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CSI meets The Hurt Locker through Ex ARDENT DEFENDER

EOD/IEDD exercise tests the skills of international operators and strengthens allied interoperability



Flying debris was a part of the demonstrations that made up the Ex ARDENT DEFENDER simulations last week and which will continue through until the end of September at CFB Trenton.

Photo by Ross Lees

By Ross Lees

Their scenarios could easily be characterized as Crime Scene Investigation (CSI) meets The Hurt Locker.

The annual Explosive Ordnance Disposal/Improvised Explosive Device Disposal (EOD/IEDD) exercise that tests the skills of Canadian and international EOD/IEDD operators and strengthens interoperability with allies and civilian law enforcement and security agency teams exhibits the skills

and equipment of both of these popular television programs and movie.

This joint multinational and inter-agency exercise, dubbed Exercise ARDENT DEFENDER and running from Sept. 11 to Sept. 30 at Canadian Forces Base (CFB) Trenton, will test the capabilities for joint counter-explosive threats involved with air assets in Trenton and Kingston. Participating nations include Australia, Austria, Belgium, the Netherlands, and security agency teams exhibits the skills

Continued on page 8

Preparing for BULLSEYE

Allied cooperation and interoperability highlighted as 8 Wing aircrew visits 37 Squadron Royal Australian Air Force

By Captain Corey Gallagher, 426 (Transport) Training Squadron

A CC-130J Hercules aircraft departed 8 Wing/CFB Trenton on a tasked mission of moving cargo and passengers to a base in central Australia in support of

the multinational Electronic Warfare (EW) trial DESERT RIDER on Aug. 25.

Initially planning to participate in the trial, the Hercules crew and EW experts from (Transport and Rescue Standards and Evaluation Team) TRSET, Transport Operational Test and Evaluation

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Photo by Royal Australian Air Force

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There are no ordinary missions for the Huskies

Once again, the men and women from 437 Transport (T) "Husky" Squadron took particular pride in supporting our head of government for the Group of Twenty Finance Ministers and Central Bank Governors (G-20) Summit and a State visit to China between Aug. 29 and Sept. 7.

Accompanying The Right Honourable Justin Trudeau was his wife, Sophie Grégoire Trudeau and their daughter, Ella-Grace Trudeau, as well as the Foreign Affairs Minister, The Honourable Stéphane Dion, and the Trade Minister, The Honourable Christina Alexandra Freeland.



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For many decades, the Huskies have taken great pride in enabling the Canadian Government through its VVIP transport mandate. Comprised of a myriad of military occupations, 437 (T) Squadron's crew members join the Husky family and get trained as Loadmasters, Stewards, Cooks or Flight Attendants, where they have a chance to serve the Canadian heads of state, government officials, and of course our brothers and sisters in arms that fly on the CC-150 Polaris; a great opportunity to diversify their careers and see the world.

In order to execute VVIP missions such as this one, many weeks of planning and coordinating activities must take place. Constant liaison between the host nations through Canadian embassies, Prime Minister's Office (PMO) and 437 (T) Squadron is required. To that effect, the squadron has built relationships with the PMO and Canadian embassies around the world. During VVIP missions, the Royal Canadian Air Force (RCAF) does not only provide the aircraft and the crew, it is responsible for coordinating all the in-flight meals, onboard security, and yes, coordinating the Prime Minister's jogging requirements during fuel stops!

The Canadian Armed Forces (CAF) is also responsible to plan the routes, get all required overflight clearance and guarantee that the Prime Minister, or any other VVIP, arrives at the destination at the planned time. Through the support of 8 Wing, 437 (T) Squadron has become very efficient and proficient in enabling the Canadian government to drive its strategic goals around the planet.

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Golf tournament raises over \$12,000 for Trenton MFRC

Hastings County Warden Rick Phillips, in conjunction with the Township of Tyendinaga and the Trenton Military Family Resource Centre (MFRC), participated in an inaugural benefit golf tournament on May 14.

The event was a huge success with \$12,050 being raised in support of military families in local communities through the Trenton (MFRC).

Military families face unique challenges like frequent relocation, separation, and risk, which are all associated with the military lifestyle. The Trenton MFRC works to ensure that the local military family community is well supported in order to strengthen resilience and enhance quality of life.

“It was an honour to do something to support the members of the military who live in our communities, after all they have done to support us and our country,” stated Warden Phillips.

Tamara Kleinschmidt, Executive Director of the Trenton MFRC, added, “The dollars will be used to support the centre’s Special Needs Inclusion Program

(SNIP). There is a high percentage of children with special needs in the Quinte region and learning to navigate social services can be challenging for military families new to the community. The SNIP at the MFRC, with the support from Hastings County and Tyendinaga Township and others, will help these families.”

“Hastings County and Tyendinaga Township have a long history of working together and partnering with CFB Trenton to support our local members of the military,” noted Warden Phillips. “The success of this inaugural tournament, despite the poor weather conditions, shows that the residents of Hastings County share this support for our military families.”

8 Wing thanks Canadian Warplane Heritage Museum for QIAS support



Canadian Warplane Heritage Museum President, and Chief Executive Officer, David Rohrer accepts the framed QIAS 2016 poster from 8 Wing Commander Colonel Colin Keiver.

Photo by Second Lieutenant Jennifer Howell, 8 Wing Public Affairs

By Second Lieutenant Jennifer Howell, 8 Wing Public Affairs

8 Wing Trenton Commander Colonel (Col.) Colin Keiver called it his shrine as he overlooked the hangar full of vintage aircraft at the Canadian Warplane Heritage Museum (CWHM).

Col. Keiver was at the CWHM in Hamilton Sept. 13 to personally thank the staff of the non-profit vintage aircraft museum for their support during the

Quinte International Air Show (QIAS) 2016 held at 8 Wing this past June. “I want to thank you. You truly helped bring history and the British Commonwealth Air Training Plan alive during QIAS,” he told President and Chief Executive Officer David Rohrer as the museums staff and volunteers listened on.

CWHM featured prominently at QIAS 2016 bringing several aircraft including the venerable Avro Lancaster. The museum owns one of the only two airworthy Lancasters in the world.

Col. Keiver presented Mr. Rohrer with a framed QIAS poster as a token of thanks. QIAS 2016 Co-Chair Lt. Col. Cathy Blue and several other members of 8 Wing’s QIAS team were also able to take part in the thank you.

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BOWLING LEAGUES

Bowling leagues will start on second week of September! (Join as a team or individual)

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The world's most northerly charity casino

By: 2Lt Cory Watson

Canadian Forces Station (CFS) Alert held a Charity Casino Night to fundraise for the Government of Canada Workplace Charitable Campaign (GCWCC) recently.

The event was the idea of

Corporal (Cpl.) Brett Guitard and was realized with the help of many Station volunteers. Casino players got to try their luck on Blackjack, Let It Ride, as well as Crowns and Anchors. At the end of the evening, the Station raised a total of \$1,200.80 for GCWCC.



CFS Alert Commanding Officer Major Maj. Amy Tsai-Lamoureux accepts the cheque on behalf of GCWCC from the Charity Casino volunteers. From left to right: MWO Barry Crocker, Mr. Mario Gagnon, Maj. Amy Tsai-Lamoureux, Mr. Grant Finlayson, MCpl Andrew Benjamin, Master Corporal Frank Hamill, Cpl. Terence Hanhams, Cpl. Thomas Watters, Cpl. Artiom Levshuk, Cpl. Caitlin Green, Cpl. Calvin McKee, Cpl. Brett Guitard, Aviator Felix Diaz. Photo by: Private Alexander Thibault

Support Our Troops cheque



Lieutenant-Colonel Cathy Blue (right), Wing Logistics and Engineering Officer, teamed up with Col. Keiver to present a cheque of \$7,575 to Senior Vice-President of CFMWS Peter Atkinson for the Support Our Troops Fund. Photo by Ross Lees

Employee Assistance Program

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CANEX cookout



Barry Dougherty, Family Separation and Reunion Services at the Trenton Military Family Resource Centre (MFRC) and MFRC Director of Special Events Stefanie Wolf prepare hot dogs for the hungry masses at the recent CANEX 48th birthday celebration.

Photo by Ross Lees

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 Col. Colin Keiver, 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.

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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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8 Wing Spirit Walk kicks off 20th anniversary celebration of Canadian Morale and Welfare Services

By Ross Lees

A large contingent of base personnel turned out for the 20th anniversary of Canadian Forces Morale and Welfare Services (CFMWS) Spirit Walk at 8 Wing/Canadian Forces Base (CFB) Trenton Wednesday morning.

The 2.5 km walk through the Residential Housing Units (RHU) was designed to increase awareness of the CMWS and to heighten the base spirit through a communal event.

“It’s all about our ability to get together and do things together,” 8 Wing Commanding Officer Colonel (Col.) Colin Keiver said in his opening remarks.

He noted that Personnel Support Programs (PSP) and CMWS supports things like the CANEX, SISIP and community recreation, adding that they do exceptional work.

