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120 CAF personnel depart for Operation IMPACT



MP Cheryl Gallant and Col. David Lowthian talk with this deploying soldier and her spouse just prior to boarding at CFB Trenton on April 25. Photo by Ross Lees

Six month rotations continue as 120 departed Friday, 95 returned on Sunday

While the departure of 120 Canadian Armed Forces (CAF) troops to the Middle East on Operation IMPACT may no longer be the news it once was, the impact of those troops is no less important, according to Renfrew Nipissing-Pembroke Member of Parliament (MP) Cheryl Gallant.

In stressing the importance of the mission, she told the troops, "Not since Al-Qaeda has our country faced such a serious clear and present danger as the Prime Minister put it. We've already had attacks on our soil. Which has not happened in decades, and it was the military - one of the major institutions of our country - that they were successful in attacking. What you do over there, preventing the ability for them to launch attacks on Canada is key, not only to the security of our nation but to the everyday security of everyday citizens who take for granted the peace and security we live in."

Ms. Gallant noted that it was not only the people of Canada and coalition countries who appreciate the contributions of Canadian troops, but the

Continued on page 9

DART departs to Nepal

Canada deploys assessment team, elements of the Disaster Assistance Response Team to assist in humanitarian crisis in Nepal

April 26, 2015

An assessment team and elements of the Disaster Assistance Response Team (DART) departed from Canadian Forces Base Trenton Sunday night.

The Canadian Armed Forces is currently pre-positioning its personnel and resources in order to ensure a prompt reaction, in line with Government of Canada direction, to assist in the aftermath of an earthquake in Nepal.

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Elements of the Canadian Armed Forces Disaster Assistance Response Team (DART) depart from CFB Trenton, Ontario on April 26, 2015 to help the earthquake victims in Nepal.

Photos by Corporal Dan Strohan, 8 Wing Imaging



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North American Occupational Safety and Health (NAOSH) Week

A message from the Wing Commander

Safety and Health: Make safety a habit

The week of May 3-9 has been designated as North American Occupational Safety and Health (NAOSH) Week. While workplace safety and health are of key importance year-round, the recognition of NAOSH Week provides an opportunity to collectively focus on the importance of preventing injury and illness in the workplace, at home and in the community. The theme for this year's Safety Week is "Make Safety A Habit."

NAOSH week was first launched in 1997, implemented through a

Free Trade Agreement between Canada, the United States and Mexico. The NAOSH logo of three hands forming an equilateral triangle portrays the three participating nations. It symbolizes joint venture, cooperation and the commitment to common goals shared by all occupational safety and health partners.

We operate in an environment of significant risk and hazards that, coupled with resource constraints, may stress and challenge our safety culture. I require each

of you to remain focused on mission success, safety in operations and well-being in the workplace. A rigorous risk management approach requires a systematic hazard assessment methodology that is flexible, responsive and outcome focused.

The main ingredients and the keys to success in any safety program are informed and concerned participants. Take advantage of the many learning opportunities on the Wing; educate each other with positive attitudes and behaviours that become safety habits.

We must always strive for an-

swers and execute solutions that will make things safer for ourselves, our families, our work sites and our communities. NAOSH Week presents an excellent opportunity to reinforce and strengthen our commitment to occupational safety and health.

The diligence and the commitment to excellence of our personnel at every level of the organization is a testament to the strength of our program. Thank you for your continued participation in our shared objective to provide the safest and healthiest environment for all.



D.W. Lowthian
Colonel
Wing Commander

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Santé et sécurité : La sécurité, une question d'habitude

La Semaine nord américaine de la sécurité et de la santé au travail (SNASST) se déroulera du 3 au 9 mai 2015. La sécurité et la santé au travail revêtent une grande importance tout au long de l'année, mais la SNASST nous donne l'occasion de mettre tous ensemble l'accent sur la prévention des blessures et des maladies au travail, à la maison et dans la collectivité. Cette année, le thème retenu est « La sécurité, une question d'habitude ».

La SNASST a d'abord été lancée en 1997 dans le cadre d'un accord de libre échange conclu entre le

Canada, les États Unis et le Mexique. Le logo de la SNASST, soit trois mains qui forment un triangle équilatéral représentant les trois pays participants, symbolise l'action concertée, la coopération ainsi que l'engagement de tous les partenaires envers l'atteinte de leurs objectifs communs dans le domaine de la santé et de la sécurité au travail.

Nous travaillons dans un environnement présentant des risques et des dangers considérables qui, combinés à des limites financières, pourraient mettre à rude épreuve notre culture de la sécurité. Je demande donc à chacun d'entre vous de continuer de

renseignés et intéressés constituent le principal ingrédient et la clef du succès de tout programme de sécurité. Profitez des nombreuses occasions d'apprentissage offertes à l'escadre; sensibilisez-vous mutuellement au sujet des attitudes et comportements positifs qui deviendront des habitudes de sécurité.

Nous devons constamment nous efforcer de trouver des solutions pour assurer notre sécurité ainsi que celle de notre famille, de notre lieu de travail et de la collectivité, et la SNASST s'avère une excellente occasion de cibler et de renforcer notre engagement à cet égard.

La diligence et l'engagement de notre personnel envers l'excellence, à tous les échelons de l'organisation, témoignent de la force de notre programme. Je vous remercie de collaborer avec autant de constance à l'atteinte de notre objectif commun, soit d'offrir à tous un milieu de travail toujours plus sain et plus sécuritaire.

Des participants **Colonel D.W. Lowthian**
Commandant d'escadre

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Local military family shares experience in Quinte

Even living off the base, there is still a solid network of support in the greater Quinte community

By Devon Taylor, Communications and Development Coordinator, MFRC

"Everything is there, you just need to reach out and find it."

That's what Cpl. James Brown, local father and Canadian Armed Forces member recently said about living in the Quinte region.

The Brown family moved to Trenton five years ago. Posted to 8 Wing/CFB Trenton with 424 Squadron, Transport and Rescue, James and his wife Liz moved their family from Liz's hometown of Collingwood to the Quinte region.

Moving to a new community is difficult for any family, especially with young children. When the Browns got their posting notice and arranged their house hunting trip in Trenton, the parents looked into what schools, programs and activities were available for their children, like hockey and soccer, to get them excited about moving to a new town. The Brown children, Timothy, 11, and Clara, five, are both busy kids in the community.

"We wanted our children to be integrated into the community, not just the military community," said Liz. "They're active every night which makes it easy to feel connected to the community and Trenton feels like home."

The Browns settled into a neighbourhood off the base – but still close enough that James is able to bike to work. But even living off the base, there is still a solid network of support in the greater community – a lot of their neighbours are retired CAF members and Liz feels she can knock on their doors at any time. Having friends nearby with similar lifestyles is also helpful as they understand the challenges a military family faces and would be willing to babysit at a moment's notice – a huge help when your husband can be called out on a Search and Rescue mission any day, without warning.

A military family is "...always living on the edge and asking the question 'What if?'" said Liz. Changes to daily routines are frequent and can be disruptive, and you can't always depend on your spouse because he/she might not always be there.

James' role in the military has him away from home one week every month (in an average month) – but not every deployment is planned. In March 2010, the Brown family was planning to spend March break in Collingwood together visiting family and friends. When they arrived

in Collingwood, James was called back to work. With only one car, the plan was that James would return at the end of the week to bring his family home. Back in Trenton, however, James was informed that he needed to be in Sicily within 24 hours. Without knowing how long he would be gone for, James flew to Sicily and Liz and their children had to find a way back to Trenton on their own. James was deployed to Sicily for a month.

