

# the Contact

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## Trenton MFRC launches new local website

*Website will assist the MFRC to achieve its two main goals - clear, consistent communication with the military community and inform the local communities*

By Ross Lees

The Trenton Military Family Resource Centre (MFRC) has established a new educational tool - their own website ([www.TrentonMFRC.ca](http://www.TrentonMFRC.ca)), which they are launching this week.

This newly reestablished website (the Trenton MFRC had their own website four or five years ago prior to the Family Force website being established) is a direct result of feedback from the focus groups held last year which talked about communication and how the MFRC needed to improve it and improve access to what was going on at the MFRC, according to MFRC executive director Tamara Kleinschmidt.



Trenton MFRC executive director Tamara Kleinschmidt (foreground) and communications and development coordinator Devon Taylor view the new MFRC website. Photo by Ross Lees

Continued on page 2

## Cut for the cure invites participants

Collect pledges and shave your head for cancer research - and for the ladies, it's not necessary to get your head completely shaved, six inches of hair is enough to make a wig.

WO. Dan Gorman is inviting 8 Wing personnel along with folks from Trenton and area to participate in the 8 Wing Annual Cut for the Cure Campaign, slated for May 14.

A notice was sent out in February inviting men, women and children to join him and this year's 8 Wing Champion, Wing Operations Officer, Lt.-Col. Andrew Cleveland in the 8th Annual

WO. Gorman said he would like to build on the over \$55,000 in donations raised by the campaign to this point. He has set a goal this year of \$15,000 that would bring the Wing's eight-year total to over \$70,000.

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"I was hoping for a great turnout this year and, since this is my last year in the service, perhaps to have someone willing to shadow me through this event and take it on as a personal goal in years to come," noted WO. Gorman.

"We certainly need participants in order to reach that goal, which would be our best year to date,"

said WO. Gorman. If you would like to join Lt.-Col. Cleveland and WO. Gorman for this fun and deserving charity, please contact WO Dan Gorman @ Dan.Gorman@forces.gc.ca or call him at 613-392-2811 Ext 2955 to register and get your pledge sheets.

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# Trenton MFRC new local website offering consistent communication

Continued from page 1

"We know that 80 per cent of families are living off base and that their number one tool is the internet," she noted.

She explained that while the Family Force website is a great general tool for MFRCs, it does not really meet the local MFRC's needs so they decided to venture back into creating their own locally-responsive website.

"So naturally, people can go to the Family Force site and access any information about MFRCs, but for families already in Trenton and who want to check in with calendars or want to check in with programming and scheduling, that can all be done here through our website," Mrs. Kleinschmidt indicated.

Devon Taylor, the communi-

cations and development coordinator for the MFRC, is really excited about the MFRC's new communication tool.

"We were really going for something that was user-friendly so that our families don't have to search for information," she said. "It should all be right there."

"Yes, it's pretty easy and straight-forward to get into all of our programming," added Mrs. Kleinschmidt.

Local people going to this website to check out various programs and calendars will also recognize many of the people they see in the photographs on the website, since the pictures were taken by local photographer Ben Quaiff of MFRC families.

"We wanted it to feel like us, not the generic stock photos," said Miss. Taylor.

Each program area has its own calendar for pertinent information and there is also a general calendar on the new website.

"What's super exciting about our employment section is that we've launched a "Job Shop," Miss. Taylor stated.

"One of the primary reasons for this is that the Trenton MFRC had a web page prior to the implementation of the Family Force website and one of the big things that community members and our family members really enjoyed was that they were able to have a section called "Job shop" where employers were connected with military family members seeking employment

and, what was interesting about that was they were able to keep a level of confidentiality in regards to protecting the privacy and confidentiality of the family members," noted Mrs. Kleinschmidt.

She explained that each posting season sees an influx of skilled and educated spouses and family members into the community and this tool provides a way for the MFRC to connect them with local employers.

The new website should also prove invaluable to families being posted to Trenton, Mrs. Kleinschmidt said, ultimately simplifying moves incredibly by supplying much of the local information before they even begin the move.

"It's also a way for people out-

side of the military community to learn a little bit more about us and for us to reach outside the military community, as well," stated Miss. Taylor.

"Yes, because it was pretty clear, there was a real lack of understanding within the community about what the MFRCs do," noted Mrs. Kleinschmidt. "Now they can actually go to the website and look it up."

