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>> CFAWC participates in NATO Exercise SPARTAN WARRIOR 15-2

Simulation exercise provided command and control coordination training to various agencies within NATO

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>> The Voice of 8 Wing likes to work behind the scenes

Maj. Leo Phillips is always willing to help enhance a group or organization's image or fundraise

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>> Quinte West and 8 Wing partner for Pan Am Torch celebration

Celebration will be held at the National Air Force Museum of Canada on Saturday, July 4 from 11 a.m. to 1 p.m.

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429 Transport Squadron Bisons welcome a new leader to the herd

By Ross Lees

Leading by example was Lt.-Col. Jean Maisonneuve's strength while he was the Commanding Officer of 429 Transport Squadron Bisons over the past two years.

His many accomplishments were recognized on June 18 as he handed over command of the Bisons to his successor, Lt.-Col. Bill Church.

His time as the CO of 429 Squadron flew by, as he predicted when he took over command in 2013, but he was not idle while leading this renowned transport squadron.

"We have rewritten the air bridge doctrine as we know it," he told his troops at 1 Hangar, and he and his squadron brought the troops safely home from Afghanistan, he deployed DART not once but twice – to the Philippines and Nepal, his squadron flew record payloads of over 148,000 pounds in support of Op IMPACT and they relentlessly supported and enabled global and domestic operations during those two years.

"Be proud of your accomplishments," he told the Bisons on parade. "I am!"

As busy as that time period was, it got even busier once the squadron took possession of the fifth CC-177 Globemaster.

"Since then, you guys have been working full throttle," he noted. "Our mission success is directly attributable to you, to our leaders, our competence, and our teamwork."

Continued on page 15



Lt.-Col. Jean Maisonneuve passes the 429 (Transport) Squadron colours to Brig.-Gen. David Lowthian while new 429 Squadron Commanding Officer Lt.-Col. Bill Church looks on during the change of Command parade June 18. Photos by Ross Lees



21st 8 AMS Camp Trillium Charity Golf Tournament raises \$27,500

The 21st annual 8 Air Maintenance Squadron (8 AMS) Camp Trillium Charity Golf Tournament produced its best result in its 21-year history on June 19. Pictured from right to left are: MCpl. Dan Bouchard, 8 AMS, Tournament Co-Chair, Lt.-Col. Andrew Wedgwood, CO 8 AMS, Melanie Wightman, Camp Trillium, CWO. Ted Poper, SCWO 8AMS, Sgt. Paul Hannaberry, 8 AMS, Tournament Co-Chair as they display the \$27,500 cheque raised this year.

Submitted photo

Story & photos continued on page 10

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CFAWC participates in NATO Exercise SPARTAN WARRIOR 15-2



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During the first week of June 2015, the Canadian Forces Aerospace Warfare Centre (CFAWC) participated in its first ever virtual exercise with NATO.

SPARTAN WARRIOR (SW) 15-2 is a multi-national Distributed Mission

Operations Center (DMOC) simulation exercise that provided command and control (C2) coordination training to various agencies within NATO, including but not limited to, the Warrior Preparation Center in Einsiedlerhof Germany, the USAF mobile Control and Reporting Centre (CRC) in Spangdahlem Germany, and the NATO Airborne Early Warning & Control Force (NAEW&CF).

SW 15-2 used a basic NATO intervention scenario in a fictional European Area of Responsibility (AOR). The exercise included a robust enemy capability that required operations in Defensive Counter Air (DCA), Offensive Counter Air (OCA), and Combat Search and Rescue (CSAR). CFAWC provided simulation of two CF-18 fighters and played the Command Lead of the DCA package for the exercise. Simulated CF-18s were flown by experienced pilots out of Trenton using Mission Support Simulators, while all

other aircraft flew out of Europe populating the NATO Common Operating Picture via secure server connectivity. The execution phase was conducted June 1 to 3, after two weeks of thorough integration testing to attain full interoperability of the virtual systems.

SW 15-2 met the primary goal of achieving an integrated and cooperative virtual environment in which allied forces can experiment and train. CFAWC's participation in SW 15-2, a first for the Royal Canadian Air Force (RCAF) and NATO, marks a substantial milestone for simulation within the RCAF and aligns with the RCAF's Simulation Strategy 2025 (RSS). The RSS is available for review at <http://airforce.mil.ca/caf/dairsim/page-eng.asp?cid=1062>.

