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426 Thunderbirds mark significant moment in squadron's distinguished history

By MCpl Tim Templeman, 426 Sqn Historian

4²⁶ (Transport) Training Squadron also known as "Thunderbirds" Colour Party and Orderly removed, for the final time, their Squadron Standard from its original home in the Dishforth Building during a 'Transfer of Colours' ceremony on July 27.

Colour Party members Capt. Mazen Abdul-Jawad, Sgt. Stephen Hobson, Sgt. Ron Sampson and Colour Orderly MCpl. Timothy Templeman performed, with elegance and due care, a 'Casing of the Colours' ceremony - which is required in handling a unit's most cherished possession, the 426 Squadron (Sqn) Standard. Meanwhile, the remainder of the Squadron waited with anticipation outside of the Wing Commander Sedley S. Blanchard Training Centre, also known as the Air Mobility Training Centre (AMTC), to welcome their Squadron Standard to its new home.

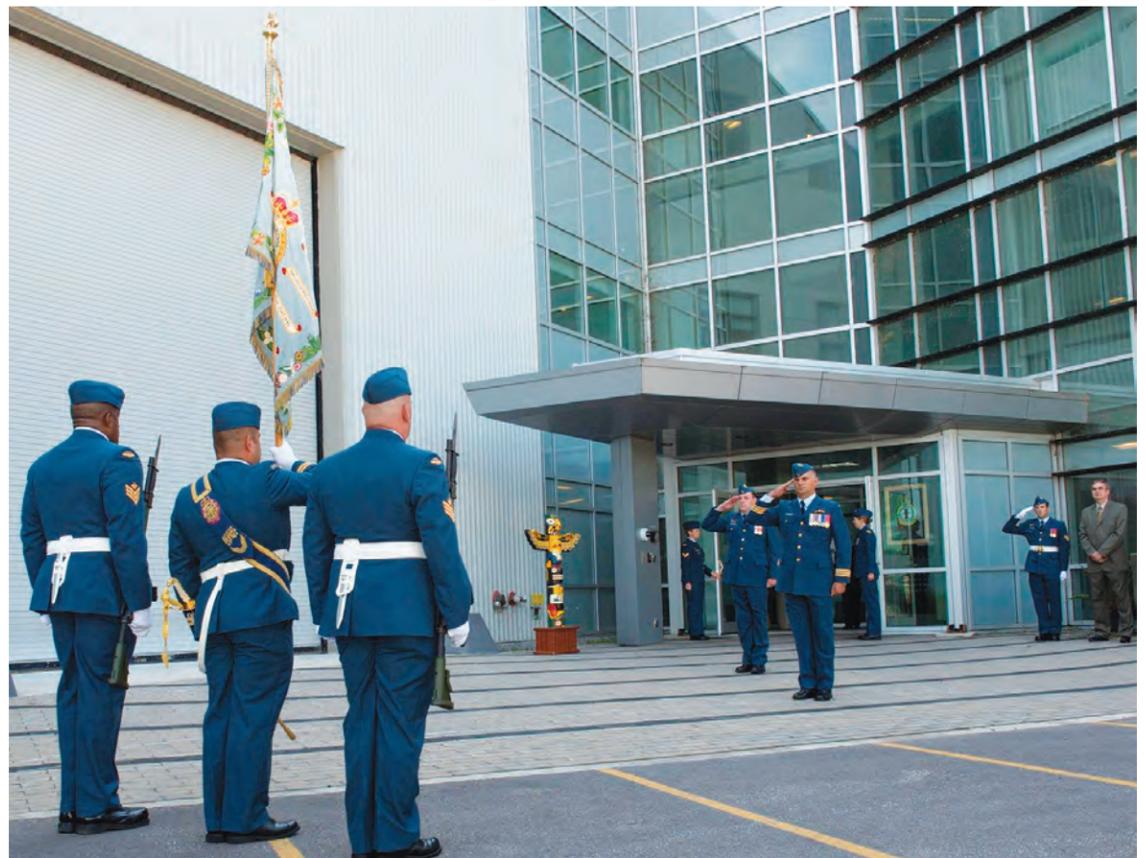
With the entire Squadron flanked on both sides of the roadway, the Colour Party advanced forward where Squadron Commanding Officer Lt.-Col. Ryan Deming and SWO CWO Pete Taylor waited to accept the colours while marching under the bright blue skies and to the sounds of RCAF pipes and drums. After a General Salute to the Colours and handover to Lt.-Col. Deming, the Squadron Standard was then escorted upstairs to the new second floor location and placed to rest with honour inside the new cabinet.

"426 Squadron's Colours epitomize the Squadron's pride, heritage and honour and signify our duty to devotion and sacrifice for our country," Lt.-Col. Deming said to the Squadron after the ceremony. He added, "They are a sober yet proud reminder of the exceptional battles endured by Thunderbirds."

Squadron WO, Chief Warrant Officer Taylor echoed Lt.-Col. Deming's sentiment about the Change of Colours Ceremony by

ride, was endeavoring to change the face of Canadian veterans. During their visit to the Afghanistan Repatriation Memorial (ARM), Terry told a story about how she has come to relate to the

struggle her husband Paul has faced as one of those contemporary veterans. We felt that story deserved to be heard by the wider community and, since we did not have the space to run it in full



Lt.-Col. Ryan Deming, 426 (T) Training Squadron Commanding Officer (CO), salutes as the 426 Colour Party advances the Colours during a Transfer of Colours ceremony July 27. The 426 Sqn Standard was transferred from its previous home in the Dishforth Building to the new Wing Commander Sedley S. Blanchard Training Centre.

Continued on page 7

Terry Nichols' story of lessons learned

Bridging the gap between communities and our 'sheep dogs' who have been in the 'forest'

Editor's note: Last week, we covered the ride through Quinte West of Paul Nichols and his wife Terry on behalf of the communities for Veterans Foundation Ride. The couple, through the

up with it. We had to learn how to bridge the gap between military culture and civilian culture in our own relationship, but we see that gap in a bigger way in

Continued on page 10

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CDS order for "Operation Honour" now official

General Jonathan Vance, Chief of the Defence Staff (CDS), issued the operation order for "Operation Honour" on Aug. 14, which is in place to stop inappropriate sexual behaviour within the Canadian Armed Forces (CAF) and increase the related support available to all of its members.