The new website will help the MFRC achieve its two main goals, clear, consistent communication with the military community and provide information to the communities the MFRCs reside in, she added.

"Between those two things, development of our own website was essential," Mrs. Kleinschmidt said. "There's no way we could have accomplished those things without that main tool."

As happy as they are with this new tool, the MFRC very much encourages feedback from their clients to make sure they are satisfying as many of their needs as possible.

"We encourage people to let us know what they think or if there is any way to make it stronger or more focused on information they're looking for," said Mrs. Kleinschmidt.

Miss Taylor also indicated there is a general email box where information can be sent – info@TrentonMFRC.ca if people have suggestions or questions.

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# What is the Defence Aboriginal Advisory Group (DAAG)?

The mission of the Defence Aboriginal Advisory Group (DAAG) is to provide a forum for Aboriginal People to gather and support one another as they exercise their unique cultural, spiritual and traditional identity within the DND/CAF. To provide awareness on Aboriginal issues; and to provide input to the Chain of Command on issues which impact upon the Aboriginal members of CAF/DND. All CAF/DND members, regardless of ethnic origin, are welcome and encouraged to be members of the DAAG. This year the National 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. 8 Wing Trenton, will be hosting an Aboriginal Awareness Day on May 20 at the Aboriginal Gardens celebrating the theme "Self-Confidence."

## Definition of Aboriginal peoples:

The Canadian Constitution recognizes three groups of Aboriginal people: Indians, Métis and Inuit. Each group identifies with unique heritages, languages, cultural practices and spiritual beliefs.

**Did you know?** The Canadian Armed Forces offer three summer training programs that combine military life-style with cultural awareness: Bold Eagle, Raven and Black Bear. All three

summer training programs begin with a culture camp designed to ease the transition of civilian to military life and focuses on common spiritual beliefs. All culture camps are conducted by Elders of different First Nations and Aboriginal groups.

## History of Aboriginals in the CAF:

Brigadier General Oliver Milton Martin, a Mohawk from the Six Nations Grand River Reserve, reached the highest military rank ever held by an aboriginal person. During the First World War, he served in both the army and the air force. During the Second World War, he oversaw the training of hundreds of recruits in Canada. For his 20 years of excellent service, he was awarded the Colonial Auxiliary Forces Officer's Decoration. Francis Pegahmagabow, Ojibway, Wasauksing First Nation, Ontario; was one of the first Canadians to receive the Military Medal; *WW I. Citation: "For continuous service as a messenger from February 14, 1915 to February 1916. He carried messages with great bravery and success during the whole of the actions at Ypres, Festubert and Givenchy. In all his work, he has consistently shown a disregard for danger and his faithfulness to duty is highly commendable."*

William Cleary, Innu, Pointe-Bleue, Quebec; awarded the Military Medal; WW I

These are just a few of the many Aboriginals who have served the Canadian Armed Forces. 8 Wing Trenton has a number of civilian employees and military members who are of Aboriginal heritage. We offer you the opportunity to visit the link below to learn more about your brothers and sisters in arms during the last six decades: <http://www.cmp-cpm.forces.gc.ca/dhh-dhp/pub/boo-bro/abo-aut/chapter-chapitre-06-eng.asp>

## How can I participate?

We are always looking for volunteers - our membership is open to everyone. Many persons of non-Aboriginal descent attend out of personal interest. We welcome any ideas that help promote our initiative. Contact any of the members listed below or +DAAG@CFBTrenton WCE @ Trenton for more information.

8 Wing DAAG Champion; Lt.-Col. Ryan Deming - 426 (T) SQN

8 Wing DAAG Civilian Co-Chair; Mr. William Green - WCE Roads & Grounds

8 Wing DAAG Military Co-Chair; Cpl. Christenson - 429 (T) SQN

8 Wing DAAG Deputy Co-Chair; Cpl. Cook - 2 AMS

*Continued on page 5*



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(above) Cpl. Erica Thomson, a Tactical Weather Specialist from the Joint Meteorological Centre at CFB Gagetown, was promoted by Maj. Brian Tang, CFS Alert Commanding Officer, and MWO Robert Sullivan (incoming SWO). Cpl. Thomson is currently serving a six-month tour as the Met Tech at CFS Alert.

