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>> Canadian pride high on the list of reasons to stress diversity while eliminating prejudice

The Canadian Armed Forces needs to strive to achieve the ever-changing Canadian demographic

2

>> Off the Hook fashions and accessories demonstrated for 8 Wing Officers' Mess Ladies Club

Thirty-six women turned out to view the many fashion accessories and their many uses

3

>> L'Envol revisits Camelot

Students took part in various activities related to the historical period of the knights and princesses

4

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Logistics Branch Integrator addresses 8 Wing logisticians

She told the logisticians they need to be enablers of operations to establish their credibility



By Ross Lees

Logistics Branch Advisor/Integrator (LBI) Colonel Angela Banville visited 8 Wing/CFB Trenton on Wednesday (March 25) to make sure the logisticians on the base knew who she was and that she and her staff were always available to address issues or requirements within the 47-year-old branch.

She told the large turnout that she always wanted them to be operationally focussed to keep the branch vital within the Canadian Armed Forces (CAF).

"You need to be dedicated, operationally proficient, professional, and responsive to operations because, ultimately, that's what we need to be doing as logisticians," she noted. "We need to be enablers of operations and not a hindrance to operations. In the end, if we are not contributing to operations and we're standing in the way of operations doing their missions, they'll just work around us and eventually they'll just replace us. Our credibility within the branch rests with our credibility within operations."

Col. Banville was impressed with their tour of CFB Trenton and its units and people of the Logistics Branch.

"We heard lots of great things about the work that you are doing and I'd like to take the opportunity to congratulate all of you for the work you do," she said. "Your Wing Commander (Col. David Lowthian) and the other members of the staff here that we met were very enthusiastic about the work that you do throughout the Wing in support of operations. It's very impressive what you've been managing to do with no increase in resources. That's exactly what we want to be seeing, throughout the branch, because that credibility in the end will allow us to be contributors to operations of the CAF."

The Logistics Branch is made up of three cells, she told her audience at the National Air Force Museum of Canada, training, production and the secretariat.

The training cell assesses the training being done within the branch to ensure its relevance, credibility and effectiveness and then addressing any gaps in

training which might exist, she stated.

The production cell runs things related to the occupation to keep it healthy and to ensure the entry standards are correct to set those coming into the profession up for success. They would also assess required changes, she indicated.

The secretariat promotes and supports esprit de corps and morale within the branch through such things as the newsletter.

As the LBI, she said she was responsible for melding the capabilities of the branch with the requirements of the CAF and base operations, comparing it to a city bus.

"If everything's working, the city bus will arrive on time, there will be enough room for all the passengers, there'll be enough gas and there will be a load of cargo in the back," she said. "If the Branch Integrator is not doing their job properly, the bus will break down, it won't have enough gas, there won't be enough room for all the passengers and the cargo will get left behind."

Continued on page 9

424 Sqn involved in search for downed plane

By 2Lt Jennifer Howell

The Joint Rescue Coordination Centre in Trenton received a call around 5 p.m. on March 17 requesting assistance in the search for a small Piper aircraft with three people on board. The pilot

had reported engine trouble and lost radio contact.

Immediately 8 Wing/CFB Trenton's 424 (Transport and Rescue) Squadron mobilized and deployed a CC-130H Hercules aircraft and a CH-146 Griffon helicopter to an area south of Sudbury where the

Piper aircraft was last reported.

"We had a position that we were fairly confident in and we flew multiple patterns to find the missing aircraft," said first officer Captain Dan Desjardins. "The search was very thorough."

Night quickly enveloped the

search area, reducing visibility and complicating the task at hand for the Search and Rescue (SAR) crew.

"The challenge with most all-night missions is keeping energetic, keeping 100 per cent alert especially in SAR operations

where our aircraft is flying low and slow," said Capt. Desjardins. "This is where you have to be the most alert as a pilot."

Spotters that were onboard the aircraft are equipped with night vision goggles, but those can only

Continued on page 8



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Canadian pride high on the list of reasons to stress diversity while eliminating prejudice

The Canadian Armed Forces needs to strive to achieve the ever-changing Canadian demographic

By Ross Lees

Three proud Canadians and Canadian Armed Forces (CAF) members gave all of those who attended the lunch and learn marking 8 Wing's International Day for the Elimination of Racial Discrimination (IDERD) at the Officers' Mess a lesson in Canadian pride.

Cpl. Elva Strome of the Aerospace and Telecommunications Engineering Support Squadron (ATESS), Avr. Peter Aboud of 429 Squadron, and Capt. Chris Daniel of 8 Wing Public Affairs, spoke about their own experiences as

visible minorities, as Canadians, and as members of the CAF.

Lt.-Col. Andrew Wedgwood of 8 Air Maintenance Squadron (8 AMS) was the 8 Wing Champion for visible minorities, noting this event was key to providing them with the attention they deserve.

"If issues arise, they've got somebody as a warm bellybutton to poke to make sure we address those issues as required," he stated.

