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Lt.-Col. Leif Dahl takes over 437 Sqn. from Lt.-Col. Kevin Tromp

This small squadron maintains operational tempo despite working with deployed aircraft never meant to be deployed

By Ross Lees

437 Transport (T) Squadron "Huskies" know when to be serious and when to have fun.

When they are at work, they are all business and they represent Canada, the Royal Canadian Air Force (RCAF) and the Canadian Armed Forces (CAF) well.

When they are having fun, they

don't mind seeing their normally militarily correct Commanding Officer, Lieutenant-Colonel (Lt.-Col.) Kevin Tromp, skateboarding in front of them with the long, blond tresses of a tuned-in surfer.

As he prepared to leave the squadron on July 27 after being replaced by Lt.-Col. Leif Dahl, that was how he departed from the squadron and, as with the rest of his tenure, he did it very



Lt.-Col. Leif Dahl receives the 437 (T) Squadron Colours from Col. Colin Keiver as he accepts command of the 437 (T) Squadron on July 27. Photo by Ross Lees

well and with panache. Two original squadron members – Flying Officers Peter Porter and John Richards – watched the goings-on

Lt.-Col. Tromp made it clear to his troops with pride. *Continued on page 10*

GCWCC campaign promises to make it easier to participate this year

By Ross Lees

The Government of Canada Workplace Charitable Campaign (GCWCC) will be especially important to the United Way of Quinte effort this year, according to executive director Judi Gilbert.

"We're essentially a charity that raises money for other charities," she told an advanced organizational meeting of the GCWCC committee recently.

Having said that, she added that the

GCWCC campaign at Canadian Forces Base (CFB) Trenton is critical to the success of the overall United Way of Quinte campaign.

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United Way of Quinte executive director Judi Gilbert is hoping to get a very high rate of participation in this year's GCWCC to aid the United Way of Quinte campaign. *Contact file photo by Ross Lees*




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Airborne!

Royal Canadian Army Cadets graduate Basic Parachutist Course

By Second Lieutenant Ken Jacobson,
8 Wing Public Affairs

For the 49 Royal Canadian Army Cadets, comprised from corps all across Canada, and one Cadet Instructor Cadre (CIC) captain, Friday's graduation parade from the Army Cadet Basic Parachutist Course held at Canadian Forces Base (CFB) Trenton represented four hard weeks of training on the most physically demanding courses in the Royal Canadian Army Cadet Program.

The selection process for this highly sought-after course is fierce. To be eligible for consideration, cadets must be a minimum of 16 years old, and capable of performing a minimum of seven chin-ups, 31 push-ups, completing a 1.6 km run within 7:30 minutes, as well as successfully completing their National Star Certification, and at least one Cadet Leader Instructor course.

Vying for the privilege of wearing the highly-coveted parachutist wings on graduation day, cadets must also complete two weeks of Pre-Para endurance training at the Trenton Cadet Training Centre (TCTC). All before having the opportunity to compete for a position on the course, held at the Canadian Army Advanced Warfare Centre (CAAWC) at CFB Trenton.

The Army Cadet Basic Parachutist Course, of all the courses offered by the Canadian Cadet Program, is quite unique as the course, qualification, and badge alike, are exactly the same as those earned by members of Canadian Armed Forces (CAF), and transferable to a CAF uniform should the cadets choose to pursue a military careers in the future.

During his address, Brigadier General (Brig.-Gen.) (Retired) R. R. Romses, commented on this year's graduates noting that they were fit, proud and highly moti-



Course Instructors present graduates with their Basic Parachutist badges. Photos by 2Lt Ken Jacobson

ivated. He continued to say, "Many of you wanted to take this course since you started cadets; well you made it! You've thrown yourself out of a perfectly good aircraft. That took courage, it took motivation. As a result you've received the highly-coveted basic parachutist wings."

Graduation brought with it lots of emotions;

Continued on page 5



Sergeant (Sgt.) Joseph Hillier, who has come to be known as "Sgt. Airborne," has instructed on every Royal Canadian Army Cadet Basic Parachutist course since 1995, was recognized for his commitment and dedication to both excellence and the Cadet program. This was the last year Sgt. Hillier will serve as an instructor on the Basic Parachutist Course.