CFAWC is already in the technical integration phase for another NATO C2 DMOC exercise in July, scenario planning for a large scale coalition exercise in August, and in the concept development phase for the inaugural annual RCAF DMOC exercise this fall.

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The Voice of 8 Wing likes to work behind the scenes

Maj. Leo Phillips is always willing to help enhance a group or organization's image or fundraise



Maj. Leo Phillips has become known as the Voice of 8 Wing because he can be found at virtually any event supplying music, commentary or a sound system in support of any worthwhile cause.

Photo by Ross Lees

By Ross Lees

Known affectionately as the Voice of 8 Wing, Major Leo Phillips is willing to show up almost anywhere at any time to help a group or organization successfully enhance their image or fundraise. He will be the emcee or disc jockey free of charge and with enthusiasm for any worthwhile cause.

He was recently involved with the Military Family Resource Centre (MFRC) Invisible Ribbon Gala as organizing committee chair, emcee, DJ, and live auctioneer. He performed many of the same activities at the recent National Air Force Museum of Canada and MFRC Family Fun Night, and he emceed and supplied music at the Belleville Brain Tumour Support Group Spring Sprint. He is almost always involved with any fundraising event at 8 Wing/CFB Trenton.

"That kind of thing is fun, so why would I charge for it?" he asked rhetorically and in all seriousness.

Reluctant even to do the interview, he finally agreed only if it was noted he is only one of thousands of military members across Canada who volunteer in their community for many, many organizations.

"I'm just one of thousands. You know, being in the military is not just about carrying firearms and going out into conflict, being in the military is about taking care of Canadians and others whenever you can," he stated.

That's not just party line from this dedicated Human Resources (HR) military member, it is something he truly believes in and lives by.

Born in Dalhousie, New Brunswick, a former small pulp and paper mill town which saw the mill close years ago, it now has a population of 5,000, "If everybody comes home for the summer," laughed Major Phillips.

He started in radio in 1980 in New Brunswick, where he worked for almost six years, honing the skills he has used selflessly since. During much of that same time, he volunteered as a St. John's Ambulance paramedic.

In 1986, he joined the military and he's been on the fast track ever since, serving initially as an Air Defence Technician, eventually getting his commission, and getting his master's degree in Human Resources (HR).

His outgoing personality served him well in his early years in the forces along with a willingness to try anything. He garnered some great military experiences, and promotions came quickly, as did a large number of awards and recognition. He received the Or-

der of Military Merit, and in 2013 received the Queen's Diamond Jubilee Medal. He also received the Queen's 125th Confederation Medal in 1992, too many Commanders' Commendations to list along with recognition coins, and various other commendations and awards throughout his career.

Those awards probably come automatically with his life philosophy in HR.

"It's all about helping people become successful, helping people with problems and issues," he said. "That's what I like, that's what gets me excited, and because we're able to do that in the military, having those skill sets are very beneficial in the community. Many community organizations are looking for good time management and good communication skills, and compassionate people with organizational skills and they want them to join their team to help their causes or events become successful."

"I get involved in a lot of different organizations in various capacities, whether as chairman, board member, or volunteer. I find it easy and very rewarding. I'm of the belief that every day, we in the administration world or we in the military or we as individuals get the opportunity to make a positive difference in someone's life. What we do with those opportunities defines who we are as an individual, members of a family, members of a community

Continued on page 13

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CFS Alert faces challenges every day



Members of Op NEVUS unload a CH146 from a CC177 delivered to CFS Alert during the operation. Personnel from 408 Sqn assembled the helicopter and have prepared to use it to transport telecom maintenance techs to the High Arctic Data Communications System (HADCS) sites that are a means of transmission of data between Alert and Ottawa, in order to perform annual maintenance on the communications system.

Patient airlift



Capt. (Dr.) Julie Langevin of CFB Cold Lake and Keewatin air crew ensure that the Keewatin "air ambulance" is prepared to receive a Nasittuq patient from CFS Alert in need of transportation to hospital facilities in Iqaluit. The patient was successfully airlifted to Iqaluit and is receiving good care.

Obituary – MCpl. Darren Williams

His boundless energy and infectious enthusiasm inspired all to excel



MCpl. Darren Williams

Master Corporal (MCpl.) Darren Williams spent more than half of his 46 years serving in the Canadian Armed Forces.