He said Canadians tend to think of themselves as an open, tolerant society when it comes to racial discrimination, but he noted we still had issues to address and the CAF still had to try to achieve the Canadian demographic in general.

In 2001, 13 per cent of Canadians were identified as visible minorities. By 2017, that percentage is expected to have increased to 19 to 23 per cent thanks to immigration. The CAF needs to continue to reflect that demographic.

The national theme for the day was Standing Together.

"We are hoping to ensure there are no systemic barriers to entry into the CAF and, once you're in, we want to make sure it's a welcoming, tolerant environment that is essentially blind to racial



Avr. Peter Aboud – "We are Canada, no matter what that looks like."



Cpl. Elva Strome - "My life theme is building bridges, which is the opposite of building walls."



Capt. Chris Daniel – "And though our faces are different, we proudly say that we are all Canadians who stand on guard for thee!"

discrimination, in a positive sense," he noted.

Avr. Aboud represented a wide range of visible minorities since his mother is Jamaican, his father is Egyptian, and his grandmother was Chinese. He described his heritage as a blend of 101 secret herbs and spices, which gave him genetic traits 'protecting [him] from skin cancer and malaria while giving [him] the ability to get a wicked tan.'

At the same time, however, it made him an easy target for racism and discrimination.

"But there were times when the real difficulty was not dealing with ignorance and bigotry, but rather wrestling with questions of identity and belonging," he said.

Born in Toronto, Avr. Aboud was attracted to the Canadian military because he loved his country and the thought of joining the military filled him with possibilities and opportunities.

"For a young man without a clear cultural identity, just like all first generation Canadians being born today, joining the CAF gave me the opportunity to belong to something greater than my own individuality," he said.

While many Canadians say they wear their hearts on their sleeves, he said he wore his on his shoulder, pointing to the Canadian flag on his uniform, adding proudly, "We are Canadians, no matter what that looks like."

Cpl. Elva Strome said she was inspired by the day and the local event to share something very personal about herself.

"Visibly, I am short, I am dark, I have very straight black hair and I am a girl," she noted. Throughout her life, she has been called many names, some not very complimentary, but that only inspired her to try to break down barriers and to champion social justice and the equality of all human beings.

"My life theme is building bridges, which is the opposite of building walls," she said. "Building bridges is a way to connect with the people around me."

Continued on page 13



Lt.-Col. Andrew Wedgwood - "If issues arise, they've got somebody as a warm bellybutton to poke to make sure we address those issues as required."

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Off the Hook fashions and accessories demonstrated for 8 Wing Officers' Mess Ladies Club



The 8 Wing Officers' Mess Ladies Club had Off the Hook fashions and accessories demonstrated to them from the Off the Hook store in Trenton last week. Brandi and Jennifer demonstrated new fashions and the many ways accessories can be used to enhance those fashions. Thirty-six women turned out for the event. April's meeting will feature the club's annual dessert tasting evening on April 8. Photos by Ross Lees



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Oyez! Oyez! Oyez! L'Envol revisits Camelot

By Josée Cloutier

On March 12, students at the Catholic elementary school, L'Envol, took a trip back in time and found themselves in the era of the knights and princesses.

Oyez! Oyez! Oyez!

The thunderous voice of the town crier acclaimed the King and Queen of the school.

Throughout the day, the students took part in various ac-

tivities related to that historical period: a demonstration of medieval battle, a parade of costumes, designing coats of arms, traditional dances, tug-of-war and games of skill, to name just a few. The call of the trumpet told everyone that the medieval banquet was about to begin.

Lords, knights, princesses and gentlewomen showed off their clothes and jewelry...and their

smiles. Their faces beamed with happiness!

A big thank you to the members of the school board who worked to create the medieval atmosphere of that wonderful day! Their passion, creativity and enthusiasm gave richness and depth to that memorable event!

Oyez! Oyez! Oyez!



Viva! Viva! Viva! L'Envol revisits Camelot

Par Josée Cloutier

Le 12 mars dernier, les élèves de l'école élémentaire catholique L'ENVOL ont fait un retour dans le temps et se sont retrouvés à l'ère des chevaliers et des princesses.



Viva! Viva! Viva!

La voix du crieur public a tonné énergiquement pour acclamer le roi et la reine de l'école.

Durant toute la journée, les élèves ont participé à différentes activités reliées au thème de l'époque : démonstration d'un combat médiéval, parade de costumes, confection de blasons, danse traditionnelle, tir à la corde et jeux d'adresse pour ne nommer que ceux-là. C'est au son de la trompette que le banquet médiéval fût annoncé pour

tout le monde.

Seigneurs, chevaliers, princesses et gentes dames ont fièrement arboré leurs tenues et parures tout autant que leur sourire. Le bonheur se lisait sur chaque visage ! Un immense merci aux membres du conseil d'école qui ont œuvré à créer l'ambiance d'époque de cette merveilleuse journée! Leur passion, leur créativité et leur enthousiasme ont apporté richesse à cet événement mémorable!