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8 Wing's Captain Skye Simpson living her dream at RIMPAC

Editor's Note: A number of personnel from 8 Wing/Canadian Forces Base (CFB) Trenton are currently deployed to Exercise Rim of the Pacific (RIMPAC) and are performing important duties while there.

Captain (Capt.) Skye Simpson is a CC-130J Hercules pilot from 436 Transport Squadron out of 8 Wing/Canadian Forces Base (CFB) Trenton, Ontario. She has been a Canadian Armed Forces (CAF) member for more than 10 years and is currently deployed to Exercise Rim of the Pacific (RIMPAC) 2016 in Hawaii, U.S.A.

While deployed to Exercise RIMPAC 2016, she works for the Air Mobility Detachment of the Air Task Force. As a pilot, she plans, communicates, coordinates, and executes airlift missions in support of civil authority or military objectives such as; humanitarian aid, disaster relief or air mobility operations. To accomplish this, Capt. Simpson works with sophisticated technology like precision tactical navigation systems and advanced communication systems.

"I joined the Canadian Armed Forces for the chance to live experiences that wouldn't be available to me with a conventional job," said Capt. Simpson. "The possible adventure was the ultimate pull factor."

Twenty-six nations, more than 40 ships and submarines, 200 aircraft, and 25,000 personnel are participating in Exercise RIMPAC 2016 is the 25th exercise in the series that began in 1971. It could be truly said that Capt. Simpson is living her dream.



Photo: MCpl. Mathieu Gaudreault, Canadian Forces Combat Camera

PAC, in and around Southern California and the Hawaiian Islands, from June 30 until August 4. As the world's largest international maritime exercise, Exercise RIMPAC provides a unique training opportunity that helps participants foster and sustain the cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world's oceans. Exercise RIMPAC 2016 is the 25th exercise in the series that began in 1971. It could be truly said that Capt. Simpson is living her dream.

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Canadian Forces Station Alert welcomes new Commanding Officer

Major (Maj.) Amy Tsai-Lamoureux became the new Commanding Officer of Canadian Forces Station Alert on July 27, taking the reins from Maj. Rob Snow.

An Aerospace Engineering Officer by trade, Maj. Tsai-Lamoureux comes to CFS Alert for the next six months from the Aerospace Engineering Test Establishment at 4 Wing/Canadian Forces Base (CFB) Cold Lake. She joined the Canadian Armed Forces (CAF) in 2001 and has also been posted to Gatineau, Trenton, Winnipeg, and Toronto.

Maj. Tsai-Lamoureux holds a Bachelor Degree in Applied Science (Metallurgical and Materials) from Queen's

University in Kingston, ON, a Master of Science (Biomedical Engineering) from Dalhousie University in Halifax, NS, and a Master of Business Administration from Imperial College in London, UK.

"I am impressed by the palpable energy and immense pride displayed by the CFS Alert team composed of Department of National Defence (DND), Nasituaq, and Environmental and Climate Change Canada. I look forward to working with the team, and meeting mission success at the land beyond land," Maj. Tsai-Lamoureux noted.

CFS Alert's mission is multi-faceted and includes signals intelligence collection and

geolocation in support to Canadian Armed Forces Operations; High Frequency Direction Finding facilities in support of search and rescue and other operations; support to Environment

Canada Weather Services personnel and Arctic researchers; and projects Canadian sovereignty in the Arctic.

"Alert is one of the most challenging environments to work in, and each

every day the 'frozen chosen' overcome those challenges. It's been an honour and a pleasure leading the men and women of CFS Alert," said outgoing Commanding Officer Maj. Snow.



