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Wing Administration Branch witnesses a change of command

Lt.-Col. Daniel Charbonneau takes over from Lt.-Col. Elizabeth Cameron

By Ross Lees

Having achieved the position she always aspired to, Lt.-Col. Elizabeth Cameron found her tenure as 8 Wing Administration Officer flew by far too quickly.

"I am simply astounded as to how fast time flies," she noted at her Change of Command ceremony at the National Air Force Museum of Canada on July 2. "It feels like yesterday when I was standing here before you telling you that I had just assumed my dream job. However, it wasn't yesterday. In fact, it has been a very busy two years as the Wing Administration Branch worked exceptionally hard in order to ensure mission success both in terms of caring for the men and women of Trenton as well as supplying our numerous ops and exercises. You have consistently risen to the challenge and worked extremely long hours despite a high ops tempo and continued manning shortfalls."

She thanked her team for their efforts and support during her two-year tenure.

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Incoming Commanding Officer, Lieutenant Colonel Daniel Charbonneau (right), 8 Wing Commander, Brigadier General David Lowthian (centre), and outgoing Commanding Officer, Lieutenant Colonel Elizabeth Cameron (left), officially sign the command scrolls of the 8 Wing Administration Branch during a Change of Appointment parade at 8 Wing/CFB Trenton on Thursday, July 2. *Photo by Ross Lees*

\$10 million in infrastructure projects confirmed for CFB Trenton

By Ross Lees

CFB Trenton continues to benefit from government funding initiatives.

Friday, July 3, Associate Minister of Defence Julian Fantino announced detailed projects for \$10 million in federal funding for CFB Trenton as part of a \$452 million investment for armed forces

bases across the county originally announced by Prime Minister Stephen Harper in November 2014.

"As we continue to upgrade Canadian Armed Forces (CAF) facilities across Canada, we are not only providing improved support to our brave men and women in uniform, but also promoting economic growth and job creation in

communities like Trenton and others across Canada," noted Mr. Fantino.

In his speech prior to the announcement of the funding initiatives, Mr. Fantino noted there was a significant synergy between CFB Trenton and the local community, an important factor for a base considered the hub of the CAF, which ferries supplies and people

around the world in response to global needs.

In order for the base to maintain that reputation, Mr. Fantino said there is a constant need to see that the base remains in good working order and that its facilities are up to date, the very crux of

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Lt.-Col. Elizabeth Cameron looks on as Brig.-Gen. David Lowthian passes the quill to incoming Wing Administration Branch Commanding Officer Lt. Col. Charbonneau. Photos by Ross Lees

Continued from page 1

Lt.-Col. Cameron answered the question she felt many of the audience members might be asking about whether she enjoyed her dream job or not.

"I can honestly say without reservation, yes I have, although I did not enjoy the constant last-minute demands from higher headquarters or when plans unexpectedly went sideways. I had the opportunity to make a positive impact on the lives of the people I worked with and the people I worked for, and as an

Change of command witnessed by Wing Administration Branch

HR officer, there is simply nothing better," she stated.

Wing Commander Brig.-Gen. David Lowthian said the Wing Administration branch is central to the readiness of 8 Wing personnel.

"The operational tempo at 8 Wing is incredible and all members face some level of managing instability and uncertainty. The Wing Administration branch is the one stable force that permits our members and their families to prepare, launch and recover when operations tasks," he said.

He added that he was lucky to have had Lt.-Col. Cameron as his Wing Administration Officer for the past two years.

"From day one, she seized her

responsibilities and fostered a working environment that solidified our commitment and support to operations and that unified the many service providers so that the individual member was looked after under any circumstances. Together with Chief Warrant Officer Jean Lafond, Elizabeth groomed an exceptional team and made 8 Wing a place where personnel looked forward to coming into work and engaging themselves selflessly with the surrounding community. Of course, she set the example to follow," he noted.

"Fueled with Tim Horton's coffee and a sharp sense of humour, she led our champions program and reminded us of transparency and inclusiveness in the work place. She led every professional service providers' meetings, she promoted health and fitness, she was active on several boards on base and in town and our Military Family Resource Centre was richer for it. She cut many ribbons and dropped several pucks and she was always interested in the well-being of others, often coming up with creative and beneficial solutions. She kept mess and golf course operations above the line and she enabled CANEX and SISIP to grow with the Wing. From the outset, Lt.-Col. Cameron set the conditions for success at 8 Wing when she and her



Maj. McKay and Administration Branch Chief Warrant Officer Jean Lafond present a gift to outgoing Wing Administration Officer Lt.-Col. Elizabeth Cameron.

team developed a mission and vision that invested in the branch's energy and focus in enabling a 'mission-ready, combat-capable and resilient forces with a fully integrated service team of professionals,'" he added.

"Most of all, I valued the advice I would receive from Elizabeth. On the many issues that a wing the size of 8 Wing will experience, not unlike a small city where we can almost guarantee there is a surprise each day, Elizabeth's calm reason and well-researched recommendations would usually put us on the right path."

Brig.-Gen. Lowthian welcomed Lt.-Col. Dan Charbonneau back to 8 Wing.

"Dan, I know that you are very familiar with the wing and the area, but I also know that your experience will give great value to the wing as we prepare ourselves for our next set of missions."

Lt.-Col. Charbonneau said it was fantastic to be back at 8 Wing.