# Op BOXTOP keeps CFS Alert busy

Photos by  
Cpl. Raymond Haack

(below) MCpl. Todd Hopkinson from 8 ACCS prepares the Precision Approach Radar (PAR) system for the first landing of CC177 for Op BOXTOP I/15. The PAR system was installed near the airstrip to provide lateral and vertical guidance to aircraft for landing, until the landing threshold is reached



## 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.

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## Guidelines for submissions: ARTICLES AND PHOTOS

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

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

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

## Letters to the Editor:

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



## A Military Community Newspaper

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



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



# Qu'est-ce que le Groupe consultatif des Autochtones de la Défense (GCAD)?



sera l'hôte de la Journée de la sensibilisation aux cultures autochtones le 20 mai 2015 aux Jardins autochtones sous le thème de la confiance en soi.

## Définitions relatives aux peuples autochtones

La Constitution canadienne reconnaît trois groupes de peuples autochtones : les Indiens, les Métis et les Inuits. Chaque groupe autochtone se distingue des autres par son patrimoine, sa langue, ses pratiques culturelles et ses croyances spirituelles.

**Le saviez-vous?** Les Forces armées canadiennes offrent trois programmes d'instruction d'été qui combinent le mode de vie militaire et la sensibilisation culturelle : Bold Eagle, Raven et Black Bear. Les programmes commencent tous par un camp culturel, conçu pour faciliter le passage de la vie civile à la vie militaire, qui met l'accent sur les croyances spirituelles communes. Les camps culturels sont animés par des Aînés des Premières nations et de différents groupes autochtones.

## L'histoire des Autochtones au sein des FAC

Le brigadier-général Oliver Milton Martin, un Mohawk de la réserve des Six-Nations de Grand River, atteint le grade militaire le plus élevé jamais accordé à un membre autochtone des forces armées. Pendant la Première Guerre mondiale, il a servi dans l'armée et l'aviation. Pendant la Deuxième Guerre mondiale, il a supervisé l'instruction de centaines de recrues au Canada. Pendant ses 20 années d'excellent service, il a reçu la Décoration pour officiers des forces auxiliaires coloniales.

Francis Pegahmagabow, Ojibway, Première nation Wasauksing, en Ontario, est un des premiers Canadiens à recevoir la Médaille militaire de la Première Guerre mondiale. Citation : « Pour son service continu comme messenger du 14 février 1915 à février 1916. Il a transporté des messages avec bravoure et succès pendant toutes les actions à Ypres, à Festubert et à Givenchy. Pendant son travail, il ne s'est jamais soucié du danger et sa fidélité au service est digne de mention. »

William Cleary, Innu, Pointe-Bleue, Québec, a reçu la Médaille militaire de la Première Guerre mondiale; Ces derniers sont seulement quelques-uns des nombreux Au-

tochtones à avoir servi dans les Forces armées canadiennes. La 8e Escadre Trenton a plusieurs employés civils et militaires qui sont d'origine autochtone. Nous vous offrons la possibilité de consulter le lien ci-dessous pour en apprendre davantage sur vos camarades d'armes pendant les six dernières décennies : <http://www.cmp-cpm.forces.gc.ca/dhhdhp/pub/boo-bro/abo-aut/chapter-chapitre-06-fra.asp>

## Comment puis-je participer?

Nous sommes toujours à la recherche de bénévoles — notre groupe est ouvert à tous. De nombreuses personnes qui ne sont pas d'origine autochtone participent par intérêt personnel. Nous accueillons avec plaisir vos idées pour aider à promouvoir notre initiative. Vous pouvez communiquer avec l'un ou l'autre des membres figurant dans la liste ci-dessous ou à l'adresse suivante +DAAG@CFB Trenton WCE @ Trenton pour obtenir de plus amples renseignements.