(From left to right) Maj. Amy Tsai-Lamoureux, incoming Commanding Officer of Canadian Forces Station Alert, Lieutenant-Colonel (Lt.-Col.) Steve Camps, 8 Wing Operations Officer, and outgoing Commanding Officer Maj. Rob Snow sign the ceremonial certificates marking the official change of command on July 27. Photo by Second-Lieutenant Cory Watson



Outgoing CFS Alert Commanding Officer Major Rob Snow departs the parade in style. Photo by Private Istvan Zsarik



The parade marches on to commence the Change of Command ceremony at CFS Alert. Photo by Private Istvan Zsarik

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



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Airborne!

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those of pride, accomplishment, and even a few tears could be found. When asked how he was feeling having successfully completed the course, cadet Warrant Officer Han Jie Lui replied, "Tears of joy." He continued, "This course is earned; capital, bold, and underlined; earned!"

Top Cadet, Warrant Officer Aiden Armstrong added, "It's (the course) the first step into the brotherhood."

This serial of the Army Cadet Basic Parachutist

Course was unique, in that along with two female cadets; Warrant Officer (WO) Chelsey Fang, and Master Warrant Officer (MWO) Sarah Eckert, the nominal role also included a female CIC Officer, Captain (Capt.) Diane Allain.

When asked about their expectations, and experiences on course, MWO Eckert stated, "It wasn't as hard as I expected."

WO Fang added, "You think it's all physical, but there's a lot of mental (effort) too."

Capt. Allain continued, "You can be tired and ex-

hausted already, but we're going for a run... 'OK we're going for a run.'" She continued, "We were just another one (cadet) - not seen as females, no limitations, one of the members of the team, having to perform just as good as everyone else. It's empowering!"

After four long, hard weeks of training, including five jumps from 1,250 feet above ground level (AGL), the cadets from the Basic Parachutist Course 2016 now know that they can accomplish anything.

Fair winds, soft landings... Airborne!



Brig.-Gen. (Ret'd) R.R. Romses and a member of the Army Cadet League of Canada present cadet WO Aiden Armstrong with the Top Overall Cadet award.



Lieutenant Colonel (Lt.-Col.) Darryl Rolfe and a member of the Army Cadet League of Canada present cadet WO Han Jie Lui with the 1st Canadian Parachute Battalion Bursary award. *Photos by 2Lt Ken Jacobson*



Capitan (Capt.) Abbott and Warrant Officer (WO) Dewers present cadet WO Alexandre Rivard with the CAAWC Top Jumper Award.



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Fitness & Health



Health Promotion presents to 8 Wing's Kidz Camp

8 Wing's Summer Kidz Camp hosted the Health Promotion team for a morning of healthy messaging! Topics included active living, injury reduction, and Canada's Food Guide, all topics that the Health Promotion team present on a weekly basis, this time with a twist of fun and assistance from our own camp staff.

The HP team was happy to lend out their healthy costumes to camp staff, as we conducted a veggie and fruit fashion show for the kids followed by an exercise on the importance of this food group.

We played wheel of fortune and a healthy jeopardy game to round out a morning of healthy messaging! Topics included active living, injury reduction, and Canada's Food Guide, all topics that the Health Promotion team present on a weekly basis, this time with a twist of fun and assistance from our own camp staff.

Summer 2016 Camp staff pictured in costume: Grapes – Mik; Carrot – John; Snap Peas – Miriam; Banana – Andrea; Tomato – Leah. Photos by Ross Lees

Health Promotion Course Calendar

Mental Fitness & Suicide Awareness Supervisor Training
23 August 2016 • 08h00-16h00
Course Coded

Top Fuel for Top Performance
13&14 September 2016 • 08h30—16h00

Stress: Take Charge!
15 September 2016 • 08h30 - 16h00

Managing Angry Moments
20, 27 September & 4 October 2016 • 08h30 - 12h00
Attendance required at all three sessions

Weight Wellness Lifestyle Program
29 September – 3 November 2016 • 18h00 - 20h00
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Inter-COMM
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Basic aviation courses attract eager cadets

Courses give cadets insight into aviation fundamentals for future reference

By Ross Lees

The Air Cadet League of Canada has spent 75 years training cadets and yet another batch of young Canadians graduated last Friday morning from courses giving them the basics in aviation and technology.

