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>> Defence Renewal: Optimizing maintenance of Vehicles and equipment

A CAF-wide analysis of how to improve vehicle and equipment maintenance began at Garrison Edmonton this year

3

>> Familiarization visit to CFS Alert a tasty experience

ADM Jaime Pitfield and his staff were served an Inuit-themed dinner for the occasion

4

>> Rockin' around the Halifax part of museum's Family Fun Night March 27

Funds raised from this exciting, unusual event will support both the museum and the Youth Centre

7



## Fun flyers

Barb Neri, in charge of Public Relations for the National Air Force Museum of Canada (pilot) and Amy LeGresley, Military Family Resource Centre (MFRC) Youth Services and Personal Development Coordination (co-pilot) are planning an evening of fun and excitement at the museum on March 27 for the first National Air Force Museum of Canada Family Fun Night. These women will demonstrate how the museum comes alive at night during this event. See story and more photos on page 7. *Photo by Ross Lees*

## 8 Wing/CFB Trenton hosting high-profile events

*Air Mobility Honour Roll will be introduced March 31, Len Birchall Leadership Award presented April 1*

By Ross Lees

There will be no joking around as March recedes into April this year at 8 Wing/CFB Trenton, according to Wing Commander Col. David Lowthian.

In fact, the last day of March and the first day of April will see the base host some very high-profile events.

On the evening of March 31, there will be the unveiling of the Air Mobility Honour Roll, according to Col. Lowthian.

"It will be the first year we're introducing the Air Mobility Honour Roll (AMHR)," he revealed. "Think back to the early 90s when Air Transport Group (ATG), Fighter Group (FG) and all those groups stood down, done away with. Everything fell under 1 Canadian Air Division (1 CAD), all of the operational Air Force capabilities.

"For us, ATG, we became the Air Mobility Forces, but really we answered to 1 CAD, so we were no

longer identified under a specific group. Since that time, if you go to the Officers' Mess, you will see Air Transport Commanders paid tribute to on the wall. That all stopped when ATG stood down. Since then, we've had several Air Mobility leaders command at very high levels of the rank of General, so what this AMHR will do is pay tribute to and recognize that."

He explained that anyone who has been a unit-level Commanding Officer or a Wing Commander for an Air Mobility organization and then they've gone on to be promoted to the rank of General and, at the rank of General, have been appointed to command of a formation or a school or something like that, they will be inducted into this Honour Roll.

That would mean that five people would immediately pass that test:

General Steve Lucas, a 435 Squadron Commanding officer who went on to command 1 CAD

*Continued on page 8*

## MFRC Gala guest speaker was a CAF Top Gun

By Ross Lees

Capt. (Retired) Jane Foster was one of the first two women in the world to qualify as "combat ready" since the Second World War and fly the CF-18 fighter jet in the Canadian Armed Forces (CAF).

After her 17-year career in the CAF, she had done things she never dreamed she would, but she ultimately retired to become a full-time mother.

Today, a mother who finally has some time for herself in Ottawa, Mrs. Foster admits missing some of the excitement but she found the wear and tear on her body and mind tough.

As a qualified fighter pilot, Capt. (Ret.) Foster was involved in several very unique events while in the CAF.

"I was involved in the first escort of the (Russian) MiG-29 fighter when it entered North American air space for the first time to go to

*Continued on page 2*

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# MFRC Gala guest speaker was a CAF Top Gun

*She was the first woman in the world since World War II to qualify as combat ready and fly CF-18 fighter jets*

*Continued from page 1*

the Abbotsford Air Show," she said. "This was the first time a foreign weapons platform had been given permission to fly into North American air space, and they had to be escorted. They couldn't just go alone, so we flew with them at 30,000 feet and got a chance to see the enemy airplane up close. I was really lucky!"

The Cold War was on at the time and they had learned about the aircraft and had pictures of it, but to see it up close and to see how much it resembled the F-15 was an opportunity not to be missed, according to Mrs. Foster.

"You could only really make out the difference once you got inside 1,500 feet," she said. "It really brought home how difficult our job is, how much the Soviets had gotten from the Americans. They were pretty much able to copy the F-15. It really brought home what we did for a living and gave meaning to it."

If that wasn't exciting enough, Mrs. Foster also got to attend Marine Corps Air Station Miramar and train in the Top Gun school.

"They really were amazing instructors, professionals, and that was an amazing exercise," she noted.

Mrs. Foster was also involved in an unusual Rim of the Pacific (RIMPAC) exercise when six Canadian CF-18s had to hold off American fighters coming from American carriers off the west coast who were pretending to try and destroy Comox.

"We were only six CF-18s and we held a 12-hour cap with no air-to-air refueling, so we had to

go two at a time airborne," she indicated. "If we saw aggressors, we would have to intercept them and make a note of the kind of airplane and its tail numbers. We would just intercept all of the bandit aircraft they threw at us and, when we ran low on fuel, we would land and hot refuel, they called it. We would leave an engine running while they quickly refueled the aircraft and either go quickly back up again or, while the aircraft was still running, we would switch pilots and get one hour of rest until the next pair came down.

"In that time, we as a six-pack, intercepted 74 airplanes. It was amazing! We intercepted them high and some came in through the mountains and we would have to come behind and identify them down low. It was just another amazing experience."

In the end, however, being a fighter pilot was a little too exciting for Mrs. Foster.

"I found flying fighters just a little too difficult, too challenging and a little frightening," she said. "So after a year, I actually pulled myself away from flying fighters and asked to go to a ground job. I'm not the most talented of pilots and I was just unhappy, in the end, with my progress and the flying. I am sad to say I only flew the F-18 for a year, so I never got the opportunity to go into combat."

The experience proved humbling and she soon applied for her release when she became pregnant with their first child. Eventually, they had two children.

Her husband continued to fly fighters and they eventually ended up in Bagotville, Quebec where they asked her to come back into the military as a reservist and help out.

Life got very hectic for the military family when Kosovo broke out and her husband was sent over on a tour.

But Mrs. Foster proved a valuable commodity for the base wives of fighter pilots as she knew exactly what they were go-

ing through and she could reassure the wives that their training was second to none, that the safety of the pilots was paramount, that they would never go into harm's way without absolutely mitigating whatever the threat could possibly be.

"I think that was a real benefit to the squadron at the time to have had one of the people left behind who understood exactly what was going on over there," she noted.

Eventually returning to Moose Jaw, Saskatchewan with her husband who had been appointed Base Commander, she went back into training and eventually became an instructor.

She recalls that time as exciting. She would teach flying during the day, come home and teach her son how to drive, then take her daughter to dance lessons.

Does she miss the flying? Yes and no.

"I'm not 20 anymore and it takes a lot of energy," she stated. "I noticed that the last few years on the job. I loved flying, but it's harder on the body as you get older and I truly would come home exhausted. When we finally stopped, it was almost in relief.

