"Delivering news and information. At home and around the world." • "Des nouvelles d'ici et quelque part dans le monde." Volume 50 • Issue 24 • June 19, 2015

the Contact

Serving 8 Wing/CFB Trenton • 8e Escadre/BFC Trenton • www.thecontactnewspaper.cfbtrenton.com

>> Challenging Labrador's wilderness
Approximately 170 military members are deployed at 5 Wing Goose Bay, Newfoundland and Labrador, for Exercise Phoenix Warrior 2

>> 424 Sqn annual Mess Dinner changes format
Instead of the traditional venue, the unit elected for a field mess dinner, which took place at Mountain View on June 10 7

>> Wings and Wheels Classic Car Show – mechanical rarities for the entire family to enjoy
National Air Force Museum of Canada event to raise funds for museum and Quinte Humane Society 10

'Weir' SOLD!
Still Not Sold?
DAVID WEIR BA, CD Broker
Call or Text: 613.392.7777
david@davidweir.com
1.800.263.2177
ROYAL LEPAGE ProAlliance Realty, Brokerage
DAVID WEIR BA,CD Broker
Client Focused • Results Oriented
R001338217

CFB Trenton conducted realistic emergency response exercise

8 Wing/CFB Trenton conducted Exercise WOLF PACK, an emergency response training event, near Baker Island on June 17 and this role player took up her position during the exercise. See story and photos on page 5. *Photo by Ross Lees*

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.

Additionally, the main entrance will be open from June 22-26 for all traffic entering the base. For the period of June 22-26, the east gate by the Officer's Mess will be used for all traffic exiting the south side of the base.

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.

Fuelling the fight: RCAF Polaris delivers 10 million pounds of fuel to anti-ISIS Coalition

A CC-150 Polaris Airbus refuels a Royal British Air Force Tornado GR4 during Operation IMPACT on February 2, 2015.

Un Airbus CC-150 Polaris ravitaille un Tornado GR4 de la Royal Air Force britannique pendant Opération Impact, le 2 février 2015. *Photo by Canadian Forces Combat Camera, DND*

By Joint Task Force-Iraq Public Affairs

The 21 members of Air Task Force-Iraq's Air-to-Air refuelling detachment have reached a major operational milestone in their contribution to the Middle East Stabilization Force's (MESF) efforts against the Islamic State.

Recently, while flying their 168th mission on the CC-150T Polaris since the beginning of Operation IMPACT in late October 2014, the refueling crew, flying their CC-150T Polaris, surpassed 10 million pounds of fuel transferred to Canadian CF-188s and other coalition strike aircraft.

This landmark number reflects the operational importance of Canada's air-to-air refuelling capability in the fight against ISIS, enabling a wide variety of coalition fighter aircraft to reach areas of operations and stay overhead for longer periods of time in order to provide Iraqi Security Forces with effective air support.

Continued on page 13

EYE EXAMS ON PREMISES
(Optometrist on site)
INCLUDING SATURDAYS
New Patients & Walk-ins Welcome
EYES N OPTICS
613-392-3040
"Special Discount for Military Members & Families"
Ray-Ban GUESS RALPH LAUREN VOGUE D&G Silhouette REBEL POLO MICHAEL KORS BURBERRY COACH OAKLEY
www.eyesnoptics.com • 73A Dundas Street West, Downtown Trenton, Ontario
We will directly bill Military Insurance Plans including eye exams and eye wear
R001333723 1

Challenging Labrador's wilderness

By Lieutenant Olivier Gallant

Canadian Armed Forces members from 2 Wing Bagotville, Quebec, and 8 Wing Trenton, Ontario, and CC-130J Hercules are deployed at 5 Wing Goose Bay, Newfoundland and Labrador as part of Exercise Phoenix Warrior 1501 from June 1 to 12.
Photos by Master Corporal Krista Blizzard

Exercise Phoenix Warrior is a 2 Wing-led training event involving 2 Wing Bagotville, Quebec, and 8 Wing Trenton, Ontario. Approximately 170 military members are deployed at 5 Wing Goose Bay, Newfoundland and Labrador, for the exercise from June 1 to 12.

Phoenix Warrior is designed to exercise the Royal Canadian Air Force's ability to rapidly generate and deploy an expeditionary air task force. Assets used throughout the exercise include CC-130J Hercules, CC-177 Globemaster III (for the deployment and the redeployment), CH-146 Griffon and all the necessary support personnel to allow for sustained operations.

2 Wing is the Royal Canadian Air Force's air expeditionary wing, a formation able to rapidly deploy as a self-contained unit, employing air power and providing associated support wherever needed.

"It is crucial for our members to test their ability to operate in various types of environment and to maintain their high-readiness posture," explains Colonel Erick Simoneau, 2 Wing commander and Air Task Force commander. "Phoenix Warrior is validating the versatility, flexibility and responsiveness that we require to meet the challenges we face in a real deployment, and ultimately to better serve Canadians at home and abroad."

The main focus of the exercise is to practice the contingency plan for the removal of individuals out of an austere environment in an affected area. A scenario has been put in place in which the participants must deploy in Labrador's wilderness to accomplish this mission. In this case, the 5 Wing Practice Training Area is the location where the simulated contingency plan will be practiced. The area is located 100 kilometers southwest of the base, and it is completely isolated.

8 Wing Trenton is providing two CC-130J Hercules from 436 Transport Squadron. The only way to reach this isolated location is by air; there is no road access. The aircraft are landing on a dirt runway and are able to deliver the personal and equipment in this austere environment. In some instance, material is also being parachuted in the area.

"Being the first on the ground and setting up the location for sustainable air operations is not an easy job. This is why we take advantage of this controlled training environment to practice many scenarios," explains Lieutenant-Colonel Daniel Coutts, the deputy commander of the Air Task Force.

During the exercise, all operations are coordinated from 5 Wing. A deployed detachment is responsible to establish a safe environment at the Practice Training Area in order to allow air assets to fly in and out and ultimately to accomplish the mission successfully. During all that time, military members proceed as though they are in a combat situation.

"The teamwork between all involved units is outstanding. The participants are reacting well to the various scenario situations. I'm proud to see the professionalism and dedication displayed by all of them", says Lieutenant-Colonel Daniel Coutts.

One of 5 Wing's mission is to support Canadian Armed Forces training. With its personnel, infrastructures and training assets, 5 Wing is able to provide adaptable support in order to meet Exercise Phoenix Warrior organizers' training requirements and unique objectives.

"We are pleased to see 2 and 8 Wing personnel use our infrastructures and our Practice Training Area. Labrador's training conditions are challenging in many ways and it is always great to witness how our men and women in uniform are able to push back their own limits within this environment", says Lieutenant Colonel Luc Sabourin, the commander of 5 Wing.

10% Military Discount!
fdc
Family Dental Centre
Personalized & Comfortable
Call Today for Your FREE Consultation with X-Ray!
Same-Day Emergencies & On-Site Denture Lab!
Early Morning, Late Evening & Saturday Appointments!
Implants • Sedation Dentistry • Invisalign®
Day Care from 10am–4pm • Cleaning & Polishing ~ Only $99

Dr. Ramez, Dr. Yasmin & Dr. Steve
Three Locations to Better Serve You!
Frankford 613-398-8888
Belleville 613-961-7050 • Cobourg 905-372-7400
www.FamilyDentalCentre.com
R0013078341
© 2014 cleriad, inc.

LegalShield℠
Worry Less. Live More.
RON SAUCIER
Independent Associate
Legal Advice On All Matters
Brighton, Ontario
Phone: 613-439-9547
Email: rsaucier.legalshield@cogeco.ca
R0013099767

National® Car Rental
Your Car Will Be Ready When You Are!
✔ 24 Hour Service ✔ Prompt free pickup and delivery
✔ Clean late model vehicles up to 12 Passenger Vans
✔ See the difference that locally owned makes
✔ Fleet cars for sale
106 Front Street, Trenton, Ontario K8V 4N6
613-392-3300
Mention this ad and receive an exterior wash of your own vehicle with rental.
R0013157961

M Flight continues Initial Aeromedical Evacuation Course training

By A/SLt Laura Nash

Maj. (retd) Christine Bannerman instructs Sgt. 1st Class Bos and Capt. De Bruijn, both from Holland.

Photos by Cpl. Rob Stanley, 8 Wing Imaging

Sgt. Hancock and Lt. Dion treat a patient during a simulated exercise on the CC-130J.

Back row left to right: Lt. Dion, Capt. De Bruijn, Cpl. Pedneault, Cpl. Wells, and Lt. Rodrigue. Front row, left to right: Cpl. Nefkha, Sgt. 1st Class Bos, Sgt. 1st Class De Bruin, and Sgt. Hancock.

The 426 (T) Training Squadron Aeromedical Evacuation Training/Medical Flight's (M Flight) Initial Aeromedical Evacuation Course, the only Canadian Armed Forces (CAF) course of its kind, is currently underway at 8 Wing/CFB Trenton. Nurses and medical technicians from bases across the country travelled to participate in this unique training and earn their Aeromedical Evacuation (AE) crew member wings. Additionally, this course serial is hosting two nurses and one flight surgeon from Holland - participants in an international training partnership that spans 25 years.