"Spending three years in Ottawa is fun, but it's a lot more challenging to go back to the tactical level where real things happen, especially in this fantastic, biggest Air Force base in Canada," he said.

"I am honoured and welcome the challenge to become the WAdminO. When I look at the branch accomplishments over the past few years, it's apparent that Lt.-Col. Cameron has done an excellent job of making sure every member of the branch was prepared

to meet the demands of this busy wing. I will respect the values of the team, and I have no doubt that the strength of the Admin Branch is the dedicated people of the branch, a very strong team."

Despite the accomplishments of the past two years, Lt.-Col. Charbonneau said they could not stand still as a busy branch on this large and high-tempo base.

"We have a lot of hard work ahead of us, but I know we will continue to perform as best as we can with these professional and dedicated individuals from the branch and enabling success. I intend to ensure that our efforts are synchronized, that we are adaptable, flexible, using innovative thinking, and of course, with affordable solutions."

To Brig.-Gen. Lowthian, he added, "Sir, fiscal reality will change, the environment will change, personnel resources will fluctuate, but our commitment, dedication and devotion to accomplishing our mission will remain true."

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8 Wing's Aircraft Publications Information Clerk is on a 56-day cycle

Don Cole looks after the aircraft publications for the aircrews, which contains data about global flight routes and airports



Don Cole is shown here with the flight bags he stocks for military flight crews at 8 Wing. Photos by Ross Lees



Don Cole has to change this library every 56 days so he might be the most productive recycler on the base.

By Ross Lees

Don Cole may be about as far behind the scenes as anyone can get at 8 Wing/CFB Trenton, but as Aircraft Publications Information Clerk, his fingerprints are all over any flight and landing of 8 Wing aircraft anywhere in the world.

Few people even know the position exists, but those who are familiar with it are well aware of its importance, particularly the pilots and flight engineers who fly the various aircraft of 8 Wing. Others across the country are aware of his work and want no one else supplying them with their publications.

Don looks after the aircraft publications for the aircrews - some of the most important information they carry with them on their missions across Canada and around the world, containing data about global flight routes and airport destinations.

"I do up their trip bags for them - the bags they require to fly their mission," he explained. "When they come back, I turn them around and get them ready for the next flight."

The over-simplified explanation is typical of Don's manner, and it takes a little coaxing to get him to share more details of his job, one he handles with efficiency and skill in his one-man section at 8 Wing Ops.

His next statement gives a neophyte the best insight into his world.

"I look after all the publications that go to the squadrons and units," he said. "I order maps for squadrons and units on the Wing. I do a ton of recycling. Every 56 days most of this stuff changes."

Don's world is on a 56-day cycle, and apart from his everyday duties, he has to change much of his work material every two months. He might be the most prolific recycler on the base.

Don's reach extends far beyond 8 Wing's aircraft and flight crews. Organized and efficient, other flight crews know of his capabilities and reputation and request their publications from him.

"I also supply the aircraft overseas with their pubs, and aircraft from other missions," he noted. "Whenever we have a trip leaving here going overseas, I throw boxes together and make sure they're flying current pubs, as well."

"During Op HESTIA (the Canadian Forces participation in humanitarian operations conducted in response to the catastrophic earthquake that struck Port-au-Prince, Haiti, in January 2010), the aircrews flying down would drop in and get the Caribbean pubs, because I stock more than anyone else across the country" he recalled.

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Royal Gurkha Rifles trekkers close to CFS Alert



Cpl. Arjun Limbu of the Arctic Gurkha expedition.

*Photos by
Mike Elsasser*



(right) During Op NEVUS, a 450 THS CH147F provides encouragement to the Arctic Gurkha expedition team members, Capt. Jon Armstrong and Cpl. Arjun Limbu of the Royal Gurkha Rifles. They are traversing the Arctic to support the Gurkha Welfare Trust in its community development work for Nepal, and are less than 200 km away from CFS Alert.

The Contact Newspaper

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

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

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

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

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. David Lowthian

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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Bookkeeper: Heather Naish 613-966-2034 ext 560

Circulation: Ron Prins 613-969-8896 ext 241

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.

Guidelines for submissions: ARTICLES AND PHOTOS

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

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

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

Letters to the Editor:

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



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



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8 Wing's Aircraft Publications Information Clerk is on a 56-day cycle

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When CF-18 Hornets from Cold Lake or Bagotville fly overseas, they are escorted by 8 Wing's CC-150 Polaris for air-to-air refuelling. "The Hornets don't have European pubs, so the Airbus crew lets me know they are escorting a flight, and I box the pubs for them."

Don also has a role in flight planning.

"A lot of my work is done out here. For example, there was a crew leaving this morning going to Greenwood, and they picked up the Canadian pubs and some American. Here are all of the outgoing flights for next eight or 10 days. The bags are all ready to go," he added, pointing at a group of flight bags on shelves.

Airbus (CC-150 Polaris) flights are treated somewhat differently. Because they do so many flights and can come back the same day, Don doesn't do a pub bag for them. They look after their own. "I put them in boxes and they take them out to the aircraft and the aircrew changes them," he said.

Don's job description also includes doing all the master publications, customs forms, toll cards, and maps. Fortunately, the maps seldom change, so he just has to make sure the appropriate map is included in the flight bags.

Originally a supply technician in the Canadian Armed Forces, Don performed the same duties prior to being medically released in 1998 after his tour in Rwanda. He has worked the succeeding 15 years as the 8 Wing Pubs clerk.