"What I still miss is the absolute joy of flying and chasing after the clouds and just having fun, not that we did a lot of that in the military," she quickly underscores with a chuckle.

She remains very high on the military and would recommend the life to anyone. In fact, their son is currently in Moose Jaw following in his parents' footsteps.

Finally able to spend some time doing what she wants, she is taking some fitness classes.

"I guess I've become a little bit selfish," she noted, drawing a laugh from this reporter.

If that's selfishness, we all should suffer from it.

She will be the guest speaker at the Military Family Resource Centre Gala on May 9 at the National Air Force Museum of Canada. Tickets are now on sale at the MFRC. Those wishing to volunteer, donate items, sponsor or attend the Invisible Ribbon Gala can do so by visiting [www.InvisibleRibbon.ca](http://www.InvisibleRibbon.ca) or by calling event planner Stefanie Wolf at 613-661-3431.



Capt. (Retired) Jane Foster is now enjoying retirement in Ottawa.

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## Capt (Ret.) Jane foster's milestones in the Canadian Armed Forces

Joining the CAF in 1982, Capt. (Ret.) Jane Foster became one of the first female pilot candidates to take part in the Service Women in Non-Traditional Environment Roles (SWINTER) trials. She completed pilot training and graduated with her wings in 1983, remaining in Moose Jaw to instruct at 2 Canadian Forces Flight Training School, where she flew the CT-114 Tutor.

For generations, women aspiring for a career in Canada's Air Force were limited to non-combat roles. That all changed in 1988 when Captains Jane Foster and Dee Brasseur were selected to participate in another military trial, the Combat Related Employment of Women (CREW) trial. They both completed the Basic Fighter Pilot Course on the CF-5 aircraft at 419 Squadron, and the CF-18 OTU at 410 Squadron. On June 9, 1989, Capt. (Ret.) Foster became one of the first two female pilots in the world since World War II. To put this in historical context, the United States did not allow female fighter pilots until 1991 and their first female fighter pilots graduated in 1993.

Following fighter training, Capt. (Ret.) Foster joined 441 Tactical Fighter Squadron and, after six months of further in-house training, she was deemed "Combat Ready", again leading the way by being the first woman to ever achieve this status. She spent a spectacular and eventful time in 441 Sqn. flying the CF-18, but welcomed a break, moving over to work at Cold Lake Wing Operations. While employed there, she maintained her flying qualifications earning the opportunity to fly the venerable T-33 Silver Star.

Capt. (Ret.) Foster retired from the regular forces in 1992.

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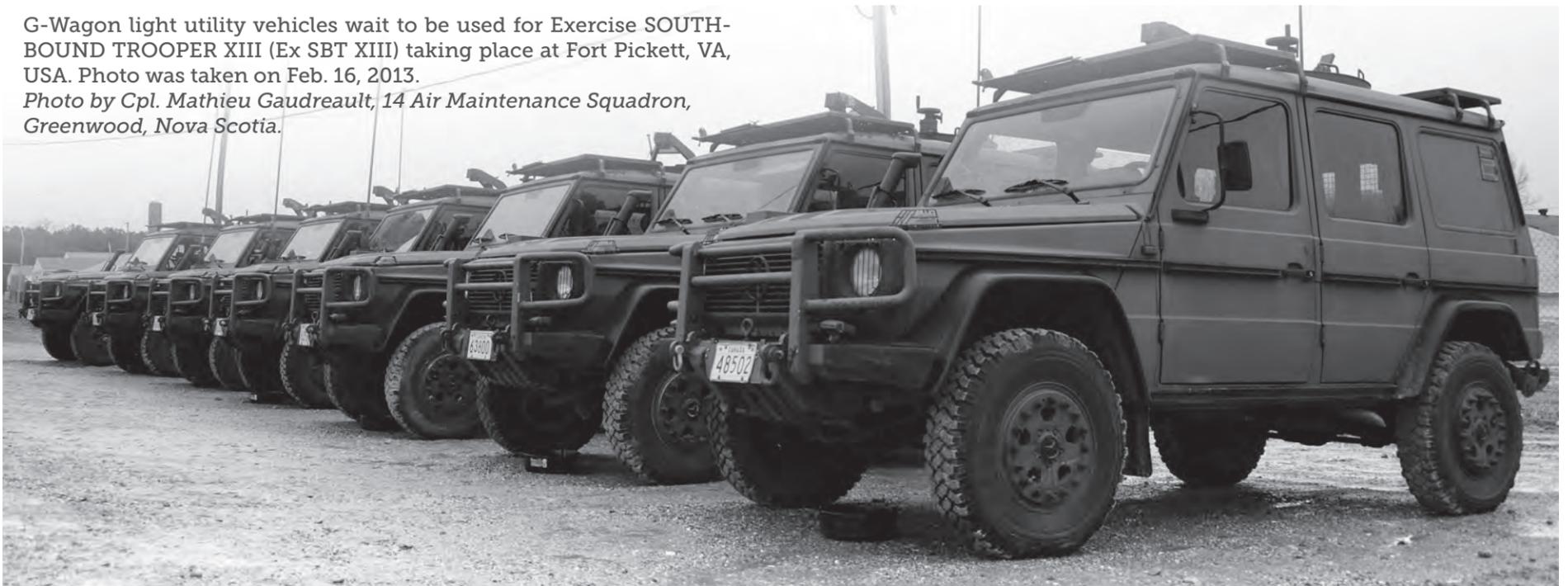
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G-Wagon light utility vehicles wait to be used for Exercise SOUTH-BOUND TROOPER XIII (Ex SBT XIII) taking place at Fort Pickett, VA, USA. Photo was taken on Feb. 16, 2013.

Photo by Cpl. Mathieu Gaudreault, 14 Air Maintenance Squadron, Greenwood, Nova Scotia.



# Defence Renewal: Optimizing maintenance of Vehicles and equipment critical to military success

*A Canadian Armed Forces-wide analysis of how to improve vehicle and equipment maintenance began at Garrison Edmonton in early February 2015*

By Margot MacPherson Brewer with files from Lynn Capuano

In the heavy equipment maintenance hangar at Garrison Edmonton, Private (Pte.) Naomi Timmons gets up from her work stool by a Heavy Logistics Vehicle Wheeled (HLVW) wheel base and heads off in search of parts.

She returns about 15 minutes later carrying a sealed plastic bag with ten round metal shims. "They are OEM (original equipment manufacturer) and they were right here!" she said triumphantly. Required parts aren't always so readily available and often have to be ordered which, in some cases, can take weeks.

If you are a vehicle technician in the Canadian Armed Forces (CAF) or Canadian Army (CA) whose job it is to keep the vehicles and equipment in military fleets operational every day, ordering and waiting for parts to arrive can add a significant amount of time to your repair and maintenance work schedule.

