medd Bowl in Quinte West. When: Sunday, Oct. 4 from 1 p.m. to 4 p.m. Where: Club Medd Bowl, 31 Dundas St E, Quinte West. Cost: To be determined based on participation. Everyone is welcome! To learn more about the Afternoon Chatter group and to RSVP (before Thursday, Oct. 1) please contact Susan by texting or calling 1 (343) 263-3388.

Jasette de l'après-midi - On va jouer aux quilles

Where every drill is hidden in a fun and challenging game! When: Saturday, Sept. 26; 11 a.m. to 1 p.m. Cost: \$3/person, includes your daily ration (lunch!). For more information and to register your child or teen, please contact Rabia Stobbart at rabia.s@trentonmfrc.ca or 613-392-2811 ext. 3265.

Camp d'entraînement junior au Centre des jeunes

La jasette du mois d'octobre est au Club Medd Bowl de Quinte West. Quand: Le dimanche 4 octobre de

13h à 16h. Où: Club Medd Bowl, 31 rue Dundas Est, Quinte West. Coût: à déterminer selon le nombre de participantes. Bienvenue à tous! Pour plus d'information ou pour vous inscrire, contactez Susan, avant le 1er octobre, au 1-343-263-3388, texte ou téléphone.

Coffee, Cookie and a Chat

Parenting group offered at Breadner Elementary School. Topics covered will be related to school success, how to reduce homework struggles, how to communicate with staff etc. The first and third Monday of the month (Starts Sept. 21) from 9:20 a.m. to 10:20 a.m. You do not have to have a child attending Breadner School to participate in this program. Childcare is provided but spaces are limited. Must pre-register with Kelly Briggs at 613-392-2811 ext. 7917 the Wednesday the week before the group.

"Coffee, Cookie and a Chat"

Un groupe de "Parenting" à l'École élémentaire Breadner. Les sujets discutés seront axés sur la réussite scolaire, comment réduire les difficultés avec les devoirs, comment communiquer avec les enseignants etc. Le 1er et le 3me lundi du mois de 9h20 à 10h20 (Débutant le 21 Septembre). Vous pouvez participer à ce programme même si votre enfant n'est pas inscrit à cette école. Garderie subventionnée, vous devez vous inscrire à l'avance (avant le mercredi) et les places sont limitées, contactez Kelly Briggs 613-392-2811 poste 7917.

From the Ground Up - Fall 2015 Edition

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. When: Begins Oct. 21 to Dec. 16; Wednesday mornings from 9 a.m. to 11:30 a.m. To register or for information contact please Jaclyn Hunter, Prevention, Support, and Intervention Coordinator at jaclyn.h@trentonmfrc.ca or 613-392-2811 ext. 4017 before Oct. 16th. **Subsidized childcare available**

Apprendre à grandir - Édition automne 2015

Ce groupe est un programme d'empowerment 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. Les mercredis du 21 octobre au 16 décembre 2015. De 9h00 à 11h30 et le service de garde subventionné est offert. Pour inscription ou pour information, contactez Hélène Thibeault au 613-392-2811 poste 4532 ou helene.t@trentonmfrc.ca avant le 16 octobre.

Mother-Daughter Bootcamp

(Grades 7 and 8) Saturday, Sept. 26, 9 a.m. to 4 p.m. at the Trenton MFRC. Free lunch is provided. Theme will be: Self-Esteem. This group is for moms (or significant female role models) and daughters to develop a cohesive relationship that will last through the teen years. This group will run every other month. Pre-Registration is required. Contact 613-392-2811 ext. 4528 or mona.l@trentonmfrc.ca.

Home of the Week
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Designed specifically for a narrow lot, this two-storey, three-bedroom family home boasts a glass-railed balcony outside the master suite, as well as three covered patios accessible from the main floor. The home has three entries, each protected by a covered patio. At the front, the entry leads into the kitchen, while another entry at the back leads into the great room. The third entry opens into a corridor, with a coat closet nearby.