Don's next large publication change will take

place on June 25 and will include all Canadian and American publications. He calls it a small change, but admits it will cover all the tables in his office and consist of 110 boxes. He'll break them down and distribute or store them wherever he can.

"The second batch will come in probably two or three days later, and it will cover that table plus the six-foot table," he indicated in his office. "I'll bring them in on pallets and hand pack them onto the cart, and sort through them again, and then when the pub-change day actually happens, all the stuff comes off the shelf and goes into recycling and then this stuff goes on the shelves. It's then repacked because I don't have much storage."

There has been talk of switching over to electronic flight bags, which would mean personal devices would be used and much of the physical labour in Don's job would be eliminated.

"Each aircraft would have a couple with a loading dock situation and when there's a change, I would press a button and it would get sent out to all of them. That's the idea," he said but expressing doubt it would happen soon in the current tight budgetary situation. That system is already being used by airlines. "It would certainly make my life easier," he laughed.

When he first started this work, he recalled being advised by his predecessor not to change the numbers of the quantities he would receive, "But one of the first things I did when I came in here was cut the numbers by about a quarter. The supply tech

in me kicked in and I reduced the numbers, which reduced the cost."

Even though the pilots and flight engineers may have some indication of the work Don does, it isn't until they actually come into his office that they get the complete idea. They are surprised at vast collection, according to Don. "They often just see the flight bags, not the library."

"Even on holidays, I normally pop in and see if anything else has come up. During Op HESTIA, when the hurricanes hit, I was in afterhours doing the bags because we were just constantly flying and I only had enough Caribbean publications to do the trips we were doing. I was in on the weekends rejigging the bags," he admitted about the job he has been doing since 9-11.

Part of the reason Don is so popular at his job is because he cares about the people going out on missions and gets recognition on a one-to-one basis often from the crews he serves. "It happens at least a couple of times a week where a couple of them will come down and tell me their stuff is always ready to go when they need it. I get a pat on the back from them all the time, which is great."

That recognition helps on the days Don is battling his PTSD.

"There's days when I don't want to come to work, days when I wake up and just don't want to go to work, but coming to work makes it better. I just make a few more notes now than I did before, search my memory now a little more, but yeah, I'm dealing with it," he admitted.

His job has many triggers, he acknowledges, especially repatriation ceremonies.

"It can be tough because there are a lot of triggers, like every time we have a repat. It's pretty much under control. There have been days when it's been triggered and I need to

leave, but my bosses are pretty good and I have tons of leave to cover it. It took me 19 years to realize I had a problem," he stated.

Don still loves doing his job, especially the interaction with the aircrews. He hopes to retire sometime in the not too distant fu-

ture, but he won't make that change until he's sure there will be somebody filling his shoes and taking care of those military flights throughout Canada and around the world.

It's just the way this guy functions and why he is so appreciated by those he serves.



Don checks data as he maintains the publications at 8 Wing/CFB Trenton. Photo by Ross Lees

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Fitness & Health

Faces of Health Promotion at 8 Wing / CFB Trenton

Faces of Health Promotion at 8 Wing/CFB Trenton is a profile of individuals who demonstrate a commitment to overall health and wellbeing through participation in Health Promotion programming. This week's Face of Health Promotion is Sergeant Kim Nadon formally of 436 Sqn but recently posted to 2 MP Sqn. She has completed Mental Fitness Suicide Awareness (MFSA) and Managing Angry Moments (MAM). Sgt. Nadon is an RMS Clerk with 13 years experience in the military. She enjoys spending time with family and friends and keeps herself active by swimming and biking. Sgt. Nadon was kind enough to reflect on her experience with Health Promotion.

1. What motivated you to register for a Health Promotion course?

I wanted to further my knowledge on Mental Fitness and Suicide Awareness (MFSA) to ensure I could help co-workers, family and friends. The more tools I have in my pocket, the more I feel prepared for any situation. I wanted to take the Managing Angry Moments course to gather tips for myself, as well as tips for

use at work and home.

2. What were the highlights of the courses you have taken?

MFSA made me realize the importance of mental health. This course also provided me with the steps to help others stay in or return to the green zone. I was provided with good information regarding the importance of taking care of myself since caring for others with no regard for self can cause health decline. The suicide awareness portion of the course was interesting as it is a topic that many people avoid discussing. This course made me realize the importance of talking about suicide and to not be afraid to confront someone who may be at risk. Once the stigma of suicide is removed and more people are trained in MFSA, I don't think suicide will be such a sensitive topic. While participating in this course I heard many stories from others who were affected by suicide and realized it has impacted more lives than I had initially thought. I learned that in one way or another everyone wants to learn about suicide and has tips to offer on how to ad-

dress difficult situations. There is a lot of great information in this course regarding where members can go for help for themselves or for a colleague.

3. What advice would you give someone thinking about registering for the Mental Fitness Suicide Awareness course?

I would say that it should be a mandatory course and that every member regardless of rank should take it.

4. Having taken Managing Angry Moments, do you feel more prepared to manage your own stressors and angry moments?

I do feel more prepared and I now know that everyone has a different method of dealing with stress. I really like that we were taught to say something positive about something negative. I also really enjoyed the breathing exercises.