"Building on the work that has been done to date, this operation marks the beginning of a cultural change within the CAF and it begins with this organization's leadership," said Gen. Vance. "In the profession of arms, we learn to deal with issues head-on and this op order sets out the way to reach our objective in a format that we, as members of the CAF can easily identify."

Op Honour's op order has several key components of interest to CAF members. One is that much of the direction and guidance will come through the chain of command, not simply by the passing of information, but by ensuring everyone understands what constitutes sexual harassment, identifying those who may need help and implementing better reporting measures. As well, actions will be taken to ensure that the chain of command can respond and better direct cultural change



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throughout the CAF on the issue of sexual harassment.

Of particular interest is the creation of the Sexual Misconduct Response Centre (Interim). This centre will provide a range of services to all CAF members ranging from providing empathetic listening to offering information on various investigative and complaint processes. The SMRC (I) will operate outside the

CAF chain of command, residing within the Department of National Defence (DND) and will come into existence on Sept. 15. The "Interim" designation will remain in place until the centre reaches its full capability within the next two years.

"The SMRC (I) will be put in place to support

"I fully support the creation of this centre as it provides an easily accessible resource where members who may be affected by sexual harassment in some form can receive assistance and guidance."

One other item of note described in the op order is the "Soldier's Card," which is a wall-sized document that outlines unacceptable

behaviours, the expectations of proper behaviour and contact information to obtain help or report wrongdoing. The card presents this information in concise, quick-reference format.

"The Soldier's Card is to help ensure that all members of the CAF have no misconceptions about my intent and have readily available contact info should they need it," Gen. Vance said. "The final objective for this, the SMRC and the other parts of this op order are designed to reach our ultimate objective of preventing inappropriate sexual behaviour in the CAF."

The op order itself and other details of Op Honour are available online through the Defence Team Site of the Defence Wide Area Network (DWAN).

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Letters to the Editor:

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Confined space extraction exercise keeps 8 Wing ready



Cpl Belanger (right) and Cpl Pednault (center) from 24 CF H Svcs C and members of the Fire Hall carry the mannequin, which was used to simulate the unconscious fuel tank entrant, to the ambulance stretcher.

Emergency services get a realistic chance to perform a confined space rescue

By 2Lt. Jonathan Campos

Personnel from 8 Air Maintenance Squadron (AMS Sqn), 424 Sqn, 426 Sqn, 429 Sqn, 436 Sqn, and Wing Emergency Services gathered at the Wing Commander Sedley S. Blanchard Training Centre Confined Space (CS) Simulators for a wing-level annual CS extraction exercise on Aug. 19.

The exercise was organized by 8 AMS A/Aircraft Repair Officer (ARO) 2Lt. Jonathan Campos, and 8 AMS ARO WO

Spencer with the support of Maintenance Operations Control Centre (MOCC), Fire Hall, 24 Canadian Forces Health Services Centre (CF H Svcs C) and 21 Military Police Flight. The exercise simulated a stranded and unconscious fuel tank entrant while carrying out repairs inside a CC-130J aircraft wing fuel tank, and subsequently actioned the CS Emergency Response Plan (ERP) to engage 8 Wing Emergency Services.

The goal of the exercise was to familiarize the First Responders with Confined

Space Operations and validate the newly drafted CS ERP. The active participation of the CS team, Military Police, Fire Hall, and Medical Services added an extra layer of realism to the exercise, which allowed for valuable lessons to be learnt by every participant.

The exceptional teamwork and attention to detail displayed by all participants helped make the exercise a resounding success, enhancing 8 Wing's readiness to respond to CS emergencies.

Members of the firefighting team simulate breaching into the wing fuel tank with a special spark free electric saw, following an unsuccessful attempt of the CS Rescue Team to extract the unconscious entrant.



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East Northumberland Secondary school will be welcoming new registrations the week of August 31, 2015. Appointments are necessary and may be arranged by calling the school at 613-475-0540 between 7:30 a.m. and 3:30 p.m. daily. It is recommended to pick up a Registration package starting Thursday, August 27.

Please be advised that new registrants AND parents/guardians will meet first with the school administration and then with Student Services. When meeting with school administration the following information and documentation **is required:**

- grade 9-12 students - a credit counselling sheet (from last school attended)
- grade 8 students - a final report card
- individual education plan (if applicable)
- birth certificate and proof of residency
- 911# and address
- health card
- immunization records, if available

Please also have available, the name and telephone number of your family doctor (where applicable) and the name and telephone number of an emergency contact (other than a parent/guardian or someone who lives in the same home as the student).

We look forward to meeting you as we prepare for another school year at East Northumberland Secondary School.

REPORT CARDS: will be available for pickup starting Thursday, August 27.

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Obituary – Pte. Guillermo Tellez Patino

A last Salute to a Logistics family member

Pte Guillermo Tellez Patino
May 17, 1961 - June 10, 2015

During the military funeral in the honor of Private Guillermo Tellez Patino, members from 8 Wing Supply and 31 Service Battalion had participated as the honor guard in order to pay their final respect. The ceremony took place at Forest Lawn Memorial Funeral Home and St. Peter's Cemetery in London, Ontario on Tuesday, June 16, 2015 at 1 p.m.

Pte Guillermo Tellez Patino was a Supply Technician who was posted to 8 Air Combat Service Support Squadron in November 2013. He was then posted to Joint Personal Support Unit (JPSU), London, Ontario, in May of 2014.

The Logistics family wishes to extend our deepest condolences to the Tellez Patino family.

Wing Logistics and Engineering Picture of the Week

Fly Away Kits always ready

Corporal Marc-Andre Turcotte, of Aircraft Support Flight (ASF), and Angie Keeler, of Industrial Marine Products (IMP), go through the list of aircraft parts from a Fly Away Kit (FAK) being returned from 436 Transport Squadron back to IMP. To ensure a constant state of operational readiness, ASF works in tandem with IMP to provide Long and Short Pack Up Kits (PUKs) as well as FAKs for the CC130J Hercules.

Photo by Master Seaman Brian Spence



The Contact Newspaper

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

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

The CONTACT is published every Friday with the kind permission of 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.

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.

The CONTACT is produced weekly under a Publication Service Agreement with The Independent (Brighton & Trent Hills), a division of Metroland Media Group.

8 Wing Personnel

Publisher: Col. Colin Keiver.