He joined the Royal Canadian Regiment in 1989, remustering to traffic technician in 2004.

The loadmaster with 436 (Transport) Squadron was participating in a Canadian Army Veterans (CAV) Motorcycle Ride in Prince Edward County when a vehicle crossed the centre line and struck and killed MCpl. Williams, along with Major (Retd) Wayne Boone, a Military Police Officer who retired in 1999.

"This loss is sudden and devastating to his family, and indeed to 436 Squadron and the greater 8 Wing community," said Wing Commander, Brigadier General David Lowthian. "Our thoughts and prayers are with the Williams Family as a result of this tragic event."

MCpl. Williams is survived by his wife Tracey, daughter Alisha, son Michael and 11-month-old grandson Aiden.

He was an active member of the CAV since its inception in 2003 and is remembered fondly by his motorcycling comrades.

"These were great individuals who deeply cared about Veterans and Veteran's causes and expressed that daily by fulfilling the CAV Mission of 'Ride, Have Fun, While Helping Others'. They will be greatly missed," wrote National Presi-

dent, Earle "Grizzly" Eastman.

The sentiments were shared across the country.

"His boundless energy and infectious enthusiasm consumed everyone around him and provided the inspiration to excel. He will be missed," wrote Noel Facey and Guy LeBlanc, Co-chairs of the Wharf Rat Rally Motorcycle Association in Digby, Nova Scotia. "(We) send our condolences to his CAV family, his relatives and all who knew, respected and admired him. We were truly lucky to have been able to spend time with him.

MCpl. Williams began his career at 2nd Battalion Royal Canadian Regiment at CFB Gagetown. Following his remuster to traffic technician, he was posted to 2 Air Movement Squadron. He was posted to 413 Transport and Rescue Squadron at 14 Wing Greenwood and lastly back to Trenton to 436 Transport Squadron in 2014.

He had multiple tours of Afghanistan (2005 and 2006) and a tour as part of Task Force Bosnia Herzegovina in 2004 and was awarded the Queen's Diamond Jubilee Medal in 2012.

The Funeral Ceremony will be held at 8 Wing Chapel, Namao Dr. East, Trenton on Friday June 26th, 2015 at 2 PM

As expressions of sympathy, donations to the Tony Stacey Centre for Veteran's Care would be appreciated by the family.

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.

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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

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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.



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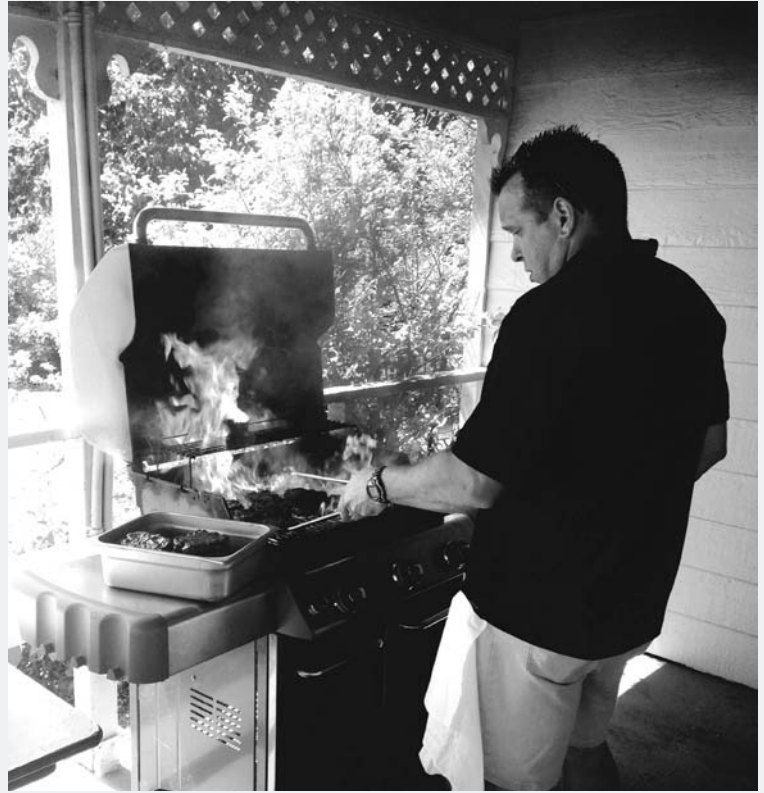
426 Squadron conducts Trenton Care and Share Food Bank fundraiser