5. What changes have you made as a result of taking courses with Health Promotion?

I take mental breaks and ensure my staff do as well. I make sure to

watch for signs of stress or poor mental fitness in co-workers, family and friends and try to create a positive working and home environment for these individuals. I also ensure that everyone knows that they are able to talk to me about anything, without judgement and that I will offer as much help as I can provide. I look at my own stressors and turn negative thoughts into positive thoughts which makes me feel good and realize that things are not so bad after all.

The Health Promotion Team of 8 Wing/CFB Trenton is committed to assisting the military community increase control over and improve their overall health and well-being. Our programs are available, free of charge to all CAF members, DND employees, NPF employees, CAF spouses and dependants. There are currently 10 programs offered, focusing on both mental and physical health, for more information regarding upcoming course dates and registration contact Health Promotion 613-392-2811 x3768 or healthpromotiontrenton@forces.gc.ca

Lisa Refausse – Manager of Health Promotion x4122

Pam Holmstead – Health Promotion Specialist x5429

Cindy Tromp – Health Promotion Specialist x3767

Gillianne McCormick – Health Promotion Administrator x3768

This week's Face of Health Promotion Sergeant Kim Nadon



Alcohol, Other Drugs and Gambling: Supervisor Training

July 22-23

8:30 a.m. to 4 p.m. and
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Course Coded

AODG Supervisor Training provides mandatory supervisor training outlined in CANFORGEN 043/09 for all CF members in leadership positions. Topics discussed include understanding risks and benefits of alcohol use; recognizing the early warning signs; developing effective interviewing skills; and understanding and changing the culture of an organization.

Space is limited.

613-392-2811 x3768

Formation des superviseurs – Problèmes liés à l'alcool, aux drogues et au jeu excessif

22-23 juillet de 8 h 30 à 16 h,
8 h 30 à 12 h

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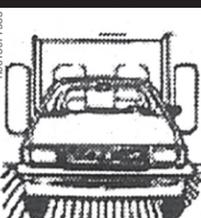
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The content offers seasonal, healthy living messages from our four program areas. Summertime Living will be available from the STF, Health Services and Defense Team home pages

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Pan Am Torch Relay passes through Quinte West



Brig.-Gen. David Lowthian made the first speech prior to the relay.



On July 4, the Pan American Torch Relay came through the Quinte West area with the runners starting at the National Air Force Museum of Canada in Trenton. Smylies Independent Grocer provided fresh food, there was entertainment for the children, a cake cutting and musical entertainment as well as highland dancing.



Master Corporal Powers starts off the Torch Relay.

Photos by
Cpl. Levarre McDonald,
8 Wing Imaging

the Contact



All of the torchbearers posed for a group photo at the start of the festivities.

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OPEN HOUSE - SAT, JULY 11TH 2-3:30PM

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Infrastructure projects confirmed for CFB Trenton

Continued from page 1

the funding announcements he was making that morning.

A total of five projects will be funded as a result of this federal

funding:

- The construction of an Integrated Personnel Support Centre will provide a new, modern facility for the men

and women of 8 Wing. This project is valued at \$4 million.

A \$2 million project at the military housing on base will involve the renovation of washrooms, and the installation of a new heating and ventilation system.

- A \$2.3 million project for work at various buildings at 8 Wing Trenton will include repairs to support trusses, roof replacement, as well as road reconstruction and new asphalt.
- A project for the comprehensive assessment of the airfield drainage system, including inspections will identify repair requirements.

This project is valued at \$1.5 million.

A project for roadway repairs, valued at \$275,000, will reconstruct the road with proper grading, newer lanes, curbs and sidewalks.

The news was received with appreciation by Lt.-Col. David Alexander, the 8 wing Chief of Staff.

"In order to achieve excellence and remain relevant at what we do, the men and women of 8 Wing Trenton require the tools, including infrastructure and aircraft, to do their jobs. The support we have received over the recent past is certainly evident by the enormous transformation

here at 8 Wing/CFB Trenton. Today's announcement is evidence of that support that we have received and will enhance our ability to achieve and maintain operational excellence," he said.



Associate Minister of Defence Julian Fantino announced on July 3 detailed projects for \$10 million in federal funding for CFB Trenton as part of a \$452 million investment for armed forces bases across the county originally announced by Prime Minister Stephen Harper in November 2014. Photo by Ross Lees

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"Some categories are limited"

SERABEC-SHERBROOKE ready to help when called upon

By Capt. Andrea McKinley

It was a whirlwind of activity in and about Sherbrooke, Quebec on the weekend of July 4-5, as personnel from 8 Wing Trenton's famous 424 (Tiger) Transport and Rescue Squadron (TRS) journeyed there to conduct an annual readiness evaluation of their Sauvetage et recherche aériens du Québec (SERABEC) partners.

On this particular weekend it was the volunteer members of SERABEC - Sherbrooke, not 424 (TRS) that were put to the test during two very challenging search and rescue training scenarios.

The first involved rescuing individuals from a simulated overdue ultralight aircraft that had crashed in a wooded area. A challenging location to get to and casualties with well replicated injuries made for a very real situation for the SERABEC volunteers. Despite the difficulties they were successful in finding, treating, and extracting the simulated casualties to safety.

Not wasting any time, the evaluators from 424 (TRS) challenged the volunteers skills with another simulated crash, this time it was a mountain rescue on Mont Orford. This time the level of complexity was much greater and it required both SERABEC

volunteers and 424 (TRS) personnel working together to rescue the casualties and transport them to a safe location.