The Aeromedical Evacuation Training staff is comprised of flight qualified nurses and medical technicians who ensure the students receive top notch education and training. The course focuses on flight safety, aircraft systems, medical equipment, in-flight patient care, strategic and tactical mission management, as well as medical aircrew duties and responsibilities during aircraft emergencies.

The M Flight students were busy learning and practicing use of aircraft and portable emergency oxygen systems, air emergency procedures, and medical emergency procedures on the CC-130J Hercules.

"It's important for students to train at altitude to ensure they can operate successfully in the air," said Maj. (retd) Christine Bannerman.

426 (T) Training Squadron Flight Surgeon Capt. Maurice Ennis, who also flew with the course, adds that it's important for students to "recognize challenges of patients in flight," including "noise, equipment, conditions and surroundings."

Capt. Ennis created realistic emergency scenarios for the students while assistants acted as patients for hands-on learning. Seasoned course instructors include Maj. J. Jackson, United States Air Force exchange officer, Maj. L. Jackson, Capt. Nicholson, Capt. Perrault, Sgt. Ryan, and MCpl. Lapalme-Laviolette.

Doctors, nurses and medical technicians taking part in M Flight training will receive their Aeromedical Evacuation crew member Wings upon successful completion of the course on June 17.

South Korean Colonel visits 8 Wing

Republic of South Korea Air Force Colonel Jang Min Choi, Defence Attaché of the Embassy of Korea, visited 8 Wing/CFB Trenton Friday June 12 and met with 8 Wing Commander Brigadier General David Lowthian and others at the National Air Force Museum of Canada.

Submitted by Steve Hwang, Embassy of the Republic of Korea

Contact the CRC for a free consultation

By CWO Michael Beaulieu

Are you facing a conflict with a colleague in your workplace? Are you at a loss as to what your best course of action might be to effectively deal with the conflict?

All of us, regardless of our position in the Department, at one time or another, can face interpersonal conflicts. You may be managing just fine solving these types of problems on your own or with the help of a supervisor, friends and or family. However, if you feel you need specialized help resolving a particular issue the CRC can offer you professional assistance.

The CRC can offer you a consultation and help you explore options such as:

✔ Discover and understand the underlying factors that are contributing to the dispute;

✔ Move through any challenges you experience when dealing with conflict;

✔ Explore personal triggers through focused questions and observations;

✔ Re-examine your assumptions about the conflict and explore other points of view;

✔ Practice constructive approaches to handling the conflict;

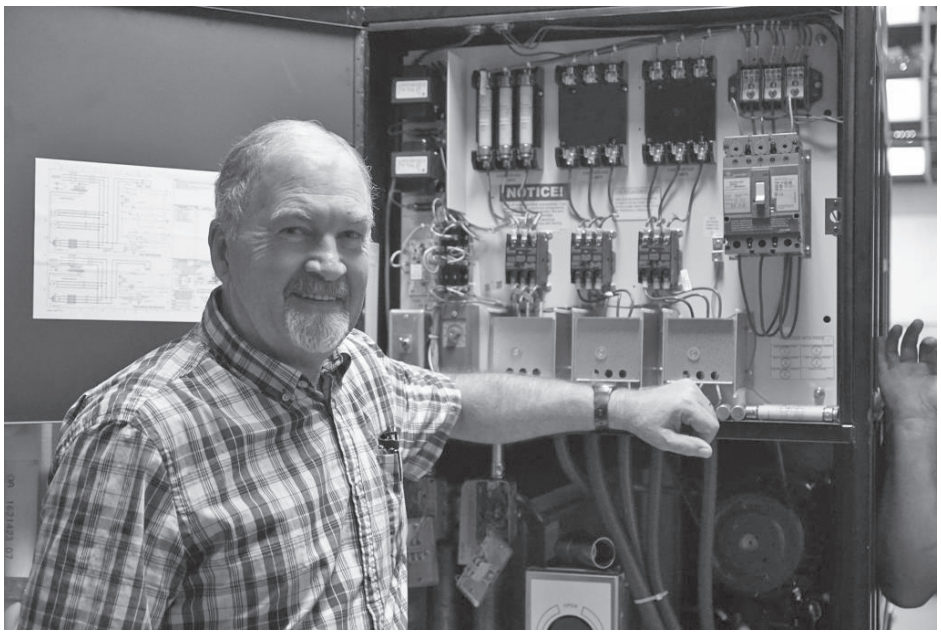
✔ Explore all options that can help you resolve the conflict; and

✔ Have a better understanding of how you deal with conflict and strengthen your conflict resolution skills.

Reaching out for a free consultation to explore conflict resolution options can prevent long delays in resolving complaints which create significant anxiety for the parties involved. All communications shared during the consultation is private and confidential. Professional help is available, so make the call.

Contact:
CSN: 271-5641
Email: crckingston@forces.gc.ca
Toll Free: 1-855-202-7862 ext. 5641
Website: http://www.forces.gc.ca/en/caf-community-dispute-resolution-centres/index.page

Keeping things cool at CFS Alert



Mr. Greg Aluey, a member of CFB Trenton's Refrigeration and Mechanical (RM) Shop, who recently received a Commanding Officer's Commendation from Maj. Brian Tang, CO of CFS Alert, for his dedicated service in providing maintenance to CFS Alert's RM systems is featured in this weeks picture from Alert. Mr. Aluey has conducted 67 technical assistance visits to the north in the past 30 years, accumulating a total of two years of time in the Arctic. Mr. Aluey, along with his team, is currently in the process of performing upgrades to several ventilation and cooling systems at the Station and this will be his last maintenance project in the north, as he will be retiring this year.

Photo by Cpl. Raymond Haack

Wing Logistics and Engineering Picture of the Week

8 Wing Supply has one civilian attached with 8AMS Armament and Wing Explosive Disposal Flight (EDF). Mr. Don Tobin is responsible for maintaining, issuing, receiving and adjusting ammo stock for the Wing and attached lodger units. Ammo Supply is planning to move to the old fire hall late this year or early next year.

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 persmission 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
Public Affairs, Internal Comms: 8 Wing Public Affairs
PSP Manager: John Snyder
The Independent (Metroland) Staff
General Manager: Ron Prins 613-969-8896 ext 241
News and Feature Content: Ross Lees 613-392-2811 ext:3976
Advertising Production : Glenda Pressick 613-966-2034 ext:520
Bookkeeper: Heather Naish 613-966-2034 ext 560
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

A Military Community Newspaper

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

The Contact ~Wing Headquarters
Building Annex, 8Wing / CFB Trenton
PO Box 1000, Station Forces,
ASTRA, ON, K0K 3W0

CFB Trenton conducts emergency response exercise

Continued from page 1

By Captain Christopher Daniel

8 Wing/CFB Trenton conducted Exercise WOLF PACK, an emergency response training event, near Baker Island on June 17.

"We conduct realistic training events to further enhance our capability in responding to a wide range of emergency situations," said Captain (Capt.) Ron Frobel from 8 Wing Readiness Training Flight (RTF).

During the exercise, members of the Canadian Armed Forces (CAF) and Ontario Provincial Police (OPP) worked together in making the training as realistic and as relevant as possible.

As part of the simulated scenario, well-equipped personnel from the Royal Canadian Air Force (RCAF), the Royal Canadian Navy (RCN) and the OPP arrived by boat near Baker Island, in response to a simulated security threat.

"There were personnel in a role play that added realism to the scenario, which provided an opportunity for the exercise participants to further hone their skills in securing the Wing," said 8 Wing RTF's Warrant Officer Dan Gorman.

Exercise WOLF PACK was a carefully controlled training activity and did not constitute a response to an actual emergency. It was conducted under all applicable CAF training regulations to protect both the public and Wing personnel.

"Safety personnel were deployed throughout the exercise area, ensuring the safe and secure conduct of the exercise," said Capt. Frobel.

Emergency response exercises, such as Exercise WOLF PACK, are conducted routinely by 8 Wing/CFB Trenton in order to practice tactics and procedures in responding to critical situations.

Photos by Ross Lees

Once the exercise began, an almost realistic feel developed to the event.

Simulated insurgents invaded the base from the Bay of Quinte in Exercise WOLF PACK June 17.

Initially, the role playing went against the defenders of the base as this officer was shot and his partner covers him.

Once both officers were overcome, the simulated insurgents captured the police car and retreated into a building on the base.

But it did not take long for the military and civilian police forces to gain control of the site and contain the simulated insurgents.

(above) Within moments, the insurgents began to feel the pressure.

(below) As usual, there were some unexpected occurrences and this simulated journalist had to be pulled out of the action.