Quinte International Air Show (QIAS) 2016 also allowed the

Wing to do a lot of things in the background to help support the efforts of CMWS, he told the large crowd

out for the early morning walk. He said base personnel would see more and more of this happening throughout the year as a result of the QIAS and the stellar work of base personnel in supporting that effort.

“I fully anticipate us expanding community recreation programs, or potentially reducing fees for community recreation programs. All these are options that the air show gave us - that you gave us by working hard and being so professional during the air show. Thank



CANEX Manager Andrew Kerik and SISIP Assistant Manager Troy Brown were joined by Senior Vice-President of CFMWS Peter Atkinson in presenting a check of \$147,177 to Col. Keiver for the Base Fund. Photos by Ross Lees

you for what you did because without your efforts, we wouldn’t be standing here today. This is about celebrating what we do, enjoying what we do and getting out and talking on a no-email Wednesday,” he said.

Two significant cheques were presented prior to the walk.

CANEX Manager Andrew Kerik and SISIP Assistant Manager Troy Brown were joined by Senior Vice-President of CFMWS



A large contingent of base personnel turned out for the 20th anniversary of Canadian Morale and Welfare Services (CMWS) Spirit Walk at 8 Wing/Canadian Forces Base (CFB) Trenton on Sept. 21.

Peter Atkinson in presenting a cheque of \$147,177 to Col. Keiver for the Base Fund, where the proceeds from Non-public entities like Canex, Tim Hortons, facility rentals, etc, go back into a fund to provide more services for members

Lieutenant-Colonel Cathy Blue, Wing Logistics and Engineering Officer, teamed up with Col. Keiv-

er to present a cheque of \$7,575 to Senior Vice-President of CFMWS Peter Atkinson for the Support Our Troops Fund. Of the cheque presentation to the Base Fund of \$147,177, Troy Brown explained, “This is a joint presentation by both SISIP/CANEX to thank you for supporting our mission, core strategies and our role within 8 Wing.”

424 (T&R) Squadron Hercules assists in rescuing stranded hunters in Nunavut

AC-130H Hercules, a search and rescue asset from 8 Wing Canadian Forces Base (CFB) Trenton joined Her Majesty’s Canadian Ship (MMCS) Shawinigan and a chartered Canadian helicopter in an Arctic SAR tasking to help stranded hunters in the vicinity of Bylot Island, near Pond Inlet, Nunavut last week.

Rescue 336 from 424 Transport and Rescue (T&R) Squadron responded to the call at 12:19 p.m. on Sept. 14.

Upon arrival in the search area, Rescue 336 quickly found the group and proceeded to drop radio equipment near the stranded

hunters to establish communications between both parties. Medical aid equipment was also dropped to the stranded group.

At approximately 7:30 p.m. on that day, the four people were recovered from Bylot Island by the chartered Canadian helicopter and transported safely to Pond

Inlet, after which Rescue 336 returned to Trenton.

“When we arrived, we knew that any drops would prove to be very challenging,” said Major (Maj.) Steve McAlpine, Rescue 336

Flight Commander. “There were we found the casualties on the isolated snow showers in the area south western tip of Bylot Island and assisted the other assets to giving ragged ceilings. After a relatively quick shore crawl search, get them to safety.”



424 (T&R) Sqn SAR techs drop emergency radio and medical aid equipment to stranded hunters on Bylot Island near Pond Inlet, Nunavut, on Sept. 14. Supplied photo

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CANEX celebrates 48th Anniversary

Chief Warrant Officer Martine Guay, CANEX Manager Andrew Kerik and 8 Wing Administration Officer Lieutenant-Colonel Daniel Charbonneau cut the cake to celebrate the 48th anniversary of CANEX at a celebration Sept. 14.

Photo by Ross Lees



MFRC Family Day rides community involvement to another successful day

By Ross Lees

The Military Family Resource Centre (MFRC) Family Day continues to grow in popularity, as the 1,500 to 1,800 attending Sunday aptly demonstrated.

According to executive director Tamar Kleinschmidt, 1,500 people registered but they may have had up to 300 who didn't register.

The fact they once again got terrific weather for their event also did not hurt.

Mrs. Kleinschmidt indicated there are reasons for the continual growth and popularity.

"The types of activities we are offering have expanded and we invited more community clubs and agencies to attend," she said.

Feedback has been positive from both guests and community partners, Mrs. Kleinschmidt noted.

"Everyone felt very welcomed," she added.

Support from CANEX resulted in a bit of a difference in their normal fare this year as they added a petting zoo and a mini-midway.

"We also had more information booths and activities for all ages as well as over 60 volunteers which we believe contributed to the success of this event," she stated.

Support from 8 Wing also helped with a successful event as teams from various squadrons and units helped them set up on Friday and tear down on Monday.

"It would be challenging to do an event like this without that support," she acknowledged.

"We had significant support from the community, as well. We would not be able to host such a great event for military families without this help."

Rabia Stobbart, Personal Development and Youth Services Coordinator seconded many of those thoughts.

"Our activities were well received. The volunteers were making many comments about how much fun they were having, which is always great to hear. A few guests commented to me how

impressed they were."

Other new activities this year included a photo and video booth.

Devon Taylor, MFRC Communications and Development Coordinator, felt the event did what it is meant to do and better promotion helped attract a large crowd.

"The point of the event is to welcome military families into the community and showcase all the great things this region has to offer - services and resources but also sports organizations, the tourism appeal and the wonderful people we have here. I think we accomplished that. We promoted the event as much as we could, more than we have in the past I believe, which I think helped in attracting more guests."



These youngsters enjoyed the ride on the mini-midway at the MFRC Family Day Sunday.



It was also a time for children to run wild in the many and varied bouncy castles at this annual event.

Sparky may have been the most popular mascot at the event as he handed out some highly sought-after gifts.



Photos by Ross Lees



The MFRC Family Day was a great outing for families.



Demonstrations were put on by clubs and community groups throughout the day.



This young lady couldn't wait to join her friends on this bouncy castle.

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CSI meets The Hurt Locker through Ex ARDENT DEFENDER

EOD/IEDD exercise tests the skills of international operators and strengthens allied interoperability

Continued from page 1

New Zealand, Poland, Sweden, the United Kingdom, the United States and Canada. Brazil, Colombia, India and Israel are attending as observer nations. Also attending are members of the Ontario Provincial Police (OPP).

Canadian and Allied teams attending this exercise are the ones responsible for completing the intelligence cycle and supplying the feedback inside an operation, according to Kevin (K.P.) McNamara, of Level 2 TECHINT Exploitation Capability, based at National Defence headquarters in Ottawa.

"The lab staff enables

"the collection, analysis, dissemination and feedback to the operators who took the time to hold the ground to collect the material so that he or she could get it back to us to exploit it," said Mr. McNamara.

While demonstrating some of the scenarios they might encounter in a real-life situation, the aim of these teams and the process is to get "left of boom" as opposed to "right of boom" (after the explosion) or "on boom."

"If you're always showing up to the right of boom, you're picking up pieces and if the enemy had a device go off, you're not likely to get as much forensics off it as you would like," Mr.

McNamara indicated.

In Afghanistan, Canadians were some of the best at "right of boom" having some of the best equipment, superb training and well-motivated people, Mr. McNamara stated. But that is a reactive response and can cost lives, injuries and equipment loss.

"Ideally, if you are 'left of boom,' and you stopped the device before it got into the ground, you arrested the builder before he assembled it, you stopped that money trail before the parts are bought, that's all 'left of boom' and you never have to worry about those guys over here," Mr. McNamara said.

But getting "left of



Explosive situations will be simulated throughout Exercise ARDENT DEEFENDER, running at CFB Trenton from Sept. 11 to Sept. 30. The annual Explosive Ordnance Disposal/Improvised Explosive Device Disposal (EOD/IEDD) exercise tests the skills of Canadian and international EOD/IEDD operators and strengthens interoperability with allies and civilian law enforcement and security agency teams.



EOD/IEDD teams from around the world clambered to be a part of Ex ARDENT DEFENDER this year.

Photos by Ross Lees

boom" is no easy task and has taken some hard work and commitment from all involved, no easy task for a deployable organization very few people even know exists.

The hard part of the transition was mobility and getting to a scene of an IED event, according to Mr. McNamara. In Afghanistan, that often meant using Griffon and Chinook helicopters to fly to a site rather than driving to it.