Viva! Viva! Viva!



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.

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

Letters to the Editor:

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



A Military Community Newspaper

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



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Trenton's Nostalgic Trivia

How to fly a 'Jenny' (J.N.4)



I know that this may not pertain to Trenton, but I found these flight instructions in our archives for the Curtiss J.N.4 aircraft. It seems that pilots of yesteryear had a good sense of humour when it came to flying these early aircraft. In the first picture, the pilot thought he could land his "Jenny" on the short runway of this hangar's roof. (Location unknown.)

Credit: Brintnell, W. Leigh/Library and Archives Canada/PA-102835

section at Camp Mohawk, Deseronto, Ont.



Getting into cockpit:

Do not climb into cockpit in the usual manner. If you put your weight on the lower wing panel, it will fall off and, besides, your foot will go through the wing probably spraining the ankle. The best way to get into the cockpit is to climb over the tail surface and crawl up the turtle deck. Be sure to brush the squirrel and gopher nests out of the seat. Be sure not to cut you hand on the remnants of the windshield.

Instruments:

After having lowered yourself carefully into the seat, and having groped in vain for a safety belt, take a good look at the instruments, both of them. The one on the right is a tachometer. It doesn't work. The other is the altimeter and it functioned perfectly up until 1918, when the hand came off. Look at them now, for after the engine starts, you can't see them.

Starting the motor

The switch is on the right. It isn't connected but it does give a sense of security to the mechanic who is pulling the prop. Over, to hear the switch click, when you say "Switch off." If for some reason the motor doesn't start, don't get out to pick up the unconscious and bleeding mechanic as he really did deserve it.

Warming up

Don't warm up the motor. It will only run a few minutes anyway and the longer you run it on the ground, the less flying time you will have in the air. After the throttle is open, do not expose any portion of your body beyond

the edge of the cowling. It is no fun to have your face slapped by a flying rocker arm, or to be peppered by small bits of piston rings, valves, etc., that are continually coming out of what were once the exhaust stocks.

The take off:

The take off is in direct defiance of all the laws of gravity. If you have a passenger, do not attempt it.

The flight:

After you have dodged through the trees, windmills and chimneys, until you are over the lake, you will notice a large hole in the left side of the fuselage. This hole is to allow the stick to be moved far enough to the left to get sufficient bank to allow a left turn. Never try a right turn.

The landing:

The landing is made in accordance with the law of gravity. If the landing gear doesn't collapse on the first bounce, don't worry, it will on the second. After you have extracted yourself from the wreckage and helped the spectators put out the fire, light a cigarette and with a nonchalant shrug, walk, don't run, away.

The OX-5 engines of the J.N.4 aircraft were overhauled just up the road in the engine repair section at Camp Mohawk, Deseronto, Ontario.

Credit: Canada Dept. of National Defence/Library and Archives Canada

Provided by Capt. Sandor Gyuk, Wing Heritage Officer.