426 (T) Squadron Thunderbirds conducted a charity fundraiser in support of the Trenton Care and Share Food Bank, raising \$317. Sqn personnel participated in the Dress with a Difference campaign, where members made a donation and were permitted to wear civilian clothing each Friday in support of a local charity. Presenting the cheque to Mr Al Teale are: (left to right) Cpl. Jen VanDerMeer, Lt.-Col. Ryan Deming; CO 426 Sqn, AB. Lauren Marlowe and CWO. Pete Taylor; SCWO 426 Sqn.

Photo by Trish Hupe (Courseware Development, 426 (T) Sqn.

8 Wing Food Services Professional Development Day



By Cpl. Ryan Murphy

On June 3, Wing Food Services staff enjoyed a professional development day, and took the time to refresh on health and safety training and receiving several briefs from the Hastings Public Health Inspector. In the afternoon, they enjoyed a barbecue prepared by the OC Supply & Food Svcs (Maj. McLaughlin) and D/W Food Svcs O (CPO2 Blackmore included in photo). They also participated in various team building activities on Bakers Island that increased team cohesion and morale.

8 Wing Comptroller Branch Promotion

Capt Crystal Boone from the Comptroller Branch was promoted to Major on June 1 at 14 Wing, Greenwood. She received her promotion from the 8 Wing Comptroller Maj. P.M. Stoddart and the BranchWO, WO J. Leclair. Maj. Boone has been posted to 14 Wing Greenwood and will become the next 14 Wing Comptroller.

Photo submitted by WO J. Leclair



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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:

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plus d'informations <http://www.cg.cfpsa.ca/cg-pc/trenton/FR/healthpromotion/programs/pages/aodg.aspx>

Inter-Comm (Improve Communications in Personal Relationships) July 7, 14, 21, 28 • 1 p.m. to 3:30 p.m. (four days)

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Inter-Comm (D'amélioration des communications dans les relations personnelles) 7, 14, 21, 28 juillet 2015 • 1300-1530hrs (4 jours)

Le programme d'amélioration des communications dans les relations personnelles offre une formation innovatrice dans le domaine des communications interpersonnelles et la gestion des conflits.

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Inscrivez-vous dès aujourd'hui http://www.cfbtrenton.com/forms/HP_Registration/stf_input.php

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>



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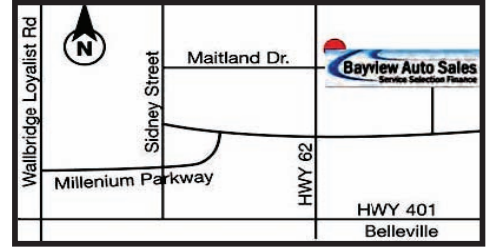
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23504 Auto, 4 dr, 6 cyl, Sedan, keyless entry, alloys, pwr seats, windows, locks, mirrors, height adj, seats, AC, On Star, cruise 71,866 km

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\$118.57
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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
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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

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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.

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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!!!!

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

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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.

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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.

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Wednesday, July 1, 2015

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|-------------------|---|-------------------|--|
| 7:00 am | Lions Pancake Breakfast | 1:00 pm - 3:00 pm | Drum Circle – Try it out! |
| 9:30 am | Worship Service with FM Reset | 2:00 - 9:40 pm | Musical Entertainment at Amphitheatre & Pavilion |
| 9:00 am - 4:00 pm | Rotary/Quinte West Youth Centre Mini Putt | 9:40 pm | Fireworks |
| 10:00 am | Food & Artisan Vendors Open | 10:00 pm | Outdoor Family Movie (SpongeBob – Sponge Out of Water) |
| 9:00 am - 3:00 pm | Car Show | | |
| 10:00 am-4:00 pm | Static Display – First Responder Vehicles
OPP, Fire, CFB, EMS Lioness Kiddie Corner (games)
Inflatables, Outdoor Petting Zoo, Pony Rides
Dunk Tank (QWYC), Quinte Laser Tag
Strongman Competition (featuring Ben Ruckstuhl)
& Weightlifting Demo | | |
| 10:30 am | Show your Canadian spirit! Canada Day Eh Parade from Arena to Amphitheatre – Prizes for Best Youth, Adult & Group! | | |
| 11:00 am | Celebration Ceremonies at Amphitheatre with Giant Birthday Cake and Fly past!! | | |