In 2008 when Mr. McNamara went back to Afghanistan, they were still trying to drive to sites in

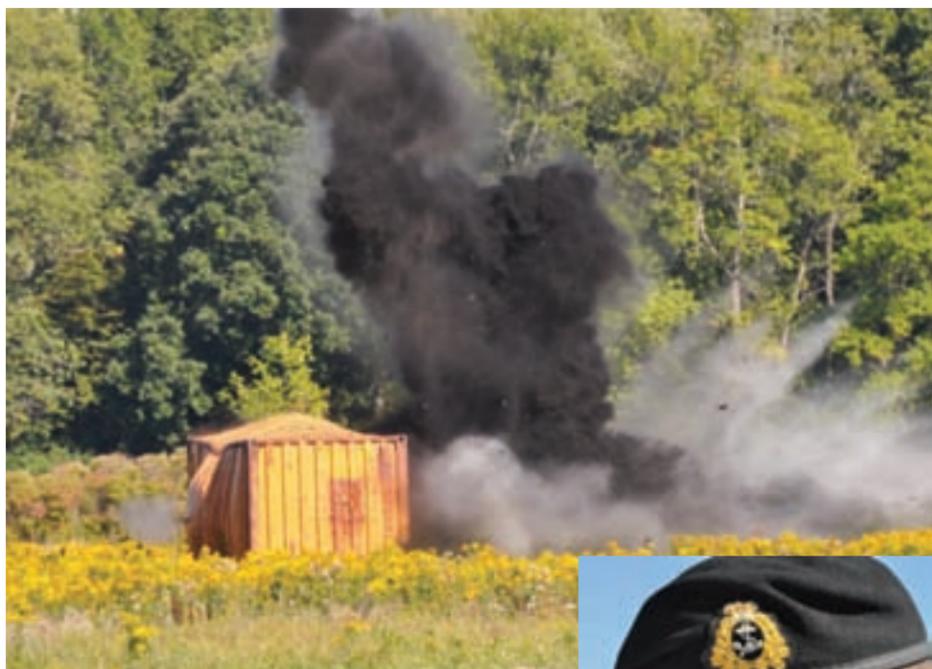
a huge area of operation (AO) sparsely populated by coalition forces. The difference between driving to a site and flying was astounding in that if you were driving, the people involved in the IED strike would do the initial collection of evidence and take it back to their tactical infrastructure. The parts would then be moved to the massive base at Kandahar, which could perhaps take a week before an examination could be done. Using air assets, the examination could perhaps be done at the end of the day of

the strike, which significantly accelerated the intelligence cycle and made capture of the bomber or builder much more likely.

"Getting inside the enemy's planning and execution cycles to get 'left of boom,' that's the real magic we can perform if we can do it," noted Lieutenant-Commander (LCdr.) Keenan of the Defeat the Device Section, Joint Counter-explosive Threat Task Force and the man overseeing Ex ARDENT DEFENDER.

Getting 'left of boom' starts with this kind of

Continued on page 9



This explosion demonstrated the result of a large vehicle borne IED explosion at Ex ARDENT DEFENDER last week.



Lt.-Col. John Keenan oversaw the exercise that will continue at CFB Trenton until Sept. 30.

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Continued from page 8

training using the best equipment available and using real life scenarios that test skills and equipment to their limits, according to both Mr. McNamara and Lt.-Col. Keenan.

An amazingly well-equipped laboratory is set up for Ex ARDENT DEFENDER which features virtually all of the equipment you would see on episodes of CSI with the capability to do all of the things you would see done on those episodes, just not as quickly, the two men laugh.

"We don't have the ability to do it over a commercial break," they chuckle.

The lab they have set up is completely portable and, once it arrives at a site like Trenton, it can be set up in just 32 man hours by 10 people. For this iteration of the exercise, staff from Canada, Australia, Austria, Great Britain and the United States provided the technical intelligence focus to the senior staff.

Back in the lab, an outer area does a quick scan of the material coming into the lab to protect the lab and its personnel.

"So if there is an explosion, it's out here and it doesn't affect the lab," the two men explain. "In 2010, the Americans 'temporarily' lost the equivalent of this lab in Bagdad because they were piling all their explosives in the lab," they added.

Once in the lab, explosive devices, components and other items of potential technical significance will be gone over minutely to exploit whatever evidence remains and to establish a chain of continuity and exploitation plan to help the teams get into the enemy planning and execution cycles. All precautions are taken to maintain the evidence and to be able to reproduce materials, especially the electrical design of an IED

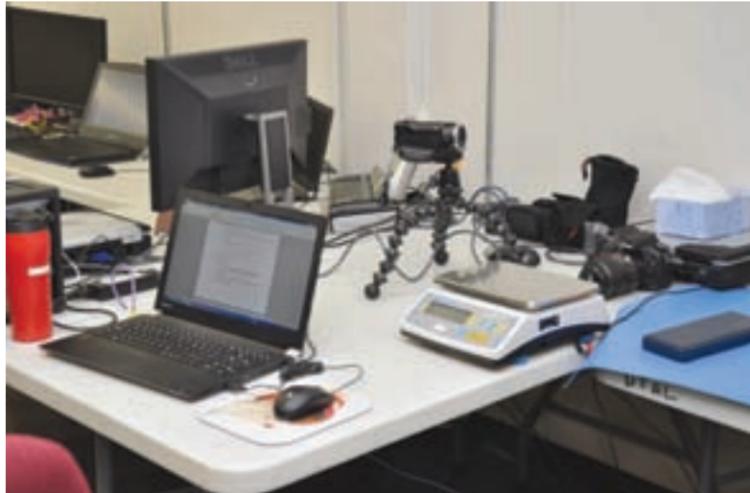
"From the perpetrator's perspective, a lot of it depends on how forensically or biometrically aware they are because there are people out there who are aware of what KP (Mr. McNamara) and the guys are doing, so they wear gloves when they build the devices, they build a cleanish room and they're more skilled at that than others," explained LCdr. Keenan. "Then there are others who are just amateurish. They're sloppy."

Those are the people who allow the EOD/IEDD teams to stay 'left of boom' and avoid picking up the pieces.

"We also had IEDs in Afghanistan where, once they assembled it all, they would take their gloves of



Typical investigation scenarios were laid out in the laboratory established at CFB Trenton for Ex ARDENT DEFENDER.



(Top right) An amazingly well-equipped laboratory is set up to support Ex ARDENT DEFENDER.

Kevin McNamara, of Level 2 TECHINT Exploitation Capability at National Defence headquarters in Ottawa made sure the demonstrations at Ex ARDENT DEFENDER were realistic and challenging for the teams taking part.



and throw the gloves inside because they expect the IED to function to destroy evidence, but their fingerprints are on the inside of those gloves," explained Mr. McNamara. "We're at the point where we can get those fingerprints, particularly if they wore them too tight. Thank you very much!" he says facetiously to the perpetrators.

When asked if revealing their skills isn't counter-productive, Mr. McNamara responded, "Nope, everything in here that we've seen is in fact open source, all the screens are black. It's the product that comes out. If you watch CSI long enough, you'll see the exact same equipment, so who are we kidding?"

There was a time when there was concern about that very issue of secrecy, but again Mr. McNamara explains.

"We're not telling you what we're doing, we're telling you how we do things but not what we're going to do with that product. I would suggest if anyone is doing this now and isn't cognizant of biometrics and forensic enabled intelligence, they will just make our jobs that much easier, again alluding to 'left of boom' technology.

"It's not counter-productive," he added. "I would suggest it is essential because the troops need to know we're here supporting them."



Assisting the EOD/IEDD teams in the demonstrations were robots of varying sizes used to disarm explosive devices.



This pot disposal setup was one of many demonstrated at Ex ARDENT DEFENDER.

Photos by Ross Lees

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Friday Night Live

RCAF ensemble, Jet Stream, kicks off free concert at Centennial Park Amphitheatre

By Second Lieutenant Ken Jacobson, 8 Wing Public Affairs

Jet Stream, an internationally renowned 20-piece ensemble of The Royal Canadian Air Force (RCAF) Band, will be hosting a free performance Friday, Sept. 23 from 6:30 p.m. until 8 p.m. at the Centennial Park Amphitheatre in Trenton.

The ensemble's diverse repertoire is sure to have something for everyone; rock, pop, country, rhythm and blues, funk and even disco. Having toured the world, Jet Stream embodies the history and tradition of music in the Canadian Armed Forces (CAF), providing musical support for all types of military and government functions, schools, and community events.

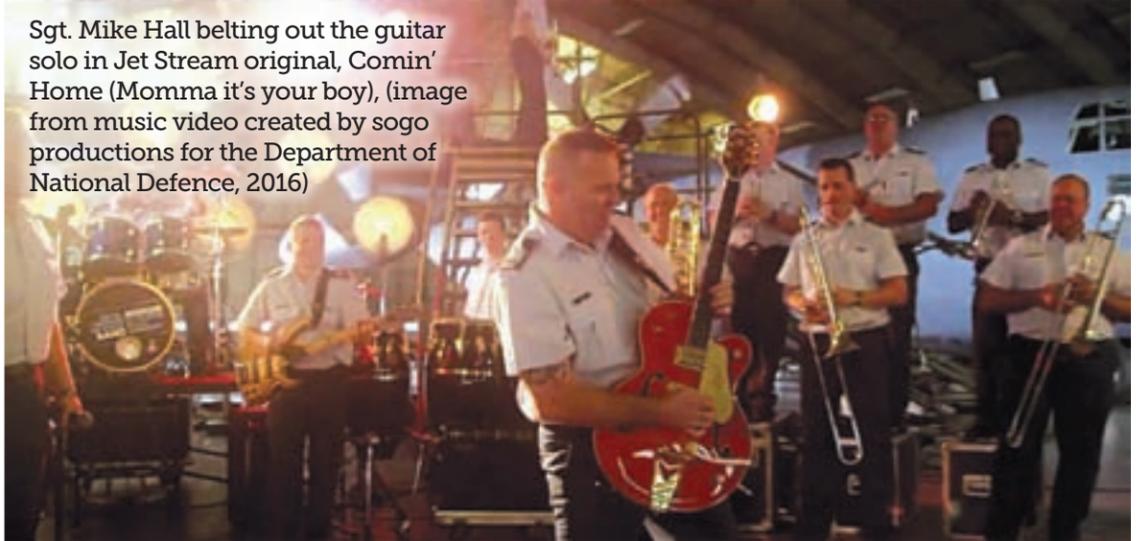
"Our focus for this tour is to try and get out and play for the members, their families and the mili-

tary community at large, however we are opening this (the tour) up to the public as well," said Sergeant (Sgt.) Richard Monzon, Production Assistant for the RCAF Band. "This tour was put in place at the suggestion of Major-General Wheeler at 1 CAD (Canadian Air Division)," he added.