It is situations like this when Liz turns to the Trenton Military Family Resource Centre (MFRC).

"Stop thinking you can do it on your own," said Liz, who attends a weekly Deployment Support Group at the MFRC. It is this support and the MFRC's Road to Mental Readiness program that helped Liz understand the importance of being extremely organized to help prepare for those unexpected deployments. It also taught her the warning signs of children struggling to adjust or suffering from stress because their father is away, the signs of PTSD and more. Their children also visit the MFRC, spending time at a weekly children's group that teaches resiliency in a fun setting and the Trenton MFRC Youth Centre. Timothy will also be attending the week-long Heroes Summer Camp offered for free through the MFRC.

With new postings every spring and frequent, unexpected deployments, it is easy to understand what Liz means when she said military families "live on the edge." But she also noted, "You can't let posting season hold you back."

Liz took charge of her career, something that could be a struggle for military spouses in 2012. She first opened a home daycare that allowed her to make strong connections in the community. Following that venture, Liz launched her own dance studio, Dance with Miss Liz. In her first year she had 20 students, then 75 the following year and

now she has 130 students dancing at her studio. The majority of the dancers are from military families and because Liz is part of a military family herself, she understands that challenges these families face – so she offers full refunds at any time and prices are geared towards military families.

Through the support of the community and the Trenton MFRC, military families are able to reach out and find the resources they need to take charge of their lives and get involved in their communities.

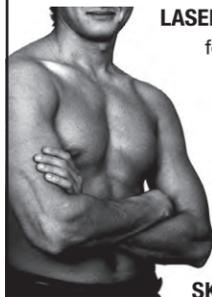
However, the MFRC would not be able to offer the level of support they do without the contributions made through the Invisible Ribbon Gala, the MFRC's major fundraiser on Saturday, May 9. The Invisible Ribbon campaign raises awareness about the role of the military family. Military families like the Browns face unique challenges but they are strong, dynamic and an important link in the Quinte region. They are your neighbours, friends, teammates or, if you're a boating family like the Browns, they're the boat next to you out on the Bay.



Cpl. James Brown, his wife Liz, and children Timothy, 11, and Clara, five, are shown here in this portrait. Submitted photo by Ashley Gingras Photography

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Busy times at CFS Alert during Op BOXTOP I/15



Photos by Cpl. Raymond Haack



WO. Dominie of 8ACCS presents a specially engraved wine glass to WO. Paradis of 8 Wing for her contribution to Op BOXTOP. WO. Paradis has served on Op BOXTOP on several occasions in the past five years.

WO. Stephen Hough of 436 Sqn Trenton is being recognized for his outstanding performance and dedication during Op BOXTOP I/15. WO. Hough served as the CFS Alert Augmentee Det Cmdr, a.k.a. Boss Hog, during the Operation.



Members of Op BOXTOP I/15 prepare to extract fuel from the CC130J BFDS at CFS Alert. During Op BOXTOP I/15, one CC177 and two CC130Js completed 30 flights and delivered over one million liters of fuel to the Station.



WO. Paradis, of 8 Wing, cuts her retirement cake at CFS Alert during the end of Op BOXTOP I/15. The cake was prepared by the CFS Alert Kitchen staff for the celebration of her career.

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.

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

8 Wing Personnel

Publisher: Col. David Lowthian

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

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Circulation: Ron Prins 613-969-8896 ext 241

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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.



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Support Our Troops Summer Camp Program

Children of military families to attend subsidized summer camp

By Rachel Lallouz
Staff Writer, The Lookout

This summer, the Support Our Troops Summer Camp Program is looking to send children of military families to a camp in their region for one week by subsidizing and defraying camp costs.

With no cap to the number of children admitted, military families that qualify are encouraged to apply.

Families whose children qualify for the experience include:

- ✓ those with a fallen CAF parent/guardian;
- ✓ those who have an ill or injured CAF parent/guardian posted to the Joint Personnel Support Unit or the Integrated Personal Support Centre;
- ✓ families of currently deployed members or on a prolonged course/training program, or scheduled for deployment, or serving away from their families;
- ✓ and any CAF families of special needs children.

Families with more than one child need not worry, as any number of children from an eligible family will be permitted to take advantage of the program.

If eligible, a child's family will receive a maximum grant of \$600 to attend overnight camp for one week. Camps must be nationally accredited to ensure the safety and suitability for children from the military community.

Prospective families with a CFOne Card are invited to consult the CF Appreciation Program website to view a list of camps that have already agreed to offer a discount, as well as other camps.

Campers must attend camp during the 2015 summer, any time from June until the end of August. For families with younger children, day camp is also an option, with a maximum \$400 bursary available.

A \$1,000 grant is available to cover camp expenses for children with special needs, including payment of any caseworkers

"It's important because it offers children of these families some respite, and an opportunity to potentially connect with others that may be experiencing similar situations based on their military family life," she said. "It's our job to be that gateway for families to receive funding support so children can enjoy this valuable and memorable experience."

- Jo-Anne MacDonald, Director of Strategic Outreach and Initiatives for Morale and Welfare Services

needed during that week.

The program was originally available to Ontario families, by sending eligible children to Camp Maple Leaf, an organization with a long history of providing support to veterans and their families.

Muskoka Woods, another Ontario based camp, also dedicated a number of its spots to the children of military families, and still holds 65 spots each summer for military children. Starting last year, the grants were made available to military families nationwide through funding from the Support Our Troops Program. Now the program is rolling into its second year assisting children of military families from all provinces.

With Camp Maple Leaf making the difficult decision to keep its doors closed this year as it undergoes renovations, further financial resources have opened up to extend to other provinces.

Jo-Anne MacDonald, Director of Strategic Outreach and Initiatives for Morale and Welfare Services, holds the role of connecting families to the camp grants, and the value of this program to the military com-

munity is not lost on her.

"It's important because it offers children of these families some respite, and an opportunity to potentially connect with others that may be experiencing similar situations based on their military family life," she said. "It's our job to be that gateway for families to receive funding support so children can enjoy this valuable and memorable experience."

Campers are expected to have the full summer camp experience during their stay, and in the past have participated in classic camp activities such as hiking, swimming, outdoor survival education, zip lining, kayaking, and canoeing.

The Camps Program began in 2008, with an initial 10 spots being supported, and given the ability to get away and have that camp experience that they may not have otherwise had the chance to partake in."



in 2008, with an initial 10 spots being supported, and given the ability to get away and have that camp experience that they may not have otherwise had the chance to partake in."

"It's extremely rewarding to see this," said MacDonald. "Just to know that these children are

being supported, and given the ability to get away and have that camp experience that they may not have otherwise had the chance to partake in."

Interested families should visit www.supportourtroops.ca, follow the "Camps" link, and review the National Camp Guide to assess their eligibility. The deadline for application is the closing of the 2015 camp season, though families should consider applying as early as possible to guarantee a spot at a registered camp.

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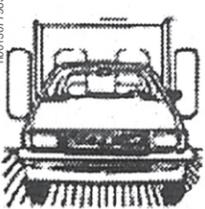
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SISIP Financial introduces 'No Fee' financial planning option

SISIP Financial is excited to announce that clients of the financial planning services who choose to file their own income tax returns, can now "opt out" of paying subscription fees* for these services (effective Jan. 1, 2015 for new clients and May 1, 2015 for existing clients)!