The CAF and the CA rely on a broad range of equipment to conduct training and operations at home and abroad. As each piece of equipment contributes to either capacity or capability, keeping this vital equipment in good repair, and efficiency in repair work processes, is critical to ongoing success.

Those work processes include efficient workshop layout and design, workflow, availability of parts and the training requirements necessary for personnel to become qualified and authorized to perform maintenance tasks.

Efficient and effective work processes are important not only in the garrison but also when soldiers are deployed in the field. The consulting firm KPMG has been retained to conduct a CAF-wide analysis of Maintenance Execution in Land, Naval and Air maintenance facilities.

A team from KPMG began its on-site, three week analysis of Land Maintenance work processes in the 3rd Canadian Division (3rd Cdn Div) vehicle maintenance hangar in early February as part of the Defence Renewal initiatives. Their review will be very detailed and includes reviewing single processes like the one Pte. Timmons goes through at Garrison Edmonton to retrieve essential maintenance parts.

Defence Renewal is an opportunity for the Department of National Defence (DND) to transform its major business processes in order to realign resources with higher priority work. Resource savings identified as part of Defence Renewal will remain

within National Defence and will be reinvested in ways that improve operational capability and readiness. The goal of the Maintenance Execution initiative is to increase equipment availability rates.

The CA has the lead for land maintenance execution.

"We want to increase the time techs spend actually working on equipment and seek a balance between doing corrective maintenance and preventative maintenance," said Major (Maj.) Chris Wood, Army G4 Desk Officer in charge of the Land Maintenance Execution portion of KPMG's work. "We are going to the maintainers on the ground to seek their input because we believe they already have the solutions. Those solutions need to be identified and implemented."



KMPG team personnel interact with CA maintainers during a visit to Edmonton, Alberta on Jan. 9-12.

Photo by MCpl. Mélanie Ferguson

Doing the business of defence ceases that will allow the CAF smarter in future means seeking changes in systems and pro-

Continued on page 15

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# Familiarization visit to CFS Alert a tasty experience

*ADM Jaime Pitfield and his staff were served an Inuit-themed dinner for the occasion*



(above) CFS Alert had the pleasure of hosting Mr. Jaime Pitfield, ADM(IE), and his staff from March 11 to 13 for an Alert site familiarization visit. A special Inuit-themed dinner was served to highlight the special occasion.

*Photos by Cpl. Ray Haack*



(above) Cpl. Thierry Houndy from CFB Bagotville wrapped up his final boxing class before departure. Cpl. Houndy is a licensed boxing instructor who was offering weekly training at CFS Alert. Left to right: Pte. Karine Desrosiers, Pte. Johannie Blackburn, Cpl. Thierry Houndy, Kevin Sheppard of Environment Canada, Pte. Marie-Pier Brillant and Cpl. Kaven Poirier.

(right) The Nasittuq kitchen staff gathers for a group photo before dessert. They had prepared an elaborate three-course meal consisting of: a spinach salad with smoked salmon and dill dressing for the appetizer; charbroiled bison prime rib with wild mushroom and peppercorn sauce, honey garlic elk sausage, arctic char with lemon dill cream sauce, twice-baked potato, roasted zucchini and baby carrots, and wild rice for the main course; and peach crisp, bread pudding, and berries and cream for dessert.



## 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.

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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.

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# Renouvellement de la Défense : Optimisation de l'entretien des véhicules et de l'équipement essentiels à la réussite militaire

Une analyse à l'échelle des Forces armées canadiennes sur la façon d'améliorer la maintenance des véhicules et de l'équipement a commencé au début de février 2015 à la garnison Edmonton

Écrit par Margot MacPherson Brewer avec l'aide de documents de Lynn Capuano

Dans le hangar d'entretien de l'équipement lourd de la garnison Edmonton, le soldat Naomi Timmons se lève de son tabouret de travail près de l'empattement d'un véhicule logistique lourd à roues (VLLR) et part chercher des pièces.

Environ quinze minutes plus tard, elle revient avec un sac de plastique contenant dix cales de métal rondes. « Il s'agit de pièces du FEO (fabricant d'équipement d'origine) et elles se trouvaient ici! » dit-elle, triomphante. Les pièces nécessaires ne sont pas toujours aussi accessibles et on doit souvent les commander, ce qui peut prendre, dans certains cas, plusieurs semaines.

Si vous êtes technicien de véhicules au sein des Forces armées canadiennes (FAC) ou de l'Armée canadienne (AC), dont le travail est de maintenir en état opérationnel les véhicules et l'équipement des flottes militaires tous les jours, la commande de pièces et l'attente de leur arrivée peuvent ajouter beaucoup de temps au calendrier de réparation et d'entretien.

Les FAC et l'AC dépendent d'une foule d'équipement pour diriger l'instruction et mener les opérations, au pays et à l'étranger. Comme chaque pièce d'équipement contribue aux capacités, le maintien de cet équipement vital en bon état, et l'efficacité des processus de travail de réparation sont essentiels au succès.

Ces processus de travail comprennent la disposition et conception efficace de l'atelier, le flux du travail, la disponibilité des pièces et la formation nécessaire pour que le personnel soit qualifié et autorisé à effectuer les tâches d'entretien. Des processus de travail efficaces sont importants, non seulement à la garnison, mais également lorsque les soldats participent à un déploiement en campagne efficace.

La firme de consultation KPMG a été engagée pour effectuer une analyse à l'échelle des FAC de l'exécution de la maintenance dans les installations des forces terrestres, navales et aériennes.

Au début février, une équipe de KPMG a commencé son analyse de trois semaines sur place des processus de travail de maintenance terrestre dans le hangar de maintenance des véhicules de la 3e Division du Canada (Edmonton) dans le cadre des ini-

tiatives de renouvellement de la Défense. Son examen sera très détaillé et comprendra l'examen de processus uniques comme celui que vit le soldat Timmons à la garnison Edmonton pour récupérer des pièces d'entretien essentielles.

Le renouvellement de la Défense est une occasion pour le ministère de la Défense nationale (MDN) de transformer ses principaux processus opérationnels afin de réaffecter les ressources à des travaux à priorité supérieure. L'économie de ressources identifiée dans le cadre du renouvellement de la Défense demeurera au sein de la Défense nationale et sera réinvestie de façon à améliorer la capacité opérationnelle et l'état de préparation.

L'AC gère l'exécution de la maintenance terrestre.