The evening's lineup of recognizable favorites is sure to include a performance of the ensemble's original hit, Comin' Home (Momma it's your boy), written by one of the band's guitarists, Sgt. Mike Hall.

Sgt. Hall, a member of the RCAF Band since 2010, was inspired to write the song after a recent trip to Kandahar, Afghanistan, where he performed for deployed Canadian troops with Toronto based recording artist The Carpet Frogs. Sgt. Hall may be

Sgt. Mike Hall belting out the guitar solo in Jet Stream original, Comin' Home (Momma it's your boy), (image from music video created by sogo productions for the Department of National Defence, 2016)



better known for his years playing guitar with Toronto rockers the Killer Dwarfs, and legendary platinum recording artist Helix.

His song tells a story of a young man who enlists at 18 years of age, finishes basic training, and deploys to Afghanistan. Then, as

his tour comes to an end, he returns home looking forward to seeing his mother.

"It's a simply sentiment to be sure, but one I know thousands of soldiers can relate to," said Sgt. Hall.

A Friday night concert in the

park — what a perfect way to start your weekend! Grab a lawn chair and head down to the Centennial Park Amphitheatre to enjoy a free concert by Jet Stream; an enjoyable evening of classics and recent smash-hits by superstar recording artists.



By Second Lieutenant Ken Jacobson, 8 Wing Public Affairs

Clay Williams from Waterloo, Ontario, on day six of his 750 kilometer marathon running to

raise funds and awareness for depression and other mental health issues, arrived at Bain's Park in Trenton Saturday, Sept. 17 en route for Ottawa.

With strong support so far along the way,

Williams explained that with his wife, daughter, and sister suffering from depression, and having lost two brothers to suicide, he has a strong, personal connection with mental illness.

"I think the big difference between these two groups is the ladies (his wife, daughter, and sis-

ter) talked to someone that they trusted, and sought help, and the guys (his brothers) didn't," said Williams urging that, "If you're in a dark place, talk to someone you trust - give yourself permission to ask for help"

Mattis an originator of volunteer caregivers for loved-ones with mental health issues, was inspired to get involved, raising nearly \$1,000 in support of the event.

"When I heard about this (the

run), it was sort of like — I want to get involved," he said.

Stopping for only a short rest at a fundraising barbecue hosted by the Family Support Network of Hastings & Prince Edward County, Williams and new pace runner, Aaron Maksym, continued through Trenton stopping for the night after arriving at Bain Park around 5 p.m.

When asked about next year, Williams says he is already thinking about next year's run and plans to organize it as a relay. He estimates that with three or four teams of three or four members, they could cover the distance, and by having more people involved it would bring more attention to the cause.

"My wife says she doesn't want me to do these long runs - I should stick to shorter runs like marathons," he said jokingly. "It's pretty tough. It's a lot of time - not just the event itself but all the training... there's hours and hours on the road."

Williams adds that in preparation for the pursuit, he starts training in late November running anywhere from 15 to 40 kilometers a day for 10 months.

So far, having raised over half of his \$15,000 target, Williams is confident that the additional fundraising from the barbecue held at the Trenton Rowing & Paddling Club, in addition to a few smaller scheduled fund raisers along the way, they will be able to achieve their goal.

Further information, or to make a donation towards the Canal Pursuit for Mental Health 2016 visit any of their websites; <http://tinyurl.com/canalpursuit2016>, the campaign Facebook page at <http://www.facebook.com/canalpursuit/>, or on Twitter @canalpursuit

Canal Pursuit Redux

Clay Williams runs in pursuit of mental health awareness

Clay Williams (left) and pace runner Aaron Maksym (right) arrive at Bain Park, their final stop for the day.

Photo by 2Lt Ken Jacobson

Williams has covered approximately 60 kilometers each day, from Port Severn along the Trent Severn Canal to Trenton, and plans to continue Sunday morning from Trenton to Kingston and then follow the Rideau Canal to Ottawa.

"After about 30 kilometers it's an exercise in pain management," said Williams. "There's not very much conversation and you look a little inwards."

Williams explained that with his wife, daughter, and sister suffering from depression, and having lost two brothers to suicide, he has a strong, personal connection with mental illness.

"I think the big difference between these two groups is the ladies (his wife, daughter, and sis-

ter) talked to someone that they trusted, and sought help, and the guys (his brothers) didn't," said Williams urging that, "If you're in a dark place, talk to someone you trust - give yourself permission to ask for help"

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New Programs at the Trenton MFRC

Visit our website - www.trentonmfrc.ca - or our Facebook page to find new and returning programs or events for adults, children, and the whole family!

Nouveaux programmes pour l'automne au CRFM de Trenton

Visitez notre site internet - www.trentonmfrc.ca - ou notre page Facebook pour trouver les nouveaux programmes et événements en plus de ceux qui nous reviennent, pour les adultes, les enfants et toute la famille!

The Trenton MFRC Annual Special Needs Family Resource Fair

Friday, Sept. 23 from 3 p.m. to 6 p.m. at the Trenton MFRC. Register your agency today for the opportunity to connect with Special Needs Families and other agencies in the community. Share information and programs being offered! When registering, please let us know how many staff you will have in attendance and whether or not you are in need of an electrical outlet. For more information or to register your agency before Sept. 9, please contact Orlana Bourgoïn, Special Needs Inclusion Coordinator at 613-392-2811 ext 3953 or by email at orlana.b@trentonmfrc.ca.

La foire annuelle de ressources du CRFM de Trenton pour les personnes ayant des besoins particuliers

Le vendredi 23 septembre 2016 de 15h00 à 18h00. Réservez une place pour votre agence dès aujourd'hui et vous aurez l'occasion de rencontrer les familles ayant des besoins particuliers. Plusieurs organismes communautaires seront sur place pour offrir de l'information sur les services et programmes offerts à la communauté! Pour plus d'informations ou pour inscrire votre agence avant le 9 septembre 2016, veuillez s'il vous plaît contacter: Orlana Bourgoïn, Coordinatrice d'inclusion des besoins particuliers, au poste 3953 ou par courriel à orlana.b@trentonmfrc.ca.

Wine Tour in Prince Edward County

Saturday, Oct. 1 from 10 a.m. to 6 p.m. Cost: \$45/person. Registration and payment must be made upon registration at the MFRC reception. The cost includes: bus transportation and tastings at four wineries. Lunch will be at TerraCello Winery (choice of pizzas, at your own expense). Deadline to register is Friday, Sept. 23 - there will be no refund after this date. Must be 19-plus years old; ID may be required. Minimum of 30 persons required. To register and for more information please call 613-965-3575. *In partnership with Norman Harriet, Vacation Design and Group Specialist. To register please contact the MFRC reception at 613-965-3575.

Tournée de vignobles dans Prince Edward County

Date : 01 octobre À partir de : 10h à 18h. 45,00\$ chacun. Le coût comprend: le transport par autobus et dégustations à 4 vignobles. Le lunch à TerraCello Winery (choix de pizza, à vos propres frais). La date limite pour s'inscrire et payer est le vendredi 23 septembre, aucun remboursement après cette date. Le paiement est dû au moment de l'inscription à la réception du CRFM. Vous devez être âgé de 19+ ans, une preuve d'identification peut être demandée. Pour vous inscrire ou pour plus d'information, contactez 613-965-3575. *En partenariat avec Norman Harriet. Inscrivez-vous en téléphonant la réception du CRFM au 613-965-3575.

Essential Oils for Wellness

Stay well this winter with natural remedies, Sept. 22 from 6:30 p.m. to 8:30 p.m. \$25 per person with great take-aways. Visit Trenton MFRC reception to pay and register. 613-965-3575.

Les huiles essentielles pour le bien-être

Restez en santé cet hiver avec des remèdes naturels, 22 septembre, 18h30 - 20h30. 25,00\$ chacun et des produits à rapporter avec vous. Visitez la réception du CRFM pour payer et vous inscrire. 613-965-3575.