"We've had very positive feedback with the introduction of this new "no fee" option since our mass mail-out to existing clients, and with new clients signing up for the service. In addition, this "no fee" option allows our financial planners to dedicate more of their time to clients in the provision of relevant, tailored advice and investment solutions. Our objective is to align our products and services to be more flexible and responsive to the needs and lifestyle of the One Community - One Million Strong" said Larry Mohr, Senior Vice President, Commercial Services, Canadian Forces Morale and Welfare Services.

People have become more knowledgeable of the many alternatives now available to help them complete their own income tax returns. There now exists a number of new and inexpensive choices which reinforce the decision to remove subscription fees and no longer provide the (one) free basic income tax return per year.

For those who choose to "opt-out" from paying subscription fees, they can now put that money towards other investment options, such as minimizing their taxes, maximizing investment returns, purchasing a home, retirement, etc. They may want to consider putting them into the Canadian Armed Forces Savings Plans the New and Easy way to Pay yourself first - a simple savings solution that allows investments for as little as \$1/day; less than a cup of coffee! In fact, as little as \$25/month invested can grow to \$27,830** in 35 years.

also extends a 20% discount on optional Tax Protection service when filing online for free using their online software.

- Alternatively, Canadian military members and their spouses can download H&R Block tax Software for free or receive a 10% discount on their tax preparation services at participating H&R Block retail locations. H&R Block also extends a 20% discount on optional Tax Protection service when filing online for free using their online software.
- Canada Revenue Agency provides a list of free certified software packages and web-based programs for taxpayers; and
- iPhone has apps such as Intuit Turbo Tax, Snap Tax available on iTunes - (snap a photo of your T4, answer a few questions and within minutes, SNAP Tax will download your information directly to NETFILE). (Read more on SNAP tax here).

Whether you are a current financial planning client who wants to "opt-out" of the subscription fees, or simply want to find out more about our financial planning services, visit our online Learning Centre or contact your local SISIP Financial office.

*Subscription rates: \$6.00 per month for all ranks, from recruits to Master Corporals inclusively, and to Officer Cadets, Second Lieutenants and Lieutenants. All other ranks and former CAF members are \$12.00 per month.

**Rate of return (5%) refers to the average annual compound rate of return and does not take into account taxes.

Joyce Sharp, Communications and Marketing Manager, SISIP Financial - Commercial Services
www.sisip.com

Wing Supply's new Hazardous Waste facility easy to find



Built with modern environmental concerns plus health and safety standards, the new 8 Wing Supply Hazardous Waste facility is projected to be completed this summer. The new address is 1 Goose Bay Rd. on the north side of the Wing. The old facility is located at 27 Alert Blvd. and has been affectionately called "the brick." Customers were told about the easy to find structure, "You can't miss us; it's the only red brick building around." Now, the new building will have a similar distinction and customers will be told, "You can't miss us; it's the only red steel building around."

Submitted by Kevin Stuart, Hazardous Waste Supervisor/Superviseur déchets dangereux



Posted to the NCR and need housing? Look no further

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www.pspottawa.ca/shho ou 613-521-2696



Still unsure about filing your own income taxes? There are many options available. Most e-filing software kits will walk you through tax credits step-by-step! With "how to videos", so readily available on the internet, it is now fairly straightforward to file income tax returns. Options include:

- CANEX is selling preparation UFile tax software both in their stores and online (CANEX.ca) priced at \$19.99 and \$39.99;
- CF One Card holders (CF Appreciation), through H&R Block, can download free software and file up-to four returns - for free. H&R Block

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Continued from page 1

A CC-177 Globemaster III and its air crew transported the assessment team as well as relief supplies, medical personnel and firefighters as part of the Light Urban Search and Rescue (LUSAR) team.

“In support of Department of Foreign Affairs, Trade and Development and in cooperation with our other government department partners, we are moving swiftly to assist Nepal in this time of need. Canada has consistently demonstrated strong support for humanitarian assistance and disaster relief operations at home and throughout the world,” said the Minister of National Defence Jason Kenny.

The assessment team will assist the Interdepartmental Strategic Support Team (ISST) in performing its needs assessment and the other personnel will provide initial support and medical assistance once they arrive in Nepal.

The DART is one component of Canada’s toolkit to respond to natural disasters abroad. It is a military organization ready

to deploy quickly to conduct emergency relief operations

The Government of Canada announced on April 25 it would support experienced humanitarian organizations with \$5 million to provide life-saving assistance to meet the urgent needs of people affected by the earthquake in Nepal. Canada is also a contributor to international rapid response mechanisms that ensure partner organizations are able to act immediately at the onset of a crisis.

“We extend our deepest condolences to the people of Nepal in the aftermath of this terrible earthquake,” said General Tom Lawson, Chief of the Defence Staff. “Our personnel are currently prepositioning to assess the needs of the affected population and the most efficient way to provide emergency relief. The Department of National Defence and the Canadian Armed Forces (CAF) stand ready to help save lives, maintain a stable environment, and assist in reconstruction where it is needed.”



Traffic Technicians from 2 Air Movements Squadron prepare the cargo of equipment and supplies required by elements of the Canadian Armed Forces Disaster Assistance Response Team (DART) to help the earthquake victims in Nepal, at CFB Trenton on April 26.

Photo by Corporal Dan Strohan, 8 Wing Imaging

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Photos by Ross Lees



Renfrew Nipissing-Pembroke Member of Parliament (MP) Cheryl Gallant and 8 Wing Commander Col. David Lowthian speak to the deploying military personnel before they boarded the aircraft at CFB Trenton on April 25.

Renfrew Nipissing-Pembroke Member of Parliament (MP) Cheryl Gallant and 8 Wing Commander Col. David Lowthian join other CAF personnel in wishing deploying personnel a safe deployment as they board the aircraft on April 25.

Continued from page 1

people of Afghanistan as well. She said delegations as recently as last week stress their appreciation of what Canadian military personnel have done for them.

"They say not only are you the most professional military that takes care of their country, but you had a sense of humanity and you cared about the people, you went above and beyond doing projects that didn't need to be done but you wanted to fill your spare time and they appreciate it and they thank you for it," she indicated.

"You are ambassadors for Canada while you are over there and we know you'll do us all proud. Most of all, though, we want you to stay safe and come back to your loved ones," she concluded.

8 Wing Commander Col. David Lowthian reminded the departing troops they were going on an important mission as part of a coalition in a part of the world seeking greater stability.

He told the troops that the men and women of 8 Wing was their lifeline while they were deployed and he thanked them for the commitment and dedication they were demonstrating.

The departure of personnel drawn from bases across the country is part of an ongoing rotation of troops that supports Canada's continuing operations

while allowing deployed troops to return home. Two short days after the departure of these troops, another 95 CAF personnel returned home Sunday night aboard a CC-150 Polaris aircraft. The personnel, who have been deployed since the operation began in October 2014, were returned to their bases at 14 Wing Greenwood, N.S., 8 Wing Trenton, Ont., and 4 Wing Cold Lake, Alta.