« Nous souhaitons accroître le temps que les techs passent actuellement à travailler sur l'équipement et cherchons l'équilibre entre l'entretien correctif et préventif, » explique le major Chris Wood, officier responsable G4 de l'Armée qui s'occupe de la portion l'exécution de la maintenance terrestre des travaux de KPMG. « Nous consultons les spécialistes de la maintenance sur le terrain pour obtenir leurs commentaires parce que nous croyons qu'ils ont déjà les solutions. Elles n'ont qu'à être cernées et mises en place. »

Effectuer le travail de la défense d'une façon plus intelligente dans le futur signifie de chercher les changements dans les systèmes et les processus qui permettront aux FAC de s'éloigner des tâches quotidiennes à faible priorité et de libérer du temps et des ressources afin de se concentrer sur des tâches d'une plus grande valeur et dont l'investissement porte de meilleurs fruits.

L'objectif de l'initiative globale de renouvellement de la défense est de bâtir une organisation militaire moins lourde et plus efficace.

L'examen complet des processus de l'exécution de la maintenance terrestre au sein de la 3e Division du Canada était la première étape d'un processus de recherche des faits collaboratif et à plusieurs volets. Ensuite, l'équipe de KPMG se rendra à Halifax et à Greenwood, Nouvelle-Écosse, pour examiner l'exécution de la



Privé Brenen Groenland, un responsable du service de 1 bataillon travaille sur un véhicule pendant l'équipe KPMG personnel visite à Edmonton, en Alberta 9-12 Janvier.

Photo par Caporal-chef Mélanie Ferguson

l'exécution de la maintenance au sein de la force maritime et aérienne respectivement.

Dans les mois à venir, le personnel de KPMG qui s'occupe de l'initiative de

l'exécution de la maintenance visitera un certain nombre d'autres installations des

FAC au pays.

Continuer à la page 13

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avoid developing a habit.

### Special Occasions

Reduce your risk of injury and harm by drinking no more than 3 drinks (for women) or 4 drinks (for men) on any single occasion.

Plan to drink in a safe environment. Stay within the weekly limits outlined above in Your Limits.

### When zero's the limit

Do not drink when you are:

- driving a vehicle or using machinery and tools
- taking medicine or other drugs that interact with alcohol
- doing any kind of dangerous physical activity
- living with mental or physical health problems
- living with alcohol dependence
- pregnant or planning to be pregnant
- responsible for the safety of others

- making important decisions

### Delay your drinking

Alcohol can harm the way the body and brain develop. Teens should speak with their parents about drinking. If they choose to drink, they should do so under parental guidance; never more than 1-2 drinks at a time, and never more than 1-2 times per week. Youth in their late teens to age 24 years should never exceed the daily and weekly limits outlined in Your Limits section above.

If you are in a supervisory position and would like to learn more about the Low Risk Drinking Guidelines and other topics around Alcohol, Other Drugs & Gambling awareness, call x3768 or register online at [www.cfbtrenton.com](http://www.cfbtrenton.com).

Source: Centre for Addiction and Mental Health ([www.camh.ca](http://www.camh.ca)) and Canadian Centre on Substance Abuse ([www.ccsa.ca](http://www.ccsa.ca))

### Is alcohol addictive?

Yes, alcohol can be addictive. About one person in 20 who drinks is dependent on alcohol. People with an addiction may have difficulty stopping by themselves, even if they want to, and even if other negative effects (such as financial or other personal problems) begin to outweigh the positive effects. Alcohol dependence can also cause major problems with friends, family, school, work, emotional and mental health, the law and money!

### L'alcool crée-t-il une dépendance?

Oui, l'alcool peut créer une dépendance. Environ une personne sur 20 qui boit de l'alcool en est dépendante. Les personnes ayant une dépendance peuvent avoir de la difficulté à cesser de boire sans aide, malgré leur bonne volonté et même si les autres effets négatifs de l'alcool (comme les problèmes financiers et autres problèmes personnels) commencent à l'emporter sur ses effets positifs. Une dépendance à l'alcool peut entraîner de graves problèmes sur le plan social, familial, professionnel, légal et financier, de même que sur le plan de la santé émotive et mentale!

## 8 Wing CFB Trenton Health Promotion

### Alcohol, Other Drugs and Gambling: Supervisor Training

26-27 March 2015 - 0830-1600hrs and 0830-1200hrs

Course Coded

AODG Supervisor Training provides mandatory supervisor training outlined in CANFORGEN 043/09 for all CF members in leadership positions. Topics discussed include understanding risks and benefits of alcohol use; recognizing the early warning signs; developing effective interviewing skills; and understanding and changing the culture of an organization.

Online registration is available at <http://healthpromotion.cfbtrenton.com>. Space is limited.

More information

<http://www.cg.cfpsa.ca/cgpc/Trenton/EN/HealthPromotion/Programs/Pages/AODG.aspx>

### Formation des superviseurs – Problèmes liés à l'alcool, aux drogues et au jeu excessif

26-27 Mars - de 8 h 30 à 16 h, 8 h 30 à 12 h

Le service de Promotion de la santé offre une séance de formation à l'intention des superviseurs, sur les problèmes liés à l'alcool, aux drogues et au jeu excessif. Au cours de cette séance, les superviseurs recevront la formation décrite dans le CANFORGEN 043/09, qui est obligatoire pour tous les membres des FC qui exercent des fonctions de leadership. Les sujets suivants seront abordés : comprendre les risques et les bienfaits de la consommation d'alcool; reconnaître les signaux d'alarme; développer des techniques d'entrevue efficaces; comprendre et changer la culture d'une organisation.

Vous pouvez vous inscrire en ligne à l'adresse suivante : <http://healthpromotion.cfbtrenton.com>.

Le nombre de places est limité à 18.

Plus d'informations

<http://www.cg.cfpsa.ca/cgpc/trenton/FR/healthpromotion/programs/pages/aodg.aspx>

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# Rockin' around the Halifax an aspect of museum's Family Fun Night March 27

*Funds raised from this exciting, unusual event will support both the museum and the Youth Centre*



When you get to the Family fun Night at the museum on March 27 at 5:30 p.m. you might want to ask the museum staff the name of this early Canadian aircraft featured in the museum. *Photo by Ross Lees*

By Ross Lees

The National Air Force Museum of Canada (NAFMC) and the Military Family Resource Centre (MFRC) Youth Centre's Family Fun Night is designed to serve several purposes – mainly to have fun but also to give a different perspective of the museum and to give some life experiences to the youth of the MFRC.

As an added benefit, it is also hoped the event will help raise needed funds for both the museum and the Youth Centre.

Beginning at 5:30 p.m. on March 27, the event features tours of the museum, perhaps a scavenger hunt, snacks at the Youth Centre canteen followed up by a dance. Admission is a family donation of \$5 with proceeds going to the museum. Funds raised at the canteen will benefit the Youth Centre. The A&W mascot will also be joining in the fun. The mascot, accompanied by A&W Trenton owner Bryan Rhodes, will arrive around 7:30 p.m. to dance with the families and hand out prizes.