Picasso & Pinot

Canvas, Brushes and Spirits. Are you and your friends looking for a fun different night out? *No artistic experi-

ence required. Sip wine, beer or non-alcoholic beverages as you and your classmates get step-by-step instruction of that evening's painting that you will take home. When: Thursday, Sept. 22. Time: 6:30 p.m. to 8:30 p.m. Where: WO and Sgt Mess. Cost: \$30/class, includes the canvas, brushes and paint. Register and pay at the Trenton MFRC reception by Sept. 13 (no refund after this date).

Picasso & Pinot

Toile, pinceaux & eau de vie. Cherchez-vous une activité amusante et différente à faire avec vos amis(es)? *Aucune expérience artistique requise. Sirotez du vin, de la bière ou une boisson non-alcoolisée tout et apprenant, avec vos camarades de classe, étape par étape à peindre une toile que vous rapporterez chez vous. Quand : le 22 septembre. Heure : de 18h30 à 20h30. Où : Au mess des Adjudants et Sergents. Coût : 30\$/par classe, comprend la toile, les pinceaux et la peinture, apportez un tablier ou une vieille chemise. Inscription & paiement à la réception du CRFM avant le 13 septembre (Aucun remboursement après ces dates).

Al Anon meeting

An Al Anon meeting will be starting at the Trenton MFRC. Al Anon meetings are open to the general public, offering strength and hope for friends and families of problem drinkers. Sept. 11 from 6:30 p.m. to 7:30 p.m. For more information, please contact Linda Reade 613-392-2811 ext 4583.

Continued on page 13

Home of the Week

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With its three-vehicle garage and optional unfinished basement, this appealing three-bedroom home features plenty of room for future growth.

The front entry is sheltered by a covered verandah with a lofty 11-foot ceiling, which continues into the foyer and great room. Directly ahead is the great room, where French doors open on to a covered deck, also with an 11-foot ceiling, overlooking the back garden. The gas fireplace is flanked by built-in shelving.

Separated from the great room by a work island and four-seat eating bar are the dining area and kitchen,

with nine-foot ceilings. The dining area enjoys large windows that look out to the sundeck, an extension of the covered deck. The kitchen pantry is tucked into the angle made by the L-shaped staircase that leads to the optional basement.

The laundry room is conveniently located between the extra-large garage and the kitchen, and includes a coat cupboard. The garage includes an exit to the side garden, as well as the laundry room.

In the sleeping wing, all ceilings measure nine feet. The master suite overlooks the back garden and includes an en-suite with a

soaker tub as well as a shower stall. Double basins will ease the morning rush hour. The two secondary bedrooms look out to the front garden and share a three-piece bathroom and a linen closet.

Brick accents enliven the

facade's horizontal siding, and wooden shingles decorate the gables. Partly mulioned windows add a touch of old-fashioned charm.

This home measures 64 feet wide and 65 feet, six inches deep, for a total of 1,799 square 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.

Fire Prevention Week 2016

This year's Fire Prevention Week is scheduled to run from the Oct. 9 until the Oct. 15. The theme for this year's event is "Don't wait, check the date!" As in prior years, the 8 Wing Fire Department will be holding fire drills at various buildings throughout the base. All Wing personnel are advised to review their work place Fire Orders in order to ensure they are familiar with the procedures to follow in the event of a fire. For further information please contact the Fire Prevention Office at local 7880 or 3910.

Semaine de Protection Contre L'incendie 2016

Cette année, la Semaine de prévention des incendies se déroulera du 9 au 15 octobre. Le thème de cette année est « "N'attendez pas, regardez la date! ». Tout comme les années précédentes, le service d'incendie de la 8e Escadre mènera des exercices d'évacuation dans divers bâtiments de la base. On conseille à tous les employés de l'Escadre de réviser les consignes d'incendie de leur lieu de travail afin de s'assurer qu'ils connaissent bien les procédures à respecter en cas d'incendie. Pour de plus amples information, veuillez communiquer avec le bureau de prévention des incendies aux postes 7880 ou 3910.

Sept. 23-25 Voodoo Rockfest

Voodoo Rockfest will bring 28 bands to Napanee, 8 craft beers and free camping Sept.23-25. Come join us for a fun-filled weekend of music, food trucks and vendors. Children 10 and under get in free with a paying adult. Wild T and the Spirit is headlining Sunday bringing us his originals and a full set of his tribute to Jimi Hendrix. There are five other tribute acts including Pearl Jam, Stone Temple Pilots, Rage Against the Machine, TOOL, and Motley Crue. We have hand selected 20 amazing original acts from Waterloo to Montreal with several being on the verge of becoming headlining acts. For a full list of details, including line up times and info about the artists, find us on MusicFly.ca under the festivals tab in the KINGSTON region. Follow us on Facebook for daily updates on the event including band education and important festival details. See you in September! Military members receive a 20 per cent discount on ticketscene.ca by entering promo code CFBTRENTON.

Sept. 24 – Glenwood Cemetery Veteran's Day

The annual Glenwood Cemetery Veteran's day begins at 9:45 a.m. on Sept. 24 and, apart from honouring the veterans who gave their lives in the world conflicts, this year's program will also feature Veteran's Day Family Events in the afternoon. Entitled "Honouring All Who Serve," Glenwood Cemetery, in partnership with Branch 78, the Royal Canadian Legion, No. 415 Wing Royal

Canadian Air Force Association and 851 Prince Edward Royal Canadian Air Cadet Squadron, will host this annual event during Legion Week. Historic Glenwood Cemetery, a 62-acre property in the heart of Picton, is the final resting place for over 250 veterans who served in Canada's military engagements. Among those veterans are six British airmen who died while training at the former No.31 Bombing and Gunnery School. A part of the British Commonwealth Air Training Plan. For further information, contact Sandra Latchford, the chair of the Glenwood Cemetery Board at 613-922-2139.

Sept. 24 - Barn Dance

Country Theme Dance at 8 p.m. at the Trenton Legion Branch 110. Live band "Cowboys Don't Cry." Advance tickets available in Trenton Legion office. Legion members \$8, non-members \$10. Call 613-392-0331 for more information.

Oct. 15 – Legion gift and Craft Show

Royal Canadian Legion Branch 110 light lunch gift and craft show hosted by the Ladies Auxiliary from 10 a.m. to 4 p.m. at 10 Quinte St., Trenton. Crafts available for sale will be Log Cabin Creations, handmade items, clothes, jewellery, cards, barn board crafts, Legion merchandise and much more. A great way to start your Christmas shopping. Something for everyone. For more information, call Beth at 613-392-3575.

Oct. 21 – National Air Force Museum of Canada Foundation Fall Gala

The National Air Force Museum of Canada Foundation will be holding their fall gala, entitled "Out of This World, Astronaut Portrait Gala," on Oct. 21 at the museum with doors opening at 6 p.m. Important featured guests for this event include renowned Canadian artist Cyril Leeper, noted for painting portraits of members of the Royal Family, senior military officers, government officials and business leaders. More recently, Mr. Leeper created a portrait of former Canadian astronaut, Col. Chris Hadfield, the first Canadian Commander of the International Space Station. The portrait will be unveiled and presented to the museum by Mr. Leeper and Col. Hadfield at the gala. Tickets for this event are being sold for \$150 and can be purchased at the NAFMC, the Chamber of Commerce in Belleville and Trenton, as well as at Smylie's Your Independent Grocer. Money raised from the event will go towards supporting the NAFMF and the theatre campaign. For further information, please contact nafmctickets@gmail.com or 613-965-7314

Oct. 22 – Batawa Healing Light Wellness and Crystal Show

Healing Light Wellness and Crystal Show, Oct 22, 10 a.m. to 4 p.m. at the Batawa Community Centre,

Trenton-Frankford Road, Quinte West. Free admission. Over 22 vendors with healing for body, mind and spirit. Also vendors with stones, gems and crystals. Mini-sessions in Reiki, Shiatsu, spiritual portraits, shamanic healing, numerology, Tarot, spirit reading, meditation, crystal chakra clearing, essential oils, teacup reading, personal counselling and more.

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Oct. 29 - Hallowe'en Dance

Hallowe'en dance Trenton Legion Branch 110 at 8 p.m. Come in co

Wing Logistics and Engineering Picture of the Week

Lock shop a vital asset within RP Ops



Locksmith Ron Bourgoïn (left) and Steve Thompson from Real Property Operations (RP OPs) increase physical security by installing a dead bolt on a door at the new Canadian Army Advanced Warfare Center (CAAWC). The lock shop is a vital asset within RP OPs and is everyone's best friend when you are locked out of your office at 3:30 p.m. on a Friday. Photo by Warrant Officer Robert Lutz



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Fall 2016 Red Cross Swim Lessons

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Aquatic Programs

****New Inner Tube Water Polo League at the Quinte Sports and Social Club** – Monday, Oct. 17 to Nov. 28, 6 p.m. to 8 p.m. No Game on Oct. 31. Register a team or individual: <http://qssc.ca>

****New WaterArt** – Saturday, Sept. 24 and Sunday, Sept. 25 at 9 a.m. to 5 p.m. at the RecPlex. Register on-line at: http://www.waterart.org/events_info

SUPFIT Fitness plus Standup Paddleboarding (SUP) – Mondays, Sept. 19 to Oct. 31 from 4:30 p.m. to 5:30 p.m. or 5:30 p.m. to 6:30 p.m.

