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Tour consisted of stops at the Air Traffic Control Tower, 1 Hangar, 429 and 436 Squadron static displays, and AMTC

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Sgt. Andrew Doiron repatriated at CFB Trenton

Quinte West comes out in force to pay its respects to this soldier killed by friendly fire

By Ross Lees



On March 10, 2015 a repatriation ceremony was held on the tarmac of 8 Wing Canadian Forces Base Trenton for the return of fallen soldier Sergeant Andrew Joseph Doiron from Kuwait. Sergeant Doiron was from Moncton New Brunswick and a member of the Canadian Special Operations Regiment. In this photo the bearer party carries fallen soldier Sergeant Doiron to the waiting hearse. Photo by Cpl. Levarre McDonald, 8 Wing Imaging

As has become tradition, the people of the Quinte West region came out in full force to pay tribute to Sergeant Andrew Joseph Doiron and his family on Tuesday afternoon when his body returned home during a repatriation ceremony at CFB Trenton.

Sgt. Doiron, 31, was a member of the Petawawa-based Canadian Special Operations Regiment (CSOR) and was killed in Iraq on March 6 in a friendly fire incident when his unit was mistakenly engaged by Kurdish Peshmerga militia following their return to an observation post behind the front lines.

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'Make It Happen' the theme of 8 Wing International Women's Day

By Ross Lees

They were there to "Make It Happen," which was the theme for International Women's Day at 8 Wing/CFB Trenton.

8 Wing Champion Lt.-Col. Deborah Graitson suggested to

the women and six men present to address the issues they to help make it happen by first encounter at those times.

taking care of yourself by living a healthy lifestyle, and then by Capt. Michelle Guertin of 2 by developing the core values of Air Movements Squadron and excellence, loyalty, courage and integrity.

Lt.-Col. Graitson said that (MAMS). She said her life in the

tellect to address the issues they to help make it happen by first encounter at those times.

That message was supported by Capt. Michelle Guertin of 2 by developing the core values of Air Movements Squadron and excellence, loyalty, courage and integrity.

Life for her in the military and as a woman had been made easier by a "...bunch your superior officers and tell

them things have to change, that they have to come up with a new plan."

At the same time, she continued to need to set new parameters as her career progressed. "Things are easier, but they are always challenging," she said. "Sometimes you have to

Life for her in the military and in life in general was made easier by being raised by a strong woman and working with strong women, she indicated.

Continued on page 7



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CF MPs depart for Operation Calumet in the Sinai Peninsula

Keen, enthusiastic, well prepared troops represent the best of the CAF: Acting Vice Chief of the Defence Staff

By Ross Lees

Thirty-three Canadian Forces Military Police departed CFB Trenton for the Sinai Peninsula as part of military activities undertaken by the Canadian Armed Forces (CAF) to support the Multinational Force and Observers (MFO) in Egypt on March 6.



Thirty-three Canadian Forces Military Police departed CFB Trenton for the Sinai Peninsula as part of military activities undertaken by the Canadian Armed Forces (CAF) to support the Multinational Force and Observers (MFO) in Egypt on March 6.

Photos by Ross Lees

dower, the Acting Vice Chief of the Defence Staff, also gave brief remarks of support and encouragement before the Military Police contingent departed Canada on this operation. You're enthusiastic, you're keen, you're well prepared, you represent the best of the CAF, you represent the best of Canada and we're immensely proud of you and your families, and we know as you always have, for joining the CAF.

Maj.-Gen. Madower noted that these were exciting times in the world and that this was the reason

as you always do, we'll set the bar exceptionally high and you'll

"At the beginning of an operation such as this, there's a little bit of to. Be vigilant, be safe and we'll make us back here in Canada very, very, very proud. I wish you all the very best. It's a challenging part of the world you're going a d r e n a l i n , see you all on your return."

there's a little Col. Delaney said this mission

would be a proud new chapter in the rich 75-year history of the Provost Marshall filled with past successes and a reputation for excellence in military policing.

"Folks, it's that reputation for excellence that brought this mission forward, specifically asked for by the multi-national force observers, to come in and fulfill that policing mandate," he stated.

That mandate would include policing initiatives like law enforcement patrols and support through investigation into any particular allegations that might arise from the MFO personnel, Col. Delaney indicated. He said he had complete confidence in the personnel being sent over on the mission.

"I think that world-class reputation that we've established as CAF members and members of the Military Police Branch will serve us well in operating in that environment in the Middle East," he said. "Our ability to interoperate with our allies and foreign nations is probably what puts us at the forefront of military policing."

The Canadian Forces Military Police (CF MP) contingent was comprised of MP members and officers from across Canada. This team complemented the advance party who deployed March 2 under Operation CALUMET. The MP contingent will conduct police and security duties in the North and South camps of the multinational peace keeping force.

Operation CALUMET is Canada's participation in the Multinational Force and Observers (MFO), an independent peace-keeping operation in the Sinai Peninsula. Canada has maintained a contingent in the MFO since September 1, 1985.

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8 Wing Commander looks forward to the challenge of promotion and new command

But he said he would continue to be a big fan of the great personnel at 8 Wing/CFB Trenton

By Ross Lees

8 Wing Commander Col. David Lowthian continues preparations for his promotion and transfer this summer.

While looking forward to his appointment to Deputy Commander (Force Generation) at Canadian Air Division (1 CAD) Headquarters in Winnipeg, he acknowledges he will leave CFB Trenton with mixed emotions.

"We'll be leaving here with mixed emotion, of course, because there's no coming back," he told *The Contact* in a recent interview. "I've been able to come back four times now, I guess when we gion.

add it all up, so that's pretty good. "Those are his four hats and I've been lucky that way. I guess he's got a number of Brigadier- for anyone who has really fallen General deputies. He's got Dep-

in love with the Trenton/Quinte West area, the key to staying here for a long time is to leave every once in a while, and I think I've been able to prove that."