"The members of SERABEC and CASARA are an integral part of Canada's search and rescue operations," said Lt.-Col Dany Poitras, 424 (TRS) Commanding Officer and an exercise participant himself. "They play a large role in providing Canadians search and rescue capabilities."

During the closing ceremonies, Lt.-Col Poitras thanked the volunteers and military personnel for all the work they had done throughout the weekend and announced that SERABEC-Sherbrooke had successfully completed their operational readiness evaluation and is ready to receive Search & Rescue missions from the Joint Rescue Coordination Centre (JRCC) located at 8 Wing Trenton.

SERABEC- Sauvetage et recherche aériens du Québec or CASARA Civil Air Search and Rescue Association, is a Canada-wide volunteer association that assists the Royal Canadian Air Force (RCAF) in the promotion of aviation safety and air search support services.

Through funding from the Canadian Armed Forces, SERABEC / CASARA members receive training as air observers - spotters, navigators and ground team

A crew of the CH-146 Griffon and SERABEC volunteers plan their mission during an evaluation exercise near Sherbrooke, Quebec on July 4.



Two SERABEC volunteers assess the casualties during a joint training exercise between 424 Rescue and Transport Squadron and SERABEC- Sherbrooke on July 4 near Sherbrooke, Quebec.

members. These trained members can then be called upon to assist one of the RCAF's Search and Rescue Squadrons during real search and rescue missions.

Readiness evaluations are performed every 18 Months on volunteer units, to ensure preparedness and interoperability between SERABEC and CASARA members and the RCAF.





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OPEN HOUSE - SUN JUL 12TH - 12-1PM 23 RAMSAY AVENUE	STUNNING IN BRIGHTON 8 THOMPSON CRESCENT	1.14 ACRES WITH DOUBLE GARAGE 2726 COOPER ROAD
<div style="display: flex;"> <div style="width: 20%; text-align: center; font-size: small;">HUGE GARAGE</div>  <div style="width: 80%; padding-left: 10px;"> <p>Located in a quiet family friendly neighbourhood. Minutes to Base.</p> <p>MLS#QR21500903 \$139,500</p> </div> </div>	<div style="display: flex;"> <div style="width: 20%; text-align: center; font-size: small;">1.5 YEARS NEW</div>  <div style="width: 80%; padding-left: 10px;"> <p>This 4 bed, 5 bath custom built bungalow is centrally located in Brighton's beautiful community.</p> <p>MLS#QR21504392 \$400,000</p> </div> </div>	<div style="display: flex;"> <div style="width: 20%; text-align: center; font-size: small;">FABULOUS HOME</div>  <div style="width: 80%; padding-left: 10px;"> <p>4 bedroom, 3 bathroom brick bungalow w/ fully finished walkout basement, offering over 3000 sq ft of living space</p> <p>MLS#QR21501170 \$269,000</p> </div> </div>
GREAT STARTER HOME 77 COLLEGE ST EAST	RENOVATED CHARACTER HOME 203 KING STREET	RANCH STYLE BUNGALOW 156 CONSECON MAIN
<div style="display: flex;"> <div style="width: 20%; text-align: center; font-size: small;">FENCED IN BACKYARD</div>  <div style="width: 80%; padding-left: 10px;"> <p>1.5 storey starter home within walking distance to schools and all amenities.</p> <p>MLS#QR21502221 \$120,000</p> </div> </div>	<div style="display: flex;"> <div style="width: 20%; text-align: center; font-size: small;">MOVE IN READY</div>  <div style="width: 80%; padding-left: 10px;"> <p>Gorgeous move in ready 3 bed 2 bath all brick home with garage. Only 4 km's to CFB Trenton.</p> <p>MLS#QR21503805 \$223,900</p> </div> </div>	<div style="display: flex;"> <div style="width: 20%; text-align: center; font-size: small;">WHEEL CHAIR ACCESSIBLE</div>  <div style="width: 80%; padding-left: 10px;"> <p>ONE level 1900 sq ft bungalow, 240 sq ft sunroom & 3/4 acre manicured back yard.</p> <p>MLS#QR21500155 \$259,900</p> </div> </div>

Downtown Trenton's Festival ON THE BAY

Thursday, July 16th, 2015

- 8:00am Pancake Breakfast
- 10:45am Opening ceremonies with Mayor Jim Harrison and DBIA Chair Kelly Butt
- 11:30am Wheelchair Challenge in support of the TMHF

Friday, July 17th, 2015

- 8:00am Pancake Breakfast
- 1:00pm Afternoon Bay of Quinte Boat Cruise
- 7:00pm Evening Bay of Quinte Boat Cruise
- 9:45pm Fireworks Celebration

Saturday, July 18th, 2015

- 8:00am Pancake Breakfast
- 9:00am Dragon Boat Festival on the Trent River
- 10:00AM Arts Quinte West In Compass Court

ENTERTAINMENT

Thursday, July 16th, 2015

- | | | | |
|---------|---------------------|--------|-----------------------------------|
| 10:00am | Festival Music | 5:00pm | Jordan Thomas and the Bootleggers |
| 12:00pm | R&R | 7:00pm | Decades |
| 2:00pm | Dellean Comeau | | |
| 4:00pm | Quinte Idol Winners | | |

Friday, July 17th, 2015

- 10:00am Festival Music
- 11:00am Quinte West Youth Centre Talent
- 12:00pm Sisterhood
- 2:00pm Fade Kings
- 4:00pm Cold Creek Cloggers
- 5:00pm Fire Bush
- 7:00pm Tailgate

Saturday, July 18th, 2015

- 10:00am Voices in Concert
- 11:00am Twirlers
- 12:00pm El Camino
- 2:00pm Fingers X'D



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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.