For more information, please contact 613-392-2841 or visit www.quintewest.ca

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10:30 am & 11:30 am

Quinte Idol 2 – 5 pm

The Bootleggers
5 – 6:30 pm

Roy Borden Jr.
6:45 – 7:30

Wrought Iron Roots
7 – Fireworks

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21st 8 AMS Camp Trillium Charity Golf Tournament raises \$27,500



Lt.-Col. Andrew Wedgwood not only received style points for his tee-off at the 21st annual 8 AMS Camp Trillium Charity Golf Tournament, he also drove the ball onto the green to get the tournament off on the right foot.

Continued from page 1

By Ross Lees

The tee-off at the 21st annual 8 Air Maintenance Squadron (8 AMS) Camp Trillium Charity Golf Tournament had been weighing on Lt.-Col. Andrew Wedgwood's mind. Going into the tee-off

he had already declared the tournament a success. "We set ourselves a target in terms of fundraising for today and I can tell you that two weeks ago, we had already exceeded our fundraising target without what is going to come in today," he said in a pre-tournament address to the golfers. "So declare this tournament a success regardless of what happens at the tee-off."

Successful tournaments always have happy endings and, in this case, a happy beginning it turns out. Lt.-Col. Wedgwood, taking into account the wind and cool air, drove the ball right onto the green from that impressive tee-off, garnering oohs and aahs from the watching golfers.

So impressive was the tee-off that two tournament celebrities came up after the tee-off to offer congratulations - Lieutenant-General (Ret'd) André Deschamps and 8 AMS Honorary Colonel Sam Reid of Glass Tiger fame.

This popular and worthwhile fundraising tournament maxed out the course at Roundel Glen Golf Course on the base, according to Lt.-Col. Wedgwood in that pre-tournament address.

"We had an original target today to get to 80 golfers," he noted. "We had to bump that up to 100 and then we had to bump it up a second time to 120 to the point where we maxed out the course and we had to start turning people away," said a very pleased 8 AMS Commander.

Success was truly written all over this tournament almost from the first organizational

meeting. In its 21st year, the tournament organizers wanted to break the \$100,000 mark in money raised and it turned out that that was also easily achieved.

Participants were 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 was 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. A restored boat and car draw also drew massive attention throughout the tournament.

Even with all of that going for it, this tournament featured one more aspect that could easily be said to have "out-performed" the rest of the tournament - a performance by members of Glass Tiger's Alan Frew, Al Connelly and Sam Reid, with guests Carmela Long and young Canadian tenor Joey Niceforo. This golfing fraternity enjoyed the ultimate in after-tournament entertainment from this famous group.

When it came to presenting the cheque at the end of the tournament, its amount was also impressive - \$27,500 bringing the total for the 21 years to \$121,500.

"This year, we managed to raise 23 per cent of our total from the previous 20 years," noted WO. Andy Sargent, following



So impressive was that tee-off that special congratulations were tendered to Lt.-Col. Wedgwood (right) from these two tournament special guests - Lieutenant-General (Ret'd) André Deschamps (left) and 8 AMS Honorary Colonel Sam Reid (centre) of Glass Tiger fame.

Photos by Ross Lees

the tournament. committee following the event.

The boat was auctioned off for \$3,250 and the car was auctioned for \$2,550. Both items were donated by Camp Trillium and squadron members and members of the squadron volunteered their personal time, using donations from local businesses to refinish the boat and car.

Lt.-Col. Wedgwood was effusive in his praise to his organizing

"Just a quick note to pass on my sincerest thanks and congratulations to each of you. Your leadership and hard work paid off in spectacular fashion! Not only did we raise a record \$27,500 (an astonishing 23 per cent of our 21-year total of \$121,500) but you put on one hell of a show! You made 8 AMS, 8 Wing, and the RCAF proud on Friday."

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Sam Reid, Alan Frew, Carmela Long, and Al Connelly warmed up prior to their performance at the 21st annual 8 AMS Camp Trillium Charity Golf Tournament June 19 at Roundel Glen Golf Course.