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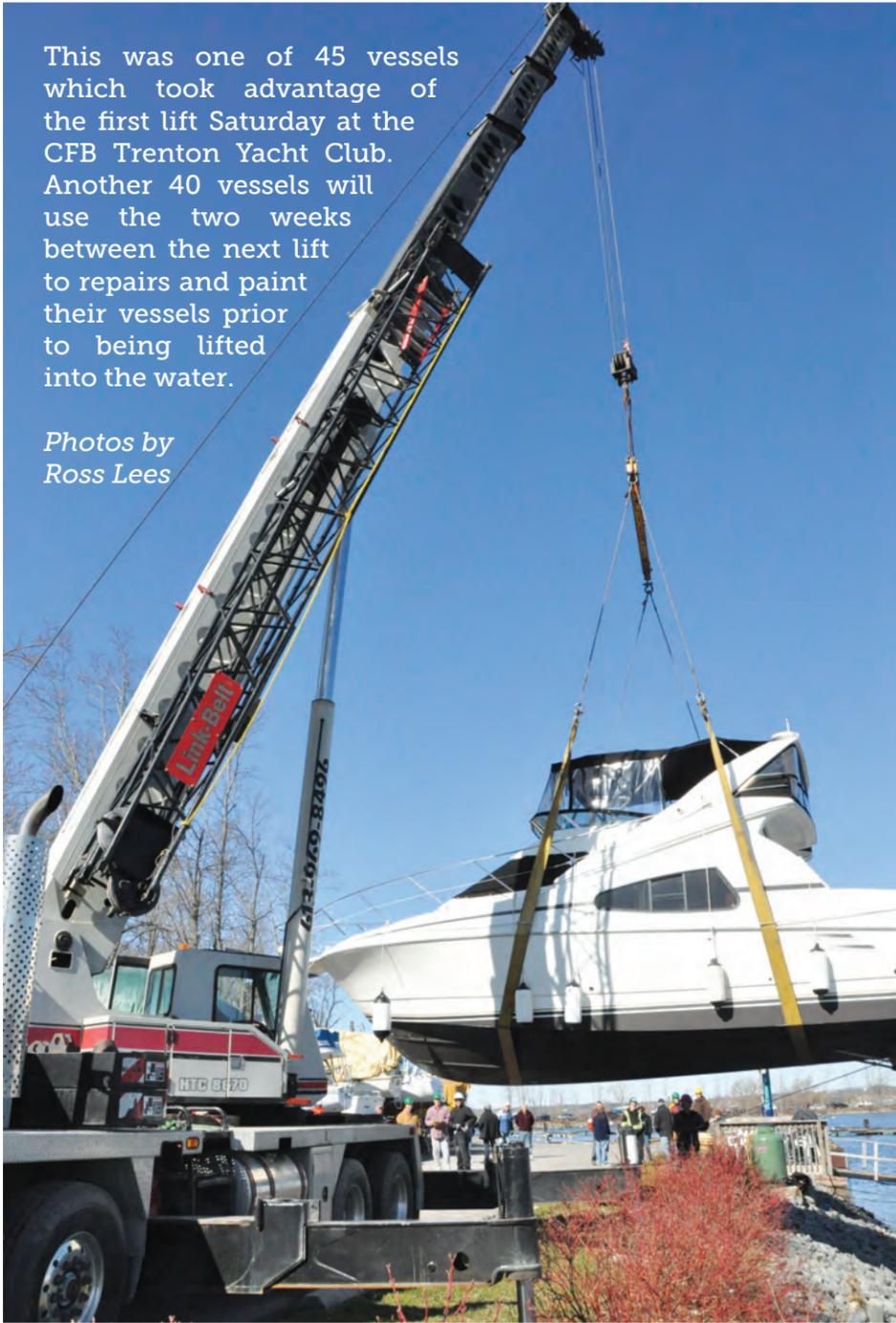
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<p>OLD CHARMER</p>  <p>24 RAMSAY AVENUE</p> <p>2 storey, 3 bed spacious family home with nicely groomed fenced in back yard just minutes from the Base.</p> <p>MLS#QR21500903 \$144,900</p>	<p>CUSTOM BUILT TO YOUR WISHES</p>  <p>350 WHITES ROAD</p> <p>Raised bungalow with fantastic layout. Less than 10 minutes to CFB Trenton.</p> <p>MLS#QR21501520 \$189,000</p>	<p>GREAT STARTER HOME</p>  <p>77 COLLEGE ST EAST</p> <p>1.5 storey starter home within walking distance to schools and all amenities.</p> <p>MLS#QR21502221 \$120,000</p>

This was one of 45 vessels which took advantage of the first lift Saturday at the CFB Trenton Yacht Club. Another 40 vessels will use the two weeks between the next lift to repairs and paint their vessels prior to being lifted into the water.

Photos by Ross Lees



First CFB Trenton Yacht Club lift in goes smoothly

45 vessels take advantage of first lift in to be placed in the water at the Baker Island facility

The annual lifting in of the vessels at the CFB Trenton Yacht Club Saturday, April 25 went without a hitch under nearly perfect weather conditions, according to Dennis Dove, Rear Commodore of the club.

By day's end, 45 boats had been lifted from their storage sites into the water at the club off the shore of Baker Island.

Two lifts take place every year, an early lift for those with no or minimal work to be done on their vessels prior to being lifted into the water, and those who can take advantage of the two weeks between lifts to allow them to carry out work on their vessels which requires warmer temperatures for painting and other shore work. The second lift will take place on May 10 (Mother's Day), when the remaining 40

vessels will be lifted in.

"The first lift in went exceptionally well as the weather, although not quite ideal, was sunny with very low winds," noted Mr. Dove. "The crane operator and crane guide are key to the success of moving boats plus the other volunteers who help with placing slings and holding guide lines as vessels are transferred from the winter resting location to their summer home on the water."

Throughout this event, safety is paramount, Mr. Dove stated.

"Safety is the main element of the day's operation starting with a safety briefing prior to the start of crane operations at 7:30 a.m. and safety remains at the forefront until crane operations are finished," Mr. Dove said.

The crane completed the last of the 45 lifts around 2:30 p.m. on Saturday. Cranes usually have to be booked a year in advance for boat lifting, added Mr. Dove.

New arrivals to CFB Trenton are reminded that the Yacht Club is an excellent place to spend your free time and new members are always welcome.



(Above) This boat started and was quickly moved out of the way as other boats were lifted into the water Saturday.

(Top) This vessel is finally back in the water at the CFB Trenton Yacht Club on April 25.

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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 âgées entrent gratuitement. Ces laissez-passer vous sont offerts à la réception du CRFM.

Monthly Mindfulness Group

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

Groupe Mensuel de Pleine Conscience

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

"What about me"

Is a deployment support group for children ages five to 12 that runs every Wednesday night. This program offers support to children who are or who will be experiencing separation from a loved one due to the military lifestyle providing them with fun hands on activities to develop coping skills. It is not mandatory for children to attend every session but they must pre-register by calling Kelly the week of by 12 p.m. on Monday at 613-392-2811 ext. 4527.

Et moi alors (What About Me)- Mercredi de 18h00 à 19:30 (de 5 à 12 ans).

Ce programme offre un appui aux enfants qui vivent ou vivront une séparation avec un être cher dû au mode de vie militaire. Il n'est pas obligatoire d'assister à chaque rencontre mais vous devez inscrire votre enfant. Pour inscription et information pour ce programme contactez Kelly: kbriggs@cogeco.net ou le poste 4527

ASD support group

For caregivers of a person on the Autism Spectrum, the next meeting is May 21st from 6 p.m. to 7:30 p.m.