HILLCREST
ANIMAL HOSPITAL
Dr. Mike Steen
Dr. Fiona Gilchrist
Dr. Adrianna Sage
Dr. Maarje Armstong
Dr. Gary Orpana
Tel: 613-394-4811 • Fax: 613-394-6239
17532 Hwy #2, RR#4 Trenton, ON K8V 5P7
Food Room
Tel: 613-394-2953
www.hillcrestanimalhospital.ca
R0013075418

INSURANCE & FINANCIAL
McDougall
Real people working for you, since 1946.
Download the Free McDougall Insurance App today at
www.mcdougallinsurance.com
20 Dundas Street West, Trenton p. 613.394.6634 www.mcdougallinsurance.com
R0012183947

SO THAT WE MAY BE FREE.
FOR EVERY WAR, THERE ARE MANY WHO BRAVELY AND PROUDLY LEAVE THEIR LOVED ONES BEHIND TO PROTECT THE FREEDOMS THAT WE AS CANADIANS ARE AFFORDED.
IT IS THESE BRAVE FEW WE HONOUR.
Weaver REINVENT TRADITION
www.weaverfuneralhomes.com
Trenton East
29 Bay Street
613-394-2433
Trenton West
170 Dundas St. W.
613-392-3579

Fitness & Health

Alcohol, Other Drugs and Gambling:
Supervisor Training
July 22-23 • 8:30 a.m. to 4 p.m. and 8:30 a.m. to 12 noon
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.

Online registration is available at http://healthpromotion.cfbtrenton.com. Space is limited.
More information http://www.cg.cfpsa.ca/cg-pc/Trenton/EN/HealthPromotion/Programs/Pages/AODG.aspx

Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
ENERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes

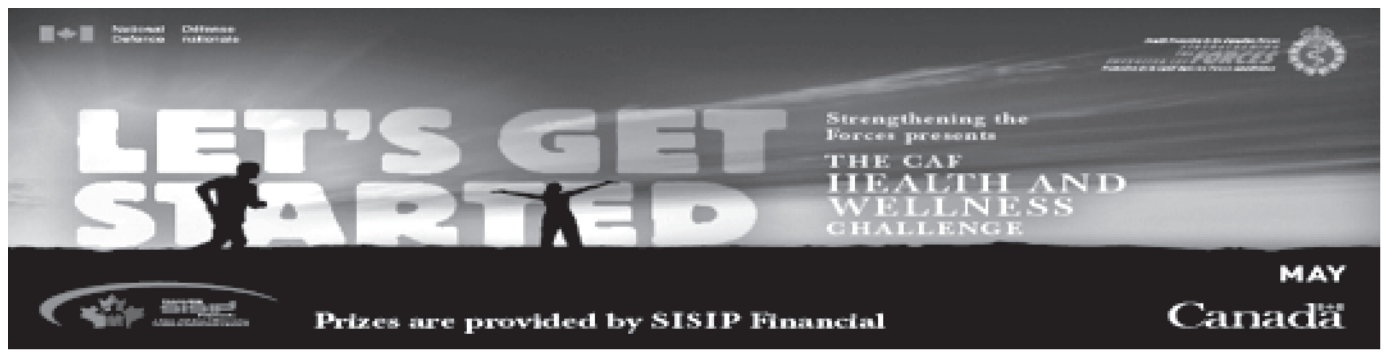
8 WING CFB TRENTON HEALTH PROMOTION

613-392-2811 x3768
healthpromotiontrenton@forces.gc.ca
177 Hercules St.

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

Le service de Promotion de la santé offre une séance de formation à l'intention des superviseurs, sur les problèmes liés à l'alcool, aux drogues et au jeu excessif. Au cours de cette séance, les superviseurs recevront la formation décrite dans le CANFORGEN 043/09, qui est obligatoire pour tous les membres des FC qui exercent des fonctions de leadership. Les sujets suivants seront abordés : comprendre les risques et les bienfaits de la consommation d'alcool; reconnaître les signaux d'alarme; développer des techniques d'entrevue efficaces; comprendre et changer la culture d'une organisation.

Vous pouvez vous inscrire en ligne à l'adresse suivante:
http://healthpromotion.cfbtrenton.com. Le nombre de places est limité à 18.
plus d'informations
http://www.cg.cfpsa.ca/cg-pc/trenton/FR/healthpromotion/programs/pages/aodg.aspx



May 31 marked the last day of the 2015 CAF Health and Wellness Challenge. We hope that you enjoyed the Challenge and tracked daily. 8 Wing/CFB Trenton had well over 200 participants tracking their choices daily.

The winners of this years Challenge were; Lisa Brennan from CFAWC won a tablet and yoga mat, Laurie Taylor from CANSOFCOM won a LifeTrak 24hr fitness tracking watch, , MWO Downton won a Hamilton Beach single-serve blender and MCpl Isabelle Dufour from CAAWC won a yoga mat. Two additional yoga mats were also won at the Outdoor Spin on May 29.

Thank you to everyone who participated, and we look forward to next year's CAF Health and Wellness Challenge.

Lisa Refausse – Manager, Health Promotion x4122
Pamela Holmstead – Health Promotion Specialist x5429
Cindy Tromp – Health Promotion Specialist x3767
Gillianne McCormick – Health Promotion Administrative Assistant x3768

Tommy's Restaurant
Fine Dining & Banquet Facilities
Canadian • Italian • Greek
10% Military Discount
613-392-3202
68 Front Street, Trenton, Ontario K8V 4N4
www.tommysrestaurant.com
R0013302714

CAMPBELL'S AUTO SHOP
327 COLEMAN STREET, BELLEVILLE
R0013077985
• COMPLETE COLLISION REPAIRS SINCE 1915
• ALL WORK GUARANTEED
• FREE ESTIMATES • PAINT ROOM
• CUSTOM JOB SPECIALISTS
• FRAMES • UNIBODY & RAIL
• ENVIRONMENTALLY FRIENDLY PAINTS
613-968-5791
E-mail: autoshop@bellnet.ca

BIGFORD MINI STORAGE
HOUSEHOLD & COMMERCIAL
FENCED, SECURED COMPOUND
468 Bigford Road
Quinte West, Ontario K0K 1H0
info@westsupply.ca
613-475-6500
R0013331044

Best Quality
"The Only Place To Go"
Best Price
SMITTY'S
WAREHOUSE OPERATION
For NEW or GOOD USED Appliances
Smitty's has been keeping customers happy for 28 years in the appliance business. This proves Smitty has the Best Price, Selection, Guarantee, Quality & Price plus Same Day delivery, seven days a week. Smitty plans to be around for another 28 years. Now he has in-house financing at NO INTEREST. These are just a few of the many reasons to visit Smitty's for your new or used appliance purchase.
Best Selection
Best Guarantee
Best Service
R0013078196
SMITTY'S
KING OF APPLIANCES
Open Evenings & Seven Days A Week
River Road-Corbyville (just N. of Corby's)
613-969-0287

Bruno's Classic Cuts
266 DUNDAS ST. E., TRENTON, ON
613-392-0165
Family Cuts
4 or More
$10.00 OFF
SENIORS DAY
EVERY TUESDAY
Mon. - Wed 9:00 a.m. - 5:30 p.m
Thurs. & Fri. 9:00 a.m. - 7:00 p.m
Saturday 9:00 a.m. - 2:00 p.m

424 Sqn annual Mess Dinner changes format

The 424 Squadron "Tigers" selected a different format this year for their annual Mess Dinner. Instead of the traditional venue, the unit elected for a field mess dinner, which took place at Mountain View on June 10. Under canvass with some flying activities, the format was well received - while maintaining the Search and Rescue (SAR) posture for the Trenton region.

The event was organized by Capt. Girard-Beauseigle and was a great moral booster for the troops. A pig roast, bonfire, camping, thunderstorms, and muddy conditions were all included in the activity.

"The mess dinner was a great success and a very good way to socialize amongst ourselves" said Lt.-Col. Poitras, Commanding Officer of 424 Sqn. "It was a well-deserved break for the Squadron members during the busy SAR season even if many of our members were on call during the event – Mission First, People Always."

The invited guest speaker was the 8 Wing Commander, Brig.-Gen. David Lowthian, accompanied by WCWO Darcy Elder. The WComd and the WO had the opportunity to perform water work with the unit prior to the dinner event. The sequence included a helicopter insertion in the Bay of Quinte followed by an extraction via hoist. Everything went as planned but the Squadron failed to "squeeze" WCWO Elder in the immersion suit, even after several attempts "due to his large Shrek like physique" - a first at the unit. The WComd and the WCWO were then flown to Mountain View to witness SAR technicians parachuting from the Hercules aircraft into the mess dinner location. Hon.-Col. John Bonn, who never fails in supporting the unit, was also present at the dinner.

Everyone spent a very enjoyable evening despite some torrential rain. In the end, even the typical SAR weather was celebrating with the "Tigers."

New Patients are Always Welcomed
COMPLETE DENTAL CARE FOR ALL AGES
• 2 for 1 Spa-Dent Teeth Whitening
• In Office Light Activated Teeth Whitening
Sensitivity Free, 2-8 Shades , 20 Minute Sessions
Belleville Dental Care
135 Victoria Ave., Belleville, ON K8N 2B1
613-969-8800
Tweed Dental Care
315 Victoria Street North, Tweed, ON K0K 3J0
613-478-5000
Supporting military families for 30 years
www.bellevilledental.ca
R0013211163

Here's A Great Golf Gift For Dad!