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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 jusqu'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 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

Belly Dancing with Amara

Belly Dancing with Amara takes place 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 veulent 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 bénéficiaires : 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.

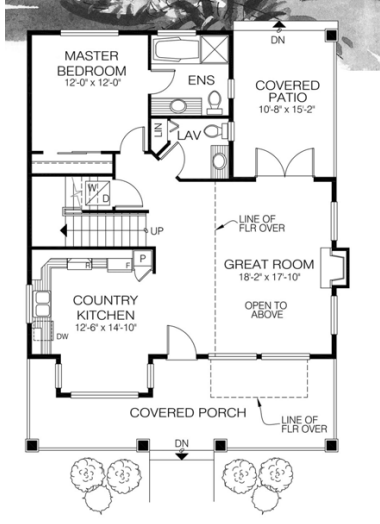
Busker Festival and Shopping Trip

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.

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.

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The covered porch that spans the front of this two-storey recreation home lends a touch of old-fashioned charm to this three-bedroom design. The front door leads directly into a corridor with the great room on the right and a country kitchen on the left. The great room features a lofty double-height ceiling, as well as a gas fireplace flanked by windows. Two more windows look out over the front porch, and French doors open to

a covered patio at the back of the home. The kitchen includes a pantry, as well as a spacious bayed-out area that will serve as a dining nook. Natural light will enter through the window over the double sink. The U-shaped counter configuration promises efficiency. At the back of the home is the master bedroom, which includes an en-suite with a tub and shower stall. Adjacent is a two-piece lavatory that contains a linen

closet. The U-shaped stairway leading to the second floor is located between the master bedroom and the kitchen, and is railed for safety. The landing, spacious enough to accommodate a computer or entertainment centre, is also railed and overlooks the great room below. A display ledge near the window would be ideal for plants and collectibles. A large linen closet is located at the entrance to the three-piece bathroom

shared by the second and third bedrooms. The bathroom features a separate toilet and bath. The home's exterior is finished in cedar shakes stained a deep crimson, with contrasting painted trim. Field-stone bases set off the painted pilasters that mark the front porch and the back patio. This home measures 32 feet wide and 43 feet, six inches deep for a total of 1,659 square feet of living space.

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

July 4 – Pan Am Torch Relay

The Toronto 2015 Pan AmGames Torch Relay arrives in Trenton at the National Air Force Museum of Canada from 10 a.m. to 1 p.m. Wing Commander Brigadier-General David Lowthian and His Worship Mayor Jim Harrison will welcome the community to a family-oriented outdoor celebration within the Air Park of the museum. The event will feature a fly past by CC130J Hercules aircraft and a variety of musical entertainment including local singer Jeanette Arsenault. The formal part of the event will close with an address by John Smylie, Honorary Colonel for 436 Squadron. A barbecue hosted by President's Choice and Mr. Smylie, along with music and children's activities, will proceed until 1 p.m. Everyone is welcome to attend and share the Pan Am spirit.

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 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.

Quinte West and 8 Wing partner for Pan Am Torch celebration

The City of Quinte West and 8 Wing/CFB Trenton are pleased to invite residents of Quinte West, the region of Quinte and the surrounding areas to what will be one of the most memorable celebrations of this year's Pan American Games Torch Relay.

The celebration will be held at the National Air Force Museum of Canada on Saturday, July 4 from 11 a.m. to 1 p.m. Come and celebrate with our local torchbearers as they begin the relay through Quinte West.

Quinte West Mayor Jim Harrison said the partnership with 8 Wing/CFB Trenton and the support of the Ontario government's Pan/Parapan American Games Secretariat will ensure the event is one of the most memorable parts of this year's torch relay celebrations.

"We couldn't ask for a better partner for this celebration than CFB Trenton, or a better site to host it than the National Air Force Museum of Canada," said Mayor Harrison.

Wing Commander Brigadier-General David Lowthian and Mayor Harrison will welcome the community to a family-oriented outdoor celebration within the Air Park of the museum. The event will feature a fly past by CC130J Hercules aircraft and a variety of musical entertainment including local singer Jeanette Arsenault. The formal part of the event will close with an address by John Smylie, Honorary Colonel for 436 Squadron. A barbecue hosted by President's Choice and Mr. Smylie, along with music and children's activities, will proceed until 1 p.m.