8e Escadre, Champion du GCAD; Lcol Ryan Deming – 426 EET  
8e Escadre, coprésident civil du GCAD; M. William Green – Routes et terrains du GC Ere  
8e Escadre, coprésident militaire du GCAD; Cpl Christenson – 429 EET  
8e Escadre, coprésident adjoint du GCAD; Cpl Cook – 2 EMA

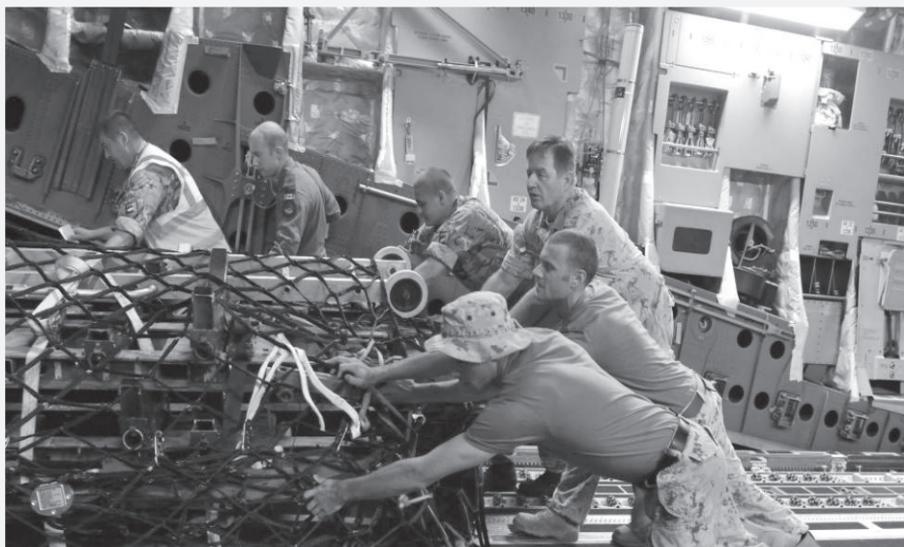
Continued from page 3

La mission du Groupe consultatif des Autochtones de la Défense (GCAD) vise à fournir une tribune aux Autochtones où ils peuvent se réunir et s'appuyer les uns les autres dans l'exercice de leur identité culturelle, spirituelle et traditionnelle unique au sein du MDN et des FAC, à attirer l'attention sur les questions autochtones et à transmettre des renseignements à la chaîne de commandement sur des ques-

tions qui touchent les Autochtones au sein des FAC et du MDN. Tous les membres des FAC et les employés du MDN, quelle que soit leur origine, sont les bienvenus et sont encouragés à être membres du GCAD.

Cette année, le GCAD national à Ottawa célèbre son 20e anniversaire. Pour célébrer cette étape historique, il organisera une Semaine de la sensibilisation aux cultures autochtones du 19 au 22 mai 2015. La 8e Escadre Trenton

## Put your unit in the spotlight



The Contact would like to encourage sections and personnel from 8 Wing/CFB Trenton to promote their sections and personnel by regularly submitting pictures and brief articles about what is taking place in your unit or section. Our one requirement is that photographs are good enough to appear plainly in the newspaper. We are certain there are many events and achievements which do not make it into the paper each week, but that should. So we encourage you to help us put those events and people in the spotlight. Send you pictures and captions to [cfbcontactnewspaper@gmail.com](mailto:cfbcontactnewspaper@gmail.com) Images should be sent separately as jpegs and captions as word documents.

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## Health Promotion Spring 2015 Course Calendar

### Mental Fitness Mondays

Dates: Every Monday  
Timings: 12 noon to 1 p.m.  
Info: South Side Gym

### Mental Fitness and Suicide Awareness – Supervisor Training

Dates: April 21  
Timings: 8:30 a.m. to 4 p.m.  
Info: Mite Coded

### CAF Health and Wellness Challenge

Dates: May 1-31  
Register online: [www.cfbtrenton.com](http://www.cfbtrenton.com)  
Info: Win a prize!

### Weight Wellness Lifestyle Program

Dates: May 8 to June 19  
Timings: 8:30 p.m. to 10:30 a.m.

### Managing Angry Moments

Dates: May 13  
Timings: 8:30 a.m. to 4 p.m.

### Injury Reduction Strategies

Dates: May 19  
Timings: 9 a.m. to 11 a.m.

### Top Fuel for Top Performance

Dates: May 25 and 26  
Timings: 8:30 a.m. to 4 p.m.

Register online at:  
<http://healthpromotion.cfbtrenton.com>  
613-392-2811 ext 3768  
177 Hercules St. Bldg 119

## Live Daffodil sales in Trenton support the CCS

The Canadian Cancer Society will launch Daffodil Month with retail partners Loblaws®, Zehrs®, Valu-mart®, Real Canadian Superstore® and Your Independent Grocer® stores across Ontario.