Proprietor: Her Majesty the Queen, in right of Canada, as represented by the Commander of 8 Wing, Canadian Forces Base Trenton, P.O. Box 1000 Stn. Forces, Astra, ON K0K 3W0 Canada

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Circulation: Melissa Hudgin 613-966-2034 ext: 504

250 Sidney Street, P.O. Box 25009, Belleville, Ontario CANADA

SUBSCRIPTIONS: First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

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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.

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Canal Pursuit for Mental Health starts Aug. 28

Waterloo man to run 750 km to promote Mood Disorders Society of Canada awareness

By Ross Lees

He's bringing mental illness into the light.

Waterloo native Clay Williams is assisting the Mood Disorders Society of Canada (MDSC) in shining a light on the Canal Pursuit for Mental Health Campaign as he runs from Port Severn to Kingston and on to Ottawa from Aug. 28 to Sept. 4. He will make stops in Quinte West on Aug. 31 at 10 p.m. (the end of that day's running) and at CFB Trenton on Sept. 1 when he kicks off his daily run at 6 a.m.

"We expect to be going by the base at about 6:45 a.m.," noted crew chief Kevin Jenks in an email. "We have planned an aid stop for Clay at the parking lot of Bain Park and RCAF Rd. It would be really awesome if anyone from the base would come out and run with Clay for a few kilometres. I will have our support RV at that rest stop, so we will be easy to spot."

Those perhaps interested in running with Clay Williams can contact his sister, Terry Hatch, the media contact for the event, at terryrhatch@gmail.com

Mr. Williams has skin in this run.

The purpose of the run is to raise awareness of depression, end the stigma of mental illness, and to encourage people to reach out for help. Mr. Williams is running in honour of his wife, his daughter and his sister who all suffer from mood disorders, and in memory of his two older brothers who took their own lives.

He really became interested in this run when Robin Williams, the actor, took his own life. Clay Williams has a younger brother named Robin and he took on the race for him and the remainder of his family, he has said in a previous radio interview.

The Canal Pursuit is a 750 km run roughly following the Trent Severn Canal from Port Severn to Trenton and then the Rideau Canal from Kingston to Ottawa, stopping at each of the 91 locks on the way, and ending on Parliament Hill. Mr. Williams plans to start the run on Aug. 28, and complete it as quickly as he can, running 100 km per day, day and night with two hour rest stops every 10 hours, and finishing on Sept. 4.

Clay Williams and Kevin Jenks de-



veloped this campaign, and are receiving support and encouragement from MDSC.

"The conversation that we want to promote with this project is two-fold," said Mr. Williams. "First, if you're struggling with a mood disorder, talk to someone you trust. The second part of the message is that physical activity can help make many symptoms of mood disorders more manageable, fitting in with the National Defeat Depression campaign. We all have an important role to play in getting rid of the stigma around mental illness, so that people can feel comfortable reaching out to seek treatment."

"The Mood Disorders Society of Canada is very proud to support Clay Williams on this physically challenging campaign that exemplifies one man's commitment to run tirelessly so we all stop and realize that mental illness affects us all, and we all need to come together and support change within mental health in Canada," stated Dave Gallson, Associate National Executive Director, MDSC.

Information and donations

Donations are greatly appreciated. People can provide funds online through the Defeat Depression website at <http://mdsc.akaraisin.com/CanalPursuit> or mail a cheque payable to "Mood Disorders Society of Canada" to 3-304 Stone Road West, Suite 736,

Guelph, ON, N1G 4W4. Be sure to note: Canal Pursuit in the memo section of the cheque.

Defeat Depression is a national mental health fundraising and awareness campaign. Volunteers and organizations across Canada organize walks, runs, and other physical or social activities to support awareness of mental health, reduce stigma, and encourage people to come forward for the help they need. For more information visit www.defeatdepression.ca

MDSC is a national, not-for-profit, consumer-driven, voluntary health charity committed to ensuring that the voices of consumers, family members and caregivers are heard on issues relating to mental health and mental illness; and in particular with regard to depression, bipolar illness and other associated mood disorders. MDSC is working on raising the awareness of mood disorders as treatable medical disorders and eliminating barriers to full community participation by reducing discrimination and stigma among the public, treatment and service providers, and governments.

More information about the Canal Pursuit for Mental Health can be found on the Canal Pursuit Facebook page www.facebook.com/canalpursuit and on Twitter @canalpursuit. Daily communications during the run and GPS tracking are also part of this campaign.



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 weight to estimate food and energy balance.
 This workshop will also assist participants
 in understanding how much energy they use
 daily and how much food they require. Strat-
 egies for planning meals and snacks will be
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 ments.

Workshop 2: Fine Tune Eating

This workshop is designed to expand
 knowledge regarding nutrients and to ac-
 quire practical food label reading skills in
 order to make healthier food choices. Par-
 ticipants will acquire facts about fats, car-
 bohydrates, fibre, antioxidants and sodium
 and their effects on health. Objectives also
 include learning to set realistic goals for
 making a behaviour change and meal plan-
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Oct. 1 • 9 a.m. to 12 noon

Workshop 3: Fuel for Training and Recovery

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426 Thunderbirds mark significant moment in squadron's distinguished history



Lt.-Col. Ryan Deming, 426 (T) Training Squadron CO accepts the 426 Sqn Standard from Colour Officer Capt. Mazen Abdul-Jawad during a Transfer of Colours ceremony on July 27.

Aug. 19, 1978, the “Thunderbirds” – graced with the presence of several hundred friends and family - received its Squadron Standard in recognition of 25 years of active and distinguished service. During a ceremony of dedication and consecration, the Standard was presented to 426 (T) Training Squadron by the Honorable Pauline M. McGibbon, Lieutenant Governor of the Province of Ontario.

Embroidered on the 426 Squadron Standard are the Main Battle Honours of English Channel and North Sea (1943), Baltic (1943), Fortress Europe (1943-44), France and Germany (1944-45), Biscay (1943) and three subsidiary Battle Honours of Normandy (1944), Ruhr (1943-45) and Berlin (1943-44). For many years, the 426 Squadron Standard rested peacefully inside the Dishforth Building. Although the majority of 426 Squadron personnel moved into the new AMTC in the spring of 2012, their colours remained on display inside the Dishforth building. In late 2012, an ambitious project was launched to look at relocating the Standard to a new home inside the AMTC.