He said he and Nancy (his wife) would miss the many good friends they had made over the years, but they would maintain those relationships as they progressed through his career.

One other thing will not change as he moves on, he added. He said he would continue to be a champion for the great people working at 8 Wing/CFB Trenton.

"8 Wing is recognized as a major wing in Canada – the major wing really – so they know that they have to put good people in the wing and we have great folks throughout the ranks. Now I get to be their biggest fan."

The move to Winnipeg is a logical step for Col. Lowthian, he feels, as he has already been reporting to 1 CAD over the past two years and, prior to his taking over 8 Wing, he was the Chief of Staff (CoS) with the Army in Kingston. He also attended the Air War College in Alabama, so he very much gets the importance of cooperation between the various elements of a military Force itself.

"I think what's probably most exciting about it is I'll have a bird's eye view and a lot of important liaisons with all the wings, so it's not just about Air Mobility, it's about all of our capabilities."

"He's the commander of all the wings that report to him, 12 worked hard over the past few years and in the past year particularly, to bring into focus their

"He's also the Joint Forces Air Component Commander for our joint headquarters in Ottawa, the Canadian Joint Operation Command (CJOC), so he is the air arm for that and he makes sure that he responds to their requirements. He's also a Deputy Commander within the NORAD for his responsibilities within the Canadian Air Defence sector, and the last hat he wears is he's the search and rescue responsible agent for the central rescue re-

"There are going to be some great lessons learned over the very near future that I'll be in a position in Winnipeg to benefit from, to pull them in and kind of reshape things for the future, should we need to make some adjustments," he stated.

Since taking over at 8 Wing/CFB Trenton, Col. Lowthian indicated his messaging had been consistent and it was comprised from a theme established by his then Wing Chief Warrant Officer (WCWO) Sandor Gyuk.

"He would have said back to basics, and that's very true," Col. Lowthian said. "Darcy Elder (his currant WCWO) also fully believes in that and he understands and communicates that. I think that was really what my message

was at the very beginning. It was about accountability and what are we really responsible for here and let's make sure we do it well. We're a public entity, so therefore we want to do it responsibly, and when I link it up into accountability to the mission, accountability

to our members and their families, accountability to policy and procedures, accountability to history and heritage, and accountability to community partners, I think I've stayed true to that and I think everything that we stayed true to on the wing answered to each of those areas."

In having to deal with budgetary restraints very quickly after he came into command at 8 Wing, he said one thing became obvious that they had to improve on – operating smarter, something he felt they had been able to achieve.

"I strongly believe it's a direct result of the focus we had on back to basics," he added.

Throughout his tenure at 8 Wing, Col. Lowthian kept two goals at top of mind – mission



Col. David Lowthian looks forward to the challenge of new command, but he says he will remain a fan of 8 Wing and its personnel and their families.

Photo by Ross Lees

success and supporting his members and their families, thus allowing the men and women of 8 Wing to concentrate on their missions knowing their families were being supplied with the resources and attention they required while at home.

His two-year tenure flew by, but he felt his tenure would have its own unique flavor and personality, like those of many of the other commanders before him.

In that respect, he felt his two-year tenure was fairly long.

"If you look at it in that respect, then it's a fairly long time and you can make things better for the personnel on the wing, you can strengthen relationships with the community, develop some great relationships with the people from the surrounding communities like Quinte West and Belleville."

"So in that sense, it feels like a long enough time to accomplish some great things and really allow the base to come for-



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Staying busy at CFS Alert

Members of CFS Alert partake in a tug of war during the Sunrise Festival that happened Saturday, March 7. The Festival celebrated the first official rising of the sun, which saw events such as a bonfire, mailbag races, and whole lot of fun and laughter.

Photo by Cpl. Adrian Fawcett



(Right) Rock Leroux puts the finishing touches on the overhead door, while his fellow overhead door technician Mathieu Sabourin provides support from below. Both techs arrived in CFS Alert Feb. 26 to carry out repairs, install weather strips and sensors to increase safety.

Photo by Cpl. Ray Haack

(Left) MCpl. Alex Townes attempts the hose pull portion of the Fire Fighter test, with the assistance from one of the CFS Alert Fire crew, MCpl. Travis Kennedy. Members on Station, including the volunteer fire fighters, were given the opportunity to run through the fire fighter physical training test with full gear including oxygen masks.

Photo by Cpl. Ray Haack



The Contact Newspaper

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

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

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

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

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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.
- 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: cfbcncontactnewspaper@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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Trenton MFRC and Enactus Loyalist launch online HERCS program



Elizabeth Nicholas, Employment and Education Coordinator with the Trenton Military Family Resource Centre (MFRC), recently introduced a pilot training program entitled "Helping Entrepreneurs Reach Complete Success" or HERCS to the services provided at the MFRC in Trenton and now hopes to expand that service to other MFRCs in Kingston, Ottawa, London, Toronto and Petawawa. Photo by Ross Lees

Building on its success, the HERCS program is expanding to include a provincial pilot program

The Trenton Military Family Resource Centre (MFRC), in partnership with Enactus Loyalist College, has launched a pilot training program entitled "Helping Entrepreneurs Reach Complete Success" or HERCS.

Over the last four years, the Trenton MFRC has worked in partnership with Loyalist College's student Enactus team to develop and deliver a two-day workshop entitled HERCs that is offered to the local military community.

To date, 98 individuals have completed the workshops with approximately 25 businesses established.