$20 Tax & Shipping Included

Featured Courses:

Amherstview Golf Club
Annandale Golf & Curling Club
Ashbrook Golf Club
Baxter Creek Golf Club
Bay of Quinte Golf & Country Club
Bellmere Winds Golf Course & Resort
Black Diamond Golf Club
Bowmanville Golf & Country Club
Briar Fox Golf & Country Club
Canterbury Golf Club
Carruthers Creek Golf Club
Cedarhurst Golf Club
Columbus Golf & Country Club
Crestwood Golf Club
Dalewood Golf Club
Deer Run Golf Course
Eldorado Golf Club
Eganridge Inn Country Club & Spa
Frankford Municipal Golf Course
Garrison Golf & Curling Club
Harmony Creek Golf Centre
Hawthorne Valley Golf Course
Heather Glen Golf Club
Kings Bay Golf Club
Lakeridge Links Golf Club
Lindsay Golf & Country Club
Lakeridge Links Golf Club/Jr. Golf
Little Sticks Driving Range
Loyalist Golf & Country Club
Newcastle Golf Course
Olivers Nest Golf Course
Oshawa Airport Golf Club
Pickering Golf Club
Pickering Playing Fields
Picton Golf and Country Club
Port Hope Golf & Country Club
Quinte Hills Golf Course
The Royal Ashburn Golf Club
Riverside Golf Club
Roundel Glen Golf Course
The Royal Ashburn Golf Club/Jr. Golf
4 Seasons Country Club
Shelter Valley Pines Golf Club
Stonehenge Golf Club
Trillium Wood Golf Club
The Ridge at Manitou Golf Club
Warkworth Golf Club
Wellington on the Lake Golf Course
Whispering Ridge Golf Course
Winchester Golf Club
Whitetail Golf Club

THE CONTACT
1st Floor,
Wing Headquarters Building
PRESQU'ILE BAY OUTFITTERS
180 Baldwin St., Brighton
CARM'S POOLS & SPAS
391 Dundas St., W. Trenton
PERSONAL SERVICE COFFEE
690 Sidney Street, Belleville
ROSSMORE STOP
5529 Hwy 62, Belleville
THE KORNER STORE
NOW AVAILABLE
195 Dundas St. W. Trenton
PICTON GAZETTE
267 Main St., Picton
QUINTE HILLS GOLF CLUB
63 Holland Rd, Stockdale
MAC'S MILK
13 Elizabeth St., Brighton
MAIN ST MARKET
77 Main St., Brighton
VANDERLAAN BUILDING
PRODUCTS
13 Loyalist Dr., Brighton
OR ONLINE AT
insidebelleville.com/golfbook

Canex, PSP bike rodeo successfully challenges young bikers

100 participants enjoy safety skills obstacle course, ice cream and barbecue and raffles

By Ross Lees

Canex and Personal Support Progams (PSP) made a winning combination with their bike rodeo on June 13.

As part of Recreation Month, the Military Police had a skills course set up, a bicycle inspection clinic was set up by Doug's Bicycle, there were bicycle raffles, ice cream and a barbecue all helping to attract over 100 participants, according to organizer Meghan Enwood, program coordinator of youth, recreational and leisure activities at CFB Trenton's RecPlex.

This young lady can't wait to take part in the bicycle rodeo.

"It was a very successful event," Meghan informed the Contact. "We ran out of hot dogs and ice cream."

While the event has been held in the past, it has been a few years since the last one, according to Meghan.

"Weplan on making this an annual event," she noted, adding, "Andy Moreau and myself were very pleased with the outcome and we received a lot of positive feedback. It was the first time in years that the RecPlex and the CANEX teamed up for an event."

Smylie`s Independent Grocer donated the food for the barbecue, Nancie Gibson, sales representative from Unilever, donated the ice cream and Doug`s Bicycle volunteered at the bicycle

Continued on page 9

This young fellow takes a look at the course prior to being tested.

Whether your goal is to protect your home, your vehicle or your family's financial future, you can count on us for the coverage that fits your needs. Call us today!

the co-operators
A Better Place For You™

The largest 100% Canadian multi-product insurer.

Home Auto Life Investments Group Business Farm Travel

Paul Moran Insurance Group Inc.
Paul Moran
17538B Highway 2, Trenton
613-392-3501
www.cooperators.ca

Brent Blatherwick
96 College St. W., Belleville
P - 613-966-5055
brent_blatherwick_ins@cooperators.ca
www.cooperators.ca

R0013270478

AUTO GLYM AND HAGERTY CLASSIC CAR INSURANCE PRESENT

WHEELS ON THE BAY
TRENTON, ONTARIO

JULY 24 - 26, 2015
CENTENNIAL PARK, TRENTON, ONTARIO

COME AND MEET

STEVE DARNELL
FROM VEGAS RAT RODS/ WELDERUP

JIMMY SHINE
FROM CAR WARRIORS AND SO CAL SPEED SHOP

FRIDAY 12PM - 11PM • SATURDAY 10AM - 11PM • SUNDAY 10AM - 4PM
ONLY $5 ADMISSION • CHILDREN 12 AND UNDER FREE WITH AN ADULT

POKER RUN BURN OUT PIT REV COMPETITION VENDOR ALLEY LIVE BANDS
BEER TENT AWARDS MOVIE CARS ON DISPLAY PINSTRIPERS PANEL JAM

For more info regarding sponsors or vendors, contact info@wheelsonthebay.com

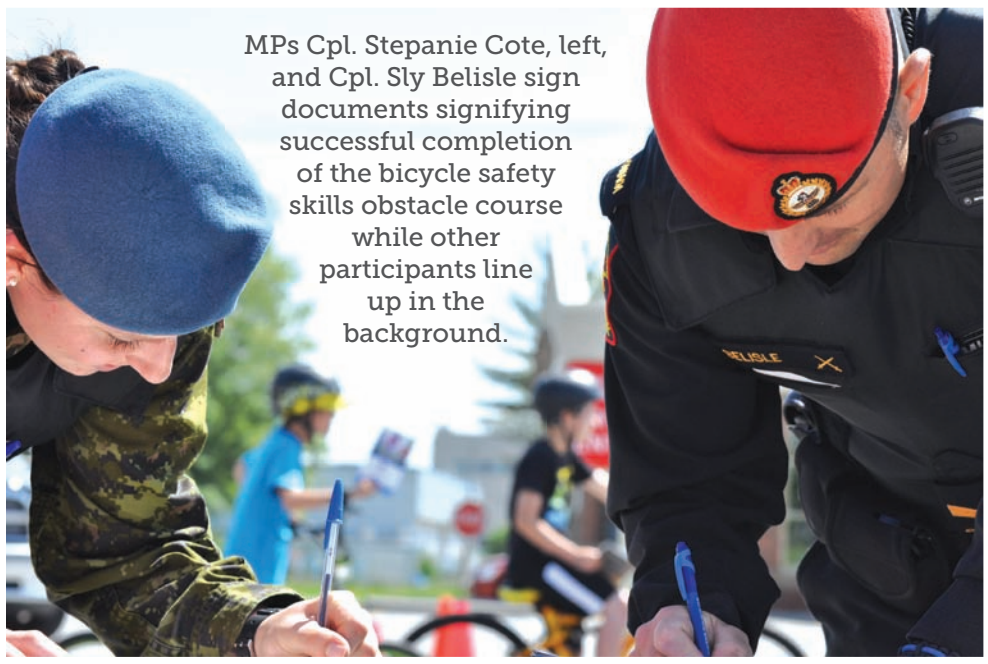
LAFARGE · AUTO ADD-ONS · Argo · HosKing Motorsports Inc. · JFP Automotive · LIKE NEW Auto Spa · BARBEQUE PARTY IN A BOX · metrolandmedia · SiriusXM · CUSTOM CARTS · Whitby · Carl Cox RV Sales & Service · T.A.S. Communications · BATTLEFIELD Rental · JACK LINK'S · CANADIAN · Bay of Quinte · Quinte West A Natural Attraction

BURNOUT PIT HOSTED BY Armdrop Drag Racing

REV COMPETITION HOSTED BY The Runaways Car Club for Women

Visit **www.wheelsonthebay.com** for more details

R0013332510



MPs Cpl. Stepanie Cote, left, and Cpl. Sly Belisle sign documents signifying successful completion of the bicycle safety skills obstacle course while other participants line up in the background.

Tyler Allsopp of Doug's Bicycles inspects this bike before it took part in the bicycle safety skills obstacle course.

Photos by Ross Lees

This young fellow makes easy work of the obstacle course under the watchful eyes of MPs Cpl. Sly Belisle in the foreground and Cpl. Stepanie Cote in the background.

