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>> Leadership renewal enhances competencies and skill development

8 Wing holds its 8th Annual Leadership Forum

2

>> The changing face of recreation at 8 Wing

The Fitness, Sports and Recreation department endeavours to increase awareness and access to their quality programs

5

>> Trenton basketball squad shoots way into the finals

Young and talented Kingston squad proves too tough in final game action

18

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Hon.-Col John Williams wins Leonard Birchall Leadership Award for 2015



Former Mayor and community join very elite company in winning this prestigious award

By Ross Lees

Former Quinte West Mayor and now 8 Wing's Honorary Colonel (Hon.-Col), John Williams, joined some illustrious people as the 11th winner of the Leonard Birchall Leadership Award on April 1 at a ceremony held at the National Air Force Museum of Canada (NAFMC).

The unique leadership quality which this award celebrates is the ability to stand up in the face of difficulty or adversity to promote the welfare and safety of others, something Hon.-Col. Williams was acknowledged for doing during the challenging times in Trenton in 2010 when the news involving Russell Williams broke.

These "...despicable acts devastated the nation and shook the foundation of the local Quinte West community and its well established relationship with the 4,300 men and women at 8 Wing/CFB Trenton," Wing Commander Col. David Lowthian noted in announcing the winner of the 2015 Leonard Birchall Leadership Award.

Continued on page 8

Former Quinte West Mayor, Hon.-Col. John Williams, second from right, is joined by his wife Heather, right, Bob Booth, left and Sharon and John Chandler representing the Birchall family, second and third from the left, while Col. David Lowthian looks on from directly behind the plaque moments after the Leonard Birchall Leadership Award was presented. Photo by Ross Lees

Register now for the 29th Annual Surf 'n Turf Relay Race

Register now and be part of the 29th Annual Surf 'n Turf Relay Race, the biggest sporting event at CFB Trenton that has attracted military and civilian sports enthusiasts from across

Canada. The event is slated to take-off on June 5 at 8:30 a.m. at Baker Island.

"Whether you are a runner, a biker, a swimmer, a paddler or all of the above, this event will

give you the opportunity to push yourself to the limits," said Major John Coffin, lead organizer for this year's Surf 'n Turf.

"Overall, we're expecting more than a thousand people to be

involved with this event which includes the participants, many volunteers and of course, the spectators," said Maj. Coffin.

Continued on page 9



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Leadership renewal enhances competencies and skill development

8 Wing holds its 8th Annual Leadership Forum

By Ross Lees

It was a day when those willing and anxious to learn leadership skills could learn from the masters.

The day featured spectacular speakers like Chief Petty Officer 1 (CPO1) Geoffrey McTigue, the vice Chief of Defence Staff Group CWO, Major (Maj.) Jay Feyko representing Soldier On, and Kim Lavender, the GoodLife Fitness National Director of Team Training and creator of the GoodLife MyBootCamp program.

Insight into leadership was also provided by the leadership panel, chaired by ex-Honorary Colonel (ex-Hon.-Col.) Glenn Rainbird and manned by outstanding military leaders like Lieutenant-General (Lt.-Gen.) Marc Dumais, Lt.-Gen. Steven Lucas and Lt.-Gen. Andre Deschamps.

The 8th Annual 8 Wing Leadership Forum had as its theme "Renewal" and 8

Wing Commander Colonel (Col.) David Lowthian declared the event a success at the end of the day.

Col. Lowthian compared that theme to a snake shedding its skin, noting you could then look at things differently while renewing yourself.

CPO1 McTigue spoke on competencies and skill development. He noted that leadership teams should be established early and that current leaders should try to provide experiences for their potential leadership personnel outside the typical job experiences while supporting professional development by enhancing critical thinking skills and fostering a commitment to learning.

To start his panel discussion, ex-Hon.-Col. Rainbird used renewal and transformation as his themes and used a quote from Winston Churchill to demonstrate a leadership maxim: "When you're going



Photos by Ross Lees

Major (Maj.) Jay Feyko, representing Soldier On, suggested people should know their subordinates and exploit their strengths but that a good leader also knows when they need help and where to send them to get that help.



through hell, keep going!" Emerging from the discussions of the panel were some important suggestions, including that good leaders need to have imagination to see where change will occur, find a different path to achieve success and, if you create the conditions, you can have amazing success. It was also suggested that good leaders listen to their people, using

Continued on page 3

Col. Lowthian noted that everyone should train as they want to fight, they should attack new problems in different ways and they should always emphasize teamwork.



The leadership panel consisted of outstanding military leaders like Lieutenant-General Marc Dumais, Lt.-Gen. Steven Lucas and Lt.-Gen. Andre Deschamps and was led by ex-Honorary Colonel Glenn Rainbird.

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CPO1 McTigue spoke on competencies and skill development and noted that while "... command is often a lonely pursuit, it is not taken on alone."



(Above) Kim Lavender used exercise to demonstrate leadership skills and certainly received a balanced reaction from her insights.



(Left) Speakers and discussions at the 8th 8 Wing Leadership Forum proved thought-provoking and interesting to those in attendance.

Continued from page 2

innovative people to resolve issues and challenges.

Maj. Fayko said humans have a natural leadership ability.

"We learn from those around us," he stated, adding that people will often follow inspirational and exceptional leaders unconditionally while following not-so-good leaders much more cautiously. He said he got his leadership inspiration from sports but he cautioned his listeners to refrain from following leaders blindly.

As a leader, he also suggested people should know their subordinates and exploit their strengths.

His final bit of advice was that if any person in the audience knew someone who needed help, reach out to Soldier On and they would find assistance for that person. He advised them to guard against self-stigma, the absolute worst limiter for getting help when it was needed.

Mrs. Lavender used exercise to demonstrate many of her theories and she also used axioms to verbalize her theories, one of which was "A strong me leads to a strong we."

One of her first rules was that good leaders listen and they embrace change to leverage strengths.

"Good leaders help people realize their full potential and will often start to create a new standard of excellence," she noted. "Feedback is always important as a leader because it fuels success."

Always using humour to enhance her messages, she ended her presentation with this gem: "Your just a workout away from a good mood."

Col. Lowthian, in ending the day, noted that everyone should train as they want to fight, they should attack new problems in different ways and they should always emphasize teamwork.