Military families experience a complex career path made more challenging with frequent relocation and unpredictable spousal absences. In efforts to overcome the many career challenges associated with military family life, often this program is the gateway to starting their own business. I am thrilled to have this chance to share it with other MFRC's in Ontario."

Elizabeth Nicholas' ultimate goal is to have the HERCS training program offered at Canadian MFRCs everywhere.

Building on its success, the HERCS program has recently expanded to include a provincial pilot program.

During the pilot phase, HERCS will be available via webinar to MFRCs in Kingston, Ottawa, London, Toronto, Petawawa and Trenton.

"The HERCS program has been life changing for many of my clients," noted Elizabeth Nicholas, Employment and Education Coordinator with the Trenton MFRC. "Those who may never have considered entrepreneurship as an option feel comfortable in attending this session to 'test the waters.' Quite

Loyalist College students have helped to develop and deliver," said Loyalist College President and CEO Mauve Piercy. "Working closely with the Trenton MFRC, they have created a powerful framework for guiding members of this session to 'test the waters.' Quite

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"This excellent opportunity has allowed our Enactus students to put to work the skills they have learned in various diploma programs, while enhancing quality of life for many military families. We look forward to continuing to support the HERCS program in the Quinte region and beyond. I am very proud that we continue to build strong partnerships like this one, between Loyalist and our communities."

HERCS offers relevant and timely training and enhances the services provided by the MFRC.

For more information on the HERCS program, please contact Elizabeth Nicholas at the Trenton MFRC at 613-965-3575.

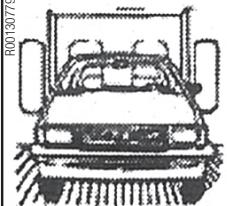
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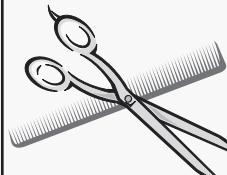
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Mac & Cheese with a Veggie Twist

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Makes 4 servings

Preparation Time: 20 min • Cooking Time: 20 min

Give mac and cheese a makeover by adding bite-sized vegetables into the creamy sauce. This ooey gooey recipe is sure to be a family favourite. Don't have time to cut the vegetables into small pieces? No worries. Cook larger pieces a bit longer until they are tender.

Ingredients

1 1/2 cups	whole wheat macaroni or fusilli	375 mL
2 tsp	soft non-hydrogenated margarine	10 mL
1	small onion, finely chopped	1
2	cloves garlic, minced	2
1	carrot, finely chopped	1
1/2 cup	finely chopped red bell pepper	125 mL
1/2 cup	grated zucchini	125 mL
2 tbsp	all purpose flour	30 mL
2 cups	skim milk	500 mL
1 tsp	chopped fresh thyme or 2 mL (1/2 tsp) dried thyme leaves	5 mL
1 cup	shredded light old Cheddar cheese	250 mL
1 tsp	Dijon mustard	5 mL
Pinch	fresh ground pepper	



Instructions

Step 1

In a pot, bring water to boil. Add macaroni and cook for about 6 minutes or until pasta is tender but firm. Drain well and set aside.

Step 2

In a large saucepan, heat margarine over medium heat and cook onion and garlic for 1 minute. Add carrot, red pepper and zucchini and cook, stirring for about 5 minutes or until softened. Stir in flour and cook, stirring until flour is absorbed. Slowly pour in milk and stir until smooth. Add thyme. Cook, stirring for about 5 minutes or until starting to bubble. Stir in cheese, mustard and pepper. Remove from heat and stir until melted and smooth. Stir in cooked macaroni until well coated.

Tips

What kid doesn't love mac and cheese? Ask your little chef to help grate the cheese using a box grater. Ask your kids to choose what pasta shape they want to use. There are lots to choose from, like penne, scoobi doo, shells and wagon wheels. Make it yours. Personalize this recipe by switching up the cheese.

Here's how you can use frozen vegetables in this recipe. Leave out the carrots, red pepper and zucchini and substitute 2 cups (500 mL) diced, mixed frozen vegetables in the sauce.

Nutrition & Notes

Nutrition Information

Valeur nutritive per 1 serving

% Daily Value

% valeur quotidienne

Amount

Teneur

Calories / Calories 322 - 13%

Fat / Lipides 8 g

Saturated / saturés 4 g
+ Trans / trans 0 g

Cholesterol / Cholestérol 19 mg

14%

Sodium / Sodium 334 mg

15%

Carbohydrates / Glucides 45 g

18%

Fiber / Fibres 4 g

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• Pack hard-boiled eggs, cheese, fresh veggies, a few olives and whole-grain crackers = a super snack-like lunch.

Go for the power bowl:

• Mix lentils, roasted sweet potato and red peppers, quinoa and a drizzle of lemony dressing = a protein-packed salad bowl.

• Got eggs? Make a Mediterranean omelette with black olives, roasted red peppers and feta cheese.

• Got pasta? Sauté cooked linguine with tomatoes, mushrooms and browned lean ground beef or turkey.

• Got cheese? Grill a yummy quesadilla with cheese, corn, cilantro and black beans.

• Want salad satisfaction? Choose dark leafy greens, colourful veggies, protein-packed legumes (beans, peas and lentils). Drizzle dressing lightly.



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'Make It Happen' the theme of 8 Wing International Women's Day

Photos by Ross Lees



Chantal Fraser, a retired Lieutenant Colonel who is now the president of Empowered Path Inc. teaching Women's Empowerment Principles, shares the success stories of women to help women help themselves and to promote gender equality.

Continued from page 1

"I've never experienced someone saying to me, 'You're a woman so you can't do this.' I've never been limited by my gender."