**** NEW Splash Pass** – (10 classes) – Includes admission to the pool during scheduled swims.

**** New Aquafitness Pass** – (10 classes) – Includes admission to Aquafit, Aqua Bootcamp and Aqua Zumba.

Fitness Programs

Yoga (W) Mondays, Sept. 26 to Nov. 14 from 12 noon to 1 p.m. at the RecPlex observation room or Tuesdays, Sept. 27 to Nov. 15 from 4:15 p.m. to 5:15 p.m. at the South Side Gym.

Spin (Trent Athletics) – Option 1: Tuesdays, Sept. 27 to Nov. 15 from 5 p.m. to 6 p.m. Option 2: Thurs-

days, Sept. 29 to Nov. 17 from 5 p.m. to 6 p.m.

Bootcamp (Trent Athletics) – Fridays, Sept. 30 to Nov. 18 from 4:30 p.m. to 5:30 p.m. at the RecPlex gym.

****New Dodgeball league (Quinte Sports and Social Club)** – Thursday, Sept. 22 to Dec. 8 from 6 p.m. to 10 p.m. at the RecPlex gym. Register a full team or as an individual: <http://qssc.ca>

Wheelchair Rugby – Wednesdays, Sept. 28 to Nov. 16 from 6 p.m. to 9 p.m. at the South Side gym.

****New Land Fitness Pass (10 classes)** – Includes admission to “Wellness Fitness classes.”

Children, Youth and Teen programs

Kids in the Kitchen – Wednesdays, Sept. 28 to Nov. 16 from six to eight years from 5 p.m. to 6 p.m. and nine to 12 years from 6 p.m. to 7 p.m. at the Chapel. Pre-register by Friday, Sept. 23. No drop-ins.

Basketball for Kids (eight to 12 years) – Wednesday, Sept. 28 to Nov. 16 from 5 p.m. to 6 p.m. at the RecPlex. Pre-register by Friday, Sept. 23.

Drop-in Youth Basketball (13 to 17 years) – Wednesday, Sept. 28 to Nov. 16 from 6:30 p.m. to 8 p.m. at the RecPlex.

RCAF Flyers Arena Programs

Mini Hockey - Ages four to six years – Friday, Sept. 30 to Nov. 18 from 4 p.m. to 5 p.m. or Sunday, Oct. 2 to Nov. 20 from 8:15 a.m. to 9 a.m.

From the Ground Up

Learn to manage negative self-talk, effective communication and how to nurture healthy self-esteem and positive relationships. A 10 week program held on Mondays at 9:30 a.m. For more information, please contact Jaclyn Hunter - 613-392-2811 ext. 4017 or jaclyn.h@trentonmfr.ca.

Apprendre à grandir

Les participants apprendront comment éviter les pensées négatives, communiquer efficacement, améliorer la confiance en soi et entretenir de bonnes relations personnelles. Commencant lundi le 12 septembre à 9h30. Pour renseignement veuillez contacter Jaclyn Hunter 613-392-2811 poste 4017 ou jaclyn.h@trentonmfr.ca.

Bouncing Back

Do you feel “down in the dumps” or “worried” and don’t know what to do? Through this eight week group, learn about what fuels depression and anxiety, and develop practical coping skills for managing these feelings. Begins Sept. 12. Please contact Jaclyn Hunter for more details and to register: jaclyn.h@trentonmfr.ca.

De retour en force

Vous sentez-vous « déprimé » ou « préoccupé » et ne savez pas quoi faire? Grâce à programme de huit semaines, découvrez les sources de la dépression et de l’anxiété et développez des capacités d’adaptation pratiques pour gérer ce type d’état d’âme. Les cours

Hockey Shooting Development – Saturday, Oct. 1 to Nov. 19, seven to nine years from 8 a.m. to 9 a.m.; 10 to 12 years from 9 a.m. to 10 a.m.

Hockey Goalie Training – Saturday, Oct. 1 to Nov. 19 from seven to nine years from 8 a.m. to 9 a.m.; 10 to 12 years from 9 a.m. to 10 a.m.

Figure Skating Drop-in – Oct. 2 to Nov. 20 from 9 a.m. to 11 a.m.

Learn to Skate for four to seven years – Saturday, Oct. 1 to Nov. 19 from 11 a.m. to 12 p.m. or Sunday, Oct. 2 to Nov. 20 from 11 a.m. to 12 p.m.

Learn to Skate eight-plus years – Saturday, Oct. 1 to Nov. 19 from 12 noon until 1 p.m. or Sunday, Oct. 2 to Nov. 20 from 12 noon to 1 p.m.

Parent and Child Skating Lessons – Oct. 1 to Nov. 19 from 10 a.m. to 10:30 a.m.; 10:30 a.m. to 11 a.m. and 1 p.m. to 1:30 p.m.

Shinny Hockey – Fridays, Sept. 30 to Nov. 18 – Tyke/Novice (under nine) from 5 p.m. to 6 p.m.; Atom (under 11) from 6 p.m. to 7 p.m.; PeeWee (under 13) from 7 p.m. to 8 p.m.

Family Skate – Saturday, Oct. 1 to Nov. 19 from 1:30 p.m. to 3 p.m. and Sunday, Oct. 2 to Nov. 20 from 1:30 p.m. to 3 p.m.

Services and Miscellaneous Information

**** New Birthday Parties** – Sport and Play; Play and Swim and Skating Party.

MFRC continued from page 11

Bus Tour to Northumberland County

Discover your neighbourhood with the Trenton MFRC! You will visit Kokimo Candles in Castleton, the Hoselton Studio in Colborne, and the rest of the day will be spent in beautiful downtown Cobourg where alongside the shops and art galleries, you’ll find cafes, bakeries and tea room for a perfect brew. Date of the event: Saturday, Sept. 24. Departure from the MFRC at 9 a.m. and return around 5:30 p.m. Cost: \$20/person. Please register and pay at the MFRC reception. Minimum of 20 people. No children under the age of 10. Children aged 10 to 17 years of age must be accompanied by an adult. Deadline for registration and refund; Tuesday, Sept. 20. Information 613-965-3575.

Tournée dans le comté de Northumberland

Vous visiterez le magasin de Kokimo Candles à Castleton, le studio Hoselton à Colborne. Ensuite nous irons au beau centre-ville de Cobourg où vous trouverez des boutiques et galeries d’art ainsi que des cafés, pâtisseries et salons de thé pour un délicieux breuvage. Coût: 20,00\$ chacun. Date de l’événement : 24 septembre. Départ du CRFM à 9h et retour vers 17h30. Inscriptions et paiements à la réception du CRFM. Un minimum de 20 personnes est requis. Pas d’enfants de moins de 10 ans. Les jeunes âgés de 10 à 17 ans doivent être accompagnés d’un adulte. La date limite d’inscription et de remboursement est le mardi 20 septembre. Information 613-965-3575.

débutent le 12 septembre. Pour plus de détails et pour vous inscrire, contactez Jaclyn Hunter à jaclyn.h@trentonmfr.ca.

All Hands Drop-Off Childcare

This group is for children with special needs, their siblings and children of veteran families. Registration is required by noon the Friday before. This drop-off childcare is free of charge but parents must provide snacks and dinner. Starts Sept. 20 from 5 p.m. to 8 p.m., every third Tuesday of the month. For more information or to register your children please contact Orlana Bourgoin 613-392-2811 ext. 3953 or orlana.b@trentonmfr.ca

Halte-Garderie pour toutes les mains

Ce groupe est conçu pour les enfants ayant des besoins particuliers, leurs frères et soeurs sont aussi les bienvenus. La halte-garderie est aussi offerte aux enfants des familles des vétérans. Vous devez inscrire vos enfants avant le vendredi à midi. Le service est offert gratuitement mais les parents doivent apporter le repas et les collations. Débute le 20 septembre, chaque 3me mardi du mois de 17h00 à 20h00. Pour de plus amples renseignements communiquer avec Orlana Bourgoin 613-392-2811 poste 3953 ou orlana.b@trentonmfr.ca

Monthly E-News/Social Media

Get the latest news from the MFRC and community at large. Sign-up through our website www.family-force.ca for the monthly E-News and to follow us on Facebook.