Continued from page 8

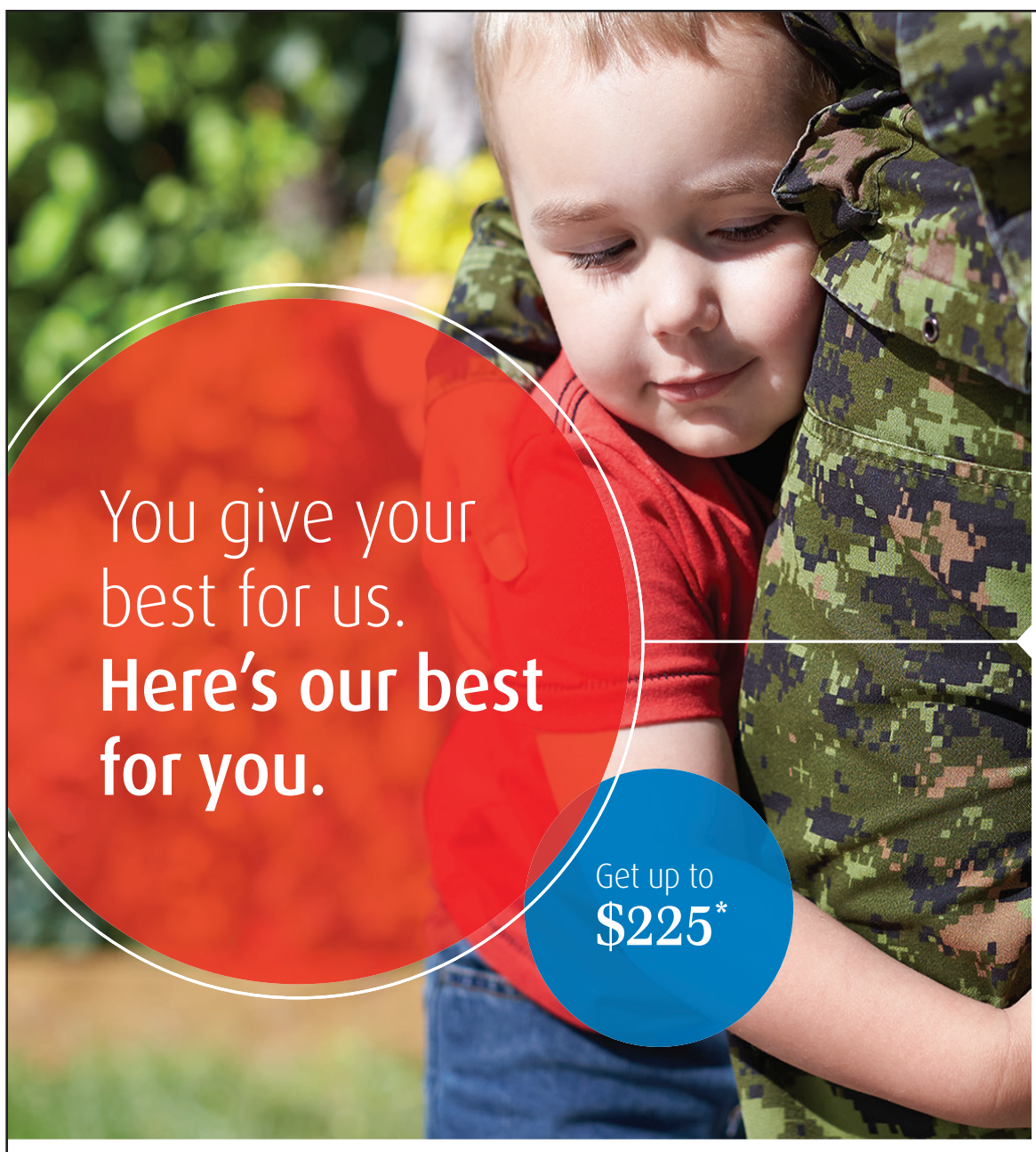
inspecttion station.

Tyler Allsopp of Doug's Bicycles inspected bicycles prior to them taking part in the obstacle course and he found the inspection was necessary.

"There were a lot of loose nuts, rusty chains and even a few brakes that weren't working," he noted.

But the real heroes of the event were the Military Police, Cpl. Sly Belisle and Cpl. Stephanie Cote, who facilitated the safety skills obstacle course and gave out certificates to all participants.

"They were extremely helpful and ensured the kids had a great time," stated Meghan.



Wings and Wheels Classic Car Show – mechanical rarities for the entire family to enjoy

By Ross Lees

The Wings and Wheels Classic Car Show organizers at the National Air Force Museum of Canada (NAFMC) are providing two good reasons to attend this event on July 26 from 9 a.m. to 3 p.m.

The event supports two great local charities - the Quinte Humane Society and the NAFMC - and it will add vintage cars to the museum's impressive collection of vintage aircraft.

This is a unique venue for aircraft and car buffs to exercise their passions for these mechanical rarities.

The museum's development coordinator Brigitte Frances hopes to be able to pair the eras - car with aircraft - in the popular NAFMC airpark.

"We would also like to get a car we can pair with the Halifax," she said, speaking of the museum's prize attraction. If they can find that special car from that special era in the 1940s to the 1950s, it will be displayed inside the museum with the Halifax.

Exhibitors can display their vehicles for $10, and there is no admission for visitors, although donations are always welcome.

"We want the public to be engaged in the museum," noted Brigitte.

"It is important the community understand everything in the museum is supported by donations," said Barb Neri, the museum's public relations manager. "We bring in the money either through donations, facility rentals, through educational tours, Ad Astra Stone sales, or purchases in the gift shop. If you love the museum, you really need to understand the museum has to be supported by the community to be maintained, especially at the level that the staff wishes to see it maintained and the community expects from us."

Enthusiasm for the event has already resulted in 30 cars promising to attend, about one third of what Brigitte anticipates.

"I would like to see around 100 cars at

Continued on page 13

National Air Force Museum of Canada Foundation (NAFMCF) development coordinator Brigitte Frances is shown here beside one of the many aircraft (a CF-188 Hornet) to be featured in the Wings and Wheels Classic Car Show at the National Air Force Museum of Canada on July 26 from 9 a.m. to 3 p.m.

Photo by Ross Lees

Trenton Military Family Resource Centre

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

Passes for the Toronto Science Centre

We have received new community passes for the Science Centre, valid until June 30. 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), valide jusgu'au 30 juin. Avec ces laissez-passer, les adultes paient seulement deux dollars pour l`admission et les enfants, les jeunes et les personnes âgés 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 à14h00
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

Belly Dancing with Amara

Belly Dancing with Amara takes palce Monday evenings beginning June 22 from 7 p.m. to 8:30 p.m. at the Trenton MFRC. Cost is $55 and includes eight classes. Come enjoy a fun evening of dancing and laughing, learning techniques, drills, veils and zills! Perfect for any ladies wanting to try something new or for the already experienced belly dancer!

Baladi avec Amara

(en anglais) Quand: Les lundis débutant le 22 juin. Heure : de 19h à 20h30. Coût : 55$ pour 8 classes. Venez apprendre à danser tout en vous amusant, exercices, voiles et zills ! Parfait pour les dames qui veuillent essayer quelque chose de nouveau et pour les expérimentées en baladi!

Home Child Care – Information Session for Caregivers

Home child care information session for caregivers takes place Tuesday, June 23 at 10:30 a.m. or at 6:30 p.m. at the MFRC. Join us to learn how you can be part of our new Home Child Care program as a caregiver. Caregivers partner with the MFRC to provide quality child care through their home-based business. Benefits: self-employed, regular pay, ongoing training and support, MFRC handles fee collection, back-up care for emergencies may be provided and supplementary equipment and toys may be provided.

Garderie à domicile – Session d'information pour pourvoyeurs de soins

Quand : le mardi 23 juin. Heure 10h30 ou 18h30. Venez apprendre comment vous pouvez faire partie du nouveau programme de garderies à domicile du CRFM en tant que pourvoyeur de soins. Offrez un service de qualité, votre propre entreprise en partenariat avec le CRFM.
Les bénéfices : travailleur autonome, salaire régulier, formation et soutien continus, le CRFM collecte les frais, soins d'appui en cas d'urgence peut être offert et l'emprunt d'équipement et jouets est disponible.

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.

Home of the Week

Your Building Renovation Experts

This attractive three-bedroom home features a partial second story that includes the secondary bedrooms, as well as a bonus room that would make an ideal studio or entertainment centre – the perfect setup for a family with teenaged children.

The unfinished basement, included with the plans, offers room for a growing family to expand.

Entry is through a covered porch with a veranda to one side. To the right is a den, ideally placed for a home office that could double as a spare bedroom. To the left is a display cabinet. A coat closet and powder room are tucked in behind the U-shaped staircase that leads to the second floor.

The open-plan great-room complex features a lofty sloped ceiling. The great room includes a gas fireplace, as well as windows that overlook a covered patio and the garden beyond. The dining room has access to this patio, making outdoor meals a breeze in the summer months.

The kitchen, separated from the great room by a prep island that contains the double sink, includes a pantry. The L-shaped counter configuration promises efficiency.

The master suite looks out to the back garden and includes an ensuite with a soaker tub, as well as a shower stall. The walk-in closet will offer ample room for clothing and accessories.

Upstairs, adjacent to the bonus room, the two secondary bedrooms share a three-piece bath and a linen closet.

The laundry room has access to the double garage and includes a cupboard for family gear.

Ceilings rise to nine feet on the main floor, except where otherwise designated.

On the exterior, horizontal siding contrasts nicely with the wooden shingles in the gables, as well as with the vertical pattern on the garage door. Brick accents on the pilasters that mark the front veranda are echoed on the garage.

This home measures 40 feet wide by 56 feet, eight inches deep, for a total of 2,125 square feet.