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Fitness & Health

8 Wing/CFB Trenton and CFS Alert launch Health Promotion programming via video tele-conferencing

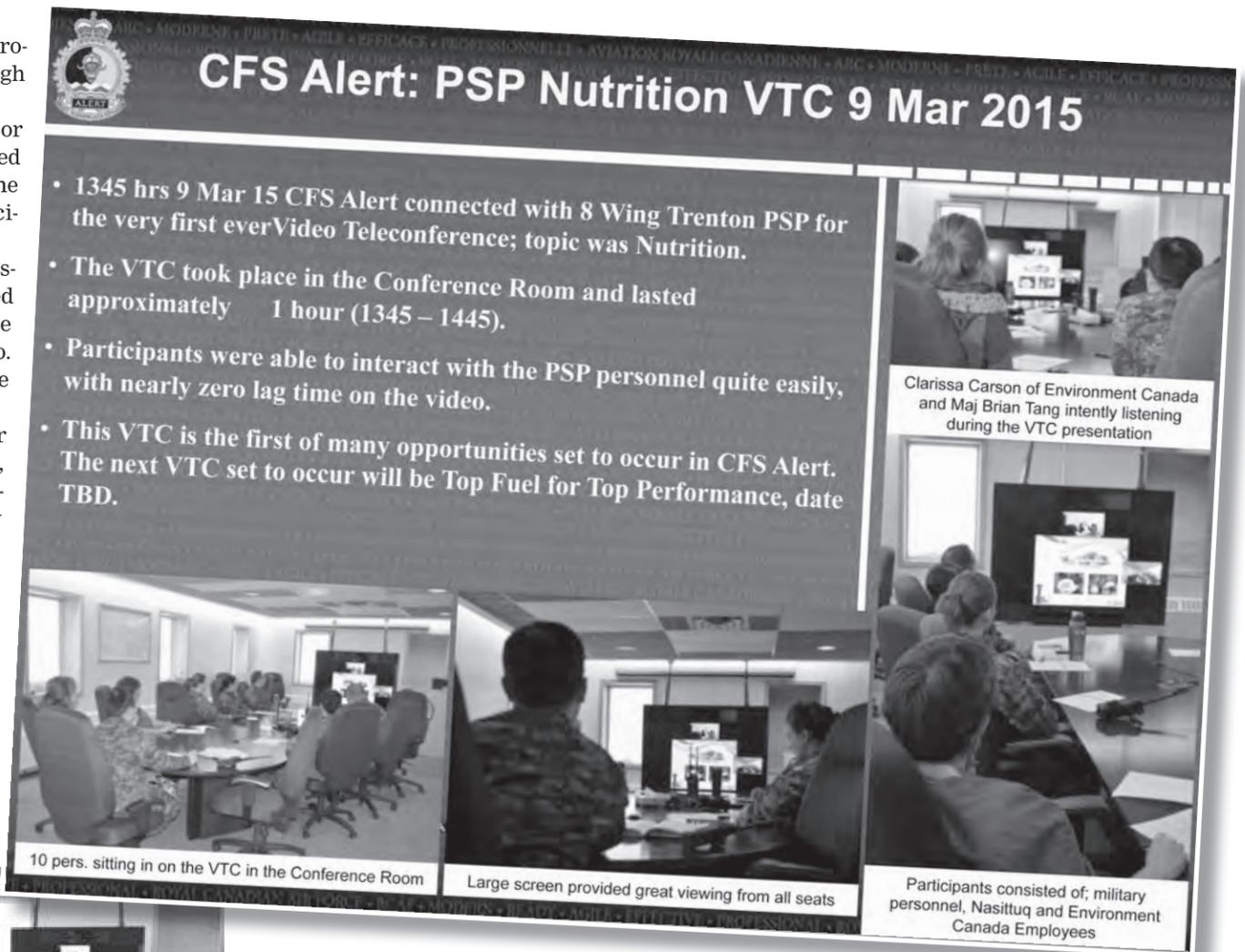
March 9 marked the first ever Health Promotion programming delivered through video teleconferencing (VTC).

With the assistance of CFS Alert's CO Major Tang along with Lt. Osborne – we were pleased to offer the first of many Strengthening the Forces (STF) presentations to military and civilian members posted to Alert.

Pictured below are the members of the session in the conference where we facilitated Nutritional Wellness programming, one of the four core program areas of the STF portfolio. The session was a huge success, paving the way for many more of its kind.

VTC provides an effective medium for course delivery and allowed for interaction, slide presentation, group work and discussion, all components of course delivery available at the Wing and/or Base. We were pleased to be able to offer this programming to our colleagues in the north as it keeps them informed and included on Health promotion messaging.

Many thanks to Major Tang and his team, along with the staff at CFAWC like Cindy and Pierre, who were instrumental in the success of the day. Moving forward with the technology of facilitation has opened the door for further opportunities of its kind.



CFS Alert: PSP Nutrition VTC 9 Mar 2015

- 1345 hrs 9 Mar 15 CFS Alert connected with 8 Wing Trenton PSP for the very first ever Video Teleconference; topic was Nutrition.
- The VTC took place in the Conference Room and lasted approximately 1 hour (1345 – 1445).
- Participants were able to interact with the PSP personnel quite easily, with nearly zero lag time on the video.
- This VTC is the first of many opportunities set to occur in CFS Alert. The next VTC set to occur will be Top Fuel for Top Performance, date TBD.

Clarissa Carson of Environment Canada and Maj Brian Tang intently listening during the VTC presentation

10 pers. sitting in on the VTC in the Conference Room

Large screen provided great viewing from all seats

Participants consisted of; military personnel, Nasittug and Environment Canada Employees



Health Promotion Winter 2015 Course Calendar

Alcohol, other Drugs & Gambling Awareness—Supervisor Training

Dates: 26-27 March

Timings: 0830-1600 & 0830-1200hrs (1.5 days)

Info: Mite Coded

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Dates: 31 March

Timings: 0830-1600hrs

Top Fuel for Top Performance

Dates: 16-17 April

Timings: 0830-1600hrs (both days)

Weight Wellness Lifestyle Program

Dates: 16 April—4 June (Thursdays)

Timings: 1830-2030hrs

Register: Online at: <http://healthpromotion.cfbtrenton.com>

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Mental Fitness and Suicide Awareness—

Supervisor Training

Dates: 21 April

Timings: 0830-1600

Info: Mite Coded

Managing Angry Moments

Dates: 13 May

Timings: 0830-1600hrs

Injury Reduction Strategies

Dates: 19 May

Timings: 0900-1100hrs

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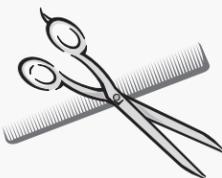
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Royal Danish Air Force aircraft refuels at CFS Alert



The Royal Danish Air Force (RDAF) stopped at CFS Alert for refuelling during their Arctic Navigational Training exercise. The RDAF CL-604 Challenger with a crew of five and two passengers was piloted by Capt. M. Jensen with Major General S. Ø. Nielsen on board. The visitors were greeted by CFS Alert personnel with a warm welcome at the HAPS building and were given a tour by Maj. Brian Tang (CO CFS Alert) and MWO Sullivan (incoming SWO).