From April 9 to 23, these stores will sell fresh cut daffodils and potted daffodils which are a new edition for 2015. For every bunch of fresh cut or potted daffodils sold, \$2 will be donated to the Canadian Cancer Society.

Fresh cut daffodils can be found locally at Smylie's Independent Grocer in Trenton.

Daffodil Month, held every April, is a national fundraising campaign of the Canadian Cancer Society. During the month, volunteers are involved in numerous activities to raise vital funds for the fight against cancer.

Money raised during Daffodil Month helps local patients and their families with donations funding life-saving research,



Smylie's store owner, John Smylie and local Canadian Cancer Society volunteer President, Teresa Bell display the fresh daffodils in the Smylie's Independent store in Trenton. *Submitted photo*

support services and other important work that means fewer Canadians will be touched by the disease.

The Canadian Cancer Society is the

only national cancer charity that funds research into all 200-plus types of cancer and provides local services at home in local communities.

## PMQ Council invites PMQ residents to take part in Trash Bash event

The PMQ Council would like to invite you to take part in cleaning up the PMQ area in Quinte West, and give you the chance to win a \$100 gift card of your choice! 8 Wing Military Family are invited to take part in the Quinte Trash Bash event on April 25 by the PMQ Community council. (Link: <http://www.quintetrashbash.ca/>) Pre-register with Cpl. Dion Ward @ [dionward@hotmail.com](mailto:dionward@hotmail.com) or register at the PMQ Table during the event. There will be a draw at 2 p.m. for a \$100 gift card for the 8 Wing Military Family (Military Member needs to claim the prize) that helped clean up the PMQ area! A free breakfast and lunch will be served at the Quinte West Public Works Yard, 30 Pelham St., Trenton beginning at 9 a.m. Read more about the free breakfast and lunch on the link as well

*Submitted photo*

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RR01207418

# Wing Logistics and Engineering Picture of the Week



Cpl. Al Regnier performs antenna maintenance during warmer weather. 8 Wing Telecommunications and Information Systems Squadron (8 WTISS) employs a small crew of dedicated linemen to perform maintenance, repairs and installs of a multitude of communication systems, in any type of climate and under any conditions.

**Posted to the NCR and need housing? Look no further**

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# Ways to Volunteer

The Canadian Cancer Society's strongest asset is our dedicated volunteers. By offering the most meaningful opportunities for you to make the biggest difference as a volunteer, we're having more impact, against more cancers, in more communities, than any other cancer charity.

To get the most out of your volunteer experience we encourage you to pursue your interests, challenge yourself by trying new activities and get connected with others. You can choose from volunteer opportunities in a variety of areas that can match your skills, interests and availability.

We offer a flexible range of ways to become involved, no matter how much time you have or the skills you are looking to share. Our volunteer opportunities include fundraising activities, health promotion, advocating for prevention, supporting people with cancer, office support and leadership roles.

## Time - Skills - Location & Scope Youth Volunteer Opportunities

### Still Not Sure?

Get involved in an activity in your community during Daffodil Month. Contact your local community office at: 97 Hanna Court in Belleville to find out more or call 613-962-0686.

**Read more: [www.cancer.ca/en/get-involved/volunteering/ways-to-volunteer](http://www.cancer.ca/en/get-involved/volunteering/ways-to-volunteer)**



**Canadian Cancer Society** Société canadienne du cancer

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# Logistics Branch Coin recipients

Photos by Ross Lees



Capt. Kelly Ilijanic embodied the notion of service second to none with a tireless determination to respond to the needs of the personnel of 436 (T) Sqn. Her advice to the senior leadership promoted the strictest of moral integrity; the resulting courses of action were always in the best interest of both the members and the organization. She developed highly innovative solutions to complex problems, ensuring all members were supported in their tasks. Capt. Ilijanic is an excellent Logistic Officer and is well deserving of the Logistic Branch Coin.