The event is brought to you by the Trenton A&W, the NAFMC and the MFRC. For more information, contact Amy at 613-392-3575 or AmyL1@cogeco.net

Both Barb Neri, in charge of

then we have a dance where we'll make the museum rock."

"Rock around the Halifax," added Mrs. Neri.

While fun is the bottom line for this event, it can't be emphasized enough that funds raised for each of these important community venues are also important.

"For both of us, every dollar is a blessing," noted Mrs. Neri. "It is important that the community understand that everything in the museum is supported by donations. We bring in the money ourselves, either through donations through facility rentals, through educational tours, Ad Astra Stone sales, or purchases in the gift shop. If you love the museum, you really need to understand that the museum has to be supported by the community to be maintained, especially maintained at the level that the staff wishes to see it maintained at and the community expects from us."

"From the Youth Centre point of view, this couples together three of our favourite things – we're going to be learning new things, we're out exploring our community and we're going to be having a lot of fun," stated Mrs. LeGresley.

"That's really the bottom line, having fun," in-

sisted Mrs. Neri, adding that the and help these two organizations

incomparable Leo Phillips will raise funds while having fun.

provide the DJ services for the "I hope as many people as possible come out and join us," said definitely like to be involved in Mrs. Neri.

events like this which bring people in at a different time and maybe for a different reason and to get a different perspective and have fun times. We want to enjoy ourselves with the community."

"It's a fun night, but it's also our first time, so it's very much a learning experience," emphasized Mrs. LeGresley. "We saw the niche and we want to fill it."

For that to happen, the community needs to step up



The Family Fun Night at the National Air Force Museum of Canada may begin at this replica of the CFB Trenton water tower and beacon, according to Barb Neri and Amy LeGresley, organizers of the event. *Photo by Ross Lees*

public relation for the museum, and Amy LeGresley of the MFRC, emphasize that the bottom line is fun for this first-time event.

"The museum and the MFRC are joining forces to provide a fun family evening in the community," Mrs. Neri stated.

"Just like the recent Night at the Museum movies, we want to show how our air Force museum comes alive at night," said Mrs. LeGresley. "We're going to have inter-active tours, the Youth Centre is going to have a canteen on site manned by the youth themselves, providing some responsibility for the youth and gives them some life skills in manning a till and customer service, and



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# 8 Wing/CFB Trenton hosting high-profile events

*Continued from page 1*

and then went on to command the Air Force.

General Marc Dumais was 436 Sqn. Commander, 8 Wing Commander and then went on to become the Canada Command Commander at the rank of Lieutenant-General.

General Andres Deschamps, a former Commander of 436 Sqn. and 8 Wing eventually commanded the Air Force.

General Tom Lawson com-

manded 412 Sqn. and 8 Wing prior to becoming Chief of the Defence Staff.

Brigadier General Greg Luce, a former commander of 8 Air Communications and Control Squadron (8 ACCS) is now the Joint Force Commander in Yellowknife responsible for Canada's north and all operations and support in that area.

“Those will be the five introduced this year and it will be quite a special occasion,” noted Col. Lowthian. “We’ll have the

ceremony at the Officers’ Mess that night.”

He said the base would be looking forward to the following year when he would be working with WCWO Darcy Elder to look at how the same situation could be addressed for a similar all-encompassing recognition for Chief Warrant Officers.

Next year’s inductions would also feature some more former 8 Wing commanders, like soon-to-be Lt.-Gen. Mike Hood, who will take command of the Royal

Canadian Air Force (RCAF) and Brig.-Gen. Sean Friday, who will soon take command of the Royal Military College of Canada in Kingston, and Brig.-Gen. Dave Cochrane, who will take over command of 2 Air Division.

April 1 would feature the annual Leadership Forum with a number of great speakers throughout the day and the 91st Air Force anniversary dinner that evening.

“This dinner would not just be a Mess Dinner, but a dinner open to military spouses because, in

partnership with the Royal Military College Club, Canada, we’re going to host the Len Birchall Leadership Award,” Col. Lowthian stated. “We’ve been asked to host this award presentation here in Trenton, which automatically leads to a mixed attendance. Therefore, we’ll open it up more as an anniversary dinner rather than a Mess Dinner.

“So it’s quite exciting and quite an honour for us to be able to do all of this stuff over the span of two days,” he said.

## Wing Logistics and Engineering Picture of the Week

*Wing Supply Aircraft Support Flight: In preparation for BOXTOP!*

Exercise BOXTOP is a multinational replenishment tasking, in support of CFS Alert that is conducted semi-annually (one in the spring and one the fall). The exercise runs normally for a duration of two weeks and the CAF contingent consists of 436 (T) Sqn dispatched in Thule, Greenland. Wing Supply Aircraft Support Flight section is tasked to provide two personnel to care and control of a Short Term Pack-Up Kit for C130J aircraft spares parts. As displayed in this picture, WSup ASF personnel (represented by Cpl. Turcotte) and Lockheed Martin Aerospace (represented by Mr. Jamie Buxton) are combining their efforts in conducting a stock verification for the preparation of Ex-BOXTOP (I) April 9 – 25.



**The Trenton Military Family Resource Centre is RECRUITING!**



The Trenton MFRC is recruiting members for its Board of Directors. These **volunteer** positions are suited to **community-minded** individuals with non-profit governance experience. The Board is looking for strong, **strategic thinkers** with skills in Financial Management, Human Resources, Fundraising, Policy Development and Community Engagement. There are positions available for both **Military Family Members** and general **Community Members**.

Submit a letter of interest and resume to Wendy Synnott, Volunteer Coordinator - [wendy.synnott@forces.gc.ca](mailto:wendy.synnott@forces.gc.ca).

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# Ingenuity solves the CFB Trenton parking problem

A little old fashioned ingenuity could quickly solve any parking problem at CFB Trenton, as demonstrated here. Photo by Ross Lees

## International Day for the Elimination of Racial Discrimination

By MCpl Raul Chavez, 8 AMS

The International Day for the Elimination of Racial Discrimination (IDERD) was proclaimed by the United Nations' General Assembly in 1966. Canada was one of the first countries to support the UN declaration and officially commemorate the day.

Since then, substantial progress has been made towards the elimination of racial discrimination, but there is still a long way to go. The IDERD is an ideal time to renew our individual and collective commitment to the goal of ending racism. By recognizing the significant progress that has been made, The Defense Visible Minority Advisory Group (DVMAG) is encouraging everyone to continue to take action towards the goal of a racism free

and truly inclusive society for all. DVMAG has been formed to voice the interests, concerns and issues of visible minorities within DND/CAF. Our main obligation is to help make work a place where diversity is embraced, supported and represented.