Participants invited to take part in Canada Day Eh! Paddle Parade



TRPC invites its members and any patriotic experienced paddlers to join its Canada Day Eh! Paddle Parade on July 1. Shown here are paddlers Chantel Pilon and Maddy Pilon with their canoe decked out for the Canada Day paddle parade during TRPC's second annual last year. Photo by Robin Pilon

For the third year in a row, the Trenton Rowing and Paddling Club (TRPC) is inviting all paddling and rowing enthusiasts to join them for their annual Canada Day Eh! Paddle Parade on Wednesday, July 1.

Organizers ask anyone who would like to participate to meet at the TRPC boathouse in Kiwanis Park, 80 Ontario St., Trenton at 9 a.m. to check in and decorate their boats in time for a 9:45 a.m. launch.

TRPC Paddling Director Harold Tripp noted there has been a substantial increase in the number of paddling members with TRPC already this season and he expects there will be a large group on the water for the paddle

parade this year.

"It's a great opportunity to show your Canadian spirit and get out with a group of paddling enthusiasts at the same time," said Tripp, "and we are pumped to have our largest parade ever this year."

Tripp said the free event will embrace paddlers, rowers, kayakers, canoers and stand up paddleboarders. Participants are encouraged to dress in Canada Day red and white and decorate their boat with Canadian flags.

"There will be spirit awards and a fundraiser barbecue picnic after the parade," said Tripp.

The route for the guided paddle parade will start at the TRPC dock launch and follow the shore-

line south to the Robert Patrick Marina Basin in time to give a wave to the first responders foot parade. It will then paddle past the new Trent Port Marina and continue north on the

Trent River passing downtown Trenton's Riverfront Square. The parade will continue up to Lock #1 and work its way back down the river to finish at the TRPC dock.

There will be some club boats available for use but reservations are a must. To join this event and/or to reserve your boat, please go to the upcoming events section on the facebook page at Trenton Rowing and Paddling Club and search for TRPC Canada Day Eh! Paddle Parade and Picnic.

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The behind the scenes Voice of 8 Wing

Continued from page 3

and, luckily for us in uniform, as a representative of our nation. I believe in seizing those opportunities and making a positive difference. Sometimes it's not very hard, sometimes it requires a little more effort, but it's pretty amazing. The more people do that, the more contagious it becomes in a momentous way, and we do make a difference out there."

He believes the military is all about that culture. "It's about going out and making a positive difference," he added. "No matter what we do or where we do it, we're not doing it because we're going with force, because we want to disrupt something, we're doing it because we want to make a positive difference in people's lives, those who are less fortunate than us."

His philosophy is the military has given its members the resources and training to be very good at being organized, very good at time management, very good at communicating, and taking those skill sets and applying them outside the military is fun.

"Serving as a DJ or emcee comes naturally to me," he indicated. "I don't get nervous, I have fun with it, and if I can help an organization further its goals and become successful, then absolutely, and there's no way I'm going to charge for something that is fun. If I can help any organization out there by providing commentary or background music to keep the crowd entertained or keep the crowd involved and be able to pass on information in a manner clearly understood, then that's just fun."

Part of the reason Maj. Phillips agreed to allow the spotlight to fall on him for a moment was to spread the word he is available at no charge to help even more organizations and people achieve success.

"I am hoping more and more word gets out there is an asset here to utilize at any time for the right cause and the right reason," he said. "It's pretty simple for me. If there's an organization trying to make lives of others better, by whatever program, then if I can help, that's what I'll do."

Again, he makes the point he is only one of thousands in the Canadian Armed Forces getting involved with their communities.

"I think it's ingrained in our culture, our ethos, to go out there and make a positive difference in whatever capacity because everyone has different skills. Some are unique, some are not unique but they are very talented in what they do and if they can get out and get involved in their community, that goes a long way."

"When you wear the badge on your shoulder, you're an ambassador for the country, so people are watching, people are interested, and people want to get you involved as much as possible because they enjoy and appreciate what you bring to the table. Most Canadians, whether they're in uniform or not, do it because they believe in it and they would probably just as soon stay behind the scenes and not become recognized for it and say 'thank you very much, but don't make a big deal out of it.'"

Maj. Phillips' final point is again deflecting the spotlight from himself to many others.

"If anything comes of this, let it be that there's thousands out there who don't get recognized for what they do but kudos to them because what they do is appreciated. It is making a difference and it's helping the world become a better place."