Chantal Fraser, a retired Lieutenant Colonel who is now the president of Empowered Path Inc. teaching Women's Empowerment Principles, shares the success stories of women to help women help themselves and to promote gender equality. She told the audience that the number of women in the Canadian Armed Forces (CAF) had remained static at 15 per cent when it was much closer to 30 per cent in the civilian workforce.

When women began joining the military, it quickly became evident that changes had to take place. Many women were losing the chance for a military career in their first week as recruits because they could not do the required number of pushups. Fraser helped change the program so women had longer to build up their upper body strength and save their military

careers.

She said change was coming about because certain companies and certain countries were supporting businesses and companies who practiced equal opportunities. She felt it was critical that community leadership and engagement continue, but that there should be total transparency, measurement and reporting of progress.

"What you measure makes change," she said, adding that France was a world leader with companies with women on boards and that the Province of Quebec was also doing something to make sure women were on boards.

Dorothy Watts, the Vice President of a local union, came to this position through necessity.

Once a nurse, she was involved in a train/truck collision where she fractured her spine in the accident. Her injury virtually ended her career as a nurse, so she went to Loyalist College and entered the paralegal program.

"I was barely able to walk at

the time, but I had to try to put my life back together again," she noted. "Once you make the decision to change, you have to start the process. Start small, make the task easy and prepare for the 'what if,'" she advised.

Mrs. Watts had several gems of advice for the women in the audience.

"Be ready for life's intervention and don't let it stop you," she said. "Attempt to satisfy your goals, but accept your shortfalls."

She also indicated stress would be a part of any working life. "Know it will come and be prepared to deal with it and resolve the issues."

A good way to accomplish resolution of issues is to surround yourself with positivity, she noted.

"Believe in yourself and make it happen," she said. "Be passionate and have that motivation to make the change. If you don't step forward, you will always be in the same place. Your life does not get better by chance, it gets better by change."

Other guest speakers at the event included Brendon Abram, who spoke on Mindfulness and Carolyn Coffin talked about her Journey to Genuine Happiness.

Also given a chance to introduce her organization, Elizabeth Nicholas, the Employment and Education Coordinator with the Military Family Resource Centre (MFRC), spoke about HERCS, Helping Entrepreneurs Reach Complete Success, an organization which offers relevant and timely training and enhanced services through the MFRC for military spouses.

But it was probably Lt.-Col. Graitson who underscored the day, when she noted, "Knowledge is power.

Always try to overcome obstacles or turn to the team to help you get through."



Capt. Michelle Guertin of 2 Air Movements Squadron and a member of the Military Airspace Management Systems (MAMS) felt life in the military and as a woman had been made easier by a "...bunch of women who blazed a trail for me."



Dorothy Watts, the Vice President of a local union, advised at the event, "Be ready for life's intervention and don't let it stop you."

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To register, please contact the MFRC reception at 613-965-3575 or email AmyL1@cogeco.net



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Quinte West comes out in force to pay its respects to this soldier killed by friendly fire



On March 10, 2015 a repatriation ceremony was held on the tarmac of 8 Wing Canadian Forces Base Trenton for the return of fallen soldier Sergeant Andrew Joseph Doiron from Kuwait. Sergeant Doiron was from Moncton New Brunswick and a member of the Canadian Special Operations Regiment. In this photo the bearer party carries fallen soldier Sergeant Doiron to the waiting hearse.

Photo by Cpl. Ken Beliwicz, 8 Wing Imaging

Continued from page 1

Forces Command.

Besides the large media contingent and the crowd of people along Repatriation Row, also in attendance to pay their respects were His Excellency the Right Honourable David Johnston, Governor General and Commander-in-Chief of Canada, the Honourable Jason Kenny, Minister of National Defence, the Honourable Julian Fantino, Associate Minister of National Defence, General Tom Lawson, chief of the Defence Staff, and Brig.-Gen. Michael Rouleau, commander of Canadian Special Operations Trenton.

The flag-draped casket arrived by C-17 Globemaster late in the afternoon carried by eight pall-bearers from the Canadian Special Operations Forces Command. While a guard of honour stood at attention as the casket was carried to a waiting hearse. Family members laid flowers on the casket as they welcomed Sgt. Doiron back onto Canadian soil.

Those paying respects to the fallen soldier included young families, veterans and military personnel from 8 Wing/CFB Trenton.

One young mother explained the ceremony to her two young children along the chain-link fence on Repatriation Row.

"That soldier died for our freedom," she said while solemnly watching the ceremony with her husband and children.

Many of the veterans and elderly spectators carried Canadian flags or Support Our Troops flags both during the ceremony and as the motorcade passed along Repatriation Row as it proceeded west to the Highway of Heroes, where even more Quinte West residents lined intersections to pay their respects.

One father along the fence at Repatriation Row paid his respects while thinking of his son in Yellowknife who was serving as a Reservist.

Yet another person in civilian clothing was a good friend of Sgt. Doiron.

Repatriation Row was lined by spectators from Quinte West paying respects to Sgt. Andrew Doiron and his family.

More photos on page 9

Photos
by
Ross
Lees

This father paid his respects to Sgt. Doiron while thinking of his reservist son in Yellowknife.