Photo by Cpl. Raymond Haack

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424 Sqn involved in search for downed plane



Continued from page 1

enhance existing light given by the moon, stars or lights on the ground.

After more than a dozen hours of searching through the night and into the morning, debris was spotted just after 8 a.m. on March 18.

"We spotted a small piece of a wing from an air-

craft and a wheel-well; it was white on a white frozen lake. You can imagine how that looks at night," said Capt. Desjardins, who added the spot had been flown over a few times by themselves and other assets in the area. "But this time the sun caught the metallic surface just enough to catch my attention."

The crew took the GPS coordinates from over top of the debris and relayed the information to the rest of the search team - in this case the Ontario Provincial Police, the Canadian Coast Guard and 424 Squadron's SAR crews.

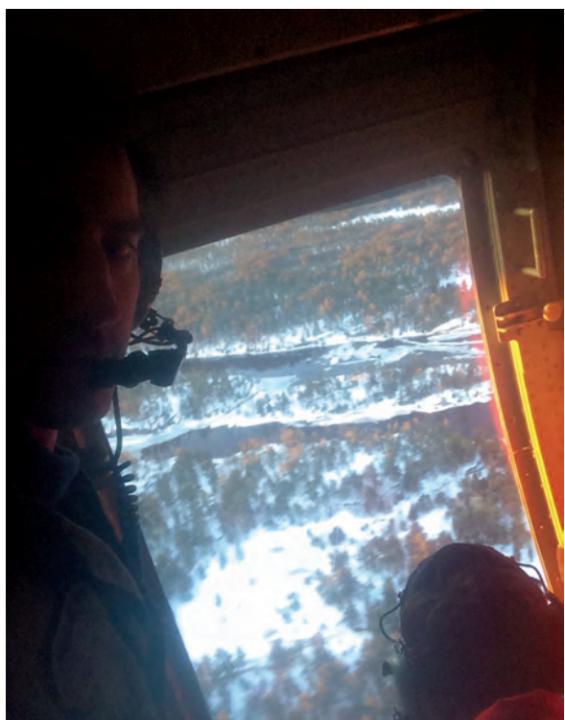
A huge amount of coordination in a SAR mission takes place in the air including communications between the different agencies aiding the search.

"We coordinate everything via radio," said Capt. James Wood, a member of 424 Squadron, adding that the Joint Rescue Coordination Centre has the big picture, making sure all the pieces work together.

Just before 11 a.m., a Canadian Coast Guard helicopter with an OPP member on board located the fuselage. Two SAR techs from the Griffon landed at the site as well.

Unfortunately all three occupants of the Piper aircraft perished in the crash.

"We're always hoping to arrive and do something good," said Capt. Desjardins. "Unfortunately this didn't have a positive outcome and our thoughts and prayers go out to the friends and family."



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Logistics Branch Integrator addresses 8 Wing logisticians

Continued from page 1

"In the end, we try to create a logistics capability with occupations that are relevant and credible with the operational missions that are properly trained and ready to support operations in the field."

She said there is never a lack of work for the LBI, who is always looking to upgrade the branch and addressing the issues it may encounter in its day-to-day operations.

"We're always looking at ways to do the job better and address issues as they spring up and impact the branch," she noted.

One of the issues they are looking at as they approach the 50th anniversary of the branch in 2018 is a new badge.

She said some members of the branch don't really like the pres-

ent badge and they intend to hold discussions to see if it should be changed to coincide with the pending anniversary.

Lt.-Gen. (Retired) Bill Leach, having joined the military in 1960, has watched the branch develop from its infancy to the present and he said he had a sense of the challenges logisticians face.

"You are the largest, most complicated, most broadly-used branch in the CAF," he indicated. "That's not a statement of fiction, that's a fact!"

Lt.-Gen. Leach said he was excited with the things being worked on and which would be produced by the branch and he was impressed with what was being done in Trenton.

"There was a time when the only thing you knew about Trenton was this is where you came to get on a 707 to fly to the east coast, the west coast or Europe," he noted. "If you came from the east coast, the west coast or Europe and you landed, you landed in Trenton. Those days are gone! You people live an every-day life of being the most strategic hub of the CAF has in its inventory of places to be. You're involved in everything. It's not just an Air Force base, it's an air force location, a deployed Air Force, army units and ships at sea. It's hard

on your body and minds and your families, we know that!

"But it's travelling to places like this and meeting people like you that it's all about for me."

Chief Warrant Officer (CWO) Gerry Ross spoke about succession planning within the branch, explaining it was necessary to prepare the branch for the many retirements to come.