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CFS Alert's Got Talent competition a hit



In the semi-annual Alert's Got Talent competition, 11 separate participants or teams of participants, showed off their talents through song, dance, and comedy. The winning team, consisting of MS Tony McDow (right – playing the guitar as well as singing the primary vocals) and MCpl. Donald Becker (left – playing the drums) wooed both the three judges and the crowd with a rendition of Darius Rucker's instantly popular 2013 cover of the famous "Wagon Wheel" song (originally by Old Crow Medicine Show). They attained a near-perfect score of 28/30 from the judges and had the crowd singing along the entire time.

Photo by Cpl. Raymond Haack

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Obituary

Jim Pullen – Mr. Supply – will be missed by all

In 1951, the Canadian Government had just committed Canadian troops to a three-year mission in Korea; the reserve elements of all three Canadian military services joined their Regular Force counterparts; and Mr. Jim Pullen joined the Royal Canadian Air Force.

Jim actually wanted to be an Electrical Technician, but he was offered the Supply trade and never looked back. His first posting was at the former Manning Depot in Aylmer, Ontario, where he spent six years before being posted to CFB Winnipeg, where he remained until 1964.

In 1964, Jim was also deployed to Turkey with two other military members and two civilians; presumably to support aircraft supplied by Canada to that country. He and his sergeant had no sooner arrived on the ground when the Canadian government froze the supply of all parts for the aircraft because of hostilities between Greece and Turkey. The timing could not have been worse for a man known to many as "Mr. Supply," whose job it was to get those parts.

Soon after, Jim was posted to the former CFB Downsview from 1965 to 1970, where he worked part time as a clerk in the drapery department of Eaton's Yorkdale. Back in those days, many military men had to moonlight in order to buy those little extras for the family.

After several additional postings such as Goose Bay, Edmonton, Ottawa and two separate deployments to Germany, Jim decided to retire from military service in 1987 at the rank of Master Warrant Officer.

Returning to supply work that same year as a civilian buyer at 8 Wing, he started in 10 Hangar, then in 7 Hangar before finally moving to Wing Supply HQ in 1996, where he spent the remainder of his career. Mr. Pullen went through many changes and was once quoted as saying that he went from "a straight pen in an ink well to the wonderful world of computers."

Sadly, Jim passed away on Feb. 9, 2015, having completed 64 years of dedicated service to Canada. He was the beloved husband to the late Jacqueline Anne (nee Cooke), a cherished father, grandfather, great grandfather, great great grandfather, friend and co-worker.

At this sad time, 8 Wing Supply puts its collective arms around the Pullen family.

It's an understatement to say that we are completely devastated by Jim's passing. He was well respected and much-loved by the many who knew him. You only have to sift through the many messages of support, prayers and well wishes for Jim to understand the affection felt towards him. We will miss him. Jim Pullen leaves behind a vast amount of knowledge and experience not easily replaced. His service and dedication to Canada was second to none.

The Contact Newspaper

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

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

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

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

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

8 Wing Personnel

Publisher: Col. David Lowthian

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

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Bookkeeper: Heather Naish 613-966-2034 ext 560

Circulation: Ron Prins 613-969-8896 ext 241

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

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

Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case (not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.

- Do not include clip art, graphics or photos within typed pages. Additional graphics, logos and photos must be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) unit and phone number.

- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in a jpeg format at a high resolution for quality reproduction.

- Articles must be received by Monday at noon prior to print date.

Letters to the Editor:

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



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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The changing face of recreation at 8 Wing

The Fitness, Sports and Recreation department endeavours to increase awareness and access to their quality programs

By Ross Lees

Recent organizational changes in the Fitness, Sports and Recreation department at 8 Wing have allowed a more collaborative approach to Wing and community recreation and sports, according to Kendra Lafleur, Manager of Fitness, Sports and Recreation.

“We can now do direct unit physical training (PT) and capitalize on all our facilities,” she said. “By doing that, we’re getting military members to the RecPlex and they’re becoming more aware of the programs and facilities. We’ve had a few members say they didn’t know we had a pool or a gym. We’re just trying to increase the general awareness and provide them with information about the quality programs we run for people of all ages.”

As an example of the expertise and highly qualified individuals who supervise the programs on the base, Mrs. Lafleur introduced two supervisors – Meghan Enwood, the Program Coordinator for Youth, Recreational and Leisure Activities and Craig Jenner, Aquatic Supervisor.

“Meghan Enwood has been working really hard coming back

off leave and we’re happy to have her back and promoting recreation programs for the Wing,” Mrs. Lafleur indicated. “She’s got a whole bunch of new programs starting in the spring and her goals are to increase awareness and participation and make sure we’re meeting the needs of the military community from a recreational standpoint.”

It’s a goal Meghan takes seriously.

“This spring, we are bringing back our most popular fitness classes such as Boot Camp, Zumba, Yoga and Pilates for adults and Triathlon Training for youth. June is recreation month and we are offering a series of activities, programs and events free of charge for all ages in order to promote healthy active lifestyles,” she noted.

“Additionally, we are really excited about our revamped Summer Kidz Kamp program. This summer we are offering swimming lessons during Kidz Kamp, which is a service unique to this area. Each week is based on a new theme with outdoor activities, mystery guests and lots of swimming!”

As aquatic supervisor, Mr.



Recreation department personnel stand near the RecPlex pool in an effort to make more military and support personnel aware of the many facilities and resources available to them at 8 Wing/CFB Trenton, including the indoor, outdoor and wading pools. *Photos by Ross Lees*

Jenner does all lifeguard training, recertification and High 5 training, Mrs. Lafleur stated.

“We’re expanding programs in the aquatic department, including sports, recreational swim lessons to all age groups and for every kind of disability like autism and special needs, and we offer leadership courses as well as advanced aquatics,” he said.

Aquatics at 8 Wing is about to add some new features to their facility in the near future, Mr. Jenner noted. A diving board and water slide

will be installed soon to increase recreational opportunities and improve military training capabilities.

Mr. Jenner is an expert in aquatics and a provincial representative for the Life Saving society.

“I look after the Canadian Armed Forces (CAF) aquatic policies as well as uphold the local legislation,” he said.

He is also in charge of the High 5 program.