On March 24, 8 Wing's DVMAG will deliver in-Champion, Lt.-Col. Andrew

Wedgwood, will be hosting a Bring-Your-Own-Lunchtime Learn event at the Officers' Mess. This year's theme will be "Recruiting Multi-Nationally, Serving as One; How the CAF may remove barriers to entry through recruiting." 8 Wing members

es from personal experiences during the lunch hour (12 noon to 1 p.m.). On the agenda is Capt. Chris Daniel, one of 8 Wing's Public Affairs Officers, hailing from the Philippines, Cpl. Elva Strome, a Bolivian-borne ATESS RMS Clerk, and Aviator Peter

About, a proud first generation Canadian Avionics Technician from 429 Sqn.

For more information, please contact Mr. Melchor Talan at 613-392-2811 ext 3774, or Capt. Jana Kozicki at ext 4275. This event is open to all.

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The BMO Support Our Troops MasterCard program helps you give back. Throughout the year, the proceeds support a variety of activities on bases, wings, and units across Canada and on missions around the world.

## Operation Santa Claus

It can be hard to be away from your family during the holiday season but members of the Canadian Armed Forces understand that sometimes it's a necessity. Since 1991, OP Santa has brought home comforts to Canadian troops deployed around the world. OP Santa packages are typically filled with treats, clothing and necessities that represent the support and goodwill of companies and individuals nationwide. These packages are a caring gesture, sending a message of gratitude to Canadian troops for their sacrifice.

Proceeds from the BMO Support Our Troops MasterCard program help purchase items to complement those that have been donated. In 2014, over 1,800 packages were sent out to Canadian men and women in uniform

across the globe, including the 600 member of Operation IMPACT in the Middle East.

## CAF Sports Awards

The Canadian Armed Forces Sports Award Ceremony, considered to be the highlight of the CAF sports year, is held annually to honour athletic excellence in the CAF. Athletes, coaches and officials, serving and retired, are recognized for their outstanding athletic performances and remarkable contributions to sport.

In 2014, the winners of the awards for male athlete, female athlete, male coach, female coach and official of the year were presented with prepaid MasterCard cards donated by BMO.

To learn more about the 2014 Sports Awards winner, visit the Sports Awards website.

## June is Recreation Month

Since 2009, Personnel Support Programs (PSP) has partnered with Canadian recreation and parks associations to promote June is Recreation and Parks Month. This program increases awareness of the part that recre-



ation and leisure facilities, services and programs play in the improvement of quality of life and operational support.

In 2014, the PSP's June is Recreation Month campaign focused on the contribution of recreation to positive mental health. The BMO Support Our Troops MasterCard program funded sports and leisure equipment for local bases, wings and units.

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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

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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'affectation, 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

**Monthly Mindfulness Group**

"Mindfulness is 'paying attention, on purpose, in the present moment, and without judgment.' (Kabat-Zinn, 1990) Open to those (military community and general public) who are interested in developing their mindfulness practices as a way to reduce stress and anxiety, increase awareness of thoughts, emotions and behaviours, and improve choice when responding to difficult situations. 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

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



This charming craftsman-style home offers lots of room for expansion, with two extra bedrooms and a den laid out in the unfinished basement, as well as two bedrooms on the upper floor. Entry is on the ground floor, where the foyer includes a coat closet and culminates in a U-shaped stairway leading upstairs to the great-room complex. Here, a gas-burning fireplace will cast its rosy glow into the dining area and the kitchen, as well as the great room. Separated from the dining area by an eating bar, the kitchen boasts a spacious pantry, as well as an L-shaped counter configuration that promises efficiency. The dining area features an optional built-out buffet that will provide extra storage and serving space, and open on to a covered deck, the idea spot for year-round grilling. Located at the back of the home for privacy, the master suite includes a roomy walk-in closet and well as a conventional closet. The ensuite bathroom includes double basins, a soaker tub and an enclosed shower stall. The second bedroom is situated directly across from a linen closet and a broom closet. Tucked behind these is a three-piece bath. All ceilings measure nine feet. On the ground floor is a roughed-in three-piece bathroom. Sliding glass doors at the back of the ground floor lead to a covered patio. Exterior finishes include horizontal siding and shingles and decorative painted wood in the gables. On the second level, the covered deck features painted pilasters with shingled bases, complementing the stone-based pilasters on the ground floor. Windows are partly mullioned. Designed especially for a narrow lot, this home measures 25 feet wide and 58 feet deep, for a total of 1,200 square feet of living space.

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

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

### March 24 – Lunch and Learn

On March 24, 8 Wing's Defense Visible Minority Advisory Group (DVMAG) will host a Lunch and Learn event at the Officers' Mess. This year's theme will be "How the CAF may remove barriers to entry through recruiting." 8 Wing members will deliver insightful speeches from personal experiences during the lunch hour (12 p.m. to 1 p.m.). Contact Melchor Talan at 613-392-2811 x3774 for further details. This event is open to all.

### 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 of [AmyL1@cogeco.net](mailto: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](http://www.InvisibleRibbon.ca) or call event planner Stefanie Wolf at 613-661-3431.

### 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.

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](mailto:Gwenaelle.Chabert@forces.gc.ca) or 613-392-2811 ext. 3852 or Hélène Thibeault at [Helene.thibeault@forces.gc.ca](mailto: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](mailto:Gwenaelle.chabert@forces.gc.ca) ou 613-392-2811 poste 3852 ou Hélène Thibeault à [Helene.thibeault@forces.gc.ca](mailto: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 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](mailto:AmyL1@cogeco.net)

### Soirée de plaisir en famille

Pensez-vous que les musées sont ennuyants ? 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](mailto: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](mailto: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](mailto:AmyL1@cogeco.net)



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### Red Cross Spring 2015 Swim Lessons

Eight lessons in duration. Registration - Military Community - register now online or in-person from 1:30 p.m. at the RecPlex reception. General Public online registration starts Monday, March 16 and in-person starts from 1:30 p.m. at the RecPlex reception.

### NEW - Aqua Zumba

Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise program to their fitness routine. Wednesday, March 18 from 5:30 p.m. to 6:20 p.m. Affordable introductory rates are available; all inclusive members are free, otherwise it is \$4 per class while spaces are available! Join us at the RecPlex for a fun, active evening.

### Child, Youth and Teens Programs

Shinny Hockey - Register today for an 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.

### Drop-in Youth Basketball

Youth can play and practice their skills in a supervised environment where youth can get some practice and receive instruction. Each week will start with a few drills followed by organized games for ages 13-17 every Monday until March 23 from 7 p.m. to 8 p.m. at the Rec Plex.

### Drop-in Youth Badminton

Youth can play and practice their skills in a supervised environment where youth can get some practice and receive instruction. Each week will start with a few drills followed by organized games for ages 13-17 every Thursday until March 19 from 7 p.m. to 8 p.m. at the Rec Plex.