Monthly Mindfulness Group

"Mindfulness is 'paying attention, on purpose, in the present moment, and without Judgment' (Kabat-Zinn, 1990)" Open to those (military community and general public) who are interested in developing their mindfulness practices as a way to reduce stress and anxiety, increase awareness of thoughts, emotions and behaviours, and improve choice when responding to difficult situations. Sessions take place Thursday from 12 p.m. to 1 p.m. or 1 p.m. to 2 p.m. (April 30, May 28, June 25, and July 30). Kara Gaucher will be facilitating the group but for information or to register contact Ashlee Allen 613-392-2811 ext. 5541 or aallen3@cogeco.net

Groupe Mensuel de Pleine Conscience

« Pleine conscience signifie : Porter intentionnellement attention aux expériences internes (sensations, émotions, pensées, états d'esprit) ou externes du moment présent, sans porter de jugement de valeur. (Kabat-Zinn, 1990) Offert à ceux (communauté militaire et grand public) qui sont intéressés à développer leur pleine conscience pour réduire le stress et l'anxiété, accroître la sensibilisation aux pensées, aux émotions et aux comportements, pour aider à faire face aux situations difficiles. Le dernier jeudi du mois de midi à 13h00 ou de 13h00 à 14h00 Le 30 avril, 28 mai, 25 juin et le 30 juillet. Kara Gaucher animera le groupe mais pour information ou pour vous inscrire contactez Ashlee Allen au 613-392-2811 poste 5541 ou aallen3@cogeco.net

Busker Festival and Shopping Trip

A busker festival shopping trip in beautiful downtown Kingston takes place on Saturday, July 11 with a departure time of 8 a.m. and a return time of around 5 p.m. Cost is \$20 per person. Be dazzled with the street entertainment, jugglers, acrobats, dancers, fire-eaters..., enjoy a variety of shops, the market with 'Chef Cooking Demos' and restaurants of beautiful downtown Kingston. Youth aged 16 and under should be accompanied by an adult.

Voyage au 'Busker Festival' et magasinage

Au beau centre-ville Kingston. Quand : le samedi 11 juillet. Heures : départ à 8h et retour vers 17h. Coût : 20\$ chacun. Soyez éblouis par les amuseurs publics ; jongleurs, acrobates, danseurs, cracheurs de feu..., profitez des nombreuses boutiques, du marché public avec 'Demos de chefs culinaires' et restaurants au très beau centre-ville de Kingston. Les jeunes âgés de 16 ans et moins doivent être accompagnés d'un adulte.

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

Monthly E-News/Facebook

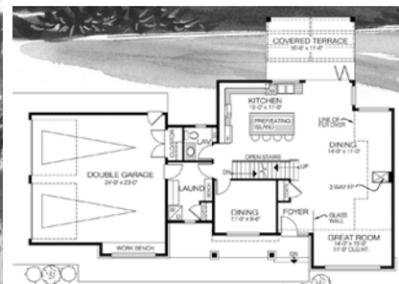
Get the latest news from the MFRC and community at large. Sign-up through our website www.familyforce.ca for the monthly E-News and to follow us on Facebook.

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.

Home of the Week

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Plan No:
6-3-674

Dormer windows always add charm to a home, and this rambling 1½-storey family home, designed for a large lot, is no exception.

The entry is protected by a glass-panelled awning that is echoed at a window above and shelters the spacious front porch. The compact foyer, which includes a handy coat cupboard, is separated from the open-plan great room by a glass partition.

The great room's most striking feature is a three-way fireplace that will cast its glow all the way to the dining area and also brighten the lofty double-height area where it is located.

Large windows overlook the front garden.

The dining area will be bright with natural light, thanks to two side windows, as well as French doors that open to a covered terrace. A second, more formal, dining area overlooks the front garden and is located around the corner from the kitchen for easy serving.

The kitchen features a four-seat eating bar and prep island, as well as an L-shaped counter configuration to save steps for the cook. There is a window over the double sink.

Adjacent to the kitchen, in the connecting corridor between the main house

and the two-vehicle garage, are a powder room and the laundry room, which includes a storage closet as well as a bench that will be useful for removing muddy boots.

Upstairs, the master bedroom overlooks the back garden. Airy and bright, the space features a vaulted ceiling, as well as a walk-in closet. The en-suite includes an oval soaker tub, in addition to a shower stall.

Both the second and third bedrooms look out on the front garden and share a three-piece bathroom that occupies its own bayed-out niche. Natural light will flood through the sky-light.

The second bedroom has a built-in desk, while the third features an extra-deep window sill.

This plan includes an unfinished basement. There is space for a work bench in the double garage, which includes a generous storage area.

Exterior finishes include cedar shakes and stucco, brick accents and partly mullioned windows. The garage doors are turned away from the roadway, offering a more attractive aspect to passersby.

This home measures 65 feet, 10 inches wide by 45 feet, six inches deep, for a total of 1,993 square feet.

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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.