Tree Service
Trenton Tree Service
Tree Trimming & Removal, Chipping & Stumping
• Free Estimates
• Fully Insured
A fair price for everyone
613-392-7415

PATIO DOORS • ENTRY DOORS
Trenton Glass & Windows Ltd.
• Vinyl Replacement Windows
• Steel Entrance Doors
• Glass Railings
• Glass for every project
YEAR ROUND INSTALLATION
FREE ESTIMATES
FULL SHOWROOM
679 Old Hwy 2
East of CFB Trenton
Mon-Fri 7 am - 5 pm
613-394-3597
www.trentonglass.net
WINDOWS • MIRRORS • BEVELLED GLASS
R0013077974
PATIO DOORS • ENTRY DOORS

Building Material
RONA TRENTON
DOING IT RIGHT
• A proud supporter of CFB Trenton
• Come and see us for house plans, bath & kitchen renos, deck & fence projects and much, much, more
234 Glen Miller Rd. N
Trenton
613-394-3351

"YOUR ONE STOP BUILDING CENTRE"
COLE'S TIMBER MART
COMPLETE LINE OF BUILDING SUPPLIES
KITCHEN & BATH SHOWROOM
DELIVERY AVAILABLE
RENTAL CENTRE
www.colestimbrmart.ca
47 Ontario St., Brighton
613-475-2810
1-888-265-3742

McDonald's in Trenton proudly supports our troops, and the men and women at CFB Trenton.

McDonald's

266 Dundas Street East
(Trenton Town Centre)
*Drive-Thru OPEN 24 hrs.

Glen Miller 401 Exit
*Drive-Thru Open 24 hrs.
Smoothies now available

McDonald's in Walmart
Trenton
Smoothies now available

supports our troops

Adult Programs

Morning Aquafit – Monday, Wednesday, Friday mornings – April 8 to June 19, 8:30 a.m. to 9:20 a.m.
Evening Aquafit (Jogging) – Tuesdays and Thursdays – April 14 to June 4, 6 p.m. to 6:50 p.m.
Senior Lane Swim – Monday, Wednesday, Friday mornings – April 8 to June 19, 7:30 a.m. to 8:20 a.m. or 8:30 a.m. to 9:20 a.m.
Boot Camp Fitness – Mondays – April 13 to June 22, 4:30 p.m. to 5:15 p.m.
TRX – Kick Start Your Fitness Program with TRX Suspension Training
Mondays – April 13 to June 22, 5:30 p.m. to 6:15 p.m. or
Thursdays – April 16 to June 18, 4:30 p.m. to 5:30 p.m.
Yoga – Challenge your spirit, mind and body as you move through a series of yoga postures and stretches.
Tuesdays – April 14 to June 16, 5:40 p.m. to 6:40 p.m.
Spin-Fusion – Wonderful mix of yoga, strength training and spinning.
Tuesdays – April 14 to June 16, 5:40 p.m. to 6:40 p.m.
Zumba – Is a Latin inspired dance fitness program – Wednesdays – April 15 to June 17, 5:30 p.m. to 6:30 p.m. at the RecPlex Gym with Crazy Jen.
Tai Chi – Is a slow moving, gentle exercise perfect for all ages and levels of fitness.
Tuesdays – April 14 to June 16, 5:35 p.m. to 6:35 p.m.
Pilates/Core Fitness – Improves muscle tone, balances musculature and corrects posture.
Wednesdays – April 15 to June 17, 4:40 p.m. to 5:40 p.m.
Spin Class – Each week participants can look forward to a workout that will push them to improve their personal fitness level.
Wednesday – April 15 to June 17, 5:40 p.m. to 6:40 p.m.
Circuit Traning – Strike, punch and kick your way through calories to superior cardio fitness.
Wednesdays – April 15 to June 17, 6:45 p.m. to 7:45 p.m.
Thursdays – April 16 to June 18, 6:45 p.m. to 7:45 p.m.
***Upcoming: Fitness 4 two (Parent and Baby)**
**No fitness classes will run on Victoria Day Monday, May 18.

Child, Youth and Teens Programs

Youth Aquatic Club for youth six to 16 years of age, focusing on fun and fitness but not competition.
Mondays, Wednesdays, Fridays – April 13 to June 19, 4:45 p.m. to 6 p.m.
Tyke Terrain – Come make use of our indoor toys and slides.
Tuesday and Thursday – April 14 to June 16, 9 a.m. to 11 a.m.
Triathlon Training for youth nine to 13 years – A triathlon is just another day to do the three things kids love most (swim, bike and run). *Equipment required: bicycle, swimsuit, running shoes.
Wednesdays – April 15 to June 17, 4:45 p.m. to 6:15 p.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 – April 16 to June 18 for youth six to eight years, 5:30 p.m. to 6:30 p.m. and nine to 12 years, 6:30 p.m. to 7:30 p.m.
Summer Kidz Kamp 2015 – June 29 to Aug. 21 (eight weeks). Registration – Military Community starts Wednesday, April 1 at 1:30 p.m. at the RecPlex. General public starts Wednesdays, April 8 at 1:30 p.m. at the RecPLex.

Veterans' Golf Day a thrill for 8 Wing participants

Exchange of stories between the old and the new was the highlight of the event

By Major Jim Burton, CFAWC

Any time serving members of the Royal Canadian Air Force have the opportunity to rub elbows with veterans is a great day. Recently, a request hit 8 Wing where we were asked to support the 31st Annual Veterans' Golf Day held at The Country Club in Woodbridge, Ontario. The opportunity to talk to Second World War and Korean War veterans was a thrill for the four-member team from Trenton.

Listening to the veterans' stories and watching how they recounted their experiences with both pride and trepidation was very surreal. Many of the veterans were in their 80s and a very few in their 90s, but the twinkle in their eyes and spring in their steps was inspiring. All had lost friends during their respective conflicts, but honour their memories by recounting heroic efforts of days gone by. Additionally, these veterans demonstrated a keen interest in the RCAF of today by their endless stream of questions. The exchange of stories and memories between the old and the new was definitely the highlight of the event.

The Country Club pulled out all the stops. From the moment we arrived, the hospitality and customer service was spectacular. Their goal to ensure all participants enjoyed their day was exceeded by all standards. The course was in fantastic shape and we definitely had a workout walking the constant changes in elevation. The fairways were plush and smooth, the greens were manicured to pristine shape, and the layout was extremely challenging. Overall, The Country Club was the perfect venue for this event.

Peter Mansbridge opened the day of golf with an elegant talk about the sacrifice of the veterans, both now and in the past. His comments were extremely well received and his offer of thanks on behalf of all Canadians to the veterans was a perfect way to commence the Veterans' Golf Day.

Zeroing in on the pin

The many corporate sponsors were evident by the banquet after the day of golf. The main sponsor, Club Link Corporation, and the multitude of other sponsors demonstrated their respect and understanding of how important veterans are to Canada. Their generosity was evident everywhere and all participants were extremely grateful for everything. A special thanks goes out to Grant Thornton LLP for sponsoring the RCAF participants.

All the 8 Wing/CFB Trenton participants want to recognize Joe Hutton for including the RCAF, specifically 8 Wing, in this outstanding opportunity to meet and talk with Canada's veterans. We look forward to future events where the RCAF can connect with those heroes who have come before us.

Letters to the Editor:

All letters must be signed and the name of the author will be published. Include a phone number for verification. We reserve the right to edit 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

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.

June 19 – 8 AMS 21st Annual Camp Trillium Charity Golf Tournament

The 21st annual 8 AMS Camp Trillium Golf Tournament takes place at Roundel Glen Golf club at CFB Trenton on June 19 with opening ceremonies beginning at 9 a.m. Registration fee for this popular and worthwhile golf tournament is $100 and includes green fee, golf cart, steak lunch and an opportunity to spend a day on the links while raising money for Camp Trillium. During that day, you will also be afforded the opportunity to win the hole-in-one contest of a year's membership at Roundel glen or a 2015 Victory Magnum bike from Deerhaven. There is also a draw of a gift of flight, a return trip for two people anywhere WestJet flies and a draw for two Toronto Maple Leaf tickets with $500 cash, a night at the hotel and the trip to Toronto with VIA Rail. There will also be special appearances from Alan Frew, Al Connelly and Sam Reid of Glass Tiger and Canadian tenor Joey Niceforo. Registration and donation information can be obtained at https://www.roundelglen.com/annual-camp-trillium Contacts are: Sgt. Paul Hannaberry at 613-392-2811 ext. 3807 or at Paul.Hanneberry@forces.gc.ca and MCpl. Dan Bouchard at 613-392-2811 ext. 2471 or at Daniel.Bouchard9@forces.gc.ca Tournament organizers are looking to break the $100,000 mark in donations this year.

June 19 – Union of National Defence Employees Local 637 Free Barbecue

Everyone, military and civilian, is invited to join the Union of National Defence Employees Local 637 to celebrate Public Service Week with a free barbecue at the Junior Rank's Mess from 11:30 a.m. to 1 p.m.