“High 5 is our policy to ensure that every child has the opportunity to be engaged in recreation without limitations and making sure there is a standardized process to make sure there are safe parameters, that it’s fun, there’s the caring adult face and participation,” he explained.

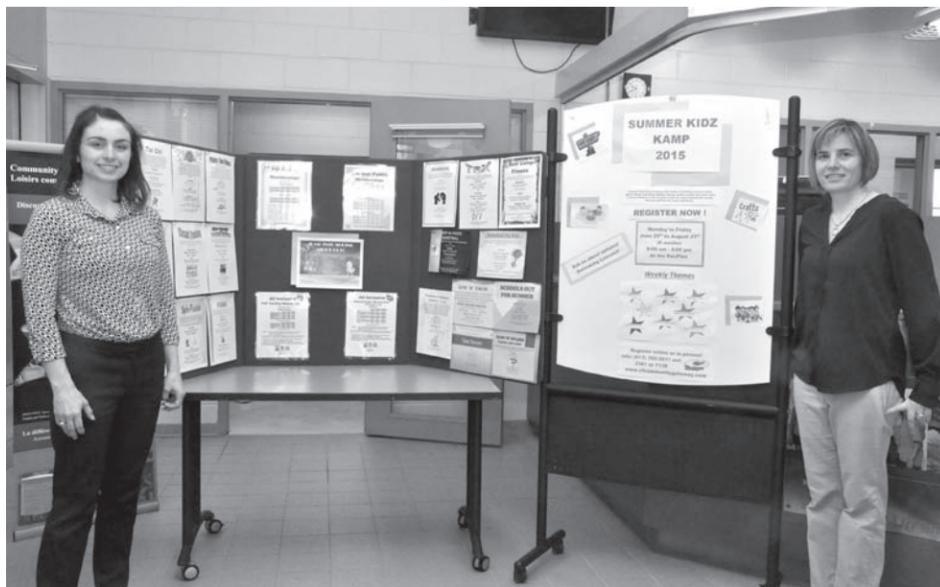
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Obviously, the Fitness, Sports and Recreation department is doing its best to ensure it responds positively to the needs of 8 Wing and they hope all military and support personnel will familiarize themselves with the programs and facilities available and make use of them.



Meghan Enwood, left, and Kendra Lafleur, right, stand in front of a display of the many programs the Fitness, Sports and Recreation department offers at 8 Wing/CFB Trenton.

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more vegetables, spending some time with a friend and wearing something reflective when you exercise in the dark are choices that can have a huge impact on your mental and physical well-being.

Join the Challenge! It's all about staying fit, eating healthy, connecting with friends, living addiction free, and enjoying life. Register by May 1 and participate daily to accumulate checkmarks and you could win one of our great local prizes including an Asus tablet, LifeTrak Zone watch, Hamilton Beach blender and yoga mats.

Both CAF personnel and civilians are encouraged to participate. Eligible members are:

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For more information and to register for the CAF Health and Wellness Challenge, contact your local Health Promotion team local 3768 or healthpromotiontrenton@forces.gc.ca.

Registration forms are also available on various display boards throughout 8 Wing Trenton during the month of April.



Former Mayor and community join very elite company in winning the Leonard Birchall Leadership Award.

Col. David Lowthian congratulates Mr. John Williams for winning the 2015 Leonard Birchall Leadership Award.

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CAF Health and Wellness Challenge

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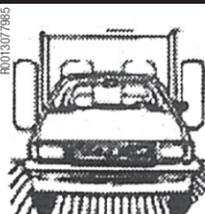
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Sports & Recreation

Intersection Golf League organizational meeting April 28

Summer is almost here and it's time to organize the summer sports program. The Intersection Golf League organizational meeting is scheduled for 2 p.m. on Tuesday, April 28 in the league green fees are still to be determined. Interested unit sports representatives and executive are to attend this meeting in preparation for the 2015 intersection golf season. The league will play at the 8 Wing/CFB Trenton golf course every Tuesday afternoon starting on May 26. For additional information, contact the Military Sports and Recreation Coordinator, Cormier DG@CFB Trenton PSP@Trenton Daniel.Cormier@forces.gc.ca at local 3373.

8 Wing/CFB Trenton golf play down

The 8 Wing/CFB Trenton golf play down will be held at the Roundel Glen Golf Course Tee off time will be at 1 p.m., on Wednesday June 3, Thursday June 4 and Friday June 5. A handicap lower than 15 CF and Class B and C Reserve for men and 20 for women is required to participate in Drive and putt your way this play down. The top 12 to the Ontario Region Golf competitors will advance to day Championship, dates to be two. Competition is open to all determined, in Petawawa and the CF National in Shilo Trenton PSP@Trenton Daniel. Aug. 22 - 27. Five men and two ladies make up the 8 Wing/CFB Trenton Golf Team. Players must register by or for more information call e-mail to Cormier DG@CFB local 3373 no later than May 22.

8 Wing/CFB Trenton men's slow pitch team seeking players

The 8 Wing/CFB Trenton men's slow pitch team is looking for players in preparation for the 2015 Ontario Region Men's Slow Pitch Championship Aug. 4 - 7 at CFB Petawawa. All interested players are to contact the coach Russell MCpl M@436 (T) Sqn@Trenton Mark. Russell3@forces.gc.ca or at local 3553.

8 Wing/CFB Trenton women's soccer team looking for motivated players

The 8 Wing/CFB Trenton women's soccer team is looking for fit, skilled, disciplined and motivated soccer players to try out in preparation for the Bay of Quinte Women's Soccer League and the Ontario Region Women's Soccer Championship on Aug. 10 to 14 at CFB Kingston. Interested players are invited to contact the Manager, Toone MCpl M@8 TIS Sqn@Trenton Maria.Toone@forces.gc.ca or at local 2650.

8 Wing/CFB Trenton men's soccer team looking for skilled and motivated players

The 8 Wing/CFB Trenton men's soccer team is looking for fit, skilled, disciplined and motivated soccer players to try out for the Bay of Quinte Men's Soccer League and the Ontario Region Men's Soccer Championship Aug. 10 to 14 at CFB Kingston.

Interested players are invited to contact the Manager Drolet MCpl PR@ATESS@Trenton Patrick.Drolet2@forces.gc.ca or at local 2589 or the Head Coach Landry Maj JP@424 (T&R) Sqn@Trenton Jean-Paul.Landry@forces.gc.ca or at local 2727.