"You need to be prepared for those retirements so that the peo-

ple replacing them are qualified and knowledgeable enough to be able to take over," he said. "You need to stay flexible, mobile, fit, and knowledgeable so you can do your job as well as it can be done."

He also told those attending the town hall they need to remember to recognize their people as they do their jobs, adding he felt the branch in Trenton was doing a tremendous job.

Lt.-Gen. (Retired) Bill Leach, having joined the military in 1960, has watched the branch develop from its infancy to the present and he said he had a sense of the challenges logisticians face.



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Chief Warrant Officer (CWO) Gerry Ross spoke about succession planning within the branch, explaining it was necessary to prepare the branch for the many retirements to come. Photos by Ross Lees



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Honours and Awards



Colonel (Col.) David Lowthian, 8 Wing Commander, and Wing Chief Warrant Officer (WCWO) Darcy Elder present WO. Cory Gill with the Canadian Joint Operations Command Commander's Commendation during the 8 Wing Honours and Awards ceremony at the National Air Force Museum of Canada on Jan. 29.

Photo by Cpl. Owen Budge, 8 Wing Imaging

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Passes for the Toronto Science Centre

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

Laissez-passer pour le Centre de science de Toronto

Nous avons reçu de nouveaux laissez-passer pour le Centre de science (Science Centre), valide jusqu'au 30 juin. Avec ces laissez-passer, les adultes paient seulement deux dollars pour l'admission et les enfants, les jeunes et les personnes âgées entrent gratuitement. Ces laissez-passer vous sont offerts à la réception du CRFM.

Toolbox for couples

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

Boîte d'outils pour couples

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

"What about me"

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

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

(de 5 à 12 ans). Ce programme offre un appui aux enfants qui vivent ou vivront une séparation avec un être cher dû au mode de vie militaire. Il n'est pas obligatoire d'assister à chaque rencontre mais vous devez inscrire votre enfant. Pour inscription et information pour ce programme contactez Kelly: kbriggs@cogeco.net ou le poste 4527

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 Darren 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

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

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

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

Continued on page 12

Home of the Week
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Plan No: 5-3-684

This attractive home features two bedrooms plus a den that could be used as a third bedroom, as well as a bonus room over the garage that would make an ideal studio, play area or entertainment centre. The front door is sheltered and opens into a foyer with a coat closet to the left. The den, to the right, overlooks the covered porch. Directly ahead are the open-plan kitchen, dining area and spacious great room. The great room opens on to a covered patio that looks out to the back garden. A coffered ceiling adds

elegance, and the gas fireplace will be a magnet for family activities in cooler weather. The dining area is separated from the kitchen and great room by a three-seat eating bar and work island with a double sink. A doorway leads to the covered patio, and both dining area and kitchen will enjoy plenty of natural light through a large window. The kitchen is designed for efficiency, with a corner pantry and generous counter space flanking the stove. The master bedroom, at

the back of the home for privacy, includes an ensuite with a soaker tub for a touch of luxury. Double basins and a glassed-in shower stall complete the layout. The walk-in closet will provide plenty of room for clothing and accessories. The second bedroom looks out to the side garden and shares a three-piece bathroom located across the corridor, next to the linen closet. The laundry room, with its own sink, is separated from the second bedroom by a stairway to the bonus

room over the triple garage. This room can double as a mud room, with a bench and cubbies, as well as access to the garage. The stairway to the bonus room can be relocated, to make the second bedroom larger. Exterior finishes include horizontal wood siding, painted trim and shingles in the gables, as well as brick accents. This home measures 54 feet wide and 64 feet, six inches deep for a total of 2,063 square feet. Ceilings on the main floor are nine feet.

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

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

April 8 – 8 Wing Officers' Mess Ladies Club Dessert Tasting Night

The 8 Wing Officers' Mess Ladies Club annual dessert tasting competition with gourmet teas by Kerri Martin takes place at the mess at 6:30 p.m. Admission is your favourite dessert with recipe or \$15 at the door for both members or invited guests of members. For more information, please contact chambersj@live.ca

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.

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 or contact Bob Giguere at bob.giguere1@gmail.com - 613-478-1343 or Don Herbertson at don.herbertson@gmail.com or at 613-478-2747.

MFRC continued from page 11

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

Baladi avec Amara

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

'Monthly 'Afternoon Chatter'

Social gathering, meet and munch, Sunday, April 19 from 1 p.m. to 4 p.m. at Tomasso's, 35 Front Street, Quinte West. Everyone is welcome! Derived from the Facebook Group 'CFB Trenton Spouses', Joanne and Susan decided to bring the members of this group out of cyberspace and do some "Meet and Mingle". Information and RSVP by April 17 with Susan by text or call at 343-263-3388.