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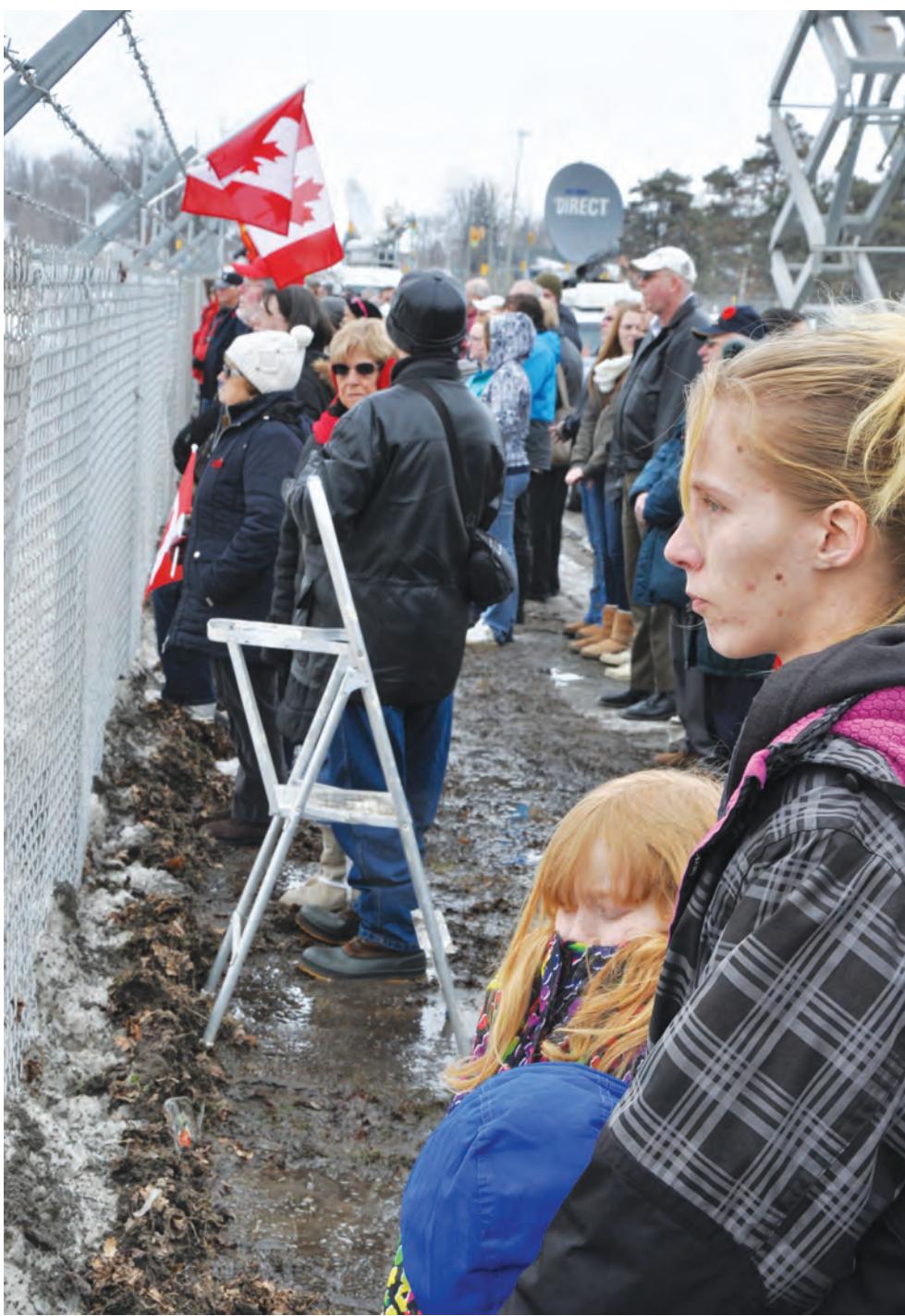
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Veterans lined Repatriation Row and paid their respects as the hearse passed by.



This young family was part of the large delegation along Repatriation Row paying their respects to the fallen soldier and his family.

Quinte West pays its respects to this soldier killed by friendly fire

Continued from page 8



People of all ages lined Repatriation Row at CFB Trenton to pay their respects to Sgt. Doiron and his family as the soldier's body returned to Canadian soil.

Photos
by
Ross
Lees

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Wing Logistics and Engineering Picture of the Week



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Snow and Ice Control continues to provide services

Cpl. Rene Lapointe works on the east ramp, after another weather event, to clear areas for aircraft to park. Even when faced with the challenges of significant snow, particularly in February, both the domestic and airfield Snow and Ice Control (SNIC) crews continue to provide services to 8 Wing/CFB Trenton and its lodger units. This allows them to continue operations with minimal interruptions.



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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.

"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

Youth Resume Clinic

Get your resume on track for that great summer job at the Trenton MFRC Youth centre on Wednesday, March 18, from 3:30 p.m. to 5 p.m. To register, email Gwenaelle.Chabert@forces.gc.ca Deadline to register is March 16. Can't make the session? Email for a one-on-one appointment with Liz at Elizabeth.nicholas@forces.gc.ca

Clinique de C.V. pour les jeunes

Prépare ton C.V. pour cet emploi estival génial ! Où : Le Centre des jeunes du CRFM de trenton. Quand : le mercredi 18 mars 2015 de 15h30 à 17 h. Envoie un courriel à Gwenaelle.Chabert@forces.gc.ca pour vous inscrire. La date limite d'inscription est le 16 mars. Impossible pour toi à cette date ? Envoie un courriel à Liz pour un rendez-vous un-à-un à elizabeth.nicholas@forces.gc.ca

Easter Baskets by Naneen

Learn how to make one-of-a-kind handmade baskets with 'Baskets by Naneen.' The creations will be perfect for Easter, for a special gift or to display in your home! Date: Saturday, March 21. Time: 9:30 a.m. to 3:30 p.m.