Intersection Slow Pitch League meeting April 27

As summer approaches, it's time to organize the summer sports program. The Intersection Slow Pitch League organizational meeting is scheduled for April 27 at 2 p.m. in the gymnasium conference room.

The league is open to CF Military, DND and NPF full time employees and dependants. Interested unit sports representatives and executive are to attend this meeting in preparation for the 2015 intersection slow pitch season. The league will play at the Wing ball fields every Tuesday and Thursday evening. Players with no team representatives wishing to play and/or requesting additional information contact Cormier DG@CFB Trenton PSP@Trenton Daniel.Cormier@forces.gc.ca at local 3373.

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Former Mayor receives Leonard Birchall Leadership Award for 2015

Continued from page 1

"Rather than distancing himself from the situation, John Williams stood out amongst his peers by working with the military leadership to galvanize support for base personnel and to provide direction for a community looking for a way forward," Col. Lowthian noted.

The key turning point was the Military Appreciation Day planned and organized by Hon.-Col. Williams and his team as thousands of Quinte West residents joined the rally, marching from Trenton to the steps of base headquarters, helping to cement the bond between the base and the community.

"This event was the key to the healing process and spoke volumes about the integrity and moral courage of John Williams," Col. Lowthian indicated. "In his usual modest way, John simply said it was about 'neighbours helping neighbours.'"

That was only the first of many instances of Hon.-Col. Williams offering support to a neighbour in need during his tenure as Mayor. Working closely with the military leadership and the personnel at CFB Trenton, Hon.-Col. Williams set the example for the community by never missing a single repatriation ceremony marking the arrival of fallen military heroes.

He was in on the grassroots effort to establish the Highway of Heroes, now a nationally recognized iconic symbol of Canadian patriotism.

Hon.-Col. Williams and Hugh O'Neil were the cornerstones of the establishment of the Afghanistan Repatriation Memorial adjacent to the base, eventually setting up a fundraising committee for the project and overseeing the design and construction of the beautiful national memorial now treasured by families of the fallen and all

military personnel.

Throughout his term as Mayor, Hon.-Col. Williams was also a strong supporter of the NAFMC.

Military neighbours were not the only ones to benefit from the strong leadership of Hon.-Col. Williams. He and his council established the brand "A Natural Attraction" to describe Quinte West and they went on to lay a solid foundation for economic development and tourism, according to Col. Lowthian.

"His collaborative leadership style secured the support of council, government officials, business leaders and the public at large to move forward with strategic investments such as the new YMCA facility, the Quinte West Marina, downtown revitalization, public transit, a doctor recruitment program and funding support for important community assets such as Loyalist College and Quinte Health

Care Corporation.

As a volunteer, Hon.-Col. Williams also was a well-established presence in Quinte West. He was a member of the Trenton Rotary Club and served as both vice-president and president. He also led the "Excellence for Life" campaign which raised \$22 million for Quinte Health Care, he has served on the board of directors for Trenton Memorial Hospital, Loyalist College, Albert College and Ontario Tourism Marketing.

"In recognition of his tremendous volunteerism, John has received many prestigious awards, including the citizen Medallion for Outstanding Service with the Canadian Armed Forces, the Queen Elizabeth II Diamond Jubilee Medal and the Paul Harris Fellow Award from Rotary International," indicated Col. Lowthian. "Most recently, on Dec. 3, 2014, he was in-

ducted as the Honorary Colonel of 8 Wing/CFB Trenton."

Established by the Royal Military Colleges Club and Foundation, the Leonard Birchall Leadership Award is intended to preserve the memory of Air Commodore Leonard Birchall and remind Canadians of his outstanding leadership and character as a true Canadian hero, according to Bob Booth, representing the RMC Club and Foundation at the presentation ceremony.

Presented in communities such as Calgary, Edmonton, Halifax, Kingston, Toronto, Winnipeg and Montreal, the Leonard Birchall Leadership Award has been presented to recipients including such Canadian notables as Generals de Chastelain, Henault, Hillier, D'Allaire and Murray, The Honourable Chris Alexander, Minister of Immigration, and the late Major Danny McLeod

Air Commodore Leonard Birchall – A true Canadian hero and inspiration

(As presented by Bob Booth at the recent Len Birchall Leadership Award ceremonies at 8 Wing/CFB Trenton)

Len Birchall was born in 1915 in St. Catharines and entered the Royal Military College in 1933. Following graduation in 1937, he was

commissioned into the RCAF.

On April 2, 1942 Squadron Leader Birchall arrived with his 413 reconnaissance squadron in Kogala, Ceylon from the Shetland Islands. Two days later, Birchall was piloting a Catalina flying boat over the Indian Ocean when he sighted and reported an advancing Japanese fleet intent on attacking Ceylon. The Allied Forces response to Birchall's call successfully blunted the force of the attack. However, Birchall's Catalina and its crew of eight were shot down and he, along with five survivors, spent three and a half years as Japanese prisoners of war.

It was as a senior officer

among the POW's that Birchall's true leadership skills came to the fore as he frequently confronted his captors to seek better conditions for his men, often risking his own life. He succeeded in preserving the morale, dignity and safety of lower ranked prisoners of war. He exemplified integrity, responsibility, and moral courage.

I'd like to read from an article that appeared in the Kingston Whig Standard on September 14, 2004:

"Birchall was the senior Allied officer in several prisoner-of-war camps. He became a role model for all those he commanded. He defended his men whenever he saw them abused. Once he punched a Japanese sergeant who was kicking a sick man. The guard's jaw was broken. Air Commodore Birchall was court-martialled. He was beaten and hung by the thumbs all day. He was sentenced to death by beheading. A mock execution, complete with chopping block and samurai sword, was staged. Then he was cramped cell with almost nothing to eat for two weeks.

The point was made: His tormenters couldn't break him – and that's why they let him live. The Japanese Army understood bravery only too well. If he'd broken, he'd have been a dead man. And he went on to save many other men's lives.

He organized stealing parties to collect food. He bribed guards to get medicines. He always intervened when men were ill-treated – and he made his officers do the same."

Upon being freed at the end of the war, Birchall continued his RCAF career and held many significant commands including Commandant of the Royal Military College. He retired after more than 60 years of service with the Canadian Forces (one of the longest service careers of any officer in the Canadian Forces).