Childcare is available. Contact Kelly Briggs 613-392-2811 ext. 7917.

Trouble du spectre Autistique (TSA)

Groupe de soutien pour les aidants naturels d'une personne atteinte du spectre de l'Autisme. Prochaine rencontre le 21 mai, de 18h00 à 19h30. Contactez Kelly Briggs 613-392-2811 poste 7917.

Dance with France

Spring mini-session. Have you ever wanted to learn how to ballroom dance but didn't quite have the time? Our spring session is perfect for you! Come join the amazing and talented France as she teaches in six short weeks how to wow an audience on the dance floor! Date: Wednesdays from May 6 to June 17. Beginners:

Time 6 p.m. to 7:15 p.m. Cost: \$67.50/couple. Dances: Cha-Cha and Salsa. Intermediate: Time: 7:30 p.m. to 9 p.m. Cost: \$75.00/couple. Dances: Samba and Tango. Payment will be accepted via cash or cheque during the first class; please arrive 15 minutes early! For more information or to register, please call 613-965-3575 or email Amy at AmyL1@cogeco.net

Dancez avec France

Mini-session printanière. Avez-vous toujours eu le goût d'apprendre des danses sociales, mais n'avez jamais le temps ? Notre mini-session printanière est parfaite pour vous ! Venez rejoindre la talentueuse et sensationnelle France qui enseignera, en 6 semaines, comment épater une audience sur le plancher de danse ! Débutants: Heure: de 18h à 19h15.

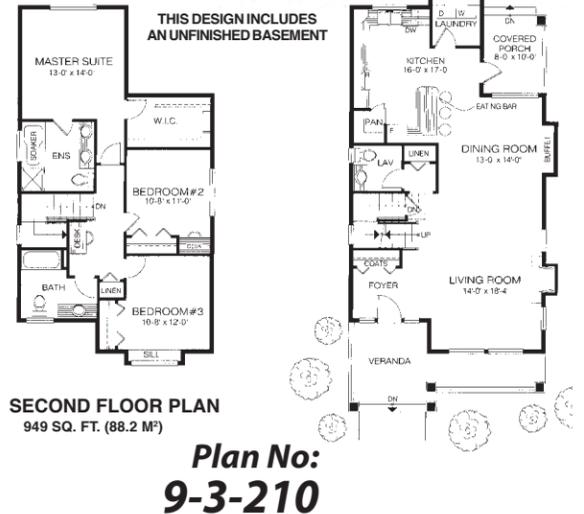
Coût: 67,50\$/couple. Danses: Cha-Cha et Salsa. Intermédiaire: Heure: de 19h30 à 21h. Coût: 75,00\$/couple. Danses: Samba et Tango. Les paiements acceptés sont argent comptant et chèque et sont dûs à la première classe, svp arrivez 15 minutes à l'avance. Pour plus d'information ou pour vous inscrire, contactez le 613-965-3575 ou Amy à AmyL1@cogeco.net.

Monthly Afternoon Chatter Social Gathering

Summer skin care and make-up gathering on Sunday May 24 from 1 p.m. to 4 p.m. As happy as we are that the summer months are around the corner, the hot and humid weather can be challenging for our skin. Maura-Jo, Arbonne International Regional Vice-President, will show

Continued on page 12

Home of the Week
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This attractive three-bedroom family home, with its welcoming veranda and covered entrance, features an open-plan dining/living room on the main floor, with all the bedrooms on the second level. The living room's gas fireplace, flanked by deep windows, will make this space especially cosy in the cooler months. In the dining room, a built-out buffet will provide useful storage and serving space for both family meals and entertaining. The roomy kitchen is

separated from the dining room by a three-seat eating bar. The window over the double sink overlooks the back garden, and the U-shaped counter configuration will save steps for the cook. A walk-in pantry occupies one corner. A doorway leads to a covered porch, ideal for year-round barbecuing. Laundry facilities are tucked into a bayed out space off the kitchen. A coat closet is situated in the foyer, directly opposite the front door. A powder room and linen cupboard

are located near the U-shaped staircase to the upper floor. The master suite, located at the back of the home, is well-separated from the secondary bedrooms. It includes a spacious walk-in closet and an en suite with double basins, as well as a soaker tub and a shower stall. Bedrooms 2 and 3 share a three-piece bathroom and a linen closet. The third bedroom features an extra-wide window sill, while the second includes a built-in desk. At the top

of the staircase is another built-in desk that will be handy for the adults in the household. Exterior finishes include wooden shingles in the gables, as well as horizontal siding and painted trim. A wooden awning will keep the third bedroom shaded during the warmer months. This home measures 25 feet wide and 53 feet, six inches deep, for a total of 1,952 square feet of living space, plus the unfinished basement included in the plans.

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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.



8 Wing Auto Hobby Club yours to enjoy

The 8 Wing Auto Hobby Club is open Mondays to Thursdays from 6 p.m. to 7:30 p.m. and on Saturdays from 9 a.m. to 11 a.m. with two bays with two-post car hoists and one bay with a floor lift. All bays have a complete set of power tools and a wide selection of specialty tools including OBD II tester, welders, tire balancer and mounter. The club runs 24/7. Members can sign out a key during published hours and work on vehicles as required. Rather than turn right onto Summerside heading to the golf course, turn left. An attendant is available during published hours to take membership or answer questions. Storage of project vehicles is available. Tel: 613-392-2811 ext 2373 for additional information.

May 2 - CFB Trenton Yacht Club Meet and Greet

CFB Trenton Yacht Club is holding its annual "Meet and Greet" at 2 p.m. on Saturday, May 2. This drop-in event is a chance for new or prospective members to meet returning members and those on the Flag committee and to learn about the club before the boating season gets underway. Some light refreshments will be accompanied by lively conversation, and perhaps a boating yarn or two. So come out and join your dockside neighbours at the club house by the marina on Baker Island for a relaxing and convivial couple of hours.

May 9 - AOTS Men's Club Luncheon Buffet

The AOTS Men's Club luncheon buffet takes place at Trenton United Church, 85 Dundas Street East, Trenton, on Saturday, May 9 from 11 a.m. to 1 p.m. Build your own sandwich from a variety of choices, delicious soup, desserts and beverages. Adult: \$7, children: \$4. Tickets available at the door. Everyone welcome! Come and enjoy!

May 9 - 11th Annual MFRC Invisible Ribbon Gala

The 11th Annual Invisible ribbon Gala, hosted by the Trenton Military Family Resource Centre (MFRC) will take place at the National Air Force Museum of Canada. This year's theme is "Families First." Guest speaker is Capt. (Ret.) Jane Foster, one of the first two female fighter pilots in the world since World War II. Those wishing to support the MFRC and military families can do so by donating an auction item, sponsoring the event, or attending the gala dinner. For more information

about the Invisible Ribbon Gala, please visit www.InvisibleRibbon.ca or call event planner Stefanie Wolf at 613-661-3431.

May 14 - 8th Annual Cut for the Cure

The 8th Annual Cut for the Cure will take place on May 14 under the supervision of Warrant Officer Dan Gorman. This important annual event raises funds for cancer research and has to this point raised \$55,000. To register or to get more information, contact WO Dan Gorman at 613-392-2811, local 2955 or Dan.Gorman@forces.gc.ca. Register soon to help make this event a success.