The great room, with six large windows, will receive plenty of natural light, and features a wood-burning stove. The dining room, located in a bayed-out area, will also be full of light, thanks to windows on three sides. The

kitchen is separated from the rest of the great-room area by an island with a three-seat eating bar.

An L-shaped counter configuration will save steps for the cook, who will also appreciate the roomy pantry. French doors open to the large patio that overlooks the front garden, making al fresco meals a breeze during the warmer months.

Also on the main floor is

a two-piece powder room, as well as the laundry room. Upstairs, the master suite occupies a dormer, so the ceiling slopes in two directions.

The en-suite includes an oval soaker tub with its own window, as well as double basins and a glassed-in shower stall. The walk-in closet will have plenty of room for clothing and accessories.

The secondary bedrooms

also feature a sloped ceiling, and share a three-piece bathroom, with a linen closet conveniently located nearby. Both bedrooms look out to the back garden, as well as having windows to the side. The large landing area is protected by a railing.

This home measures 34 feet wide and 42 feet, two inches deep, for a total of 2,082 square feet of living space.

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8 Wings Capt. Michelle Guertin a world-class Iron Man

Continued from page 3

than the angel, and at the end, it's this huge emotional release and weight off your shoulders. You feel so tired and destroyed, but you're happy that you did it. It's that feeling you accomplished something not many people do, no matter what your form was, you did it," she recalled of that emotional release.

Emotionally draining as that event was, she had no time to bask in that feeling of accomplishment. Her whole year had been spent preparing for this coming race in Chicago so she had to get right back out there and again start preparing for that triathlon, but now with the realization she was ranked both in Canada and in the world, which was the positive she was holding onto after Austria.

In Muskoka, she had come in at five hours and 45 minutes, so she had set a goal of five and a half hours for Austria. There were also 101 women in her age category and she wanted to finish in the top half. She came in 68th.

"It was a big disappointment for me," she stated.

Her sister had been there to cheer her along and she also gave her some valuable advice after the race.

"She told me to do a post mortem, to grieve my race," she noted. "She told me to take time to cry, to talk about it, get it out of my system and then move on."

As she has developed as a triathlete, she began writing a blog and a following has developed. She got many messages of support and it all helped, she recalled.

"It's hard to be upset with yourself when so many people

are happy for you," she acknowledged.

While there was concern about her turning around and then competing three weeks later in Chicago, it was finally decided that the race in Chicago would now seem easier for her and that she should continue with her plans.

Working in a military job which requires very regular deployments around the world makes it very hard for an athlete like Capt. Guertin to train on a regular basis and in familiar surroundings. But she is so determined to compete; she does not often let that stop her, although she very much describes it as a love/hate relationship.

She recalled a recent time in Iqaluit where she would get up early (her favourite time to train) go to the gym, or a hangar or a park and do her training. But she often goes from a place like Iqaluit to Afghanistan – from very cold to very hot – and she has to find a way to keep training.

Often pushed by her coach, she has been known to snap at him before realizing she needs that motivation to keep at it. The disciplines have also become thera-

peutic, she added.

"I think the reason I love this sport so much is one, because all three disciplines have become sort of a therapy. To be able to just swim and listen to the water just swoosh by you is so therapeutic. To go out on a bicycle and just discover the county, discover every little part of the world where you bring your bicycle is amazing because you see things you wouldn't normally see in a car or on a bus. So you get to discover the little things of the world that nobody else gets to see, which is very special. And running is just something that I've taken as my own personal me time where I get to turn my brain off and actually not think," she said.