MWO. Sean Hulan is a central figure in supporting CFS Alert. He has mentored a series of logisticians on the nuances of resupplying Canada's most northerly permanently inhabited site and is considered a subject matter expert on Alert operations and the complexities of the Ellesmere Island Commercial Support Contract. He has developed logistical processes that contribute to maintaining a synchronized effort between Alert's civilian contractor, DND's supply system, CE's processes and available airlift. MWO. Hulan's dedication and unwavering support to the mission has been vital to the continued success of our northern responsibilities and he is well deserving of the Logistic Branch Coin.



MWO. Robert King is the Deputy Passenger Services Officer at 2 Air Movements Squadron. Since his arrival at 2 Air Mov. Sqn. in 2013, he has revamped and streamlined the execution of the 1 Canadian Air Division Christmas Flight Program. His reorganization has enhanced a seamless system, allowing for the processing of more than 2,180 applications of CAF personnel and families. These efforts have not only positively impacted the efficiency of the Squadron, but have also contributed to the support of military members and their families travelling over the Christmas holidays. MWO King exceeds the Logistics motto of "Service Second to None."



MS. Trudy Strickland's exemplary efforts as the Unit Chief Clerk are instrumental in providing administrative support to personnel, as well as operations including VVIP missions, strategic airlift taskings and air-to-air refueling. Despite being one of only two permanent positions in the 437 (T) Sqn Orderly Room, MS. Strickland's thorough work ethics, keen attention to detail and outstanding prioritization have proven vital in assuring the squadron's operational success. MS. Strickland works long hours and willingly comes in on weekends to ensure that crucial logistic details are swiftly addressed, always ensuring the squadron's best interests are promoted. MS. Strickland's extraordinary efforts and commitment to operations fully emulates the motto of the Logistic Branch "Service second to None," and is highly deserving of the Logistic Branch Coin.

# Honours and Awards

Colonel (Col.) David Lowthian, 8 Wing Commander, and Wing Chief Warrant Officer (WCWO) Darcy Elder present Capt. Dianne Godfrey-White with the Joint Task Force RIMPAC Commander's Commendation during the 8 Wing Honours and Awards ceremony at the National Air Force Museum of Canada on Jan. 29. Photo by Cpl. Owen Budge, 8 Wing Imaging



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# Logistics Branch Coin recipients

Photos by Ross Lees

Li Fan is a Financial Analyst working with the Wing Comptroller Branch. Working in the Resource Analysis and Compliance Services (RACS) section, she has displayed outstanding initiative and has tackled the reorganization of the Post Payment Verification, which has tremendously improved the financial stewardship of 8 Wing Trenton. In her role of supervisor of PPVs, her strong leadership skills have resulted in a substantial increase in FAA compliance and accountabilities. She is a dedicated and professional individual who consistently demonstrates an exceptional and inspirational standard of performance. She serves as an example for others and is well deserving of the Logistic Branch Coin.



Since May 14, 2013, WO. Darrell Bishop has assumed the responsibilities of the Senior Parachute Rigger for the Canadian Armed Forces (CAF), a position normally filled by a MWO. His outstanding dedication, professionalism and tireless efforts on behalf of the Logistics Branch have ensured that every aspect of the parachutes being managed and used by the CAF were compliant and safe. This in turn facilitated a high level of confidence in the parachutes received by the user community and enabled successful Airborne Operations across Canada.



Posted to CJIRU in July 2014 as the first and only Ammo Tech, Sgt. Marco Sorel thoroughly assessed all SOPs and implemented new procedures, transforming the unit ammo program from acceptable to exemplary. His professionalism and dedication to the unit, Branch and Canadian Armed Forces are second to none and he is well deserving of the Logistic Branch Coin.



Cpl. Jozsef Szili is an excellent example of a can-do soldier who welcomes and thrives in challenging circumstances. His willingness and enthusiasm to undertake duties outside of his expertise are extremely impressive. Cpl. Szili has single-handedly enriched the logistic proficiency of CFPU by transforming the unit stores into an efficient model of resource management.

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No purchase necessary. Open March 30, 2015 - July 31, 2015 to legal residents of Canada who have reached the age of majority in their jurisdiction of residence as of date of entry and who are a member of the Canadian Forces or the RCMP. Prize avail: 6 months of mortgage payments, up to \$9000 maximum. Odds depend on number of eligible entries received. Math skill-test required. Aucun achat requis. Du 30 mars au 31 juillet 2015; ouvert aux résidents autorisés du Canada qui ont atteint l'âge de la majorité dans leur province ou territoire de résidence à la date de leur participation et qui sont membres des Forces canadiennes ou de la GRC. Prix: Versements hypothécaires pendant six mois, jusqu'à concurrence de 9 000 \$. Les chances de gagner dépendent du nombre de participations admissibles reçues. Les personnes dont le bulletin est pigé doivent répondre correctement à une question réglementaire d'arithmétique.