Important notice

Wing Construction Engineering Squadron will be replacing a large valve located at the intersection of Old Highway 2 and Anson Ave. As a result, the main entrance to the South Side of the base will be closed from July 1 to Aug. 1. Gate number 231, located North of the AMTC, will be open for non-commercial traffic entering the base Monday to Friday from 6 a.m. to 2 p.m. and used as an exit for traffic leaving from 2 p.m. to 6 p.m. The gate will not be open on weekends. The east gate by the Officer's Mess will be open for all traffic entering and leaving the base during the month of July and will be open 24/7. Buildings B22, B23, and B34 will be affected approximately for a week during the valve replacement. Exact dates of the water interruptions will be communicated at a later time. Bottled water will be provided to the affected buildings and users will be able to continue the use of washroom and shower facilities.

July 10 – 8 Wing Blood Donor Clinic

The 8 Wing Blood Donor Clinic takes place at the Baker Island Community Centre, CFB Trenton from 10 a.m. to 2 p.m. All regular and new blood donors are encouraged to attend and give the gift of life and replenish depleted blood supplies.

July 11 – PMQ BBQ and Movie Night Boxtrolls

The 8 Wing PMQ Community Council is sponsoring a PMQ BBQ and Movie Night Boxtrolls at L'Envol School from 6 p.m. to 8 p.m., an event which is free to the military community. For further information, contact Cpl. Art Mason at 2692 or Arthur.Mason@forces.gc.ca

July 26 – Wings and Wheels Classic Car Show

The Wings and Wheels Classic Car Show takes place on Sunday, July 26 at the National Air Force Museum of Canada from 9 a.m. to 3 p.m. Come and enjoy the cars and planes and tour the museum. Announcing and music supplied by Wild Willie. Admission for cars is \$10 and the first 110 vehicles get a grab bag. There are door prizes, silent auction, piston toss, barbecue, 50/50 draw, and vendors. Proceeds support the National Air Force Museum of Canada Foundation and the Quinte Humane Society.

Wing Logistics and Engineering Picture of the Week

Advance promotion during
OP NEVUS



Military members of CFB Trenton and JTFN Yellowknife stand in front of the Fort Eureka sign during OP NEVUS. Avr. Boulanger, a Water, Fuels and Environment Tech from WCE, was advance promoted to the rank of Corporal on June 19 during OP NEVUS in Eureka, NU. Pictured from left, OC OP Nevus, Maj. Buehl, from JTFN Yellowknife, Cpl. Boulanger, and OP NEVUS SM, WO Smith, both from WCE at CFB Trenton. Photo by Cpl. Blackburn

Honours and Awards

The War Medal 1939-1945

Private James Leslie Graham was finally awarded the War Medal 1939-1945 for his service to Canada during the Second World War on April 30. Pte. Graham enlisted in the Canadian Army (Active) at Toronto, Ontario, on April 17, 1945 at the age of 18. High technology and electronics were Army unknowns in the Second World War, so training entailed three months of basic training followed by three months of advanced training. At that point, soldiers were considered trained and ready to do battle. Pte. Graham completed basic training and had almost completed advanced training at Camp Ipperwash when Victory in Japan Day (VJ Day) occurred. It had been duly noted that Pte. Graham had "AA" excellent night vision and was an "Expert" marksman. Soldiers would soon be returning home so those who had an accounting education were trained in the delisting of service men. The rest of Pte. Graham's Army service was spent assisting soldiers to return to civilian life. Pte. Graham voluntarily released on March 15, 1946 to return to civilian life on demobilization. Mr. Graham is shown here after finally receiving his War Medal 1939-1945 from then Col. David Lowthian, Wing Commander of 8 Wing/CFB Trenton. Pictured with Mr. Graham are his wife Helen and his son Greg. Wing Chief Warrant Officer (WCWO) Darcy Elder, right, observes the presentation.



Photo by Ross Lees



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Summer Swim Lessons

Session 1 – July 20 to July 31 – Mon., Tue., Wed. and Fri. mornings (eight weeks)
Session 2 – July 21 to Aug. 13 – Tue. and Thur. evenings (eight weeks)
Session 3 – July 6 to Aug. 28 – Various dates and times **Register now!**

Adults Programs

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

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

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

Boot Camp Fitness – Mondays from July 6 to Aug. 24 from 4:30 p.m. to 5:30 p.m.

Pilates/Core Fitness – Improves muscle tone, balances musculature and corrects posture.

Wednesdays, July 8 to Aug. 26 from 4:30 p.m. to 5:30 p.m.

Spin Class – Each week participants can look forward a workout that will push them to improve their personal fitness level.

Thursdays, July 9 to Aug. 27 from 4:15 p.m. to 5:15 p.m.

Upcoming: 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, July 6 to Aug. 24 from 9 a.m. to 10 a.m. (morning class)

Or Wednesdays, July 8 to Aug. 26 from 5:30 p.m. to 6:30 p.m. (evening class)

Intro to Squash

Have you ever wanted to learn how to play squash? Well now is your chance as we will be running an introduction to squash course.

Wednesdays, July 8 to Aug. 26 from 6:45 p.m. to 7:45 p.m.

Child, Youth and Teens Programs

Ball Hockey for Kids

Come join us each week on Mondays where we will practice a few skills and then play games to practice the skills learned.

Mondays, July 8 to Aug. 24

6 to 8 years of age from 5 p.m. to 6 p.m.

9 to 12 years of age from 6 p.m. to 7 p.m.