### Tyke Terrain

Come out and let your toddlers explore our Tyke Terrain every Tuesday and Thursday until March 19 from 9 a.m. to 11 a.m. Make use of our indoor toys and slides. This is a great opportunity to get your little ones out of the house and to meet other people. You are responsible for supervising your own children ages two to five years at the Rec Plex.

### March Break Activities:

Family Skate daily March 16 to 20 from 6 p.m. to 8 p.m.

Shinny Hockey daily for Tyke/Novice from 4 p.m. to 5 p.m. and for Bantam/Midget from 5 p.m. to 6 p.m.

### 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 from 7 a.m. to 8 a.m. and 4 p.m. to 5 p.m. on March 13, March 22, June 5 and June 26.

### Easter Party

As a tribute to Meghan's return, she would like to host an evening full of Easter fun! We are going to hunt for Easter Eggs, create Easter art, play Easter games and watch an Easter movie. Come dressed in your most comfortable PJs or play clothes and running shoes. Children ages six to 12 years of age can join us at the RecPlex on Friday, March 27. Games and activities will run from 6 p.m. to 9 p.m.



G-Wagon light utility vehicles wait to be used for Exercise SOUTHBOUND TROOPER XIII (Ex SBT XIII) taking place at Fort Pickett, VA, USA. Photo was taken on Feb. 16, 2013.

Photo by Cpl. Mathieu Gaudreault, 14 Air Maintenance Squadron, Greenwood, Nova Scotia.

## Renouvellement de la Défense essentiels à la réussite militaire

Continuer de la page 15

À l'aide des leçons apprises des engagements précédents en matière de défense et des repères internationaux, KPMG mettra en place un rapport et une présentation finale destinés au leadership de la Défense à l'été 2015.

L'équipe de consultation sur place de huit personnes de KPMG est composée de trois membres anciens militaires - deux provenant des FAC et un lieutenant-colonel à la retraite de l'Armée australienne qui a participé à un examen similaire de renouvellement de la maintenance dans son pays.

Ken Cox, membre de KPMG - et ancien sous-marinier qui a travaillé à la maintenance pour la plus grande partie de sa carrière de 24 ans - explique : « Lorsque je discute avec les techs de la maintenance sur le plancher, nous parlons le même langage. »

Jean-François Séguin a passé 20 ans comme ingénieur de la Marine et il est gestionnaire principal aux services-conseils en infrastructure mondiale pour le groupe de consultation KPMG.

Il dirige l'examen de l'exécution de la maintenance et il est impressionné par la coopération qu'ils reçoivent à Edmonton ainsi que par les connaissances approfondies et la passion des personnes qu'ils ont rencontrées.

« Je peux vous dire que les spécialistes de la maintenance en ont beaucoup à dire au sujet de leur travail. Ils connaissent leurs problèmes et la façon dont ces problèmes ont une

incidence sur le temps de travail effectif, » explique Séguin. « Ils possèdent déjà beaucoup de réponses et notre travail est de les écouter et d'apporter directement ces réponses au leadership. »

« Nous allons tout rassembler ce qu'on nous a dit dans l'ensemble du pays et trouverons des solutions et des façons d'aider les spécialistes de la maintenance du MDN à être plus efficaces en effectuant la maintenance au sein des Forces armées, » explique Séguin.

Les spécialistes de la maintenance sur le terrain à Edmonton souhaitent fortement partager leur opinion et ajouter leur voix aux solutions que proposera KPMG. Le Sgt Steve Rolleston, sous-officier des contrats au 1er Bataillon des services, supervise les contrats de maintenance et passe la plus grande partie d'un matin à parler avec KPMG.

« Honnêtement, le fait de parler avec les consultants m'a libéré d'un fardeau, » explique le Sgt

Rolleston. « J'étais en mesure de leur parler ouvertement de certains des problèmes qui nous ralentissent. »

Et qu'est-ce que le Sgt Rolleston aimerait voir découler du travail de KPMG?

« J'aimerais que KPMG fasse des recommandations qui rendent notre travail plus facile. Je recommande à tout le monde de leur parler. Ça ferait une grande différence. »

Les flottes opérationnelles actuelles d'aujourd'hui représentent une combinaison difficile de nouvel équipement à la fine pointe de la technologie qui demande une expertise spécifique et d'équipement existant qui exige une attention plus fréquente.

En partageant leurs observations et leurs solutions au sujet de leur travail avec l'équipe de KPMG, les spécialistes de la maintenance des FAC, particulièrement ceux de l'Ac, ont une réelle occasion de se concentrer sur le futur et de s'appuyer sur le bon travail qu'ils font déjà.



Le personnel de l'équipe de KPMG interagissent avec les responsables de FAC au cours d'une visite à Edmonton, en Alberta 9-12 Janvier 2015.

Photo par Caporal-chef Mélanie Ferguson

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



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**Phone/Téléphone:**  
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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  
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# Safety

## Back to the basics of safe behaviour



**S**afety can be a complicated business, when you consider the rules and regulations for dealing with hazards involving chemicals, gases and fast-moving machinery.

But in many situations, safe behavior is simply responsible behaviour. In fact, there is a striking resemblance between the rules we learned in childhood for being responsible around home or school, and the guidelines for safe behaviour at work.

As children, we learned that we were supposed to clean up any messes we made, and we were not to touch dangerous items without permission and supervision. These and other simple guidelines are also important for working safely as adults.

Here are some tips for working safely. They will probably sound pretty familiar; we have been told these things for years:

- If you make a mess, clean it up. Many accidents are caused by spills and clutter on the floor. Accumulated debris has provided fuel for many workplace

fires. A spill of coffee may seem insignificant, but it can contribute to a serious slip and fall by a co-worker.