June 20 – Quinte Genealogical Society Reflects on 35 years of Genealogical Endeavour

35th Anniversary Celebration for Quinte Branch of Ontario Genealogical Society will feature "Reflections on 35 Years of Genealogical Endeavour" At the Quinte West Public Library, 7 Creswell Drive, Trenton, from 1 p.m. to 3 p.m. Everyone is welcome. For more information visit www.rootsweb.ancestry.com/~canqbogs/

Home Child Care – Information Session for Caregivers

Home child care information sessions for caregivers takes place Tuesday, June 23 at 10:30 a.m. or at 6:30 p.m. at the MFRC. Join us to learn how you can be part of our new Home Child Care program as a caregiver. Caregivers partner with the MFRC to provide quality child care through their home-based business. Benefits: self-employed, regular pay, ongoing training and support, MFRC handles fee collection, back-up care for emergencies may be provided and supplementary equipment and toys may be provided.

June 24 – 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 $125 per person entry cost, golfers receive their round of golf, a golf cart, and a gift bag plus the opportunity to compete in the closest to the pin comeptitions 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 June 17. Contact Apollo Athanasopoulos at email golf@roundelglen.com or by calling 613-392-1544. Accommodation is at the comfort Inn (613-965-6666 or at the Ramada Trenton Hotel (613-394-4855).

July 1 – Free Dance at Trenton Legion

Trenton Legion Branch 110 will be holding a free dance in the lounge on Canada Day from 2 p.m. to 6 p.m. with The Shadows. This dance will be open to the public. www.rcl110.ca

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 26 – Wing 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.

Wings and Wheels Classic Car Show

Continued from page 10

this our first Wings and Wheels Classic Car Show," she said, and they are endeavouring to attract local classic car clubs to the event.

The idea arose from a previous event held by the Quinte Humane Society and from chair of the board of trustees of the NAFMC Ron Wartman's love of cars, according to Brigitte. Museum executive director Chris Colton came up with the idea of pairing the cars with same era aircraft.

"It's a nice tie between the cars and the airplanes," stated Brigitte.

As much as cars and aircraft will be a major attraction to many people, there will be other attractions at this event including a 50/50 raffle, a piston toss, door prizes, silent auction, vendors, and music supplied by Wild Willie as well as the artifacts and gifts available in the museum.

Brighton Speedway is on board as a major sponsor and organizers hope more will become involved as the event nears.

RCAF Polaris delivers 10 million pounds of fuel to anti-ISIS Coalition

Continued from page 1

"The air-to-air refueling detachment is a major asset for the MESF," said Brigadier-General Lise Bourgon, Joint Task Force-Iraq commander. "The Polaris ensures fighter aircraft, despite their heavy ordnance loads, have the range needed to conduct airstrikes on ISIS throughout our operational areas."

While the Polaris is not the only MESF air-to-air refueling aircraft supporting fighter operations, the RCAF crews that fly the large aircraft have made a name for themselves for their flexibility and willingness to stay in the air as long as possible to ensure aircraft striking ISIS are fuelled on the way to a mission and are able to make it back to base at the end of the day.

With a refueling hose and drogue deployed from under each wing, the Polaris can transfer more than 80,000 pounds of fuel to receiving aircraft during a single flight.

The ten million pounds of fuel transferred is a success achieved thanks to the hard work and dedication of a unique partnership between RCAF aircrew from 437 Transport Squadron and civilian technicians with L-3 MAS who work tirelessly to keep the modified Airbus A310 ready for the next mission. Given the high operational tempo, this regular maintenance is essential. Despite its reliability, regular maintenance is still essential, especially given the high operational tempo.

While sometimes overlooked, the contribution of this air-to-air refuelling capability is essential to keeping the pressure on ISIS. As the air-to-air refuelling crews note, they "fuel the fight".

Questions or Comments?
(613) 392-2811 ext. 3976
cfbcontactnewspaper@gmail.com

Classifieds

To Place an Ad: **613-392-2811** or **613-966-2034**
For Delivery Inquiries, please call **613-966-2034**
Email:hnaish@perfprint.ca
www.thecontactnewspaper.cfbtrenton.com

C Cleaning / Janitorial

Tammy's Cleaning Service
Years of 100% successfully passed Marchout Inspections, and 20 years of house cleaning in the Quinte Area.
Opening and closing services available.
"I likely clean for someone you already know."
Call Tammy
613-392-0759 Cell: 613-847-7670

A Articles for Sale

Belleville Volkswagen

Email: paul@bellevillevw.ca for additional details and to schedule a test drive.
613-966-3333
239 North Front Belleville
www.bellevillevw.com

A Appliances

NEW & USED REFRIGERATORS
Stoves, washers, dryers, freezers, dishwashers, 3 months old & up.
Sold with written guarantees.
Fridges $100 and up
NEW APPLIANCES
at the lowest prices in the area.
Trade-ins accepted on the new appliances. Big selection to choose from
PAYS CASH
for good used appliances in working order, or not, but no junk please. VISA & MASTERCARD accepted. We have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices.
Open 7 days a week & evenings.
We deliver. We like Base people.
SMITTY'S APPLIANCES LTD.
613-969-0287

Support your Canex!

House for Rent

WATERFRONT HOUSE FOR RENT

***BAYSIDE* - Minutes to CFB Trenton**
Newly Renovated - Gas Heat
3 BR - 2 Baths Upstairs
2 BR - 1 Bath In-Law Suite Downstairs
All Appliances - Single Garage - Boat slip
No Smoking - No Pets
First and Last - Refs Req. / $2,000.00 plus utilities
Call or Text **613-698-7772**
CL461402

L Liaison Services

RUSHNELL FUNERAL HOME & CREMATION CENTRE
60 Division Street
Trenton
613-392-2111
CL455512

Questions or Comments? (613) 392-2811 ext. 3976
cfbcontactnewspaper@gmail.com

www.thecontactnewspaper.cfbtrenton.com

IT'S EASY TO SELL YOUR STUFF!
THE CLASSIFIEDS DELIVER!
CALL: **613-392-2811** *or* **613-966-2034**
EMAIL: **hnaish@perfprint.ca**

8 Wing Chapel /Chapelle de la 8e Escadre

Location/Adresse:
91 Namao Drive East/91 Promenade Namao Est

Phone/Téléphone:
(613) 392-2811 ext/poste 2490/4593

Office hours/Heures de bureau:
Monday to Friday - 8 a.m. to 4 p.m.Du lundi au vendredi - 08h00 à 16h00

Services Times/ Heures des services religieux
Bilingual RC Sunday Mass: 9:30 a.m.
Messe bilingue CR: 09h30
Protestant Service: 11 a.m./Service protestant: 11h00
RC Weekday Masses at noon
(usually on Tuesday, Wednesday and Thursday)
Messes CR quotidiennes à midi
(du mardi au jeudi habituellement)

Wing Chaplain/Aumônier de la 8e Escadre:
Maj (Rev./Rév.) Timothy Nelligan

Unit Chaplains/Aumôniers des unités:
Capt (Rabbi/Rabbin) Bryan Bowley
Capt (the Rev./Rév.) Eric Davis
Capt (Padre) Eric Doiron
Capt (the Rev./Rév.) Gerson Flor
Capt (the Rev./Rév.) Blair Ross
Capt (the Rev./Rév.) Daniel Walton

Civilian Officiant/Désservant civil:
Gillian Federico

Providing maintenance support during Exercise PHOENIX WARRIOR

By Lt. Olivier Gallant, 5 Wing Goose Bay Public Affairs Officer

8 Wing/CFB Trenton's Corporal Terry Smith, alias 'Smitty', spent the first two weeks of June at 5 Wing Goose Bay in Newfoundland and Labrador. He was participating in Exercise PHOENIX WARRIOR June 1-12, providing maintenance support for both deployed CC-130J Hercules aircraft from 436 Transport Squadron.

Cpl. Smith was posted to his hometown of Trenton in 2008 as an Aviation Technician. His career provided him many opportunities to travel in isolated locations. He says he really enjoys the teamwork during the exercise and also the opportunity to work in Labrador. Cpl. Smith also relies on a very special team back home.

"I'm very thankful of all the outstanding support that my wife, Amanda, and my little one are providing me," he explains. "I'm also proud to follow my father's steps in the Canadian Armed Forces (CAF) and just like him, to enjoy the high operational tempo that this kind of career offers me."

Ex PHOENIX WARRIOR is a training event involving 2 Wing Bagotville and 8 Wing Trenton. Approximately 170 military members are deployed to 5 Wing Goose Bay. It is designed to exercise the Royal Canadian Air Force's ability to rapidly generate and deploy an expeditionary air task force.

The main focus of Ex PHOENIX WARRIOR is to practice the contingency plan for the removal of individuals out of an isolated environment. A scenario is put in place in which the participants must deploy in Labrador's wilderness to accomplish this mission. In this case, the 5 Wing Practice Training Area is the location where the simulated contingency plan is practiced. The area is located 100 kilometers southwest of the base, and it is completely isolated.

The only way to reach this isolated location is by air as there is no road access. The aircraft land on a dirt runway enabling delivery of personnel and equipment in this austere environment.

Photos by
Lt. Olivier Gallant

Spring TO-DOs

Pets Need Spring Cleaning Too

Whether packing up the bags for a family vacation or loading up the cooler for a backyard barbecue, summer is the season to experience all that the great outdoors has to offer, which includes summertime pests. Fleas, ticks and mosquitoes thrive during the dog days of summer, and can pose threats to humans as well as our four legged family members.