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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.

**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

**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.

**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'**

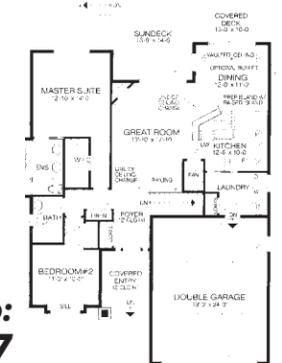
Social gathering, meet and munch, Sunday, April 19 from 1 p.m. to 4 p.m. at Tomasso's, 35 Front Street, Quinte West. Everyone is welcome! Derived from the Facebook Group 'CFB Trenton Spouses', Joanne and Susan decided to bring the members of this group out of cyberspace and do some "Meet and Mingle".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

Continued on page 12

**Home of the Week**  
*Your Building Renovation Experts*



Plan No: 1-2-617

The design for this two-bedroom home, which includes an unfinished basement, neatly packs a great number of amenities into a compact space.

A covered entry, always a boon in inclement weather, leads into a foyer where a 12-foot ceiling will augment the feeling of roominess. Directly ahead is the open-plan great-room complex.

A corner fireplace in the great room is angled to save space, and its cosy glow will also be seen in the dining room and kitchen. The dining room's vaulted ceiling will lend the room a touch of dramatic airiness, and a door onto a sundeck will encourage al fresco meals during the warmer months. Windows overlook a covered deck, perfect for year-round barbecuing. The optional built-out buffet would enhance the dining room's spaciousness.

The kitchen is divided from the great room and dining room by a prep island and raised eating bar, configured to make

the most efficient use of the area. A roomy pantry will provide extra storage space.

The master suite's window looks out to the back garden. In the ensuite, the soaker tub occupies a bayed-out area with its own window. Double basins will ease the morning rush-hour. A roomy walk-in closet completes the layout.

The second bedroom enjoys its own three-piece bathroom and features an extra-wide window sill. A

linen closet is positioned conveniently for both bedrooms.

The laundry room, which includes a coat cupboard as well as access to the double garage, will double as a mud room. The double garage might be large enough for a workshop area, and a doorway leads to the side garden.

This home measures 43 feet wide by 64 feet deep, for a total of 1,328 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](mailto: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 moulder. 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.

### 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/~canqbgos/](http://www.rootsweb.ancestry.com/~canqbgos/)

### 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](http://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](mailto:Dan.Gorman@forces.gc.ca) Register soon to help make this event a success.

### 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.

### June 5 – 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. Registration is open online at [www.onlineregistrations.ca/surfnturf](http://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

### 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 Poplars 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](http://www.tweedartscouncil.ca) or contact Bob Giguere at [bob.giguere1@gmail.com](mailto:bob.giguere1@gmail.com) - 613-478-1343 or Don Herbertson at [don.herbertson@gmail.com](mailto:don.herbertson@gmail.com) or at 613-478-2747.

Continued from page 11

### 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](mailto: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 devriez 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](mailto: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](mailto: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](mailto:kbriggs@cogeco.net)



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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 – 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.

# Ottawa Thunder win Controllers for Cancer Hockey Tournament



The Ottawa Thunder won the eight-team Controllers for Cancer Hockey tournament last weekend at the RCAF Arena at 8 Wing/CFB Trenton. CWO Susan Stark dropped the puck with retired Brigadier General Jeff Brace to begin the competition.

Photos by Kenneth Beliwicz, 8 Wing Imaging

# Classifieds

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Vos réalisations dans le domaine des affaires et de la gouvernance appuieront un rôle de direction clé dans le cadre duquel vous aiderez le CASC à mener à bien la vision qu'il a d'offrir des soins exceptionnels à chaque personne, chaque jour.

Pour en savoir davantage ou pour soumettre votre candidature, veuillez communiquer avec Johanne Kot, adjointe de direction, à [johanne.kot@se.ccac-ont.ca](mailto:johanne.kot@se.ccac-ont.ca) ou au 613 966-3530, poste 4241.