Maj. Phillips is shown here with the MFRC Invisible Ribbon Gala organizing committee, which he chaired this year and which he hopes to chair again next year. Under his leadership, the Invisible Ribbon Gala had its most successful year in its 11-year history. He also emceed the event, was the DJ for the dance, and was the auctioneer for the live auction. *Photos by Ross Lees*



Maj. Phillips is shown here playing music at the recent Belleville Brain Tumour Support Group Spring Sprint.

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Safety

Making a splash in the backyard pool



Children, summer and water are a trio made to be together. But this trio can also be a deadly combination, especially if you or your neighbors own a pool.

Few of us realize just how risky backyard pools are. Pools and hot tubs are responsible for many drowning accidents involving children. Consider these poolside safety rules to guard your children against serious or fatal injury:

- Children are fascinated by water and will go to extraordinary extremes to get to it. Check your municipal by-laws for minimum fencing requirements around backyard pools and hot tubs. Generally, fences should be at least five feet (1.5 m) high and without footholds.
- Gate closures should be self closing and locks should be installed high enough up from the fence to keep children from reaching them.

- Consider multiple barriers between children and the pool. An extra fence, locked door or other barrier between the child and the pool may give you enough time to discover the child missing and intercept a potential drowning incident.
- Water alarms installed in pools, which react when the water is disturbed, are also available.
- Establish and enforce water safety rules.
- Make sure a responsible adult is present when the pool is in use.
- Have reaching and throwing water safety aids on both sides of the pool.
- Have a first aid kit handy.
- Have a poolside telephone so you don't have to leave "even for a second" to answer calls.
- Don't leave toys by or in the pool to tempt youngsters close to the pool side.

Treat wading pools as you would a

full size swimming pool. Empty them immediately after use. Children need very little water to drown. Never leave them unattended.

Watch your children at all times when they are in the pool.

Invest the time to take a lifesaving course.

Enroll yourself and your children in a water safety and swimming course. But don't allow such swimming lessons to give you a false sense of security. Most children, like most adults, will panic and forget what they've learned if they run into problems in the water.

And, most importantly, think of the pool as a dangerous place and respect the associated risks and hazards. A moment's inattention is all it takes for a drowning accident to happen. Be prepared by being aware of potential poolside dangers.



429 Transport Squadron Bisons welcome a new leader to the herd

Continued from page 1

As he looked back on his time at 429 Squadron, Lt.-Col. Maisonneuve said he was fond and appreciative of his time with this exceptional squadron, looking back on it with respect, happiness and sadness.

8 Wing Commander Brig.-Gen. David Lowthian also heaped praise on 429 (Transport) Squadron.

"Time and again it is the C-17 Globemaster aircraft and our aircrews from 429 Squadron that are seen alongside our Canadian flag among our international allies as they commit their expertise to global peace and security," he said.

He noted that the CC-177 Globemaster had "...enabled Canada to respond strategically in ways we only aspired to when we stretched the limits of other aircraft with contracted airlift support from third

parties or other air forces. Now there is no turning back and we have contributed rapidly in fantastic ways, carrying unheard of equipment and supplies into extreme locations, sometimes under extreme circumstances."

Brig.-Gen Lowthian thanked Lt.-Col. Maisonneuve for his leadership, guidance and enthusiasm in introducing and expanding this great capability.

"His accomplishments have been nothing short of stellar," he said.

Brig.-Gen Lowthian welcomed Lt.-Col. Church back to 429 Squadron, where he had once served under Lt.-Col. Maisonneuve as his deputy commander.

Lt.-Col. Church noted he had had many incredible opportunities within the Canadian Armed Forces, but he assured them that as he accepted this new role, he was exactly where he wanted to be.



Brig.-Gen David Lowthian addressed the Bisons at the 429 (Transport) Squadron Change of Command parade June 18 at 1 Hangar.



Lt.-Col. Bill Church, left, is joined by Brig. Gen. David Lowthian, 8 Wing Commander, centre, and Lt.-Col. Jean Maisonneuve in signing the change of Command scrolls at the 429 (Transport) Squadron Change of Command Parade in 1 Hangar June 18. Lt.-Col. Church was taking over command of the CC-177 Loadmaster squadron from Lt.-Col. Maisonneuve. Photos by Ross Lees



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