A preferred location was chosen immediately adjacent to the second floor executive offices of the AMTC, but there was no display cabinet



MCpl. Timothy Templeman (Colours Orderly/Cabinet Designer), MCpl. (Ret) Leo Labbe (Cabinet Maker), 426 Sqn Commanding Officer, Lt.-Col. Ryan Deming and Squadron Warrant Officer, CWO Pete Taylor, after securing their Sqn Standard in its new home at the Wing Commander Sedley S. Blanchard Training Centre.

to house the colours. Coincidentally, 426 Squadron has several extremely talented woodworkers on staff and MCpl. (Ret) Leo Labbe volunteered his services – in typical “Thunderbird” spirit - to build a new custom cabinet. Designed by MCpl. Templeman and with the guidance of CWO Pete Taylor, Leo did a tremendous job hand-building a beautiful glass cabinet constructed of Canadian Maple and lined with traditional RCAF tartan.

Physically removing the colours and transferring them to a new building is simple enough, but a Squadron Standard must be treated with dignity and respect while observing the customs and traditions of the RCAF. The Transfer of Colours ceremony for 426 Squadron marks another significant milestone and proud moment in the extraordinary story of the “Thunderbirds.” The Squadron Standard now resides in the new home of 426 Squadron where it will rest until required for a special occasion, such as a Change of Command parade.

On Wings of Fire!



The 426 Sqn Colours on display in a new, custom built cabinet at the Wing Commander Sedley S. Blanchard Training Centre. The Standard is on display with the official Squadron guest book and History of 426 Squadron book. The 426 Sqn Standard was transferred from its previous home in the Dishforth Building where it had been on display since 1978.

Continued from page 1 saying: “We are proud to carry the Colours in honour of those who served before us.”

In 1943, King George VI announced that each Royal Air Force Squadron would be entitled to receive a ‘Standard, or Squadron flag after completing 25 years of active service or after having earned the Sovereign’s gratitude by completing especially outstanding operations. This privilege was also later extended to Royal Canadian Air Force Squadrons. The Standard is the shrine of a Squadron’s

traditions, a memorial to the devotion and sacrifices of past members and an inspiration to those currently serving. It is honoured as a symbol of the Sovereign’s trust in the Squadron, and an emblem of the unit’s significant achievements.

In 1955, a list of Second World War air battles was approved by Queen Elizabeth II. This list announced the award of Battle Honours to each entitled RCAF overseas Squadron and as such, 426 Squadron was awarded five ‘Major’ and six ‘Subsidiary’ World War II Battle Honours.

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Trenton MFRC Special Needs Resource Fair a success

The Military Family Resource Centre in Trenton plans on making the fair an annual event



Quinte region families in need of special needs services had the opportunity to meet services providers at the MFRC Special Needs Resource Fair held Monday, Aug. 24. Photos by Ross Lees



Families were provided the opportunity to meet directly with service providers from throughout the Quinte region at the MFRC Special Needs Resource Fair held at the MFRC on Aug. 24.

By Ross Lees

The Trenton Military Family Resource Centre (MFRC) Special Needs Resource Fair has been termed a success to the point the organization is planning on making it an annual event, indicated Special Needs Inclusion Coordinator, Orlanda

Bourgoin, Wednesday.

The aim of the first-time fair was to connect military members and their families directly with special needs service providers, according to Ms. Bourgoin.

The event attracted attendance by such local regional agencies as Qxplore, Quinte Assessment and Treatment Group, Ker-

ry's Place Autism Services, Counselling Services of Belleville & District, Respite Services.com (Community Living Prince Edward), Epilepsy and Seizure Disorder Resource Centre of Southeastern Ontario, Autism Ontario, Madoc COPE, and Family Space, children's Mental Health Services, and Loyalist college Student

Services. "The Special Needs Resource Fair was a success," noted Ms. Bourgoin. "Our goal was to connect families to agencies in the

community and I feel we can all say this was accomplished. We received much positive feedback and requests that this happen again. As such we have decided that we will make this an annual affair. We are tentatively looking at September 2016 and times will be announced closer to the date, however, we are looking at late afternoon/early evening to accommodate as many families as possible. We had several agencies attend and many others express interest in attending again next year."

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The Trenton MFRC Special Needs Resource Fair also gave resource providers a chance to communicate amongst themselves about the services they provide.

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Robert Bruce Leedham

Outgoing former Chief Warrant Officer's presence will be missed by his family and his military family

Robert Bruce Leedham of Trenton passed away suddenly at Trenton Memorial Hospital on Saturday, Aug. 22, 2015.

Bruce was in his 59th year. Beloved husband of Karen (Yorke) Leedham, he was also the loving father of Steven Haley and his wife Angela of Maryland, USA; Adam Haley and his wife Helga of Aurora. He was the adored papa of Zachary, Connor, Kyle, Cohen, Madison and Morgan.

Bruce is survived by his father;

Murray Leedham, and pre-deceased by his mother Sybil (Adams) Leedham and by siblings Linda Bailey (Daryl), Brantford; Tom Leedham, Burlington and Jane Mielke (Ron), Frankford.

Bruce is fondly remembered by his in-laws Louise (Sauve) Yorke (late Floden), Randy Yorke and Michael Yorke and will be lovingly missed by his many nieces, nephews and his companion Gypsy.

Bruce served a full career as a

Resource Management Support Clerk (RMS Clerk) in the Canadian Armed Forces (CAF), rising to the well-earned rank of CWO. He served overseas with specific tours in Syria, Cyprus and Spain.

After retirement, Bruce continued to serve as the Service Manager of the newly formed Integrated Personnel Support Centre (IPSC) in Trenton, where his energy carried though from his military career.

A celebration of Bruce's Life

will be held at the Officers' Mess, 182 Yukon Street, Canadian Forces Base (CFB) Trenton on Friday, Aug. 28, from 7 p.m. to 9 p.m. If desired, memorial donations to the Hastings and Prince Edward Lung Association or Soldier On would be appreciated by the family.

Arrangements were entrusted to the Rushnell Funeral Home, 60 Division Street, Trenton (613-392-2111).

On-line condolences can be written at www.rushnellfamilyservices.com



Robert Bruce Leedham



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Director of Education



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Bridging the gap between communities and our 'sheep dogs' who have been in the 'forest'

Continued from page 1

community and military. When that transition time happens, we would like communities to step up and recognize the men and women that are doing this job on our behalf - and I have a story that I would like to share that kind of brings my non-military background and Paul's military background together in a way that helps us understand each other.