'Jasette de l'après-midi'

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

Heroes Camp

Ready for a new adventure? Join us JULY 12 to 17, for a fully-sponsored camp experience. Heroes' Camp is a fully-sponsored week at camp for children of our serving Military. Thirty-two available spots for children aged 11 to 15, 16 guys and 16 girls (first-time Hero campers) at Wesley Acres Camp (Harbour Ridge Youth Camp), Bloomfield, Ontario. To register or for information contact Kelly Briggs 613-392-2811 ext.7917 or kbriggs@cogeco.net

Le camp des Héros

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

Highway of Heroes Vehicle Decal

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

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Songwriter, Lyricist, Musician

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

Auteur, compositeur et interprète

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

Same Day Counselling

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



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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, May 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.

Canadian pride high on the list of reasons to stress diversity while eliminating prejudice

Continued from page 2

Successfully building those bridges allows the true her to be seen by others and for her to get past her own ingrained prejudices to see the true people she deals with in her life, developing progress towards discovery, openness, and understanding once a commonality has been established.

It was the commonality of the uniform which attracted her to the CAF and the aim to serve Canada before self "...along with the knowledge that we can trust in each other's competence and loyalty, that you have my back," she stated.

Breaking down barriers involves sharing yourself at a human level, she added.

"We are all the same," she said. "We all need people to love us, accept us, to laugh with; we're all in the pursuit of financial stability, family, and happiness."

Finally, she gave some advice on how to be successful at building your own bridges and to eliminate the walls surrounding visible minorities.

"Emancipate yourself from mental slavery. None but ourselves can free our mind," she

said.

Capt. Daniel wanted to become a member of the CAF after he came in contact with a military member early on in his young life in the Philippines.

Eventually arriving in Ottawa with a Canadian permanent visa on his Philippine passport, two large suitcases, a laptop, his life savings in his pockets, and professional credentials, he was disappointed to find out it would take him another three years to earn his Canadian citizenship before he could apply to become a member of the CAF.

In the meantime, he considers himself fortunate to have obtained a job as a locally-engaged immigration officer at the Australian High Commission in Ottawa.

"My interest in the CAF never faded, even though I already had a stable job at the High Commission," he said. "I continued reading about the military and specifically about the Royal Canadian Air Force (RCAF). I remember telling myself then that 'I see myself wearing that blue uniform one day.'"

He remembered finally taking part in the citizenship ceremony and singing O Canada,

particularly the last phrase of the anthem - O Canada, we stand on guard for thee!

"It's such a powerful phrase; it reinforces the Canadian values of inclusion, diversity, and equality," he said. "We Canadians, though our heritage is from either from Asia, Africa, Europe or the Middle East, we stand together on guard for our Canadian values and freedoms."

"Though recruited from diverse backgrounds, we stand as one; as a strong unified force from various ethnic origins, we stand together as a unified entity, focused on defending Canada - its lands, people and values."

In a recent deployment to Lithuania, he said his colleagues from Lithuania and Portugal were fascinated on how multi-culturally diverse Canada is and how they see Canadians as a model of unity in diversity.

"Though we are ethnically different, we are all Canadians that make the great cultural mosaic that is Canada! And though our faces are different, we proudly say that we are all Canadians who stand on guard for thee!" he stated proudly.

Fondation Natasha's Wood : Jeunes artistes recherchés!

Votre enfant a-t-il déjà rêvé de voir ses dessins dans un vrai livre? Si vous votre enfant est un artiste en herbe, sortez ses crayons pour le faire participer à un exaltant nouveau projet!

La Fondation Natasha's Wood est à la recherche d'enfants et de jeunes canadiens qui présenteront des dessins pour illustrer quatre livres pour enfants. Ces livres sont écrits par Fay Maddison, fondatrice de la Fondation Natasha's Wood, et sont spécialement destinés aux lecteurs préscolaires et aux familles des militaires. Les trois récits originaux mettent en scène une forêt enchantée, des fées, des licornes et des dragons... tout un monde magique qui n'attend que la contribution des enfants et des jeunes pour prendre vie.

« Créés, conçus et écrits pour ceux qui aiment les histoires avant de s'endormir, les pays magiques et le plaisir de découvrir de nouveaux personnages, ces livres transmettront à tous un message d'espoir, d'amour et d'amitié, affirme Fay. Nous invitons les jeunes à apporter leur touche personnelle à toutes les facettes de l'apprentissage qu'offre le monde de Natasha's

Wood. »

La Fondation Natasha's Wood lancera le concours le 5 mars 2015 à l'émission « The Zone » de la chaîne anglophone YTV. Tous les jeunes canadiens âgés de 18 ans ou moins seront invités à lire les textes des histoires dans le site de la Fondation (www.natashaswoodfoundation.com) et à envoyer leurs illustrations en ligne ou par courrier. Le concours prendra fin le 28 juin 2015.