May 15 - CFB Trenton Blood Donor Clinic

The next CFB Trenton blood donor clinic takes place on May 15 at the RecPlex at 21 Namao Dr., in the gymnasium from 10 a.m. to 2 p.m. All regular and new blood donors are encouraged to come out and help replenish depleted blood supplies.

May 16 - Frankford Riverfest Car Show

Frankford Riverfest Car Show will be held in the Frankford Tourist Park on Saturday, May 16 from 10 a.m. to 3 p.m. A fun day for everyone, this rain or shine event features all years, makes and models of cars, including special interest vehicles. The event includes a Rock 'n Roll band on stage during the day, children's activities and midway vendors and fireworks at dusk. Those interested in more information regarding the car show, contact 613-398-1214 or for more information on other events, contact 613-392-2841, Colleen Vickers at Quinte West.

May 20 - 8 Wing/CFB Trenton Aboriginal Awareness Day

8 Wing Trenton, will be hosting an Aboriginal Awareness Day on May 20 at the Aboriginal Gardens celebrating the theme "Self-Confidence." This year, the National Defence Aboriginal Advisory Group (DAAG) in Ottawa is celebrating its 20th anniversary. In recognition of this historic benchmark, they will be holding an Aboriginal Awareness Week May 19 to 22.

May 20, 27, June 3, 10 - Career Transition Workshops - 9 a.m. to 12 noon

Considering transition to a new job? Preparing a resume and ready for an interview? Career Transition Workshops can help: Modules: Self Assessment, Resume Writing, Job Search, Interview Techniques Designed to assist CAF personnel planning to release for civilian employment. Space is limited to 10 seats per module; reservations may be made by contacting the WPSO office either by email to +WPSO@forces.gc.ca; or by calling 613-392-2811 extension 7638. Appropriate civilian attire.

MFRC continued from page 11

to take care of our skin and have a fresh look during the warm summer months. For more information, to register or to access subsidized childcare for this event, please call the MFRC reception at 613-965-3575. You need to reserve by May 20 for the childcare.

Rencontre sociale Jasette de l'après-midi mensuelle

Soins de la peau & make-up pour l'été le dimanche 24 mai de 13h à 16h. Nous sommes excitées que les mois d'été soient à notre porte, mais la température chaude et humide peut causer des difficultés à notre peau, Maura-Jo, Vice-présidente régionale de Arbonne International, expliquera comment prendre soin de notre peau et garder un air de fraîcheur durant la chaleur. Pour plus d'information, vous inscrire ou pour réserver de la garde d'enfants subventionnée, SVP téléphonez à la réception du CRFM au 613-965-3575. La dernière journée pour réserver la garde d'enfants est le mercredi 20 mai 2015.

Scavenger Hunt Road Rally

Are you good at following instructions and with clues? Discover or rediscover your neighbourhood north of Quinte West with a bit of challenge. Date: Saturday, May 30. Something for everyone; young, older, families, friends, couples... Two routes to choose from; The grown-up route (eight years-plus), start at 9 a.m. back by 4 p.m. The youngster route, start at 9 a.m., should be back by noon. Cost: \$20 per vehicle. For more information or to register, please contact the MFRC reception at 613-965-3575 or Hélène at Helene.CG@TrentonMFRC.ca

Rallie automobile/ Course aux trésors

Pouvez-vous suivre des instructions et indices? Découvrez ou redécouvrez votre voisinage au nord de Quinte West avec un peu de défi. Date : le samedi 30 mai. Quelque chose pour tous ; jeunes, matures, familles, amis, couples... Deux routes à votre choix ; La route pour huit ans-plus ; départ à 9h et retour vers 16h. La route jeunesse ; départ vers 9h et retour vers midi. Coût : 20\$ par véhicule. Pour plus d'information ou pour inscrire, contactez la réception du CRFM au 613-965-3575 ou Hélène à Helene.CG@TrentonMFRC.ca

Triple P Parenting Program

Small changes, big differences! The Positive Parenting Program takes place at Trenton MFRC Saturday, May 30 from 9 a.m. to 4 p.m. For information or to register, please call 613-968-1144. This is a free program for every parent.

Heroes Camp

Ready for a new adventure? Join us July 12 to 17, for a fully-sponsored camp experience. Heroes' Camp is a fully-sponsored

week at camp for children of our serving Military. Thirty-two available spots for children aged 11 to 15, 16 guys and 16 girls (first-time Hero campers) at Wesley Acres Camp (Harbour Ridge Youth Camp), Bloomfield, Ontario. To register or for information contact Kelly Briggs 613-392-2811 ext.7917 or kbriggs@cogeco.net

Le camp des Héros

Prêt pour une nouvelle aventure! Du 12 au 17 juillet. Une semaine subventionnée au camp de Wesley Acres. 32 places disponibles pour les enfants de 11 à 15 ans, pour 16 garçons et 16 filles. Pour inscription ou pour information contactez Kelly Briggs 613-392-2811 poste 7917 ou kbriggs@cogeco.net

Highway of Heroes Vehicle Decal

Support our Troops on sale for \$4 at the Trenton MFRC reception.

Autocollants "Highway of Heroes"

4.00\$ - En vente à la réception du CRFM.

Songwriter, Lyricist, Musician

CD on Sale at the MFRC reception for \$7, including the song: A Child Struggle. (This song was written to bring awareness to a child's perspective of their parent going off to war to help civilian population better understand personal impact that it can have. For more information visit : www.twcrossenmusic.com

Auteur, compositeur et interprète

CD en vente à la réception du CRFM 7.00\$, incluant la chanson : A Child Struggle. (Cette chanson a été composé pour décrire la perspective d'un enfant qui a un parent partant pour la guerre dans le but d'aider la population à comprendre le défi personnel.) Pour plus d'information visitez le : www.twcrossenmusic.com

Same Day Counselling

Belleville and Quinte West Community Health Centre is now offering free, immediate one-to-one counseling on Wednesday evenings. We address issues such as anxiety, depression, relationship issues, trauma, abuse, gender, sexual orientation, grief, loss, and stress. The sessions take place Wednesdays from 3:30 p.m. to 6:30 p.m. at 70 Murphy St, Trenton. Just drop in or call for availability of one-to-one appointments or for information 613-965-0698

Monthly E-News/Facebook

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



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Red Cross Spring 2015 Swim Lessons

Eight lessons in duration, register now! Online or in-person from 1:30 p.m. at the RecPlex reception.

Adults 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.

Piyo – combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements – Mondays – April 13 to June 22, 6 a.m. to 7 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.

Boxercise – Total body tone and sculpt and ultimate fat burner provides a fast-paced, cardio-intensive, total body workout that tones flab and strengthens muscles.

Mondays – April 13 to June 22, 6:30 p.m. to 7:30 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.

Piyo/Insanity noon hour class – Will help you keep moving during your Wednesday lunch hours.

Wednesdays – April 15 to June 17, 12 noon to 1 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 Training – 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.

High Intensity Interval Training – Physical training that involves a series of low-to high intensity exercise workouts interspersed with rest or relief periods.

Thursdays – April 16 to June 18, 5:40 p.m. to 6:40 p.m.

Butt, Abs and Thighs – Come work out those key areas as our instructor leads you through different exercises each week.

Thursdays – April 16 to June 18, 6:45 p.m. to 7:45 p.m.

Insanity – This workout is a live cardio-based high intensity total body interval training interval program.

Fridays – April 17 to June 19, 6 a.m. to 7 a.m.