In this story, I would consider myself a sheep and live in the most beautiful, lush pasture in the entire world, here in Canada.

In this pasture, there are other sheep, mostly like myself, and our heads are down and we're grazing and we love it in our pasture and the lambs are here in the pasture with us and they're playing and they don't have much to worry about. It's great.

In this pasture are sheep dogs, as well, and I'm married to a sheep dog. He watches out over this flock that he cares about so much, but he also keeps an eye out on what's going on in the forest, because in the forest there are wolves. As a sheep, I don't really like to think about that too much, I'd rather keep grazing.

But the sheep dogs are watching and when the wolves get out of hand, they don't hesitate even for a minute. They love their sheep so much that they go into the forest and they go as a pack. They enter this forest so that we never have to see the wolves.

So while our sheep dogs are in the forest, the wolves are there. They are hunting, they're being hunted and they have to make changes to adjust to this new environment. They see sharper than they have ever had to see. Their sense of smell is keener than it ever has been, ever in their life. They hear sounds and

everything they hear means something. They have to pay attention and that awareness is so heightened for them and it keeps them alive, keeps most of them alive.

One day, they come home to the pasture. They come home and they look around and the sheep are still grazing. The sheep, most of us still have our heads down and we haven't even noticed that they've even left. But the sheep dogs notice, except their pasture looks a little different now. When the lambs start grazing on the edge of the pasture, they start growling and when you hear a

noise you don't remember hearing before, they start growling.

When my sheep dog came home from serving his country and he was in the forest, he was growling quite a bit! But I didn't understand, I didn't know where that was coming from and I had to learn how to be with the sheep dog that had been in the forest. I didn't have an awareness. So this is me, as a sheep, doing my bit as a civilian and lifting my head up out of the grass and noticing that some of the sheep dogs that have been doing this job for us aren't really doing very well and that the minimum that I need to do is

say thank you. I can say thank you for your service. This is just our way of shining a light on our veterans, our contemporary veterans and joining them with their community and having them wear that title of veteran proudly, some of them for the very first time.

Terry Nichols telling her story at the Afghanistan Repatriation Memorial in Quinte West.

Photo by Ross Lees



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Passes for the Toronto Science Centre

We have received new community passes for the Science Centre. With these passes, adults pay only two dollars for their admission and children, youth and seniors get free entrance. Please come to the MFRC reception to pick them up.

Laissez-passer pour le Centre de science de Toronto

Nous avons reçu de nouveaux laissez-passer pour le Centre de science (Science Centre). Avec ces laissez-passer, les adultes paient seulement deux dollars pour l'admission et les enfants, les jeunes et les personnes âgées entrent gratuitement. Ces laissez-passer vous sont offerts à la réception du CRFM.

Special Needs Support Group

Connect with other families in your community and discuss topics that effect and interest you. Gain support and insight from local families. This support group is for parents, grandparents, caregivers of children with all special needs. Every second Thursday of the month from 6 p.m. to 7:30 p.m. For information, please contact Orlana Bourgoin 613-242-7172 or orlana.b@trentonmfr.ca

Groupe de soutien pour les personnes ayant des besoins particuliers

Venez rencontrer d'autres familles de la communauté pour discuter, échanger, obtenir du soutien et des ressources. Ce groupe d'entraide est pour les aidants naturels de personnes avec des besoins particuliers. Chaque deuxième jeudi du mois de 18h00 à 19h30. Pour information contactez Orlana Bourgoin 613-242-7172 ou orlana.b@trentonmfr.ca

Puzzle Project

For children ages eight to 12 years old, the Puzzle Project is a support group for siblings of a child with Autism Spectrum Disorder. This is to provide a fun and supportive environment for siblings to share the joys and struggles of being a sibling of an individual on the spectrum. This is done through discussion, activities, games designed to be unique, craft, and special guests who may teach participants new skills. The project begins Oct. 13 and runs for eight weeks from 4:30 p.m. to 6 p.m. Cost is \$16 per child for eight-week program. To register, please contact mona.l@trentonmfr.ca or by calling 613-392-2811 ext. 4528.

Projet Casse-Tête

Pour les enfants de 8 à 12 ans un programme pour les frères et les soeurs d'un enfants souffrant des troubles du spectre de l'autisme. Ce programme a pour but de partager les joies et les défis d'avoir un frère ou une soeur autiste. Les ateliers, de jeux, de discussions, de bricolages et d'invités spéciaux, ont pour but d'enseigner aux participants de nouvelles compétences dans un environnement chaleureux et sécuritaire. Commence le 13 Octobre pour une période de 8 semaines de 16h30 à 18h00. 16.00\$ par enfant pour le programme de 8 se-

maines. Pour inscription on compose le 392-2811poste 4528 ou mona.l@trentonmfr.ca.

Second Language Training

French, English, and Spanish classes begin on Monday, Sept. 14. Second language classes for military spouses/partners and their immediate family (minimum age is 16 years) are offered at the Trenton MFRC for beginner and intermediate levels. Classes run for 10 weeks. For more information, please visit www.trentonmfr.ca/education. Registration closes Friday, Sept. 4.

Formation en langues secondes

Des classes de français, anglais et espagnol commenceront le lundi 14 septembre. Ces cours pour les partenaires de militaire et leur famille immédiate (16 ans minimum) sont offerts au CRFM de Trenton pour les niveaux débutants et intermédiaires. Le cours a une durée de 10 semaines. Pour plus d'information, visiter http://trentonmfr.ca/fr/education. La date limite pour les inscriptions est le vendredi 4 septembre.

French Conversation Clubs

Do you want to improve your French speaking skills? Come and join our French Conversation Club where a bilingual instructor will be on hand each week to help

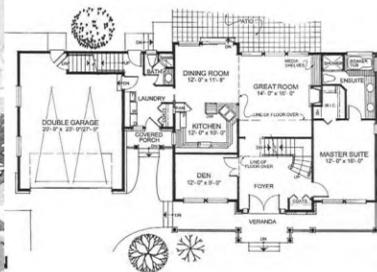
keep the conversation flowing and organize games! All levels welcome. Open to everyone (16-plus) - military members, military spouses and civilians. The target language will be used all the time by the instructor. When: Tuesday 12-1 p.m. or Tuesday 7-8 p.m. starting Sept. 22. Where: MFRC (Military Family Resource Centre) 50 Rivers Drive, Trenton. Cost: \$35 for eight weeks (Minimum of five persons is required to run a club). For more information, contact Nathalie Vadeboncoeur on 613 392 2811 ext. 3855 or by email: Nathalie.v@trentonmfr.ca.