Cost: \$50 per person and includes: all material and supply, hands on instruction and lunch. Registration deadline: Wednesday, March 1. Call MFRC reception at 613-965-3575 or email AmyL1@cogeco.net

Panier de Pâques avec Naneen

Apprenez à fabriquer des paniers uniques avec 'Baskets by Naneen'. Ces créations sont parfaites pour Pâques, pour un cadeau spécial ou comme décor dans votre maison. Date : Le samedi 21 mars. Heures : de 9h30 à 15h30. Coût : 50\$ par personne, comprend tout le matériel, la leçon et le repas. La date limite d'inscription est le mercredi 18 mars, téléphonez la réception du CRFM au 613-965-3575 ou AmyL1@cogeco.net

Financial Spring Tune Up

Are your finances ready for this spring? Are you ready for your next major purchase, posting season, to sell your house, to buy new or to complete a home renovation? Join Darran Leaker, a retired military member and current accounts manager as he shares practical advice and effective tools to reduce debt, increase cash flow and build net worth to rev up your financial situation and prepare for the next step. March 24, 9:30 a.m. to 11 a.m. or March 31, 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

Mise au point printanière de vos finances

(En anglais seulement) Êtes-vous prêt financièrement pour le printemps ? Êtes-vous prêt pour votre prochain achat majeur, la saison d'affection, pour vendre votre maison, en acheter une nouvelle ou pour des rénovations ? Joignez-vous à Darren Leaker, un militaire retraité et gérant des comptes courants, il partagera des conseils et des outils pour réduire les dettes, accroître le flux monétaire et construire un avoir net pour raviver votre situation financière et préparer la prochaine étape. Le 24 mars, de 9h30 à 11h ou le 31 mars, 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

"Mindfulness is 'paying attention, on purpose, in the present moment, and without judgment.' (Kabat-Zinn, 1990) Open to those (military community and general public) who are interested in developing their mindfulness practices as a way to reduce stress and anxiety, increase awareness of thoughts, emotions and behaviours, and improve choice when responding to difficult situations. Feb. 25 and March 25 from 12 p.m. to 1 p.m. or 1 p.m. to 2 p.m. (Please register one week prior to workshop). Information and registration: Ashlee Allen Trenton MFRC 613-392-2811 ext. 5541 or aallen3@cogeco.net

Groupe Mensuel de Pleine Conscience

« Pleine conscience signifie : Porter intentionnellement attention aux expériences internes (sensations, émotions, pensées, états d'esprit) ou externes du moment présent, sans porter de jugement de valeur. (Kabat-Zinn, 1990) Offert à ceux (communauté militaire et grand public) qui sont intéressés à développer leur pleine conscience pour réduire le stress et l'anxiété, accroître la sensibilisation aux pensées, aux émotions et aux comportements, pour aider à faire face aux situations difficiles. Le dernier mercredi du mois de midi à 13h00 ou de 13h00 à 14h00, le 28 janvier, le 25 février, le 25 mars. S'inscrire au moins une semaine avant l'atelier. Pour information ou pour vous inscrire: Ashlee Allen CRFM de Trenton 613-392-2811 poste 5541 ou aallen3@cogeco.net

Continued on page 12

Home of the Week

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The house features a two-story design with a prominent front porch and a large deck area. The exterior is made of wood siding. The floor plan includes a den (11'-0" x 12'-0"), a bathroom, a laundry room, a kitchen (9'-0" x 10'-0"), a dining area (14'-0" x 10'-0"), a great room (14'-0" x 17'-0") with a three-way fireplace, a master suite (13'-0" x 14'-0") with an en-suite bathroom, a walk-in closet, and a sunroom (14'-0" x 8'-0"). There is also a sun deck (14'-0" x 10'-0") and a three-car garage.

One of the many thoughtful touches in this Craftsman-style home, with two bedrooms plus a den, is a U-shaped counter tiled surround is placed at an angle both to save space and allow natural light to enter. The kitchen boasts a bay window and an extra-wide sill. The dining area's window, over the sink, is the perfect spot for a plant collection. The dining area's window, which overlooks the front garden, also has an extra-wide sill.

Entry is through the ground floor into a roomy foyer. Space for a home office is to the right. Up a flight of stairs is the main-floor great room, which features sliding glass doors to a large L-shaped sundeck. The kitchen's convenience

U-shaped counter configuration and large walk-in pantry will make for a contented cook. The kitchen boasts a bay window and an extra-wide sill. The dining area's window, over the sink, is the perfect spot for a plant collection. The dining area's window, which overlooks the front garden, also has an extra-wide sill.

A roomy walk-in closet and access to the sundeck make the master suite inviting. In the generous ensuite, a soaker tub with a tiled surround is placed at an angle both to save space and allow natural light to enter.

The attractive exterior is finished with board-and-batten siding, painted trim and spindle railings, as well as river-rock accents. The double garage has feet wide and 49 feet deep, for a total of 1,539 square feet of living space.

The den overlooks the back garden and enjoys access to a patio. Adjacent to it is the full bathroom that serves the second bedroom. The laundry room is conveniently located across the corridor from the second bedroom.

The double garage has access to the ground-floor foyer, as well as to the side entrance.

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Community Events

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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 cfccontactnewspaper@gmail.com. Please include the date, time, and location of the event along with a brief description. Please do not send posters.

March 13 – CFB Trenton Blood Donor Clinic

The next CFB Trenton blood donor clinic takes place on March 13 at the RecPlex at 21 Namao Dr., in the gymnasium from 10 a.m. to 2 p.m. All regular and new blood donors are encouraged to come out and help replenish depleted blood supplies.