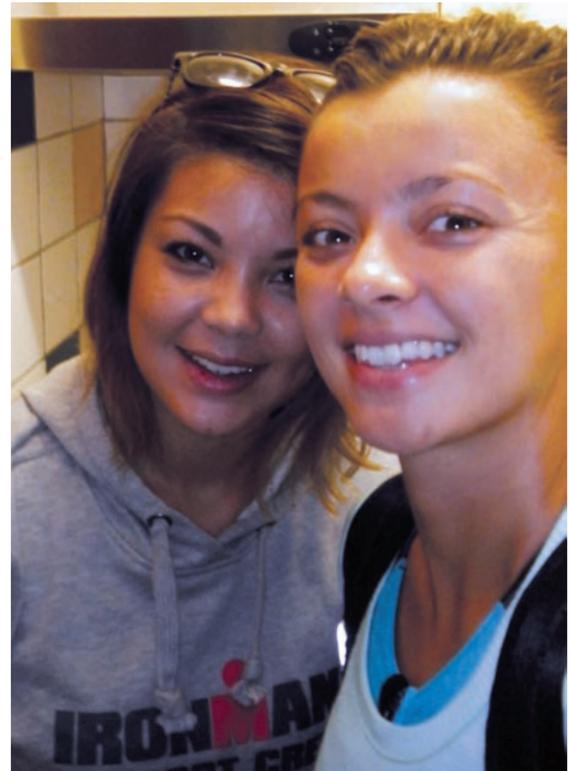
Throughout this experience,

Capt. Guertin said the support they have been so supportive," she noted.

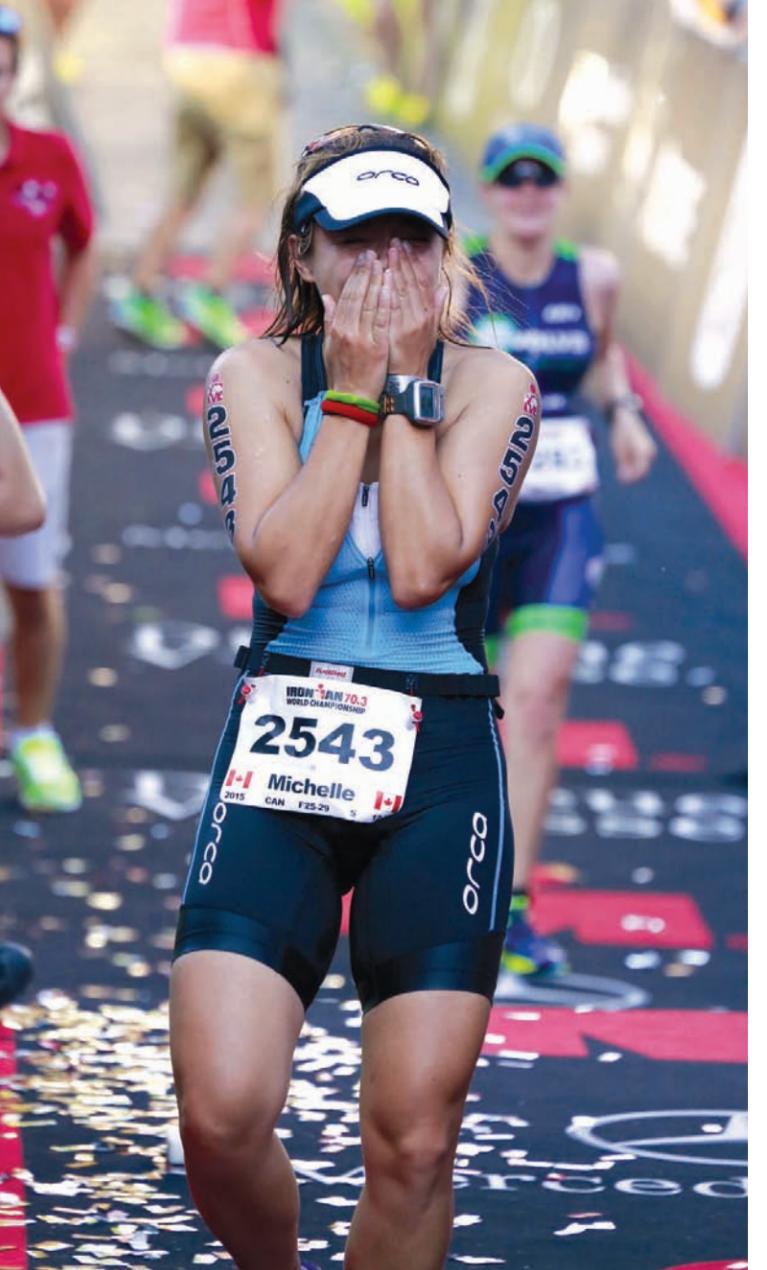
from Personal Support Programs (PSP) has been fantastic and she adds it has been "absolutely necessary."