Club de conversation en français

Désirez-vous améliorer votre français? Alors rejoignez l'un de nos clubs de conversation française. À chaque semaine, un instructeur bilingue animera la conversation et les jeux! Vous êtes les bienvenus quel que soit votre niveau. Ce programme est offert à tout le monde (16+) - aux militaires, aux conjoint(e)s de militaires et aux civil(e)s. Notez que la langue ciblée sera utilisée en tout temps par l'instructeur. Quand: mardi de 12h à 13h ou mardi de 19h à 20h commençant le 22 septembre. Endroit : CRFM (centre de ressources pour les familles militaires) 50 Rivers drive, Trenton. Coût : 35\$ pour 8 semaines (un minimum de 5 participants est requis). Pour de plus amples informations, contactez Nathalie Vadeboncoeur au 613-392-2811, poste 3855 ou par courriel Nathalie.v@trentonmfr.ca.

Continued on page 12

Home of the Week
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Country-style is shown at its best in this expansive family home designed for open living. The highlight of the main floor is the huge great room, distinguished by a 12-foot sloping ceiling, gas fireplace with media shelves and a wealth of windows to bathe the room in natural light. The dining room is spacious enough for guests to join the family and enjoy dinner with ease – and to step out to the patio overlooking the garden. The kitchen is well designed to suit a house of this size and includes a pantry and plenty of countertop and cupboard space. A pass-through leads to the laundry room, which has its own small covered porch and access to the house – a practical way to keep foot traffic away from the living areas. Behind the laundry room is a three-piece bathroom with a bath and a shower stall. A staircase leads to an unfinished bonus room above the garage – a large, rectangular room with a sloping ceiling which

would make an ideal media and games area. The master suite on the main floor is privately separate from the family bedrooms upstairs. The en-suite bathroom includes a soaker tub, shower stall and double vanity. The upstairs hall overlooks the foyer below and serves to separate bedroom two and a four-piece bathroom from bedrooms three and four. All the upstairs bedrooms gain character from attractive dormer windows. The veranda, columns with stone accents and the dormers add to the considerable charm of the exterior. The house is 70 feet, 4 inches wide and 40 feet deep with 2,194 square feet of living space.

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

Sept. 1 – Canal Pursuit for Mental Health

Waterloo resident Clay Williams is running a 750 kilometre run along the Trent Severn Canal and the Rideau Canal to bring attention to mental health and help raise funds for mental health issues in cooperation with the Mood Disorders Society of Canada. The run begins on Aug. 28 and ends on Sept. 4. On Aug. 31, he will arrive in Quinte West at 10 p.m. and will depart CFB Trenton at 5:30 a.m. on Sept. 1. Mr. Williams' family suffers from mental illness and two older brothers have taken their own lives. Physical and financial support would be appreciated.

Sept. 2 - Wounded Warriors Fundraiser Charity Golf Tournament

The Wounded Warriors Fundraiser Charity Golf tournament takes place at the Roundel Glen Golf course at 8 Wing/CFB Trenton with registration beginning at 8:30 a.m. and the shotgun start beginning at 10 a.m. For the \$105 per person entry cost, golfers receive their round of golf, a golf cart, prizes and a steak dinner plus the opportunity to compete in the closest to the pin competition on all par three holes, the RBC Dominion Securities \$5,000 hole-in-one competition sponsored by Lisa Thompson and the \$5,000 hole-in-one Investors Group competition sponsored by Tracy Parks. There is a putting contest sponsored by Ping and Todd Keirstead, a trick shot master, will conduct a pre- or post-tournament instructional entertainment show. Entry deadline is Aug. 17. Contact Dan Gorman at dan.gorman@forces.gc.ca, email golf@roundelglen.com or by calling 613-392-1544. The Grange of Prince Edward and Estate Winery will supply wine tasting facilities. There will also be a silent auction.

Sept. 9 - 8 Wing Officers' Mess Ladies Club Season Commences in September

The 8 Wing Officers' Mess Ladies Club 2015-16 season commences with a "western evening" on Wednesday, Sept. 9 at 6 p.m. at the Mess. Members are free with new memberships and members' invited guests are \$15. For more information, contact chambersjlive.ca.

Sept. 11 – CFB Trenton Blood Donor Clinic

The CFB Trenton Blood Donor Clinic takes place on Sept. 11 at the RecPlex at 21 Namao Drive, from 10 a.m. to 2 p.m. All new or regular donors are encouraged to come out and donate blood.

Sept. 20 – Terry Fox Run

Walk, wheel, ride or run in the Terry Fox Run for cancer research on Sept. 20 and be a part of a dream as big as our country! This event is inspired by a dream, grounded in tradition, volunteer-driven, there is no entry fee and no minimum pledge. journeeterryfox.org 1-888-836-9786

MFRC continued from page 11

Le Chœur de Quinte (Choir)

This choir is directed by Francine and Matthieu Latreille. The repetitions will be conducted in French, but songs will also be on English, Italian, German, Latin, etc.). The music will be traditional and classic from different eras. Two sessions of 14 weeks and two concerts; one before Christmas and one in the spring. Cost: \$100 per session, \$50 per session for the children aged 10 to 12, must be accompanied by a parent. Where: Trenton MFRC. If you can follow instructions in French, you are welcomed to join. A minimum of 18 inscriptions is required. For more information, contact Francine or Matthieu; RMLatreille@gmail.com or FNSavaria@gmail.com or 613-970-2385.

Le Choeur de Quinte

Ce chœur est dirigé par Francine et Matthieu Latreille. Les répétitions auront lieu en français mais certaines œuvres seront chantées en latin, anglais, allemand, italien, etc.... La musique sera traditionnelle et classique de différentes époques. Il y aura deux sessions de 14 semaines et deux concerts ; un avant Noël et l'autre au printemps. Coût : 100\$ par session, 50\$ par session pour les enfants de 10 à 12 ans (doivent être accompagné d'un parent). Où : CRFM de Trenton. Les anglophones comprenant le français sont les bienvenus. Un minimum de 18 inscriptions est requis. Pour plus d'information, contactez Francine ou Matthieu; RMLatreille@gmail.com ou FNSavaria@gmail.com ou 613-970-2385.