For pets, fleas cause more that just constant scratching: they can transfer tapeworms and cause serious skin conditions. Ticks are vectors of Lyme disease and Rocky Mountain spotted fever, which can cause serious illness for dogs, including respiratory failure. Mosquitoes can spread life-threatening heartworms to both dogs and cats.

"Not only can these pests cause serious illnesses to dogs and cats, but fleas and ticks can hitchhike on pets into the home, causing a larger infestation and increased risk for humans," says pest control expert Alice Sinia, the Quality Assurance Manager for Orkin Canada. "Managing pests is all about taking proactive measures to limit risks and presence."

HILLCREST ANIMAL HOSPITAL
Dr. Mike Steen • Dr. Fiona Gilchrist
Dr. Adrianna Sage • Dr. Maarje Armstong
Dr. Gary Orpana
"Proud Supporters of the Military Family Resource Centre"
www.hillcrestanimalhospital.ca
Tel: 613-394-4811 • Fax: 613-394-6239
17532 Hwy #2, RR#4 Trenton, ON K8V 5P7
Food Room Tel: 613-394-2953
R001333472

Renew Your Look

Spring is the season of new beginnings, and a real spring cleaning should always start with you and your wardrobe. The arrival of the warm weather often gives us the urge to change hairstyles and spice up our outfits for a more up-to-date, energizing look.

The first step is to choose a hairstyle that flatters and suits your lifestyle. Some fresh hair colouring, or just a few streaks, can give the perfect finishing touch to a dazzling transformation.

Next, visit your esthetician to prepare your skin for exposure to the season's more ample sunlight. Let yourself be pampered from head to toe, and don't forget a manicure and foot care. After all, you'll soon be showing off your toes in those gorgeous new sandals.

Picking out a few new pieces for your wardrobe is the next step. Make the most of all the new summer clothing lines arriving in stores. Choose some essential combinations, such as capris, tops that can be layered according to the temperature, and a cute dress or two that can be worn over pants when it's cool. Add a handbag, and your new spring look will be perfectly accentuated.

the FROCK SHOP ltd.
All your looks Just one place!
• Special Occasion Dresses/Bridal
• Prom/Grad Dresses
• Casual/Cruise Wear
• Jewellery/Accessories
6835 Hwy. #62N
Belleville
613.967.1817
Monday - Friday 10 am to 5 pm
Saturday 10 am to 4 pm

Junk Removal

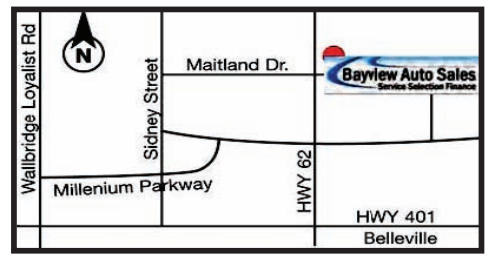
The season of spring cleaning is upon us. In fact, if you check your calendar, you will notice that summer is fast approaching and that means less time to get the job done. Everyone knows about the typical spring cleaning projects such as cleaning your refrigerator, but what about cleaning out all of the junk in your attic, basement or garage? With spring coming, time is of the essence with respect to cleaning or organizational projects. This is especially true for those areas of your home that require you to get rid of the junk that you have accumulated over the course of a year, or perhaps even longer. While such a task can be daunting, it is important to keep in mind all of the benefits of junk removal such as realizing increased spacing in your home, giving to those who can benefit from the use of the items you need to discard as well as the tremendous sense of accomplishment for every space you are able to reclaim as a result of your cleaning. Furthermore, the bigger the space you have cleared and/or organized, the bigger the feeling of accomplishment.

LOAD-N-LIFT DISPOSAL
Mini Bin & Dumpster Rental Specialists
Great for:
• Renovations
• Roofing Debris, Estate, Yard, Garage
• Basement Cleanouts
• Landscaping Debris Removals
• Residentail and Commercial Same Day Service, Competitive Rates
• 9 Different Size Bins Ensures A Perfect Fit For Every Job
Ministry of Environment Certified
"We are proud to provide a 5% Discount to all Military Families of 8 Wing Trenton"
"Spring Cleaning Time Again!"
www.load-n-lift.ca
Locally owned & operated
613-965-6616
R001339110

THE WAY CAR BUYING SHOULD BE

BayviewAuto.ca
Service Selection Finance

980 Old Hwy 2
Bayside, ON
K8V 5P5
(613) 392-3288



11 CHEVROLET IMPALA

23504 Auto, 4 dr, 6 cyl, Sedan, keyless entry, alloys, pwr seats, windows, locks, mirrors, height adj. seats, AC, On Star, cruise 71,866 km

$10,995
$118.57
biweekly
84 mths @ 6.99% · 0 DOWN + HST
PREVIOUS DAILY RENTAL

12 CHEV CRUZE LT

21967A Automatic, 4 cyl, 4 dr, steering wheel controls, traction control, cruise, air, tilt, OnStar, satellite radio, pwr locks, windows, mirrors, keyless entry, 83,000kms.

$10,995
$94.53
biweekly
72mths @ 6.99% · 0 DOWN + HST

14 CHEVROLET CRUZE

23555, Auto, 4 dr, 4 cyl, Sedan, keyless entry, alloys, pwr roof, seats, windows, locks, mirrors, height adj seat, AC, heated seats, sat, reverse camera, On Star, cruise, Pioneer snd syst. 22,012 km

$18,995
$115.00
biweekly
96 mths @ 6.99% · 0 DOWN + HST

10 CHEV AVEO LT

21724 Pwr sunroof! 15" Alloy rims! Automatic, 4 cyl, 4 dr, hatchback, OnStar, steering wheel controls, air, cruise, tilt, satellite radio, pwr mirrors, windows, locks, keyless entry, 56,000kms.

$8,995
$86.75
biweekly
60 mths @ 6.99% · 0 DOWN + HST

13 FORD FIESTA TITANIUM

22851 Pwr sunroof! Heated leather seats! Rear spoiler! 16" Alloy rims! Pwr heated mirrors! Black! 5 Speed, manual transmission, 4 cyl, 4 dr, hatchback, sync, satellite radio, pwr windows, locks, keyless entry, only 17,000kms!!!!

$13,995
$97.46
biweekly
84 mths @ 6.99% · 0 DOWN + HST

2010 KIA SOUL

22387A, Auto, 4 cyl, keyless entry, alloys, pwr roof, windows, mirrors, locks, heated seats, Bluetooth, MP3, traction cntrl 103,864km

$10,995
$98.00
biweekly
84 mths @ 6.99% · 0 DOWN + HST

11 DODGE CALIBER UPTOWN

22002A Heated leather seats! 17" Alloy rims! Pwr heated mirrors! Automatic, 4 cyl, 4 dr, cruise, tilt, air, u-connect compatible, satellite radio, keyless entry, 66,000kms.

$10,995
$84.00
biweekly
72 mths @ 6.99% · 0 DOWN + HST
PREVIOUS DAILY RENTAL

13 FORD FIESTA SE

22360A Heated seats! Pwr heated mirrors! Automatic, 4 cyl, 4 dr, hatchback, traction control, sync, Bluetooth, CD, pwr windows, locks, keyless entry, 59,000kms.

$11,995
$75.45
biweekly
84 mths @ 6.99% · 0 DOWN + HST

UP TO 500 VEHICLES ON OUR WEBSITE

NO PRESSURE SALES ENVIRONMENT

CARPROOFS AVAILABLE

LOWEST POSSIBLE FINANCING RATES

BayviewAuto.ca
Service Selection Finance

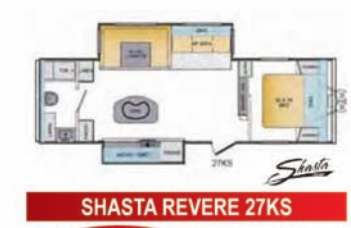
980 Old Hwy 2
Bayside, ON
K8V 5P5
(613) 392-3288

SHASTA FLYTE 215CK

$79.23 Biweekly
$18,995 Plus Freight & PDI

SHASTA REVERE 26TB

$84.47 Biweekly
$23,495 Plus Freight & PDI



SHASTA REVERE 27KS

$88.06 Biweekly
$24,495 Plus Freight & PDI

VIKING 15FL

$64.78 Biweekly
$11,995 Plus Freight & PDI

STARCRAFT COMET 1221

$51.36 Biweekly
$9,495 Plus Freight & PDI

STARCRAFT COMET 3611HW

$64.78 Biweekly
$11,995 Plus Freight & PDI

VIKING EPIC 1906ST

$43.31 Biweekly
$7,995 Plus Freight & PDI

VIKING EPIC 2105ST

$56.73 Biweekly
$10,495 Plus Freight & PDI

UP TO 200 RVS ON OUR WEBSITE

ON SITE FINANCING

EXTENDED WARRANTY AVAILABLE

5000 PARTS IN STOCK

R0013324338

THE WAY RV BUYING SHOULD BE