"It's a wonderful program and

Editor's note: We will be doing a follow-up story with Capt. Guertin about her experience in Chicago.



Capt. Guertin is shown here with her sister, her ardent and enthusiastic supporter of her efforts.



Capt. Guertin displays the emotional release of completing an Iron Man 70.3 competition in Austria. Submitted photos

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WEEKLY AT | FOR | MONTHS¹ FIRST AUTO PROGRAM²

FUEL ECONOMY			
	CITY L/100 KM	HWY L/100 KM	COMBINED L/100 KM
1.2L MT	7.0L	5.5L	6.4L
1.2L CVT	6.4L	5.3L	5.9L

\$2,500 IN NO-CHARGE EXTRA FEATURES⁴ + **\$1,000 OFF**
AVAILABLE ON LANCER LIMITED EDITION MODELS FIRST AUTO PROGRAM²



Available on Lancer SE AWC, Limited Edition AWC and GT AWC³



Excludes Lancer Evolution, Ralliart and Sportback

0% PURCHASE FINANCING FOR UP TO **84 MONTHS¹** ON SELECT VEHICLES + UP TO **\$1,000 OFF** FIRST AUTO PROGRAM² ON SELECT VEHICLES

GET TO KNOW THE NEW OWNER & STAFF



COLIN PRESIDENT | **SEAN** SALES CONSULTANT | **KIMBERLY** SALES CONSULTANT | **TERRY** BUSINESS & FINANCE | **SHELLEY** BUSINESS & FINANCE

BUILT BETTER. BACKED BETTER.
10 YEAR 160,000 KM POWERTRAIN LTD WARRANTY**
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720 Dundas St. W. Belleville K8N 5B5
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Highway 5.9 L/100 km (48 mpg) and 6.4 L/100 km (44 mpg) in the city for CVT-equipped models. Actual fuel efficiency will vary with options, driving and vehicle conditions. ** Whichever comes first. Regular maintenance not included. See dealer or mitsubishi-motors.ca for warranty terms, restrictions and details. Some conditions apply. standard on RVR SE AWC, Limited Edition and GT/Lancer SE AWC, Limited Edition SE AWC and GT AWC. S-AWC standard on Outlander GT. † Estimated combined city and highway ratings for non-hybrid sub-compacts based on Natural Resources Canada new testing methodology: Mirage highway 5.3 L/100 km (53 mpg), combined city/September 30, 2015. \$800 consumer cash discount applicable on 2015 Lancer SE vehicles purchased between September 1, 2015 and September 30, 2015. Consumer cash discount will be deducted from the negotiated price before taxes and will take place at time of purchase. Some conditions apply. See your dealer for details. \$ AWC vary by model and will be deducted from the negotiated price after taxes. Loyalty rebate applies to vehicles purchased and delivered between September 1, 2015 and September 30, 2015. Other conditions apply. † \$2,500 in no-charge extra features applies to 2015 Lancer SE Limited Edition vehicles purchased from September 1, 2015 to and RVR vehicles, and \$750 rebate amount applicable on Mirage vehicles (excluding Mirage ES 5MT) will be deducted from the negotiated price after taxes. Some conditions apply. Please see dealer for details. † \$1,500 loyalty rebate available on the purchase of any new 2016 Outlander model to current owners and eligible others. Amounts Mitsubishi First Auto Program applies to Lancer, Sportback, RVR and Mirage vehicles (excluding Mirage ES 5MT), is applicable to all approved Scotiabank first-time automotive finance or lease purchasers and must be combined with Scotiabank Subvented Finance or Lease Rates. Rebate amounts of \$1,000 applicable on Lancer, Sportback v