Youth Centre Calendar

The September Youth Centre calendar is available under 'Youth & Teens' on our website - www.trentonmfr.ca/family-services.

Le calendrier du Centre des jeunes

Le calendrier du mois de septembre du Centre des jeunes est disponible sur notre site internet sous "Jeunes et ados" - <http://trentonmfr.ca/fr/services-famille>.

Cooking with Grace

Don't miss this opportunity to learn how to prepare authentic Asian cuisine! Sept. 14 - Chinese Dim Sum; Sept. 21 - Authentic Thai cuisine; Sept. 28 - Chinese restaurant - popular Chinese menu items; Oct. 5 - Japanese sushi for beginners. Time: 6 p.m. to 8:30 p.m. Where: 8 Wing Chapel, 91 Namao Dr E, Trenton. Cost: \$30 per class or \$110 for all four classes *payment is due upon registration. *Please register before Thursday, September 10th by calling reception 613-965-3575 or emailing rabia.s@trentonmfr.ca.

Cuisinez avec Grace

Ne manquez pas l'opportunité d'apprendre à cuisiner des mets asiatiques authentiques! 14 septembre - Dim Sum chinois; 21 septembre - Cuisine Thai authentique; 28 septembre - Restaurant chinois - des choix populaires du menu; 5 octobre - Sushi japonais pour les débutants. Heure: de 18h à 20h30. Où: La chapelle de l'Escadre, 91 Namao Dr. Est. Coût: 30\$ par classe ou 110\$ pour les 4 classes. *le paiement doit accompagner l'inscription. *S.V.P. inscrivez-vous avant le jeudi, 10 septembre à la réception du CRFM ou à rabia.s@trentonmfr.ca.

Youth Centre Soccer Tournament

The Trenton MFRC Youth Centre is hosting a three-on-three soccer tournament on Saturday, Aug. 29 from 10 a.m. to 2 p.m. Each team will consist of four players: one goalkeeper and three players. Teams can be all ages, both military and civilian, as long as one member of the team is between the ages of six to 18. Admission is \$5 per team which includes lunch, awesome prizes and giveaways! All teams must pre-register with their team name at the Trenton MFRC Youth Centre or by emailing rabia.s@trentonmfr.ca. Parents, friends and family are encouraged to come and cheer on their team!

Tournoi de soccer au Centre des jeunes

Le Centre des jeunes du CRFM de Trenton organise un tournoi de soccer 3 contre 3, le samedi 29 août de 10h à 14h. Chaque équipe est formée de 4 joueurs: 1 gardien de but et 3 joueurs. Les équipes peuvent être formées d'âges différents, militaires et/ou civiles, il faut seulement qu'un des joueur de l'équipe soit âgé entre 6 et 18 ans. Les frais d'inscription sont de 5\$ par équipe, ceci inclut le lunch, des prix fantastiques et des surprises! Toutes les équipes doivent s'inscrire à l'avance avec un nom d'équipe au Centre des jeunes ou en contactant rabia.s@trentonmfr.ca. Les parents, amis et la famille sont encouragés à venir supporter leur équipe!

Monthly E-News/Social Media

Get the latest news from the MFRC and community at large. Sign-up through our website www.familyforce.ca for the monthly E-News and to follow us on Facebook.

Nouvelles mensuelles et Facebook

Ne manquez pas les dernières nouvelles du CRFM et les communautés avoisinantes. Inscrivez-vous par notre site internet www.forcedelafamille.ca pour les nouvelles mensuelles par courriel et suivez-nous sur Facebook et suivez-nous sur Twitter !



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The CRA and RCAF Flyers Arena present - Summer Ice Sports

Figure Skating, Monday to Friday from Aug. 17 to Sept. 4 from 4 p.m. to 5:30 p.m.

Shinny Hockey, Monday to Friday from Aug. 17 to Sept. 4. Tyke/Novice – 9 a.m. to 10:30 a.m.; Atom – 10:30 a.m. to 12 p.m.; PeeWee – 1 p.m. to 2:30 p.m. and Bantam/Midget – 2:30 p.m. to 4 p.m.

RecPlex Open House

Free Swimming, cardio room, fitness classes and youth activities – Friday, Sept. 11 from 3 p.m. to 8 p.m.

Fall 2015 Red Cross Swim Lessons

Eight lessons in duration – lessons are held: Tuesdays from Oct. 6 to Nov. 24; Thursdays from Oct. 8 to Nov. 26 and Saturdays from Oct. 3 to Nov. 28. Registration for Military Community: On-line registration starts Thursday, Aug. 27. In-person registration starts Thursday, Aug. 27 at 1:30 p.m. at the RecPlex or the gym kiosk. Registration for the general public: On-line registration starts Tuesday, Sept. 8. In-person registration starts Tuesday, Sept. 8 at 1:30 pm at the RecPlex or the gym kiosk.

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 – Sundays, Oct. 4 to Dec. 13 from 11 a.m. to 11:50 a.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.

L'ordre du CEMD dans le cadre de l'opération HONOUR est maintenant officiel

Continued from page 2

Le 14 août, le général Jonathan Vance, chef d'état-major de la défense, a émis l'ordre d'opération pour l'opération HONOUR, qui vise à faire cesser les comportements liés à l'inconduite sexuelle dans les Forces armées canadiennes et à accroître le soutien offert à

« Nous faisons fond sur les efforts déployés jusqu'à maintenant et cette opération marque le début d'un changement de culture dans les FAC, qui commence par les dirigeants de notre organisation, a affirmé le Gén Vance. Dans le métier des armes, nous apprenons à aborder de front les problèmes. Le présent ordre d'opérations définit les façons dont nous pouvons atteindre notre objectif dans un format que nous, membres des FAC, pouvons facilement comprendre. »

L'ordre d'opération de l'Op HONOUR comporte plusieurs composantes clés qui intéresseront les membres des FAC. L'une de ces composantes est qu'une importante partie des directives et des conseils sera acheminée par la chaîne de commandement, non seulement pour transmettre des renseignements, mais pour veiller à ce que chaque personne

comprenne en quoi consiste le harcèlement sexuel, pour déterminer si une personne a besoin d'aide et pour mettre en œuvre de meilleures mesures de signalement. En outre, des mesures seront prises pour faire en sorte que la chaîne de commandement puisse intervenir, et un changement de culture direct en matière de harcèlement sexuel sera mis en œuvre dans toutes les FAC.