La Fondation Natasha's Wood versera tous les produits de la vente des livres à des programmes d'art, de sports et d'éducation à l'intention des enfants de premiers répondants, y compris au Fonds Appuyons nos troupes. Ces programmes soutiennent les enfants des familles de militaires de diverses façons, notamment au moyen de programmes de loisirs visant à renforcer la santé mentale et la résilience des enfants et de programmes de loisirs inclusifs pour les familles ayant des besoins spéciaux.

Pour d'autres renseignements, consultez le site : www.natashaswoodfoundation.com.

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Safety

Let sleeping dogs lie and stay safe

Dog bites are an occupational hazard for many workers, particularly those whose jobs bring them to private homes.

While an attack by a dog may seem to be unprovoked, the dog has reasons for its behavior. Even the most trusted pet still has the instincts which ensured survival of its ancestors in the wild. The strongest of these are defending itself and its territory, protecting its young and chasing prey.

Dogs usually give warnings before they attack, so you can protect yourself if you learn to read this body language. Growling, snarling, aggressive barking, raised fur, stiff body, stiff upright tail, and erect ears are warnings which lead to an attack.

Other kinds of behavior can also signal trouble for you. A fearful dog, slinking with its tail between its legs, is also dangerous and can attack suddenly. An unexpectedly quiet dog can be dangerous too because some dogs are bred to give no warning of an attack.

A dog in pain because of illness or injury is also prone to attack, even if you are trying to help it. And an old dog may be startled by your approach because of poor vision or hearing.

For anyone who meets an unfriendly dog, here's some friendly advice:

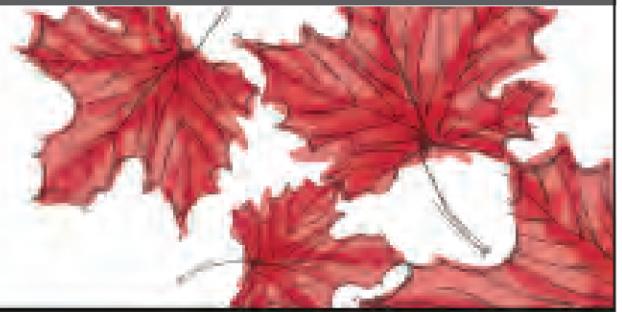
- Never pet a strange dog. Even if the owner assures you the dog is friendly, let it sniff your outstretched fist before touching it.
- Do not startle a sleeping dog. Speak or whistle softly to warn it of your presence.
- Do not go near a dog which is chained, cornered or in a vehicle.
- Do not touch or annoy a dog which is eating.
- Do not approach a dog caring for puppies.

If a dog is acting in a threatening manner, here are some ways to protect yourself:

- Keep your voice and actions slow and calm.
- Staring at the dog can be interpreted as a challenge, so avoid eye contact.
- Back slowly away. Running triggers the instinct to chase, which is why you should not bike or jog past a dog.
- If the dog lunges at you, shove any object you are carrying into its mouth. Deflect the attack with your arm to avoid injury to your face.
- If you are knocked to the ground, curl up in a ball on the ground, protecting your head with your arms. Do not move until the dog leaves.

If you are bitten, wash the area with lots of warm soapy water. Cover the wound with a clean dry dressing, and seek medical help. Report the incident to the police, health department and/or animal control authority. Remember what the dog looked like and where it went in case it needs to be examined for rabies.

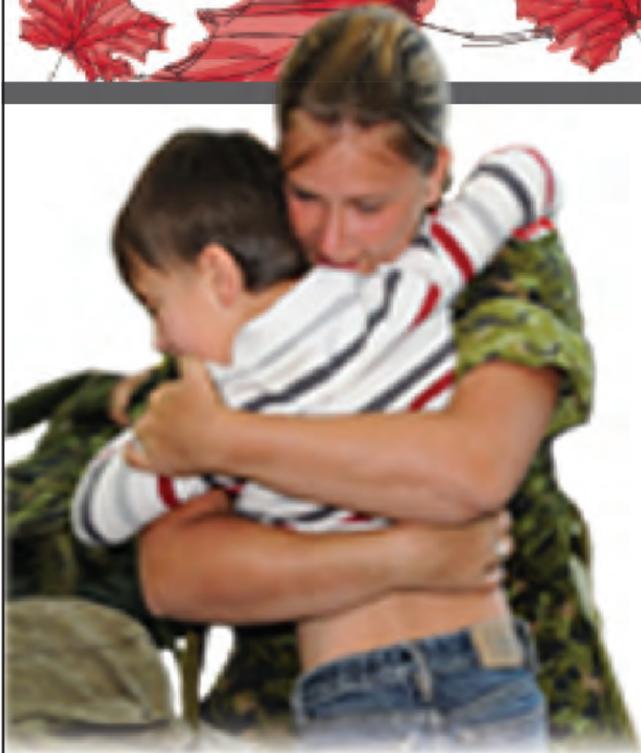
Children account for half the reported cases of animal bites. Youngsters have been killed by dogs considered harmless. Teach your children safety around dogs and other animals.



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BAYVIEW AUTO MARCH A 2015, Page 1