Serial one of the Aviation Training Courses participated in their Trenton Cadet Training Centre (TCTC) graduation parade Friday morning, July 29 and was told by TCTC Commander Lieutenant-Colonel (Lt.-Col.) Darryl Rolfe they had basically had their appetites whetted for future careers in aviation, perhaps even in the Canadian Armed Forces (CAF).

The three courses taught at the TCTC give cadets insight into basic aviation, technology and aerospace and advanced aviation. The final course can prepare cadets to take the glider and powered aircraft courses while the second course can give them some insight into aircraft maintenance, airport operations or the aerospace course.

"Certainly if that is your choice (a future in aviation), those are exciting opportunities and I wish you all the best," he told the many cadets gathered for their final parade of the summer.

Reviewing Officer, Mr. Greg Merrill, the chairman of the Ontario Provincial Committee of the Cadet League of Canada, acknowledged that there were several anniversaries being celebrated this year in cadets.

"This is a very special occasion, the 75th anniversary of the Air Cadet Program and the Air Cadet League plus it was 50 years ago I was here as an air cadet on course," he noted. "I am very honoured to have been selected to be your Reviewing Officer on this occasion.

He said the cadets on parade were a credit to the program.

"Please take back what you've gained from the program and encourage other young men and women to come on this training, because you are the future," he told them.

Lt.-Col. Rolfe said celebrating the 75th anniversary of the Air Cadet League was a momentous occasion and that the TCTC had always had a wonderful relationship at all levels of the organization.



Mr. Greg Merrill, Reviewing Officer and Chairman of the Ontario Provincial Committee of the Cadet League of Canada, takes the salute from Warrant Officer Second Class Arik Collins of Scarborough.



Major (Ret'd) Tommy Thomas and Advanced Training Officer Lt.-Cmdr. Lilje presented the top overall cadet on the basic aviation course to Cadet Everett Horner from 102 Sqn. Photos by Ross Lees



Lt.-Col. Darryl Rolfe, (left) Commanding Officer, Trenton Cadet Training Centre, and Mr. Greg Merrill, Reviewing Officer and Chairman of the Ontario Provincial Committee of the Cadet League of Canada presented the award to the top overall cadet of the Aviation Training Courses, Lane Thompson from 714 Sqn.

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Wing Logistics and Engineering Pictures of the Week

By Warrant Officer Michael Gardner

Members of the 86 Airfield Systems Utilities (86 ASU) Drilling Team perform airfield maintenance at 8 Wing/Canadian Forces Base (CFB) Trenton.

The task of the Drilling Team is to install new ramps; the latest addition to the Mobile Runway Edge Sheave (MRES) sys-

tem. This team is about to deploy to the North to continue the installation of the MRES system. From Inuvik, the Drilling Team will be heading to Yellowknife and finally Iqaluit to install this latest addition.

During pre-deployment preparations before departing 8 Wing, Sergeant (Sgt.)

Lloyd Burke, Aircraft Arresting Systems (AAS) Crew Chief, identified critical deficiencies with the ramps, and without hesitation, he and his team resolved these issues before the deadline of shipping the equipment.

Bravo Zulu to Sgt. Burke and his team for recognizing and solving a key issue; demonstrating that with detailed preparations, time, resources and funds can be saved. WLE wishes the 86 ASU Drilling Team the best of luck!

Out with the old and in with the new



Corporal (Cpl.) Jay Lapid and Mr. William Granger completed an axle lift on a 1955 five-ton wrecker. Cpl. Lapid is new to the recovery section and Mr. Granger is instructing him on how to do a proper axle lift on a five-ton. The 1955 five-ton wrecker is likely to become a temporary monument at CFB Borden, and eventually go to the Royal Canadian Electrical Mechanical Engineering museum at Canadian Forces Base (CFB) Kingston. Photo by Master Corporal Jimmy Legacy



Photo by Master Corporal Benoit Beaulieu, Drilling Team Lead, Inuvik Airfield

GCWCC campaign promises to make it easier to participate this year

Continued from page 1

The theme of this year's campaign is "Participating is easy," and Mrs. Gilbert

and her staff of seven rely on efforts like that of the team from CFB Trenton – this year co-chaired by Major (Maj.) Christopher

Hepburn and Master Warrant Officer (MWO) Scott Creamer – to help meet the campaign goal.