***Upcoming: Fitness 4 two (Parent and Baby)**

**No fitness classes will run on Victoria Day Monday, May 18.

Child, Youth and Teens Programs

Summer2015KidzKamp-Registration: Military Community online and in-person after 1:30 p.m. at the RecPlex. General Public starts Wednesday April 8 at 1:30 p.m. at the RecPlex. 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.

Underwater Hockey age eight to 12 years – Thursday, April 16 to June 4, 6:15 p.m. to 7:15 p.m.

Aqua Basketball age eight to 12 years – Tuesday, April 14 to June 2, 6:16 p.m. to 7:15 p.m.

Water Polo for Kids age eight to 12 years – I love Water Polo (ILWP) is Water Polo Canada's introductory, grass roots water polo program for boys and girls.

Wednesdays – April 15 to June 3, 5 p.m. to 6 p.m.

Gym N' Swim – Leave your kids with us and make use of either the workout facilities or perhaps one of our workout classes.

Mondays – April 13 to June 22, 5 p.m. to 7 p.m.

Basketball for Kids – Come join us each week on Mondays where we will practice a few skills and then play games to practice the skills learned with the main goal being to have fun!

Monday – April 13 to June 22, 5 p.m. to 6 p.m.

Drop-in Youth Basketball - Youth can play and practice their skills. Supervised environment where youth can get

some practice and receive instruction. Each week will start with a few drills followed by organized games. Ages 13 to 17. Every Monday until June 22 from 7 p.m. to 8 p.m. at the RecPlex.

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.

Dash 'n' Splash ages two to six years – Start in the gym where different stations and activities will be set up. At 9:30 a.m., the class transitions to the pool and will make use of the small pool.

Fridays – April 17 to June 19, 9 a.m. to 10:30 a.m.

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

Thursdays – 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.

PA Day Program:

All of our PA Day Programs include a variety of age appropriate games. Children will make use of the pool and participate in games, crafts and more from 8 a.m. to 4 p.m.

Before and after care is available 7 a.m. to 8 a.m. and 4 p.m. to 5 p.m., May 22, June 5 and June 26.

Battalion win NHL finals

The five-team Noon Hour Hockey League ended Wednesday, April 22 with the first place Battalion defeating the second place Bruins by a score of 8-3 resulting in the Battalion

team being declared the NHL Champs. The Wing Commander, Col. Dave Lowthian and WCWO Darcy Elder presented the NHL Championship trophy to the Battalion team.



Front row, left to right, MWO Eric Lafond, Capt. Branko Horvat, Lt. Bob Denyes. Back row, left to right, Col. David Lowthian, Maj. Gord Peckham, Maj. Andrew Davidson, Pte. Ryan Macari, WO. Etienne Cottenoir, Cpl. Anne Christenson. Missing players, MWO. Tim Rice, WO. Paul Makarchuk, Sgt. Steve Roach, Capt. Adam Ackerson, MCpl. Phil Degrace, Cpl. Don Doyle, Cpl. David Erazola, Maj. Terry Fascione, Capt. Max Harrisson, WO. Rob McKendry, Sgt. Terry Parsons, MCpl. Martin Picard and Lt. Jean-Luc St-Laurent. *Submitted photo*

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8 Wing Chapel / Chapelle de la 8e Escadre



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 Messe bilingue CR: 09h30
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 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
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Contact

NAOSH Week Safety



Many confined spaces leave no room for air or error

Long before Richard Dobbertin became an expert in confined space entry and rescue training, an eye-opening experience in his own home made him a much wiser amateur on the subject. Dobbertin, a certified hazardous materials manager who heads Dobbertin & Associates Inc., of Decatur, IL, had purchased a home needing some floor joists replaced because of dry rot. "I jacked the house up and replaced them. I had the brilliant idea that if I sprayed them with a wood preservative, they wouldn't rot," he said. The crawl space under the house quickly filled with spray

and Dobbertin began choking. He managed to escape the crawl space to fresh air, likely cheating death by a minute or two. Every year across North America, more than 300 people perish in confined space incidents involving oxygen-depleted, poisonous or flammable atmospheres. Dobbertin can tell many stories about confined space fatalities, including that of the father and son who were working in a well and fired up a gas generator to power a light. Both died of carbon monoxide poisoning. Here are some leading causes of confined space incidents:

- People often don't think before

they enter confined spaces. They don't suspect the danger.

- They fail to test the atmosphere for oxygen levels and poisonous substances. If oxygen levels are too low, a person can quickly lose consciousness and die. If they are too high, a spark can set off a fatal explosion or fire. One breath of a poisonous gas such as hydrogen sulfide can cause instant death.
- Companies that one would assume would offer their employees confined space safety training don't always do so. For example, a Georgia company used a fleet of tanker trucks to transport Class B poisons and the tankers had to be cleaned after trips. The company's policy on tank cleaning spanned all of three words:

"hold your breath."

- Monitoring must be conducted while workers are inside a confined space, even if the atmosphere measured safe before entry was made. Sudden changes can render a confined space deadly. Atmospheric monitoring is your first and last line of defense.
- People often don't know how to monitor. For instance, oxygen concentrations can vary based on elevation, and if that factor is not taken into account during testing, fatalities can occur.

Duane Bralley, president of D2000 Safety Solutions of Eugene, OR, says holding one's breath for 30 seconds in a confined space sounds easy, but if escape is delayed because clothing becomes

caught on an object or the person trips and falls, all bets are off. Bralley says two of three people who die in confined spaces are well-meaning, would-be rescuers. It takes real fortitude for a person who is untrained and unequipped for a rescue to run for help instead of entering the space and trying to assist a fallen co-worker. He notes there are likely hundreds of close calls for every confined space death, yet most people don't hear about those. The workers involved might get away with unsafe behaviors for years before their ignorance or complacency kills them. Don't fall into that category and practice safety wherever you are - at home, at work or on vacation.

Low falls can be fatal

The human eye loses its ability to perceive depth from a height of between 28 and 32 feet (8.5 and 10 metres). Above those heights, most people's brains will send out danger signals. They might experience dizziness, disorientation or a shudder of nervousness, which prompts them to back away from a cliff's edge or clutch a handhold tighter. At lower heights, that feeling isn't as intense - a situation Randy Wingfield, president of the International Society for Fall Protection, finds unfortunate. "I believe a lot of our serious injuries and fatalities are happening at these lower heights

because we do have that sense of depth perception. There's a complacency working at these lower elevations and often we're not protecting ourselves properly," said Wingfield. For example, a worker who needs a 12-foot (3.5-metre) ladder will stand on the top rung of a shorter one, or use a fall arrest system improperly and crash into the structure he's working on, or onto the ground. Someone falling six feet (1.8 metres) from a ladder will strike the ground in two-tenths of a second. That's not enough time to protect your head with your arms, so a fatal brain injury can occur easily.

Wingfield, who heads Gravitec Systems Inc., a fall protection training, engineering and rescue consulting company with offices in Washington State and Alberta, says the following methods help prevent potentially fatal falls:

- The best approach is to "engineer out" the risk. For example, a worker who must replace light bulbs high above a factory floor can use a telescopic pole with a bulb-gripping mechanism to do the job from the ground instead of climbing a ladder.
- Guardrails, handrails or walls can be erected to protect workers.
- Restraint systems can be employed to allow a worker to ap-

proach a fall hazard without the risk of falling.