Classifieds

To Place an Ad: **613-392-2811** or **613-966-2034**
 For Delivery Inquiries, please call **613-966-2034**
 Email: Sharon.LaCroix@metroland.com
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 91 Promenade Namao Est

Office hours/ Heures de bureau:
 Monday to Friday
 8 a.m. to 4 p.m.
 Du lundi au vendredi
 08h00 à 16h00

Services Times/ Heures des services religieux
 Protestant Service: 1115 h
 Service protestant: 1115 h

Roman Catholic Mass
 (English): 0900 h
 Messe Catholique
 (Anglais): 0900 h

Bilingual RC Sunday Mass
 (4th Sunday of each month): 0900 h
 Messe bilingue CR (4e dimanche du mois): 0900 h

RC Weekday Masses at 11:45 a.m.
 (usually on Tuesday, Wednesday and Thursday)
 Messes CR quotidiennes à 11h45
 (du mardi au jeudi habituellement)

Wing Chaplain/Aumônier de la 8e Escadre:
 Maj. (Rev/Rév) Roy Laudenorio



Unit Chaplains/Aumôniers des unités:
 Capt (Rabbi/Rabbin) Bryan Bowley
 Capt (the Rev/Rév) Eric Davis
 Capt (the Rev/Rév) John Funelas
 Lt (N) (the Rev/Rév) Félix Roberge
 Lt (N) (the Rev/Rév) Mary Anne VanHeuvelen
 Capt (the Rev/Rév) Daniel Walton

Phone/Téléphone:
 Administrative Assistant/Adjointe administrative
 (613) 392-2811 ext/poste 2490/4593

Safety



Be on the safe side and assume guns are loaded



The topic of guns inspires heated debate just about anywhere you go. But no matter where you stand on the complicated issues of gun laws, you'll agree there is a need for gun safety.

Here are some reminders about basic gun-handling safety if you use firearms or ever encounter them:

- ✓ Treat every gun as if it were loaded. The muzzle must always be pointed in a safe direction.
- ✓ Store and carry guns unloaded. Do

not load a gun until you are ready to use it. Do not carry a loaded gun unless you are actually ready to fire it.

- ✓ Never rely on your gun's safety device to prevent a gun from firing. This mechanical device is not a substitute for safe gun handling.
- ✓ Don't point a firearm at something you do not intend to shoot.
- ✓ Do not fire unless you are totally sure of your target and also what is beyond it. Bullets can travel through walls and other obstacles. If a bullet

strikes a flat, hard surface or even water, it can ricochet in an unexpected direction.

- ✓ Store guns and ammunition separately, in locked locations. Guns should be kept out of sight and in a place children cannot reach. Take a firearms safety course if you use a gun or live in a home where guns are kept.

Countless deaths have occurred because of supposedly empty weapons. Always assume a gun is loaded.

Cleaning under pressure

Pressure washers are used to clean equipment, materials and work areas on the job. At home, they may be used for washing automobiles, house exteriors and other uses.

They can also cause injuries. Because the water is under pressure, it moves with enough force to cause damage to the

eyes or skin and contribute to other types of injuries. The noise can also damage hearing.

For safer use of a pressure washer, follow these tips:

- ✓ Read your operator's manual and follow the manufacturer's instructions for safe use, maintenance and storage.

- ✓ Wear eye and hearing protection when you use a pressure washer.
- ✓ Avoid contact with the high pressure stream of water. Keep your hands, feet and body out of the way.
- ✓ To keep control of the water stream, hang on to the spray wand with both hands.

- ✓ Never point the sprayer at another person, whether the pressure washer is operating or not. It could discharge unexpectedly.
- ✓ Maintain good footing. Do not reach so far that you lose your balance.
- ✓ Do not let children use a pressure washer.

- ✓ Do not use a pressure washer in an area where the water pressure washer is operating could contact electrical equipment.

Pressure washers get the job done quickly and well. But they have the potential for causing injury, so use them safely at work and at home.

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8 Wing Band hits the right notes in Ottawa

By Dwayne Ellis

The 8 Wing Band provides musical support to the Canadian Armed Forces (CAF) in the Trenton region and is comprised entirely of volunteer musicians. They include: members of the Regular Force, Reserve Force, and retired CAF members, as well as members of the local civilian community - who proudly donate their time and musical abilities in various ensembles such as the Concert Band and Parade Band.

Monday, Aug. 1 through Wednesday, Aug. 3, members of the 8 Wing Concert Band travelled to Ottawa for a professional development activity perfectly orchestrated and executed. It isn't often that a volunteer group gets such a marvelous training opportunity.

Monday night, the 8 Wing Band bussed for an overnight stay in downtown Ottawa. The early morning people were delighted

to escort the "late riser" members on the bus for an 8:30 a.m. arrival at the band room of the Central Band of the Canadian Forces, a full-time Regular Force band. The volunteer band then worked alongside the professional members with Warrant Officer (WO) Chris Webster, 8 Wing's Bandmaster, conducting.

Works played included: Flourish for Wind Band (Vaughan Williams), Lux Aurumque (Whitacre), Loch Lomond (Ticheli), Sôlas Ané (Hazo), First Suite in E (Holst).

After coffee break, various conductors from the Central Band worked us through sections of music including a read-through of a challenging arrangement of the Superman movie theme. Lips shot and brain smoking, we then shared a barbeque lunch with the members of the Central Band. It was a great opportunity to talk music on a less formal footing and still very educational. Many tips and secret performing tech-

niques are passed on in this type of exchange.

Later in the afternoon, we returned to the hotel to prepare for various evening engagements. Some people took in jazz and small ensembles while some of us attended an Ottawa International Chamber Music Festival concert featuring the Gryphon Trio in an elaborate multimedia presentation. We all agreed this was a powerful and moving experience.

At 9:15 a.m. Wednesday morning, we checked out and bussed over to witness the Changing of the Guard Ceremony on Parliament Hill. The weather was wonderful and observing the pageantry and drill was a strong motivator for the new 8 Wing Parade Band.

We then broke off for each member to obtain their own lunch in the historic Byward Market area of Ottawa. A solid "Huzzah" to WO Webster and his team! I am sure we all returned to Trenton Wednesday night to sleep with "musical sug-



Members of the 8 Wing Concert Band get up close with the Band of the Ceremonial Guard on Aug. 3 at Parliament Hill, Ottawa. Photo by MCpl Julie Giguere

arplums" dancing in our heads.

The 8 Wing Band is currently accepting new members on brass, woodwind and percussion instruments. Previous playing experience is required; however, all inquiries are welcome. For more information about the 8 Wing Band, please contact the Bandmaster, WO Chris Webster at 613-392-2811 ext. 3510, Christopher: Webster@forces.gc.ca



The 8 Wing Band poses for a formal picture in front of the 8 Wing Headquarters building in July 2016.

Photo by 8 Wing Imaging

Preparing for BULLSEYE

Continued from page 1

Flight (TOTEF) and 426 (Transport) Training Squadron crew were to remain in Australia for the duration of the trial.

Prior to departure, the Hercules was removed from the list of trial participants, but due to the length of time required to travel to Australia, the aircraft and crew were still planned to remain there until the completion of the trial. Using contacts made during previous exercises such as Ex MAPLE FLAG and Ex VIRTUAL FLAG, TRSET CC-130J Fleet EW Officer Captain (Capt.) Rob McIntosh made arrangements for the aircraft and crew to remain at Royal Australian Air Force (RAAF) Base Richmond, near Sydney, the home of the RAAF C-130J equipped No. 37 Squadron.

The main reason for coordinating the visit was to learn from the RAAF regarding the introduction and use of Link16 in transport operations. Link16 is a military tactical data exchange network that supports the exchange of text messages, imagery data and provides two channels of digital voice communications. With Link16, military aircraft as well as ships and ground forces may exchange their tactical picture in near-real time.

The RAAF began installing and implementing Link16 onto their C-130Js approximately 12 months ago. As the Canadian C-130J fleet has recently acquired Link16 ca-

pability through an upgrade, the opportunity to meet with RAAF C-130J Link16 Subject Matter Experts (SME) was invaluable.

Over the course of several days of briefings, the Canadian CC-130J operators discussed the RAAF C-130J lessons learned and the basics of implementing Link16 usage on the C-130J. The SME from 37 Sqn, Flight Lieutenant (Flt.-Lt.) Shaun Wilkinson was able to share what he believes is the road map to developing this capability in the CC-130J community, including operational testing and trials, and phasing in the C-130J aircrew training processes. He was also able to provide the Canadian operators with exposure to their Link16 basic operating procedures, which TRSET will be able to use to develop our own Link16 procedures in the CC-130J Standard Manoeuvres Manual.

After the Link16 discussions and training were completed, the Canadians and their Australian counterparts held an informal discussion on new developments in tactics and mission capability in our respective communities in an effort to better focus future tactics reviews and EW trials.

With the ground training completed, it was time to get into some inter-Air Force flight training. The Canadian CC-130J flew a low-level training mission planned by and with their RAAF counterparts observing the Canadian way of flying the mighty C-

130J. The highlight was a pre-coordinated, low level flight through the world famous Sydney Harbour and a flyby of the Sydney Opera House. Later that same day, 426 Sqn instructors went flying on an RAAF C-130J during an air-drop course to observe RAAF techniques and procedures in an effort to glean differences that might be useful to the Canadian CC-130J community.

The next day after several hours spent going over formation procedures, No. 37 Sqn and 426 Sqn TTF flew an international C-130J formation mission in the RAAF low flying areas and down the Sydney coastline past the famous Bondi and Manly beaches. Flt.-Lt. Wilkinson had coordinated for an RAAF imaging technician to fly on his aircraft so that we would have some memorable photos of our time spent together increasing cooperation and interoperability of our two great tactical airlift communities. Many thanks to 'Wilko' and his fellow No. 37 Sqn. members for all the support during our visit.