When she stated to the

committee that a little can mean a lot to this campaign, she stipulated that small donations can add up to big funding commitments in a campaign like this where the United Way of Quinte invests in more than 100 programs and initiatives.

To demonstrate just how much smaller donations can mean, she told this meeting that they only exceeded their campaign goal last year by \$763.

"The people we support are the working poor," she told the base committee. "they see costs go up but their salaries don't."

Part of her talk to the committee was to demonstrate to them that canvassing of military personnel for this campaign is crucial.

"Personal donations make this campaign," she stated. "It's important to get a 100 per cent ask of all the per-

sonal on the base. It doesn't take a lot of money to have a big impact in this area."

She backed that statement up with some startling statistics, stating there is a huge transportation issue in Hastings and Prince Edward counties and that those two counties have the second highest food insecurity rate.

Sandy Sidsworth of the Canadian Mental Health Association helped her make her point, noting there was a "grey tsunami" taking place in these counties whereby people over the age of 50 were having a huge impact on programs and services.

"It's amazing how much your few dollars can do to help people in the community," she said, adding she likes the culture of caring being created by the United Way of Quinte campaign.

This year's campaign will continue to feature events

like Jail 'N Bail, Let Your Hair Grow, the Wing Commander's Golf Tournament to kick off the campaign on Sept. 8, the Dress with a Difference day every Friday during the campaign, all of which helps to make "participating easy."

But this year's committee is determined to make it even easier to participate and to donate.

On Oct. 1, this year, they plan to hold an 8 Wing Community Fair, where a number of events like the ever-popular Jump Tower and Herc Pull will be combined to attract a larger participation rate.

Watch Contact and the Splash Page to keep up-to-date on this year's GCWCC campaign and, if you have an idea for a fundraiser, contact Maj. Hepburn and MWO Creamer and present it to them.

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CANEX, Brighton Speedway team up to Salute to our Forces

On July 16, CANEX partnered with the Brighton Speedway to present Salute to Our Forces. The event kicked off with a display of two featured race cars and the speedway pace truck in the CANEX parking lot along with coffee, snacks and draw prizes. Leading up to the

of fun and the CAF members I spoke to really enjoyed it. I anticipate a similar event again next year," said Andrew Kerik, CANEX manager.



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All letters must be signed and the name of the author will be published. Include a phone number for verification. We reserve the right to edit 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

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Lt.-Col. Leif Dahl takes over 437 Sqn. from Lt.-Col. Kevin Tromp

Continued from page 1

he was proud of their accomplishments during his tenure and throughout their illustrious history.

"I'm inordinately proud of what you do and I am humbled to have been a part of it. No squadron in the RCAF flies as many operational missions with fewer people than you," he said.



Incoming 437 (T) Sqn. Commander Lt.-Col. Leif Dahl and outgoing Commander Lt.-Col. Kevin Tromp flank 8 Wing Commanding Officer Col. Colin Keiver at the signing ceremony during the Change of Command parade July 27. Photo by Cpl. Jim Saunders, 8 Wing Imaging

The Huskies have accomplished amazing results flying over 4,100 hours last year in air refueling, strategic transport and VIP airlift roles, and all with aircraft deployed on strategic missions.

8 Wing Commander Colonel (Col.) Colin Keiver found that amazing with an aircraft that in project documentation, was never supposed to deploy.

"You have led 437 Squadron through a time of tumultuous change," Col. Keiver noted of Lt.-Col. Tromp's tenure.

Of the CC-150 Polaris, Col. Keiver noted, "It was only ever going to do strategic refueling back and forth across the Atlantic. It has been deployed now for a considerable amount of time and it has been deployed and sustained that operation under your leadership," he said.

While maintaining that strategic role, the aircraft and people of 437 (T) Squadron continued to do the other things they were asked to do by the RCAF and CAF, Col. Keiver observed, adding they had flown Prime Ministers, the Governor General and everything else asked of it, and they did it exceptionally well.