During his career he was awarded the Distinguished Flying Cross, the Order of Canada, and the Order of the British Empire. He was inducted into Canada's Aviation Hall of Fame and the United States Legion of Merit. In 2003, he was made an American Eagle.

He was President of the Kingston Salvation Army, a lifetime Governor of the Kingston General Hospital, honorary colonel of 413 Squadron until his death on September 10, 2004; and a founding member of the Burma Star Association.

And so why the Birchall Leadership Award?

At the time of Birch's passing, the Globe and Mail ran a full page article, recounting the significance of his achievements. What caught the attention of our Alumni was a letter to the editor, published in

the September 23rd edition of the Globe and Mail. Peter Krantz of Niagara Falls wrote:

"Thank you to your obits writer for educating me about one of Canada's true heroes, Len Birchall (the "Saviour of Ceylon"). In this time of self-interest and man's inhumanity to man, it is sobering to read about true heroism. For a man to continually put his life on the line to protect his fellow soldiers, to face death on countless occasions and never be broken, indeed, to believe that justice and right would win in the end, over insurmountable odds, is truly inspiring.

Then to learn that none other than Winston Churchill proclaimed him "the Saviour of Ceylon" leads me to the obvious question. Why are there not buildings or statues or streets named after this man? I showed your obit to many people at work; all were deeply moved by this man's life and yet none had ever heard of him.

Shame on us for not recognizing our national heroes."

The establishment of the Birchall Leadership Award in 2005 was a direct response by the RMC Alumni to the challenge presented in that letter. RMC ex-cadets come from, and during their careers and in retirement, live in every part of Canada. We like to think of RMC as Canada's National University whose purpose is to train leaders. So the RMC Alumni network can be very effective in offering to further our country's national interests – including recognizing and celebrating leadership in Canada.

Continued on page 9

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Air Commodore Leonard Birchall – A true Canadian hero and inspiration

Continued from page 8

It is our intent, to preserve the memory of Air Commodore Birchall and remind Canadians of his outstanding leadership and character as a true Canadian hero. We seek to do this through recognizing members of many different Canadian communities, who have shown some aspects of Leonard Birchall's extraordinary leadership qualities. The unique leadership quality which this award celebrates is the ability to stand up in the face of difficulty or adversity to promote the welfare and safety of others.



Leonard Birchall in his Catalina plane (Department of National Defence, Canada)

Register now for the 29th Annual Surf 'n Turf Relay Race



Continued from page 1

Registration is open online at www.onlineregistrations.ca/surfnturf until May 28. Entry fees for military members and civilian competitors include race entry, race T-shirt, post-race BBQ and on-course refreshments.

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For further information and full registration fees, visit www.onlineregistrations.ca/surfnturf.

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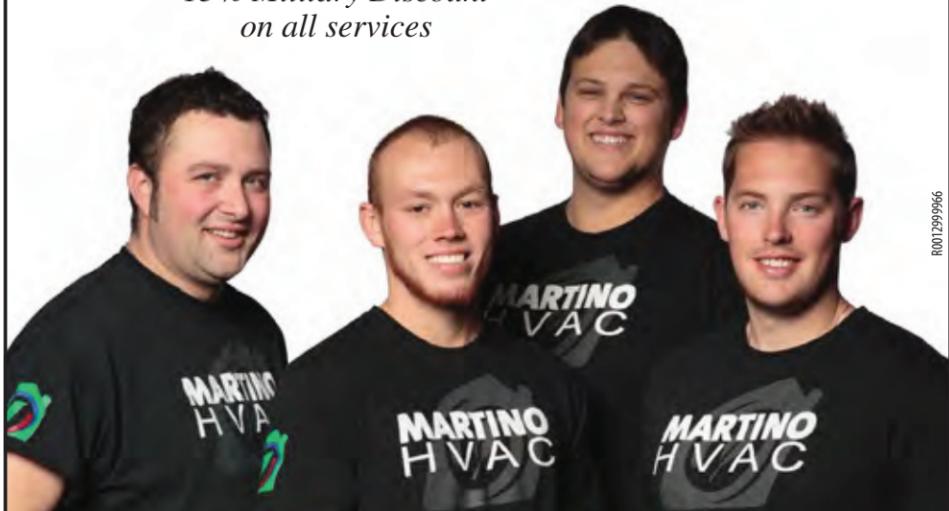
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Co-Op students get training at the Yukon Galley, CFB Trenton



Miranda Lewis (left) and Alexander Barnes (right).

By Cpl. Ryan Murphy

The Yukon Galley actively supports co-op programs offered at secondary schools in the Quinte West Region. We are currently employing two co-op students at the Yukon Galley in conjunction with the co-op program offered by East Northumberland Secondary School in Brighton. Miranda and Alexander are taking the co-op placement at the Yukon Galley to gain experience in a culinary environment and enhance their skill set. They both foster ambitions to pursue a career in the Canadian Armed Forces as CAF cooks and have already submitted their applications to the CAF. We wish them the best of luck in all their future endeavors!

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Dessert night popular at 8 Wing Officers' Mess Ladies Club

Club members bring their favourite dessert with the recipe for display and tasting at this popular event

By Ross Lees

It's one of those tasty nights members don't want to miss – dessert night at the 8 Wing Officers' Mess Ladies Club.

Tables are covered in members' favourite desserts and Kerri

Martin of Steeped Tea supplies the beverage to go with the tasty treats.

To add a little fun to the event this year, members showed up dressed in their most fashionable hats.

Kerri Martin also took the

opportunity to announce that Steeped Tea was doing a fundraiser for the Military Family Resource Centre (MFRC). Steeped Tea can be obtained at the MFRC with proceeds from the event going to the MFRC's current project in demand.

(right) Kerri Martin is joined at her Steeped Tea table by Cynthia Taylor-Huff of Prince Edward County as they prepare to serve the ladies of the 8 Wing Officers' Mess Ladies Club Wednesday night at the Officers' Mess.



(left) Kerri Martin of Steeped Tea can't resist taking a survey of the many desserts featured on this tasty evening.



These two women featuring fashionable hats, prepare the dessert tables at the 8 Wing Officers' Mess Ladies Club Wednesday night.



(above) As usual, there were some very interesting and tasty desserts featured at this popular event.