Outdoor Tyke Terrain age 5 and under

Come make use of our outdoor toys and slides.

Thursdays, July 7 to Aug. 27 from 9 a.m. to 11 a.m.

Indoor/Outdoor Soccer – The soccer season is approaching and Indoor/Outdoor Soccer Night is a great way to practise your basic soccer skills, while meeting new friends.

Thursdays, July 9 to Aug. 27, 6 to 8 years of age from 5:30 p.m. to 6:30 p.m. and 9 to 12 years of age from 6:30 p.m. to 7:30 p.m.

New Playgroup with Vicki

Ages 4 and under....you can drop your children off with Vicki and do a workout in the cardio room at the RecPlex or stay and participate in Vicki's youth activities, games and play stations.

Saturdays, July 11 to Aug. 29 from 9 a.m. to 10:30 a.m.



Bicycle Rodeo draw winners

Belgian Dresler, 7, above, and Layla-Jane Corsaut, below, were the lucky winners of the bicycle draws at the recently held CANEX-RecPlex Bicycle Rodeo. Pictured with Belgian and Layla-Jane are Andy Moreau, former manager of the Trenton SuperMart (CANEX) and Meghan Enwood, program coordinator of youth, recreational and leisure activities at CFB Trenton's RecPlex. *Photos by Ross Lees*



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 July 10, from 10 a.m. to 2 p.m. at the Baker Island Community Centre, CFB Trenton. All regular and new blood donors are encouraged to come out and help replenish vastly depleted blood supplies

Over half of Canadians have needed blood

Fifty-two per cent of Canadians have said that they or a family member have needed blood. The Contact asks you to book your appointment today by calling 1-888-2-DONATE (1-888-236-6283) or book online at www.blood.ca to book an appointment.

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 July 10, from 10 a.m. to 2 p.m. at the Baker Island Community Centre, CFB Trenton. All regular and new blood donors are encouraged to come out and help replenish vastly depleted blood supplies

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Safety



Learn about burns and work to avoid them



Being burned forms the basis of some of our worst nightmares. Burns are painful, take a long time to heal, can leave us disabled for life and even kill us. Unfortunately, most of us don't know much about burns or how to treat them. It's important for you to know about burns for two reasons:

1. To protect yourself from improper treatment if you suffer a burn.
2. To correctly treat your co-workers, friends and family when they suffer from burns.

There are three different types of burns: thermal (heat), chemical and electrical. Burns also come in three different degrees: first degree, second degree, and third degree. Fortunately, most of us are only familiar with first degree burns. This is a burn you've most likely picked up at the beach or at a barbecue. It's slightly red, often looks

dry and still can be very painful. It is a burn to the outer layer of skin, the epidermis. Second degree burns are what you would imagine: worse. It's a deeper burn reaching past the outer layer of skin into the dermis layer. These burns are deep red and may blister or cause peeling. Since the dermis contains our nerve endings, a second degree burn is very painful. You've probably had a few of these at the beach as well or if you have come in contact with a hot object on the stove or touched an iron. Worse yet, is the third degree burn. It is a burn that reaches the underlying tissue. It leaves the tissue charred from brown to black and blistered. A third degree burn to just over 10 per cent of your body is considered critical and can be fatal. It will send you to the hospital for repeated treatment that could span years. How can you help a burn victim? Immediately call for trained and authorized personnel to help

- Put out the fire. You can do this by rolling the burn victim on the ground to smother the fire or put it out by covering him with a blanket.
- Turn off the power source if it is an electrical burn. Do not endanger yourself by touching the victim until the power is disconnected.
- If it is a chemical burn take the person to the emergency room. Have the victim stand under the shower for at least 20 minutes.
- Clear the burned area. Remove rings, bracelets, necklaces and restrictive clothing.
- Cool the burn. Run the burned area under cool water. Then get the victim medical treatment as soon as possible.
- Bandage the area to stop the chance of infection and to minimize pain. Bandages should be loose and bulky.

to blister, it's important that you remember not to burst blisters. Blisters are the body's way of retaining vital fluid around the burn. Blisters will actually speed up the healing process. Safe habits are the best way to minimize the chance of someone being burned at work or at home, but knowing how to treat a burn is just as important. Quick tips for minor burns Do you run hot water over a burn? Or is it cold water? How about a big swipe of butter? Ask the people you work with. They'll have their own idea of what you should do, but who or what is right? Running cool water over a burn area under cool water. Then is the first method of treatment. It works to cool the area. Cooling the burn should happen as soon as possible. Warm or hot water, can actually cause a worse burn and more pain to the person burned. Butter should stay on the kitchen table.

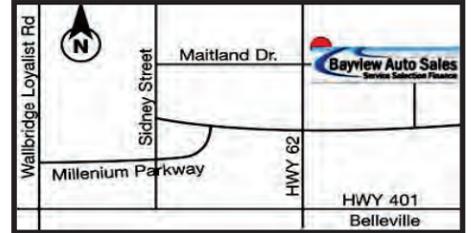
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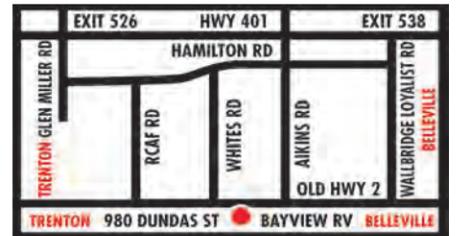
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