March 18 – 8 Wing Officers' Mess Ladies Club Off the Hook Fashions and Accessories

The 8 Wing Officers' Mess Ladies Club is presenting fashions and accessories by Off the Hook on Wednesday, March 18 at 6:30 p.m. in the Mess. Members are free and invited guests of members are \$10. Light refreshments will be served. For more information, please contact chambersj@live.ca

March 21- Quinte Branch of Ontario Genealogical Society Meeting

Quinte Branch of Ontario Genealogical Society will feature author Bill Kennedy's recent book "At the Call of King and Country," the stories of WW I soldiers and the Canadian Army Medical Corp nurses, some from Hastings County. The event 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/

March 27 – National Air Force Museum of Canada Family Fun Night

History is not boring and the National Air Force Museum of Canada is setting out to prove that to you. On March 27, they are holding a Family Fun Night and everyone is invited to experience tours like never before, have a snack at the Youth Centre canteen and get your boogie on and dance the night away. Tours take place from 5:30 p.m. until 7:30 p.m., when the dance begins. Admission is a donation of \$5 per family and the event is brought to you by the National Air Force Museum of Canada, A & W Trenton and the Trenton Military Family Resource Centre. For more information, contact Amy at 613-392-3575 or AmyL1@cogeco.net

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.

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.

MFRC continued from page 11

Employment Café and What's Next Session on...

Extreme Makeover Employment Edition. The resume and cover letters have been updated, the directories and search engines have been checked, job postings have been replied to, now what about you? Your interviewer may have only seconds to form that "first impression." Join us for an incredible morning comprised of multi-sessions like some new, exciting, uplifting and reenergizing hair designs specifically tailored for a great interview. Cosmetic application/education, discuss ideas on wardrobe and where to find it. Our morning of fun is topped with lunch and a fabulous guest speaker. Draw prizes and surprises! Thursday, March 26, from 8:30 a.m. to 1:30 p.m. at the Trenton MFRC. Fee: \$10 includes sessions, lunch and more. Register by Wednesday, March 11. Participants will be accepted on a first come, first served basis as space is limited! Registration required at the MFRC reception. For more information contact Gwen Chabert at Gwenaelle.Chabert@forces.gc.ca or 613-392-2811 ext. 3852 or Hélène Thibeault at Helene.thibeault@forces.gc.ca or 613-392-2811 ext. 4532. Subsidized childcare may be available and must be requested and registered for in advance.

Café-rencontre et tout sur la prochaine séance...

Transformation extrême – édition emploi. Vous avez mis à jour votre c.v., votre lettre de présentation, avez consulté les annuaires et les moteurs de recherche et répondu aux offres d'emploi. Et vous maintenant ? Il ne faudra que quelques secondes à votre intervieweur pour se faire une « première impression » de vous.

Joignez-vous à nous pour une matinée incroyable remplie de sessions telles que styles nouveaux de coiffure énergisants spécialement désigné pour des entrevues, les notions et l'application du maquillage, des idées de tenues vestimentaires et où les trouver. La matinée sera de plus agrémentée d'un repas et une conférencière spéciale. Prix de présence et surprises ! Le jeudi 26 mars 2015 de 8h30 à 13h30 au CRFM de trenton. Coût : 10\$ ce qui comprend les sessions, le repas et plus encore. Inscriptions requises pour le mercredi 11 mars à la réception du CRFM. Pour plus d'information, contactez Gwen Chabert à Gwenaelle.chabert@forces.gc.ca ou 613-392-2811 poste 3852 ou Hélène Thibeault à Helene.thibeault@forces.gc.ca ou 613-392-2811 poste 4532. Un service de garde à coût réduit est disponible, les inscriptions sont requises en avance.

Family Fun Night

Think museums are boring? Think again! The National Air Force Museum of Canada will be rocking at our first ever Family Fun



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Night and you're invited! Experience tours like never before, have a snack at our Youth Centre canteen and get your boogie on as we dance the night away! When: Friday March 27. Time: 5:30 to 7:30 p.m. (Tours) 7:30 to 9 p.m. (Dance). Who: Everyone! Perfect for the whole family! Where: National Air Force Museum of Canada, 220 RCAF Rd. Admission: \$5/per family. For more information please contact Amy at 613-965-3575 or AmyL1@cogeco.net

Soirée de plaisir en famille

Pensez-vous que les musées sont ennuyeux ? Pensez-y de nouveau ! Le Musée national de la force aérienne du Canada animera la toute première SOIRÉE DE PLAISIR EN FAMILLE et vous êtes invité ! Faites l'expérience d'une tournée comme jamais auparavant, ayez une collation à notre cantine du Centre des jeunes et sortez vos mouvements pour danser toute la soirée ! Quand : le vendredi 27 mars. Heures : de 17h30 à 19h30 (Tournées), de 19h30 à 21h (Danse). Pour qui : Tous ! Parfait pour toute la famille ! Où : au Musée national de la force aérienne du Canada, 220 route RCAF. Admission : Un don de 5\$/famille. Pour plus d'information, contactez Amy au 613-965-3575 ou AmyL1@cogeco.net

Hippity Hoppity Easter Cupcakes

Come and learn with 'Cakes by Amy' how to create awesome, one-of-a-kind cupcakes to celebrate Easter!

When: Tuesday March 31. Time: 6 p.m. to 8:30 p.m. Where: Trenton MFRC. Cost: \$20 per person includes: 12 cupcakes and six different fondant figurines. **Children ages 10-15 must be accompanied by an adult! For more information or to register, please call the MFRC reception at 613-965-3575 or email AmyL1@cogeco.net

Hippity Hoppity Petits gâteaux de Pâques

Venez apprendre avec 'Cakes by Amy' à créer des petits gâteaux uniques pour célébrer la fête de Pâques ! Quand : Le mardi 31 mars. Heures : de 18h à 20h39. Où : CRFM de Trenton. Coût 20\$ par personne, ceci comprend ; 12 petits gâteaux et 6 différentes figurines en fondant. ** Les enfants âgés de 10 à 15 ans doivent être accompagnés d'un adulte ! Pour plus d'information ou pour vous inscrire, contactez la réception du CRFM au 613-965-3575 ou Amy à AmyL1@cogeco.net

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



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New Mayors take familiarization tour of 8 Wing



Prince Edward County Mayor Robert Quaiff flies a simulator at 426 Squadron during the recent Mayors and Wardens familiarization tour of 8 Wing/CFB Trenton.