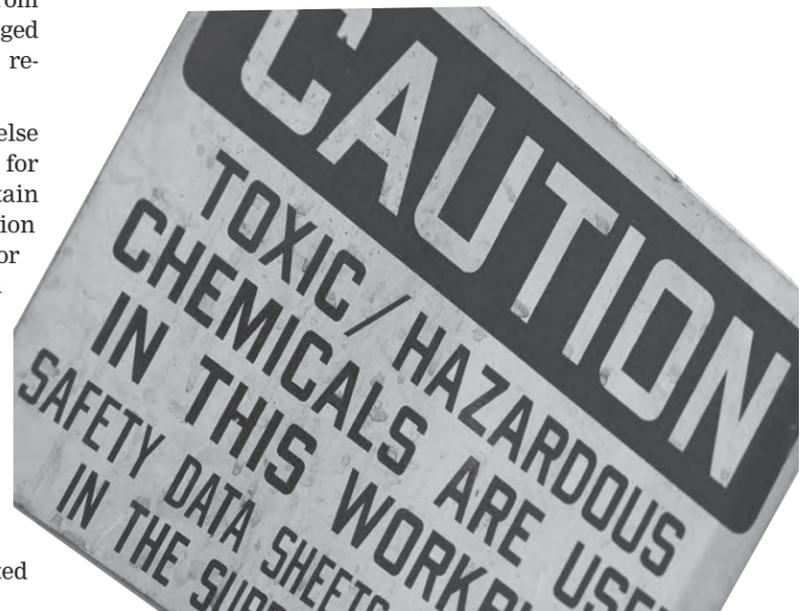
- Report any hazards to your supervisor. This can include unsafe working conditions and unsafe procedures.
- If you move it, put it back. Keeping things where they belong reduces clutter in the work area, and also reduces the chance of accidents.
- If you open it, then close it. Fire doors are a good example of something you should always close behind you.
- If you turn it on, you should turn it off. Don't assume that someone else will do so. In fact, don't assume anything.
- If you unlock it, lock it again. Security is everyone's responsibility.
- If you use it, take good care of it. This includes your Personal Protective Equipment such as hard hats, safety-toed footwear and ear plugs. Follow the manufacturer's instructions for main-

tenance.

- If you break it, repair it if authorized and qualified to do so. Do not leave it for someone else to find. Damaged tools and equipment cause many injuries.
- If you are not able or authorized to fix it, report the problem so that it will be taken care of. Damaged tools and equipment should be removed from service. They should be tagged and turned in for repair or replacement.
- If it belongs to someone else and you want to use it, ask for permission. You might obtain some valuable information about how to use a tool or piece of equipment if you talk to the operator.
- If you borrow it, return it to the owner. Time wasted looking for missing safety equipment and tools could be better spent on other tasks. If a co-worker cannot find the gear which you borrowed, he may be tempted to improvise unsafely.

- If you aren't authorized to operate it, keep your hands off. Forklifts are an example of a machine which has injured many unauthorized, untrained operators.
- If it doesn't concern you, don't meddle with it. Just think of the consequences of interfering with someone else's lockout-tagout arrangement, or meddling

with someone's fall arrest protection. Safety is full of complicated regulations and instructions, but much of it boils down to some simple basics.



# Defence Renewal critical to military success

*Continued from page 3*

daily tasks and free up time and resources to concentrate on tasks of greater value and return on investment.

The goal of the overarching Defence Renewal initiative is to build a leaner, more efficient and more effective military organization.

The complete review of processes within Land Maintenance Execution in 3rd Cdn Div has been the first step in a multifaceted collaborative fact-finding process. Next, the KPMG team will travel to Halifax and Greenwood, Nova Scotia to look at Maintenance Execution in the Navy and Air Force respectively.

And in the coming months, KPMG personnel from the maintenance execution initiative will visit a number of other CAF maintenance facilities across the country.

Using lessons learned from previous defence engagements and international benchmarking, KPMG will put together a report and final presentation for Defence leadership in summer 2015.

KPMG's eight person on-site consulting team has three ex-military members – two from the CAF and a retired Lieutenant Colonel from the Australian

Army who was involved in a similar maintenance renewal review for that country's Army.

As KPMG team member Ken Cox – an ex submariner who worked in maintenance for most of his 24-year military career – explains: "When I speak with the maintenance techs on the floor, we speak the same language."

Jean-François Séguin spent 20 years as a Navy engineer and is Senior Manager, Global Infrastructure Advisory, for KPMG's consulting group. He is the lead conducting the Maintenance Execution review and is impressed by the cooperation they received in Edmonton as well as by the deep knowledge and passion of the people they encountered.

"I can tell you that maintainers have a lot to say about their jobs. They know what their problems are and how those problems impact their wrench time," said Séguin. "They already have a lot of the answers and our job is to listen to them and take those answers directly to leadership."

"We're going to put everything together that we heard from everybody across the country and

come up with solutions and ways to help the DND maintainers to be more



Private Brenen Greenland, a maintainer from 1 Service Battalion works on a vehicle during the KPMG Team personnel visit to Edmonton, Alberta on Jan. 9-12.

*Photo by MCpl. Mélanie Ferguson*

effective and efficient at conducting maintenance in the Armed Forces," Séguin explained.

Maintainers on the ground in Edmonton have been eager to share their opinion and add their voice to the proposed solutions KPMG will devise. Sergeant (Sgt.) Steve Rolleston, Contracts NCO, 1 Service Battalion, oversees maintenance contracts and spent the better part of a morning talking with KPMG.

"Truthfully, talking to the con-

sultants was like getting a monkey off my back," said Sgt. Rolleston. "I was able to talk to them openly about some of the problems that slow us down."

And what would Sgt. Rolleston like to see come out of the work KPMG is doing?

"I would like to see KPMG make recommendations that make it a little easier to do our jobs. I would recommend everyone talk to them. It could make a huge impact."

Today's current operational fleets represent a challenging combination of new technologically advanced equipment that demands specific expertise and legacy equipment that requires more frequent attention.

By sharing insights and solutions about their work with the KPMG team, maintainers in the CAF, especially those in the CA, have a real opportunity to focus on the future and build on the good work they already do well.

## Natasha's Wood Foundation seeks young artists!

Has your child ever dreamed of illustrating a real book? If you have a budding artist in your household, it's time to dig out the crayons to take part in an exciting new project.

The Natasha's Wood Foundation is looking for Canadian children and youth to submit illustrations to four children's books. These picture books are written by Fay Maddison, founder of the Natasha's Wood Foundation, especially with early readers and military families in mind. These inventive stories feature a magical forest, fairies, unicorns and dragons – a whole imaginative world just waiting for children and youth to bring it to life.

"Created, designed and written for those that love bedtime stories, magical lands and the joy of discovering new friends, these picture books will bring a message of hope, love and friendship to all," said Fay. "We are inviting youth to influence the look, feel, and sound of learning from the world of Natasha's Wood."

The Natasha's Wood Foundation will kick-off the children's art campaign on March 5, with a feature on "The Zone" on YTV. Canadian children up to the age of 18 will be invited to read the text for the children's books at [www.natashaswoodfoundation.com](http://www.natashaswoodfoundation.com) and submit a copy of their illustrations online or by mail. Submissions will be accepted until June 28.

The Natasha's Wood Foundation will donate all proceeds from sale of the picture books to arts, sports and education programs for the children of first responders, including the Support Our Troops Funds. These funds support children in military families in a variety of ways, including recreation programs that focus on bolstering children's mental health and resiliency, and inclusive recreation programs for special needs families.

For more information, please visit [www.natashaswoodfoundation.com](http://www.natashaswoodfoundation.com).

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**BAYVIEW AUTO MARCH A 2015, Page 1**