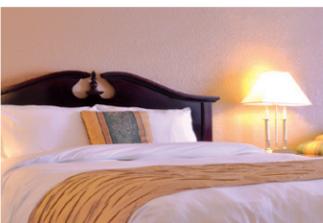
Photos by Ross Lees



(left) One of those very interesting desserts was this lemon cheesecake decorated with berries.

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CARRYING PLACE - 3 bdrm back split home. Fully renovated, new 2 bath; new kitchen with all appliances. Tiles and hardwood throughout. Living room with built in bookshelves and fireplace. Finished Rec room and spacious laundry in the basement. Forced air heating and central air; attached single car garage; backyard over looks a park; no smoking and no pets; Utilities not included. Contact by email krystynaw@rogers.com or call at 416-844-5711

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Safety

Makeshifts: Quick but painful

A carpenter who uses duct tape to re-attach a hammer head, or a painter who ties himself to a roof ladder

with a piece of rope, or a worker in a warehouse who stands on a stack of boxes instead of a ladder all have

one thing in common – they're using makeshift solutions.

Makeshift solutions, by definition, offer us quick fixes to our problems. Makeshift problems occur with tools as well as personal protective equipment. Examples include: opting for hiking boots instead of steel-toed work boots on the job site or using gardening gloves instead of required work gloves. Using makeshift equipment or wearing the incorrect personal protective equipment increases your chances of getting injured on the job.

Ever hear the saying, "duct tape is a person's best friend"? Here's an example of what can happen when using this quick solution: A carpenter tried to re-attach the head of his hammer to the handle using his best friend, his role of duct tape. When the head of the hammer came flying off, he received a broken thumb. His thumb may have healed, but now his buddies call him by his new nickname: Duct Tape.

If we are honest with ourselves, we can all remember a time when we used a makeshift solution. While variations in makeshift solutions are only limited by the creativity of humans, the reasons we use them are few. Two of the most common reasons are saving time and saving money.

Saving time...

This is a concept you have to put into perspective. Whose time are you saving? Are you really saving time? Over time your use of a makeshift solution increases your risk of injury. The odds are that if you suffer an injury it will cost you working time. It will also likely cost the company production



time. So you are really betting days and even months of your working life just to save a few minutes.

Saving money...

Sure, having the right tools and safety equipment can be costly. But if this is a makeshift solution, you'll probably need a new tool or the right one tomorrow. So, where are the savings? And when you try to make do with faulty or improper safety equipment, you are really not doing anything other than risking your ability to work and be productive.

While it might look like you are saving time or saving money with a makeshift solution, chances are you are doing anything but saving. The reality is that you are throwing the dice, crossing your fingers, and betting your life the duct tape won't break.





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

Passes for the Toronto Science Centre

We have received new community passes for the Science Centre, valid until June 30. With these passes, adults pay only two dollars for their admission and children, youth and seniors get free entrance. Please come to the MFRC reception to pick them up.

Laissez-passer pour le Centre de science de Toronto

Nous avons reçu de nouveaux laissez-passer pour le Centre de science (Science Centre), valide 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.

Toolbox for couples

Couples, join us to learn tools for a healthy and vibrant relationship starting Tuesday, April 14 until May 12 from 6 p.m. to 8 p.m. Subsidized childcare provided. For information or to register please contact Emily Lopez 392-2811 ext. 4635.

Boite d'outils pour couples

Venez chercher des outils pour vous aider à vivre une relation de couple saine et vibrante débutant le 14 avril jusqu'au 12 mai de 18h00 à 20h00. Service de garde subventionné. Pour information ou inscription contactez Emily Lopez 392-2811 poste 4635.

"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

Belly Dancing with Amara

When: Monday evenings beginning Monday, April 13. Time: 7 p.m. to 8:30 p.m. Where: Trenton MFRC. Cost: \$55 includes eight classes. Come enjoy a fun evening of dancing and laughing, learning techniques, drill, veils and zills! Perfect for any ladies wanting to try something new or for the already experienced belly dancer! For more information or to register,

please call 613-965-3575 or email AmyL1@cogeco.net

Baladi avec Amara

Quand: les lundi débutant le 13 avril. Heure : de 19h à 20h30. Où : CRFM de Trenton. Coût : 55\$ pour huit classes. Venez vous amuser en dansant et riant. En apprenant de nouvelles techniques, chorégraphies, utilisation du voile et des zills ! Parfait pour les dames voulant essayer quelque chose de nouveau ou pour celles qui sont déjà expérimentées en baladi. Pour plus d'information ou pour vous inscrire, s.v.p. téléphonez le 613-965-3575 ou AmyL1@cogeco.net.

Portfolio Development

Career - Education - Self-discovery. Date: Tuesday, April 14, from 6 p.m. to 7:30 p.m. Cost: \$40, book and material included. For information and registration, contact Liz at 613-392-2811 ext. 3852 or email Elizabeth.nicholas@forces.gc.ca

Développement de portfolio

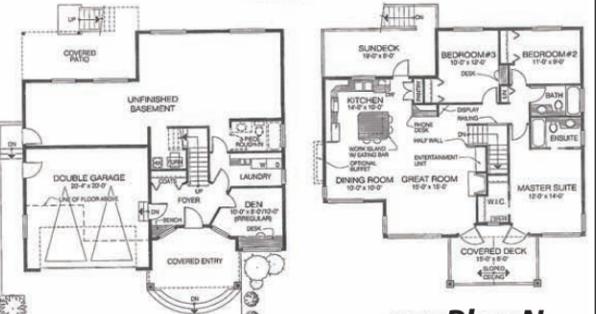
Carrière - Education - Autodécouverte. Date : le mardi 14 avril de 18h à 19h30. Coût : 40\$, manuel et matériel inclus. Information et inscription contactez Liz at 613-392-2811 poste 3852 ou Elizabeth.nicholas@forces.gc.ca

Bus Tour to Vintage and Unique Shops in the County

Date: Saturday, May 2. Cost: \$15/person. Departure from the MFRC at 9 a.m., will return around 5 p.m. You will visit stores in Hillier, Wellington, Bloomfield and Picton. You will find an eclectic mix of products. You will also receive information regarding places to visit which we won't have time to see on this trip. Come to the MFRC reception to register and pay. No children under the age of 10. Children aged 10 to 17 years of age must be accompanied by an adult.