This visit to Australia sets the scene nicely for the upcoming Exercise BULLSEYE, which is taking place here at 8 Wing/CFB Trenton Sept. 25-30. BULLSEYE is a Tactical Air Transport exercise that will bring together C-130Js from the Royal Air Force, RAAF and Royal Canadian Air Force in order to share best practices, enhance interoperability and allow for a little friendly competition.

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\$96
bi-weekly
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16 KIA SOUL EX

28695 Auto 2.0, 4cyl GDI, FWD, alloys, heated seats, rev camera, Bluetooth, cruise, steer mode select, touch screen, hatchback, keyless entry, roof rack, fog lights, air bags, traction ctrl, economy mode, AC, MP3, sat radio, ext temp gauge, pwr windows/locks/mirrors, steer wheel ctrs, 23,579 km.

\$17,995
\$109
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

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13 HYUNDAI VELOSTER

28499 Auto 1.6, 4cyl GDI, push button start, heated seats, rev camera, park aid, Bluetooth, cruise, touch screen, FWD, hatchback, keyless entry, alloys, fog lights, air bags, traction ctrl, economy mode, height adjust seat, AC, MP3, sat radio, pwr windows/locks/mirrors, steer wheel ctrs, 31,743 km.

\$13,995
\$107
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



15 VW GOLF GTI

28759 6 spd manual, pwr roof/seat/windows/locks/mirrors, push btn start, leather, heat seats/mirrors, nav, rev cam, Bluetooth, cruise, Fender snd, drive mode, touch screen, 2.0 4cyl TSI, FWD, hatchback, keyless entry, alloys, fog lights, airbags, trac ctrl, height adj seats, AC, dual climate, MP3, sat radio, ext temp gauge, steer ctrl, tilt steer, 37,891 km.

\$28,995
\$175
bi-weekly
96 mths @ 5.9%
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13 SUBARU IMPREZA

28536 5 spd manual, alloys, pwr roof/windows/locks/mirrors, leather, heat seats, rev cam, Bluetooth, cruise, 2.5 4cyl, AWD, hatchback, keyless entry, fog lights, airbags, trac ctrl, height adj seats, AC, dual climate, MP3, sat radio, ext temp gauge, steer ctrl, tilt steer, touch screen, 47,002 km.

\$18,995
\$145
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



12 CADILLAC SRX

28623 Alloys, push btn start, leather, heat seats, OnStar, cruise, Bose snd, auto, 3.6 6cyl, FWD, keyless entry, roof rack, tint windows, airbags, trac ctrl, econ mode, pwr seats/windows/locks/mirrors, lumbar support, height adj seat, AC, dual climate, MP3, sat radio, ext temp gauge, steer ctrl, tilt steer, 46,963 km.

\$18,995
\$169
bi-weekly
60 mths @ 5.9%
0 DOWN + HST



15 SUBARU FORESTER

28763 Alloys, heat seats, AC, rev cam, Bluetooth, cruise, hill descent ctrl, auto, 2.5 4cyl, AWD, keyless entry, roof rack, fog lights, tint windows, airbags, trac ctrl, pwr seats/windows/locks/mirrors, lumbar support, height adj seat, MP3, ext temp gauge, steer ctrl, tilt steer, 37,873 km.

\$24,995
\$151
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 MAZDA CX-5 TOURING

28774E AWD, pwr roof/seats/windows/locks/mirrors, push btn start, heat seats, rev camera, Bluetooth, skyactiv, blindspot detect, touch screen, rain sensing wiper, sport mode, keyless entry, alloys, fog lights, rear spoiler, airbags, trac ctrl, height adj seat, AC, MP3, 26,855 km.

\$26,195
\$158
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



16 JEEP CHEROKEE TRAILHAWK

28747 Factory remote start, alloys, pano roof, leather trim seat, heat seats/mirror/steer, rev cam, U-connect, cruise, auto, 6cyl, 4x4, roof rack, trailer hitch, airbags, trac ctrl, AC, MP3, sat radio, pwr windows/locks/mirrors, hill start assist/descent, select-terrain/speed, touch screen, 10,689 km.

\$33,995
\$205
bi-weekly
96 mths @ 5.9%
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PREVIOUS DAILY RENTAL



16 TOYOTA RAV4 XLE

28780 Alloys, pwr roof/seats/windows/locks/mirrors/liftgate, heat seats, rev cam, Bluetooth, cruise, auto, 2.5 4cyl, AWD, keyless entry, roof rack, fog lights, rear spoiler, airbags, tac ctrl, econ mode, AC, dual climate, MP3, ext temp gauge, steer ctrl, tilt steer, touch screen, blindspot detect, 22,223km

\$28,995
\$175
bi-weekly
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PREVIOUS DAILY RENTAL



15 CHRYSLER T & C LTD

28509 Factory remote start, push button start, leather, stow'n'go, heated seats/rear seats/mirrors, DVD(2), nav, rev camera, park aid, U-connect, pwr liftgate/doors/seats/windows/locks/mirrors, touch screen, hill start assist, auto, 3.6 6cyl, FWD, keyless entry, roof rack, alloys, fog lights, air bags, traction ctrl, CD, MP3, cruise, 26,316 km.

\$33,995
\$205
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 CHRYSLER T & C LTD

27915 Factory remote start, stow'n'go, heated seats/mirrors/steering, DVD, nav, rev camera, U-connect, pwr liftgate/doors/seats/windows/locks/mirrors, touch screen, hill start assist, auto, 3.6 6cyl, FWD, keyless entry, roof rack, alloys, fog lights, air bags, traction ctrl, CD, MP3, cruise, 26,316 km.

\$30,995
\$187
bi-weekly
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0 DOWN + HST

PREVIOUS DAILY RENTAL



15 DODGE GRAND CARAVAN CREW

28467 Alloys, stow'n'go, dual climate, rear air ctrs, heated mirrors, cruise, auto, 3.6 6cyl, FWD, 7 passenger, keyless entry, flex fuel, roof rack, fog lights, air bags, traction ctrl, economy mode, AC, pwr seats/windows/locks/mirrors, compass, ext temp gauge, steer wheel ctrs, tilt steering, 35,535 km.

\$22,495
\$136
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



16 DODGE GRAND CARAVAN CREW

28728 Alloys, stow'n'go, heated seats/mirrors/steering, dual climate, rear air ctrs, rev camera, U-connect, cruise, touch screen, auto, 3.6 6cyl, FWD, keyless entry, flex fuel, roof rack, fog lights, air bags, traction ctrl, economy mode, pwr seats/windows/locks/mirrors, AC, MP3, sat radio, ext temp gauge, 18,405 km.

\$25,695
\$155
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



16 DODGE GRAND CARAVAN CREW

28392 Alloys, heated seats/mirrors/steering, dual climate, rear air ctrs, rev camera, U-connect, cruise, touch screen, hill start assist, auto, 6cyl, FWD, keyless entry, flex fuel, roof rack, fog lights, air bags, traction ctrl, economy mode, AC, MP3, sat radio, ext temp gauge, steer wheel ctrs, 23,139 km.

\$24,995
\$151
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



16 CHEVROLET COLORADO Z71

28849 Step bars, alloys, leather trim seats, heat seat, rev cam, Bluetooth, OnStar, cruise, touch screen, tow mode, hill descent ctrl, auto, 3.6 6cyl, 4x4, keyless entry, trailer hitch, box liner, fog lights, tint windows, airbags, trac ctrl, pwr seat/windows/locks/mirrors, lumbar support, height adj seat, AC, MP3, sat radio, steer ctrl, curb side mirrors, 40,967 km.

\$37,995
\$229
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 DODGE RAM 1500 SPORT

28646 8 cyl Hemi, factory remote start, crew cab, alloys, pwr roof/seats/windows/locks/mirrors, leather, vent seats, nav, rev cam, park aid/park sense, U-connect, cruise, Alpine snd, tow/haul, touch screen, hill start assist, trailer brake ctrl, revel air suspension, keyless entry, short box, trailer hitch, spray in box liner, auto, 5.7, 4x4, 18,946 km.

\$43,495
\$263
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



14 FORD F150 XL

28783 Long box, AC, reg cab, steel wheels, tow/haul, auto, 3.7 6cyl, RWD, keyless entry, flex fuel, box liner, airbags, trac ctrl, vinyl floor, crank windows, steer ctrs, tilt steer, 11,950 km.

\$21,995
\$148
bi-weekly
84 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



15 CHEVY SILVERADO HIGH COUNTRY

27949A 4x4, factory remote start, crew cab, pwr roof/seats/windows/locks/mirrors, leather, heated/vented seats, nav, rev camera, park aid, Bluetooth, OnStar, Bose snd, MyLink, touch screen, cross traffic alert, auto, 8cyl, short box, trailer hitch, box liner, chrome wheels, air bags, traction ctrl, AC, MP3, sat radio, cruise, 12,501 km.

\$49,995
\$303
bi-weekly
96 mths @ 5.9%
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\$45,995
\$309
bi-weekly
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