- A true fall arrest system that allows the worker to fall a short distance before engaging is the least desirable solution. These systems can be complicated and prone to being misused by those who lack adequate training. Everyone is exposed to fall hazards both on and off the job. Wingfield offers the following tips to reduce your risk of injury or death:
- Know that complacency can kill you, no matter what elevation at which you're working. Come down to earth for a break once in a while.
- Ask yourself: 'Can I perform this

job without exposing myself to a fall hazard?'

- If there's a risk of falling, have you received adequate training in the use of fall restraint or fall arrest systems? If not, talk to your supervisor.
- Use a restraint system instead of a fall arrest system wherever possible.
- If you're using a fall arrest system, make sure it's properly rigged to minimize the fall distance and ensure the freefall distance is less than six feet (1.8 meters). You must have the clearance necessary to avoid striking the ground or the structure upon which you're working.

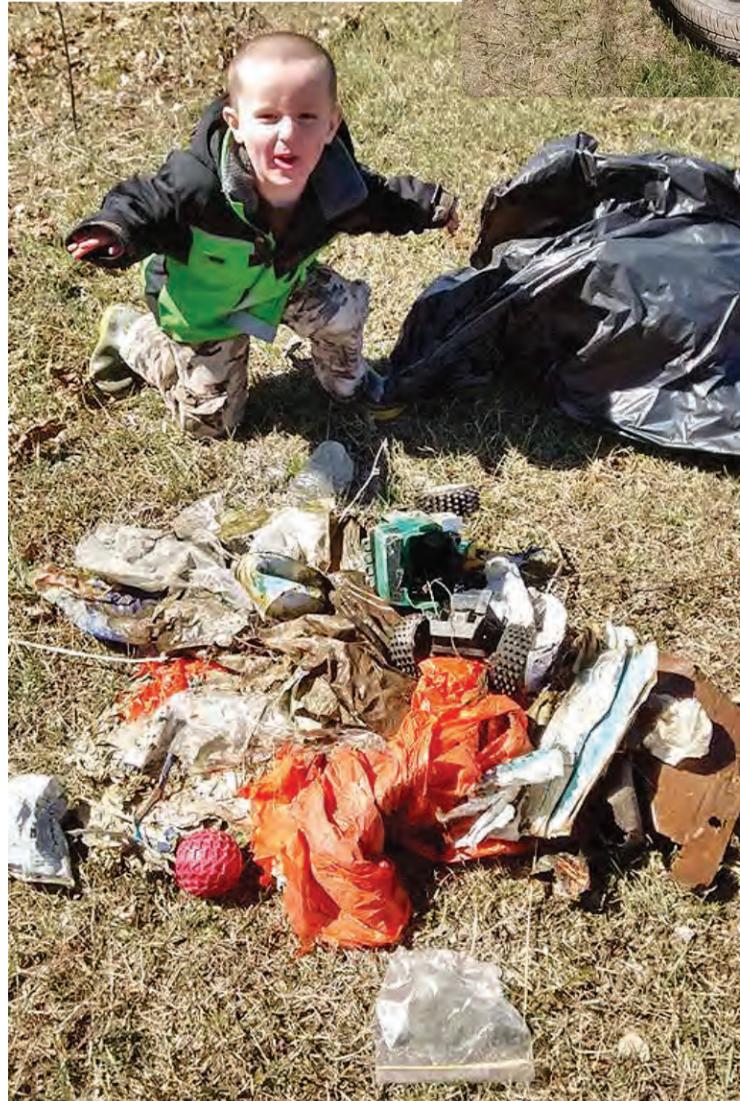
Trash Bash cleans up Quinte West

12-family PMQ contingent collect over 40 bags of garbage during the event

By Ross Lees

Approximately 12 families and 40 people in total took part on behalf of the Quinte Trash Bash Saturday, April 25, collecting over 40 bags of garbage. Participants were treated to a free breakfast and lunch at the Quinte West Public Works yard at 30 Pelham St., Trenton.

Winner of the Draw was CWO Hiltz and his wife from 437 Sqn. Cpl. Dion Ward reported the turnout was excellent.



Stephen Pynch is shown here all psyched up about collecting trash during the Quinte Trash Bash Saturday, April 25. More than 40 bags of garbage were collected by the military PMQ contingent who participated in the event.

Submitted photo

11th Annual Invisible Ribbon Gala

Saturday, May 9, 2015
NATIONAL AIR FORCE MUSEUM OF CANADA
Tickets are SOLD OUT!

Together we are stronger!

You can still support the Invisible Ribbon Gala and the Trenton MFRC by visiting our Online Auction. It will open on Friday, May 1 at 9 a.m. and close on Monday, May 4 at 9 p.m. Browse and bid on over 40 items while supporting military families living in the Quinte region.

<https://www.facebook.com/groups/InvRibbonOnlineAuction2015/>

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www.invisibleribbon.ca

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Officer Cadet joins 8 Air Reserve Flight

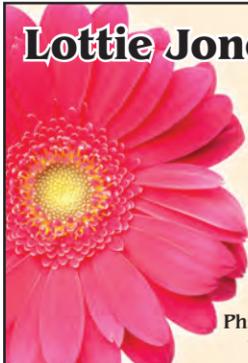
8 Air Reserve Flight welcomed Officer Cadet Eliane Boivin-Lafleur shown here during her enrolment ceremony April 22 signing her enrolment certificate. Photo by Ross Lees

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14 MAZDA 3

23528 Auto, 4 dr, 4 cyl, Sedan, keyless entry, hubcaps, height adj. seat, AC, Bluetooth, pwr windows, locks, mirrors, Skyactive technology. 28,043 km

\$15,995 +HST \$97.00

PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%

14 CHRYSLER TOWN & COUNTRY

23520, Auto, 4 dr, 6 cyl, keyless entry, alloys, pwr roof, seats, adj. pedals, windows, liftgate, locks, mirrors, rear sliding doors, heated seats, mirrors, AC, sat, DVD, rev. camera, cruise, rear window sun visors. 25,965 km

\$27,995 +HST \$169.00

PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%

14 FORD FOCUS

23458 Manual 6 spd, 4 dr, 4 cyl, Hatchback, keyless entry, alloys, leather, bucket seats, pwr seats, windows, locks, mirrors, height adj seat, heated seats, mirrors, AC, Sat, Sony snd sys, cruise 15,053 km

\$25,995 +HST \$181.35

BI-WEEKLY 0 DOWN +HST 84 MTHS @ 6.99%

14 NISSAN SENTRA

23396 Auto, 4 dr, 4 cyl. Keyless entry, AC, pwr windows, locks, mirrors, cruise, height adj seat. 38,891 km

\$14,495 +HST \$104.61

PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 84 MTHS @ 6.99%

14 FORD EXPLORER

23563, Auto, 4 dr, 6 cyl, keyless entry, alloys, pwr roof, seats, windows, locks, mirrors, folding mirrors, adj. pedals, lift gate, rear folding seats, heated, rear heated, ventilated seats, AC, DAC, lane keeping system, auto park, cruise, heated steering wheel. 27,435 km

\$36,995 +HST \$224.00

BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%

14 GMC SIERRA

23618, Auto, 4 dr, 8 cyl, keyless entry, crew cab, flex fuel, trailer hitch, height adj. seat, AC, Bluetooth, pwr windows, locks, mirrors, heated mirrors, cruise, intelliink, 6 ft 5 box. 31,305 km

\$31,995 +HST \$201.32

RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%

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