Photos
by
Ross Lees

By Ross Lees

Several new area Mayors and Wardens took a familiarization tour of 8 Wing/CFB Trenton on March 5. The tour consisted of stops at the Air Traffic Control Tower, 1 Hangar, 429 and 436 Squadron static displays, 424 Squadron, and finally 426 Squadron static displays at the Air Mobility Centre. Taking part in the tour were Quinte West Mayor Jim Harrison, Belleville Mayor Taso Christopher, Prince Edward County Mayor Robert Quaiff and Hastings County Warden Rick Phillips.



Belleville Mayor Taso Christopher talks with 8 Wing Commander Col. David Lowthian during the recent Mayors and Wardens familiarization tour of 8 Wing/CFB Trenton on March 5.



Prince Edward County Mayor Robert Quaiff, foreground, and Quinte West Mayor Jim Harrison, background, listen intently as they tour various areas of 8 Wing/CFB Trenton.

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**TERRY**, Frank Hubel

Passed away peacefully at the Trenton Memorial Hospital on Thursday, March 5th, 2015 while surrounded by his family, in his 85th year. Son of the late Donald and Thora Terry. Beloved husband of Betty Terry (nee Cooke) of 56 wonderful years together. Loving father of Nora-Lee Elliott (Gwain), Laurie Lynn Prins (Ron), Stephen (Laurie), David, and Valerie Fisher (Mike). Proud grandpa of Virginia, Sammantha, Britany, Justin, and Megan, and 5 great-grandchildren. Survived by his sisters Joan Jones (Late Fred), Jackie Boake (Kevin), and brothers-in-law Raine Erickson, and Richard Cooke. Also remembered by his many nieces, nephews and cousins. Predeceased by siblings Kieth (Late Donna), Lynda Erickson and Dick Benson. The family received friends at the FRANKFORD FUNERAL CHAPEL 40 North Trent St., Frankford (613-398-6400) on Tuesday, March 10th. Funeral service was held at Stockdale United Church on Wednesday, March 11th, 2015. Rev. Brad Ford officiated. Interment to take place in the spring at Stockdale Cemetery. As an expression of sympathy, donations to the Heart & Stroke Foundation, Canadian Diabetes Association, or Charity of Choice would be appreciated.

On-line condolences at www.rushnelfamilyservices.com

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Safety

Home hazardous waste can be unfriendly to the environment

Hazardous waste isn't a problem just for large industries. Your home is full of hazardous products you must dispose of safely to protect the environment. When these products are just dumped into a landfill, they can leach into the ground and pollute the water table. They also contribute to air and soil pollution for years to come.

Check out this list of common products which can be unfriendly to the environment: Batteries, cleaners and drain cleaners, herbicides and pesticides, paint, motor oil, pool chemicals, polishes, solvents, anti-freeze, pharmaceuticals, stain removers, toilet cleaners, wax strippers, oven cleaners, some bathroom cleaners, bleach, lye, wood stains and preservatives, varnish removers and paint thinner.

Try safer alternatives:

- ✓ Baking soda makes a good scouring powder.
- ✓ Vinegar and water cleans windows and smooth surfaces.
- ✓ To make an all-purpose cleaner, mix a half cup of ammonia, a



- ✓ Clean heat registers, air ducts and vents on a regular basis to improve air quality.

If you use dangerous products:

- ✓ Don't purchase more than you need.
- ✓ Use them up, or give leftovers to someone who can use them.
- ✓ Separate hazardous materials from your household garbage.
- ✓ Never dispose of hazardous materials in the sewer system, in storm drains, soil or open bodies of water.
- ✓ Contact your local government for information on how to dispose of them safely.

Alternative drain cleaners:

- ✓ Use a handful of baking soda and a half cup of white vinegar.

Cover the drain tightly for one minute while the mixture fizzes. Flush. Put a half cup of salt and a half cup of baking soda down the drain. Follow with six cups of boiling water. Let it sit for a few hours or overnight. Flush

with water.

- ✓ Pour hot water with a half cup of washing soda down the drain.

✓ Use a plunger, a coat hanger or a mechanical snake to clear drains.

Painting:

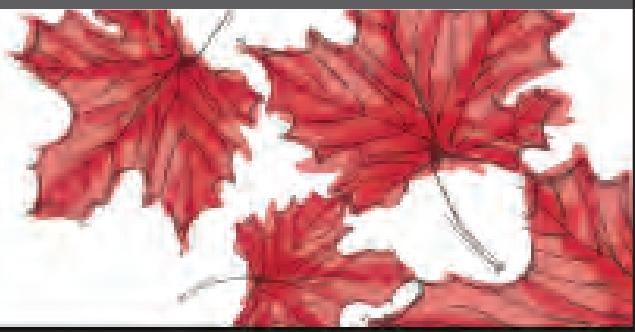
- ✓ Use old paint as primer.
- ✓ Before disposing of oil-based or enamel paint cans, take out doors and remove the lid to allow the contents to air-dry and harden.
- ✓ Allow used turpentine to sit

in a closed jar until the paint particles have settled. Pour off the clear turpentine and use again.

Air quality:

- ✓ Instead of aerosol products, use pump spray bottles.
- ✓ Make your own air fresheners by boiling or simmering sweet herbs, flower petals or spices. A good mixture is cinnamon and cloves. Keep house plants to clean the air in your home.
- ✓ Keeping your home clean and aired out will help eliminate odor problems.

The average household has a surprising number of products which can cause damage to the environment. Use them sparingly, and dispose of them with care.



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