Une des mesures particulièrement intéressantes est la création du Centre d'intervention sur l'inconduite sexuelle (intermédiaire). Le Centre fournira une gamme complète de ser-

vices à tous les membres des FAC, allant d'une écoute empreinte d'empathie à la diffusion d'information concernant divers processus d'enquêtes et de plaintes. Le Centre mènera ses activités hors de la chaîne de commandement des FAC, et il sera établi au sein du MDN. Il ouvrira ses portes le 15 septembre. La désignation « intermédiaire » restera en place jusqu'à ce que le Centre ait atteint sa capacité opérationnelle totale, soit au cours des deux prochaines années.

« Le Centre sera mis en œuvre afin d'appuyer tous les membres des FAC, a expliqué le Gén Vance. J'appuie entièrement la création de ce Centre, qui sera une ressource facile d'accès où les militaires touchés par le harcèlement sexuel sous toutes ses formes pourront recevoir de l'aide et des conseils. »

Autre point digne de mention est la « carte du soldat », un document de poche qui définit les comportements inacceptables, les attentes en matière de comportement adéquat et qui indiquent où demander du soutien ou signaler des actes répréhensibles. La carte présente l'information dans un format concis et facile à consulter.

« La carte du soldat vise à faire en sorte que tous les membres des FAC ne se méprennent nullement sur mon intention et qu'ils aient accès à des renseignements sur les ressources dont ils ont besoin, a précisé le Gén Vance. La carte, le Centre et les autres éléments du présent ordre visent à nous permettre d'atteindre notre objectif ultime, soit prévenir l'inconduite sexuelle dans les FAC. »

L'ordre d'opération et d'autres détails sur l'Op HONOUR se trouvent dans sur le site de l'Équipe de la Défense du Réseau étendu de la Défense (RED).

Did you know...?

Did you know that a car accident victim may need up to 50 blood transfusions to survive? That's 50 blood donors for one patient! The Contact reminds you that it is important to keep your appointment as patients in need are relying on you. Call

1-888-2-DONATE (1-888-236-6283) or book online at www.blood.ca to make an appointment to donate blood. The next CFB Trenton Blood Donor clinic will be held on Sept. 11, from 10 a.m. to 2 p.m. at the RecPlex, 21 Namao Drive. All regular and new blood donors are encouraged to come out and help replenish depleted blood supplies

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blood. The Contact asks you to book your appointment today by calling

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It takes many donations to save a life

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 to book an appointment.

The next CFB Trenton Blood Donor clinic will be held on Sept. 11, from 10 a.m. to 2 p.m. at the RecPlex, 21 Namao Drive. All regular and new blood donors are encouraged to come out and help replenish depleted blood supplies.

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 Protestant Service: 11 a.m./Service protestant: 11h00
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Unit Chaplains/Aumôniers des unités:
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 Capt (the Rev./Rév.) Eric Davis • Capt (Padre) Eric Doiron
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Safety

Stairways and fall prevention

Why do we need to worry so much about falls on stairs?



Stairs of all types have been used since ancient times, and because they are inherently hazardous, people have been falling on them, getting hurt or even killed in the process. The vast majority of stairway falls result from a loss of balance. A very common contributing factor is neglecting to use

handrails. The consequences can be quite nasty. Because stairway accidents can cause severe injury and even death, building codes for stairs and ramps are justifiably very rigorous. Good design can substantially reduce the potential for mis-stepping by providing us with the means to retrieve our

balance, but even the best design cannot eliminate falling hazards entirely. The need for proper design also applies to ramps. The fact is that some incidents can be caused by inattention and unsafe behaviour. The best approach to minimize the hazard of falling down stairs is to encourage the building of well-designed stairways, combined with training focused on raising our awareness of the potential for disaster.

It is therefore crucial to be able to grasp it quickly, easily and firmly if you should start losing your balance. You should be able to run your hand smoothly along the entire length without having to adjust your grip. You should apply the so-called "tennis-racket grip" at all times when possible. Guardrails 40 cm above the surface of the stairs are needed to prevent falls off the side of the stairs that are not equipped with a banister.

- treads to avoid glare.
- Avoid patterned carpeting that may visually hide differences in depth.
- Be very cautious on stairs if you are wearing bifocal glasses.



Stair surface
 To reduce the risk of slipping on stairs, non-slippery surface on the whole steps or at least on the leading edges is crucial. Such a surface can be made of rubber or metal or painted with special slip-resistant paint. Regular maintenance of the stairs to keep them in good repair plus good housekeeping can reduce hazards for tripping.

Stair handrails
 Attempts to design aesthetically pleasing stairways, including handrails, must not compromise functionality. The prime function of the handrail is for holding as support while going up or down

Visibility on stairs
 Improving visibility on stairs significantly reduces the risk for common mishaps caused by misjudging distances. Otherwise you can trip on a step or miss it completely. You can catch a heel on the edge of a step. Such mishaps are a routine cause of twisted ankles, sprained knees or more serious injuries incurred by a total fall.

- Recommended illumination should be at the minimum 50 lux level.
- Use angular lighting and colour contrast to improve depth perception.
- Use matte finishes on the

- Work activity**
- Use any means to persuade people to grasp the handrail while both ascending and descending stairs.
 - Avoid carrying objects with both hands.
 - Do not carry bulky objects that block your vision.
- Housekeeping**
 Good housekeeping is also vital to stair safety:
- Nothing should be sticking out the surfaces of stairs, handrails or banisters (like nails or splinters) that could cause a fall.
 - Spills, wet spots, or any debris should be immediately cleaned up.
 - Broken or malfunctioning lighting should be repaired or replaced.
- From the Canadian Centre for Occupational Health and Safety

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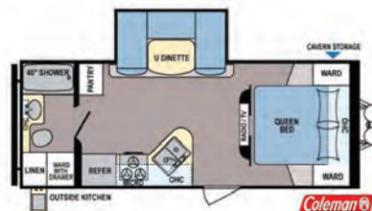
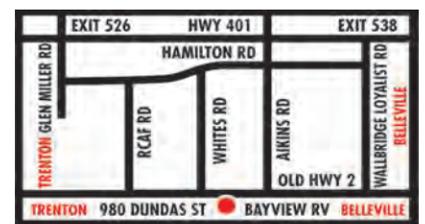


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