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**8 Wing Chapel /Chapelle de la 8e Escadre**

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

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

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

**Civilian Officiant/Désservant civil:** Gillian Federico

# Safety

## Lawnmower safety no time for short cuts

Summertime is finally around the corner. This means that grass will start to green and grow, and people will be using lawnmowers to mow it. This also means that many people will pay a visit to emergency departments of hospitals throughout the country with lawnmower re-

lated injuries. In many cases, people use lawnmowers as part of their job. Because of the safety rules of the company, they wear the proper safety equipment such as steel toe boots and goggles.

*In one lawnmower related incident, a woman was cutting her lawn with a power mower. As she walked backwards up a hill, pulling the mower, one foot slipped and slid underneath the lawnmower. The result was a severely lacerated foot with multiple fractures.*

- Clear objects such as bottle caps, rocks, roofing nails etc. from the lawn. A lawnmower can hurl objects at a speed of 320 km/hr. Keep children a safe distance away.
- Don't wear sandals or go barefoot when you mow the lawn. Steel-toed shoes are much safer. Safety goggles will protect your eyes.
- Lawn mowers are loud. Wear proper hearing protection such as ear plugs or ear muffs. Look in your yellow pages under safety equipment to purchase hearing protection.
- Cut the grass when it's dry. Wet grass clogs the mower, you may be tempted to remove it with your hand. Mowing the wet grass with an electric mower increases the chance of electric shock.
- When using electric mowers, be careful not to run over the

cord. Make sure you are using a three-pronged plug and the electrical outlet has a Ground Fault Circuit Interrupter.

- Fill the lawnmower with gas in a ventilated area when the mower is cool. Don't smoke while filling the mower. Store the gas in an approved container. Avoid filling the gas tank right to the top; leave an air space to help prevent spillage. If you spill gasoline, wait for it to evaporate before starting the lawnmower.

If you have a riding mower, don't allow extra riders. Many children have been injured or killed while riding as passengers on small tractors. These machines are not designed to carry passengers.



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To show our appreciation for all that you do, the Bay of Quinte Golf and Country Club is offering all of our military friends a discount of 50% on all of our 2015 memberships

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Only able to golf on week-ends? Get a Week-End Plus membership for only **\$497.50\***

Afternoons-only golfing is featured with our Gold membership – play any day after 1:00 pm for only **\$397.50\***

Students (age 19 to 30) receive unlimited golf for only **\$297.50\***

For a full list of our membership options, please visit  
[www.bayofquintegolf.com/memberships](http://www.bayofquintegolf.com/memberships)  
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*\* prices above are shown after military discount is applied and are subject to HST*

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**14 DODGE CHARGER SXT**  
 23322 Pwr sunroof! Pwr heated leather seats! Heated steering wheel! Pwr heated mirrors! Factory remote start! 18" Alloy rims! V6, Automatic, 4 dr, dual climate controls, Bluetooth, traction control, satellite radio, keyless entry, only 20,000kms!!!  
**\$23,995 +HST** **\$150.93** PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%

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**14 GMC SIERRA Z71 ALL TERRAIN**  
 23382 4X4! Pwr heated leather seats! Reverse camera! 20" Alloy rims! Black! Factory remote start! 5.3L-V8, Quad cab, long bed, bed liner, tonneau cover, trailer hitch, chrome step bars, park aid, OnStar, CD, keyless entry, only 39,000kms!!  
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 23338 Heated seats! Automatic, 4 cyl, 4 dr, steering wheel controls, traction control, Bluetooth, satellite radio, keyless entry, only 41,000kms!  
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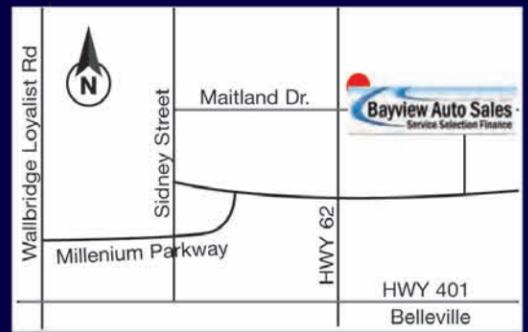
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