Continued from page 16

Home of the Week
Your Building Renovation Experts



Plan No: 2-3-703

On the façade of this three-bedroom family home, two-storey stone pillars support an exposed open truss above the front deck, adding character to the exterior. The home's covered entrance, on the ground floor, is highlighted by the dramatic sweep of semi-circular steps to the front door, leading to a good-sized foyer, which includes a bench and a coat cupboard.

To the right of the foyer, an irregular-shaped den is fitted with a built-in desk. Useful for homework or any paper work, this desk could be the ideal place for the family computer. Behind the den is the laundry room and beyond

that, an unfinished basement area that includes roughed-in plumbing for a bathroom. This will make it easy to add an extra bathroom for a suite, if local by-laws allow.

A bench by the front door and a coat cupboard complete the foyer area and a door provides access to the two-car garage. The stairs to the second level lead directly into the expansive family area. The great room, located at the front of the house, includes a gas fireplace that will also be enjoyed from the kitchen and dining room. An entertainment unit on one side of the fireplace provides a location for stereo and DVD accessories.

A door from the great room opens to the front deck, which also enjoys access from the master suite. The dining room includes an optional buffet and is immediately adjacent to the large kitchen, which is sure to be appreciated by the cooks in the family.

The kitchen's central island will be useful for the additional working and storage space it provides, and this one also features a two-sided eating bar. There's plenty of counter-top space, as well as pantry. A window over the double sink opens up the view across the sundeck to the back garden. A door from

the kitchen provides access to the deck, spacious enough for al fresco meals during the summer months. In the sleeping wing, the master suite is located at the front of the home, with access to the covered front deck -- a feature that will be much enjoyed by the homeowners, who are sure to enjoy stepping out to this attractive indoor/outdoor space. Bedrooms two and three overlook the back garden and share a three-piece bathroom. The home measures 43 feet, 8 inches wide and 43 feet, 4 inches deep, for a total of 1,299 square feet of finished 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.

April 14-16 - General SCAN and Medical Transition Seminars

Considering retirement in the near future? Exploring your options? Unsure about pension, financial or education benefits after release? SCAN seminars are designed for military members with 10 or more years of service who may be contemplating transitions to civilian life, though they are open to all interested personnel. Spouses are strongly encouraged to attend. Seating is limited. Reservations may be made by completing the online registration form found on the Wing Splash page ad no later than April 3. Sign-in begins at 8 a.m. each day at the Astra Lounge, Junior Ranks Mess 8 Wing/CFB Trenton.

April 18 – Quinte Branch of Ontario Genealogical Society New Software

Quinte Branch of Ontario Genealogical Society will feature a digital presentation by Geoff Rasmussen on the Topic "What's new in Legacy Family Tree 8 software." The presentation takes place at the Quinte West Public Library, 7 Creswell Drive, Trenton, from 1 p.m. to 3 p.m. Everyone is welcome. For more information visit www.rootsweb.ancestry.com/~canqbogs/

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.

June 13 – 17th Annual Consecon Legion Poker Run

The 17th annual Consecon Legion poker run begins at 11 a.m., departing from the Consecon Legion. Entry fee is \$20. All riders a welcome to ride at their own risk on the 200 km ride for a great cause and featuring great prizes. Proceeds from the event go to Camp Trillium (Garrette's Island). For more information, call Rick at 613-392-7794.

June 14 – Tweed Jack Vance Corporate and Community Challenge

Once again we're celebrating the life of a great Canadian soldier, a wonderful artist and one of the founding members of the Tweed and Area Arts Council. And he loved golf. Lieutenant General Jack Vance - 'General Jack' - is missed by everyone who knew him. We invite everyone who knew Jack and who loves the arts and the game of golf to join the Tweed and Area Arts Council at Poplar's Golf Club in Tweed on Sunday, June 14 when once again we'll play for the Jack Vance Challenge Trophy and enjoy the company of men and women from military bases, the business community and other local and regional groups. For the eighth year in a row, we'll experience the great hospitality of Jack, Rita and Ken Gorman and enjoy good food and good company after playing 18 holes on Poplar's challenging course. Proceeds from the tournament will go to improving the studio area (The Jack Vance Studio/Gallery) of the Marble Arts Centre. The entry fee is \$100 and you will receive a charitable tax receipt for a portion of this. For a registration form, go to our web site at www.tweedartscouncil.ca or contact Bob Giguere at bob.giguere1@gmail.com - 613-478-1343 or Don Herbertson at don.herbertson@gmail.com or at 613-478-2747.

MFRC continued from page 15

Tournée, en autobus, des boutiques uniques et d'époque

Date : le samedi 2 mai. Coût : 15\$ chacun. Départ du CRFM à 9h et de retour vers 17h. Vous visiterez des boutiques à Hillier, Wellington, Bloomfield and Picton. Vous y trouverez une variété éclectique de produits.

De plus, vous recevrez de l'information pour les endroits que nous n'aurons pas le temps de visiter durant ce voyage. Venez à la réception du CRFM pour vous inscrire et payer. Pas d'enfants de moins de 10 ans. Les enfants âgés de 10 à 17 ans doivent être accompagnés d'un adulte.

Monthly 'Afternoon Chatter'

Social gathering, meet and munch, Sunday, April 19 from 1 p.m. to 4 p.m. at Tomasso's, 35 Front Street, Quinte West. Everyone is welcome! Derived from the Facebook Group 'CFB Trenton Spouses', Joanne and Susan decided to bring the members of this group out of cyberspace and do some "Meet and Mingle".

Information and RSVP by April 17 with Susan by text or call at 343-263-3388.

'Jasette de l'après-midi'

Rencontre sociale mensuelle, socialisez et grignoter, le dimanche 19 avril de 13h à 16h chez Tomasso's, 35 Front Street, Quinte West. Vous êtes tous invités à vous joindre au groupe. Cette initiative a pris naissance avec le groupe Facebook 'CFB Trenton Spouses', Joanne and Susan ont pris en main de créer des activités pour que les gens sortent et se rencontrent. Pour plus d'information et RSVP, téléphoner ou texter Susan au 343-263-3388 par le 17 avril.

Posting Season 2015 Financial Preparation

Are you posted this year? Is your mortgage ready for the move? Are you debating whether to rent versus buy in your new location, considering renting your current home, or wondering how to make the most out of your move allowance? Join Darran Leaker, a retired military member and current accounts manager as he shares practical tools to prepare your finances for the unique challenges of a posting and how to improve your financial situation for the next!

April 21, 9:30 a.m. to 11 a.m. or

April 28, 6:30 p.m. to 8 p.m.

At the Trenton MFRC at no cost. For more

information or to register please call the MFRC reception at 613-965-3575 or email amyL1@cogeco.net

Préparation financière pour la saison d'affectations 2015

(En anglais seulement)

Avez-vous un message d'affectation cette année ? Est-ce que votre hypothèque est prête pour le déménagement ? Vous n'êtes pas certain si vous devrez louer ou acheter à votre prochaine location, considérez-vous louer votre maison actuelle ou profitez de l'allocation de déménagement ? Joignez-vous à Darren Leaker, un militaire retraité et gérant des comptes courants, il partagera des outils pour préparer vos finances pour l'unique défi d'une affectation et améliorer votre situation financière pour la prochaine !

Le 21 avril de 9h30 à 11h ou

Le 28 avril, de 18h30 à 20h

Au CRFM de Trenton, aucun frais. Pour plus d'information ou pour vous inscrire, téléphonez à la réception au 613-965-3575 ou contactez Amy à amyL1@cogeco.ca

Scavenger Hunt Road Rally

Discover or rediscover your neighbourhood north of Quinte West. Date: Saturday, May 30. Something for everyone; young, older, families, friends, couples. Two routes to choose from; The grown-up route (eight years plus), starts at 9 a.m. back by 4 p.m. The youngster route, starts at 9 a.m., should be back by noon. Cost: \$20 per vehicle. More information to come.

Rallie automobile/ Course aux trésors

Découvrez ou redécouvrez votre voisinage au nord de Quinte West. Date : le samedi 30 mai.

Quelque chose pour tous ; jeunes, matures, familles, amis, couples. Deux routes à votre choix ; La route pour 8 ans+ ; départ à 9h et retour vers 16h. La route jeunesse ; départ vers 9h et retour vers midi. Coût : 20\$ par véhicule. Plus d'information à venir.

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



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Red Cross Spring 2015 Swim Lessons

Eight lessons in duration, register now! On-line 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 - Tuesdays - April 14 to June 16, 6:45 p.m. to 7:45 p.m.

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

Summer 2015 Kidz Kamp - 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.

Shinny Hockey - Register today for age grouped shinny hockey night running from now until May 1 at the RCAF Flyers Arena.

Tyke/Novice: Fridays, 6 p.m. to 7 p.m.

Atom: Mondays, 4 p.m. to 5 p.m.

Pee Wee: Tuesdays, 4:30 p.m. to 5:30 p.m.

Bantam/Midget: Wednesdays, 4 p.m. to 5 p.m.

Family Skate - Join us every Saturday and Sunday from now until May 2 from 1 p.m. to 3 p.m. at RCAF Flyers Arena.

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.

Trenton squad shoots way into the finals

Young and talented Kingston squad proves too tough in final game action

By Cpl. Mark McDonald

The 8 Wing/CFB Trenton men's basketball team took part in the Ontario Regional Men's Basketball Championship, hosted by CFB Petawawa, from March 2 to 6. The 8 Wing/CFB Trenton basketball team has been practicing twice a week after work, as well as getting together on weekends in preparation for the championship.

The tournament's opening ceremonies took place on Tuesday, April 3 at 8 a.m. with the home



Back row (left to right) – Maj. Jay Burt, Cpl. Mark McDonald, Sgt. MacAdams, MCpl. Ben Hill, MCpl. John Ready, Cpl. James Brown, PSP. Mark Boates, Capt. Matt Osgood.

Front row (left to right) – Cpl. Larry Normore, Cpl. Nick Bourgon, Cpl. Alan Albano, Cpl. Gary Normore.

ing what would have been the game winning shot at the buzzer, Petawawa sent the game to overtime. With the momentum swing in Trenton's favour, they proved too strong for the Petawawa team in the extra time and won the game 91-87 in exciting fashion.

The finals were a re-match of last year, featuring the two perennial powerhouses of Ontario; Kingston and Trenton. However, unlike last year, it was not meant to be for Trenton. Kingston, with their young up and coming squad was too strong for Trenton, and took the match, securing their place in the National Championships.

The team would like to thank Head Coaches (PSP) Mark Boates and Major Jay Burt for their contributions to the team throughout this season. We wish Maj. Burt the best of luck in his new posting and career opportunities. The team is looking forward to a new year of exciting challenges. We will be back and better than ever; after all, there is no off season!

team Petawawa taking on Toronto in the tournament's first game.

Despite not having played a game together since last year's national championships, Trenton came out firing against North Bay, winning their first game by a score of 85-42.

The team showed no signs of slowing down as they faced Borden during the second day of the tournament. The leadership and experience of the team was in full display, pulling away during the fourth quarter to break open the game, taking the win by a score of 78-58. With this victory, the team secured first place in their pool and giving them a bye into the semi-

final was an intense match with a packed gym split evenly between Petawawa fans, Trenton supporters, and all other basketball fans. The home team came out with a strong defense and a must-win attitude; going up 17 into halftime. Plagued by injuries and foul trouble, Trenton relied on their bench players in the second half, giving the team a renewed spark. With renewed determination, Trenton chipped away at the lead, and by the fourth quarter, Petawawa's lead was down to single digits.

With exceptional defense and offensive execution, Trenton found themselves within two points late in the game. Cpl. Nick Bourgon would tie things up with two clutch free throws with only seconds remaining in the fourth quarter. Miss-

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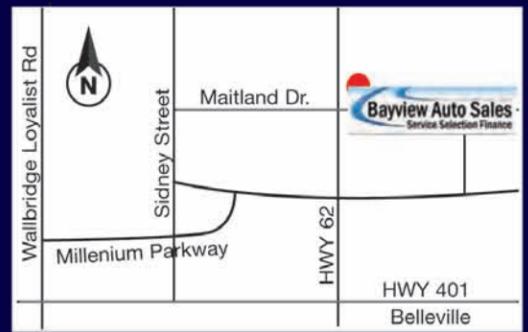
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