"Kevin, this squadron has thrived under your leadership. I thank you for what you have done here. It means the world to 8 Wing, it means the world to the RCAF, it means the

world to CAF because, at the end of the day, it is a significant enabler and, while there are only five of them, these airplanes are recognized around the world and it's because of people like you that we make this happen," he said.

It was a point incoming Commanding Officer Lt.-Col. Dahl also touched on in his remarks, as he praised Lt.-Col. Tromp for his leadership over his tenure.

"We only have two strategic tankers, but yet we manage to punch above our weight and provide 50 per cent of our assets to the coalition fighting ISIL in Iraq," he said. "That's quite remarkable. Most of us would be surprised to see how much that single aircraft gives in terms of political currency for Canada towards its allies and partners. What you've done and what we will keep doing counts - counts for Canada and is felt directly."

Lt.-Col. Tromp praised the people who helped him throughout his tenure and he thanked the Huskies for their support and effort.

"Despite the tempo of operations, you continue to be involved in the community with things like Relay for Life and Food for Learning, and you continue to participate in Wing events like the 2016 Quinte International Air Show," he stated.

Lt.-Col. Tromp felt he was leaving 437 (T) Squadron in good hands.



Lt.-Col. Kevin Tromp makes a humorous exit as 437 (T) Squadron Commander on a skateboard and with uncharacteristic long, blond tresses. Photo by Ross Lees

"Leif, you have a great breadth of experience to call on both as a pilot and a staff officer. I'm sure the Huskies will be well-served with your leadership," he noted.

Col. Keiver tasked Lt.-Col. Dahl to maintain the standard and reputation of the Huskies.

"I expect you to do one thing with this squadron - I expect you to lead it," he said. "I expect you to motivate them, I expect you to inspire them, I expect you to keep doing what this squadron has done for all those years of its existence - thrive and excel in operations."

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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!

MFRC Summer Hours

Our summer hours begin on Monday, July 4. Until Sept. 12, we will be open Monday to Friday from 7:30 a.m. to 5 p.m.

Nos heures d'ouverture pour l'été débutent le lundi 4 juillet. Jusqu'au 12 septembre, nos heures seront du lundi au vendredi, de 7h30 à 17h.

OMG: Opportunities to motivate and grow

Building a community of youth leaders. The Trenton MFRC will be hosting a series of summer workshops for youth aged 12 to 15. Over the course of the weeks, participants will learn to become strong leaders in their community. The workshops will cover themes like self-esteem, empowerment, awareness of current events, safety and social image in the media, healthy relationships and developing a professional image to prepare for your future. Workshop Dates: July 4 to July 8; July 11 to July 15; July 18 to July 22; July 25 to July 29; Aug. 1 to Aug. 5; Aug. 8 to Aug. 12, Aug. 15 to Aug. 19; Aug. 22 to Aug. 26. Prices: \$60 for one week, \$200 for four weeks (a savings of \$40). Choose your weeks! \$400 for all eight weeks. For more information and to register, please call 613-965-3575 or email rabia.s@trentonmfrc.ca.

Le programme "OMG" Une opportunité pour motiver et grandir

Édifier une communauté de 'leaders' - Le CRFM de Trenton offrira une série d'ateliers durant l'été pour les jeunes de 12 à 15 ans. Au cours des semaines, les participants apprendront comment devenir de forts leaders dans leur communauté. Les ateliers couvriront des sujets tels que ; l'estime de soi, l'autonomisation, la prise de conscience de l'actualité, l'image social et la sécurité avec les médias sociaux, les relations saines et le développement d'une image professionnelle pour le futur. Dates des ateliers: Du 4 au 8 juillet; Du 11 au 16 juillet; Du 18 au 22 juillet; Du 25 au 29 juillet; Du 1er au 5 août; Du 8 au 12 août; Du 15 au 19 août; Du 22 au 26 août. Coûts des ateliers: 60\$ pour une semaine, 200\$ pour quatre semaines (un rabais de 40\$)- Choisissez vos semaines, 400\$ pour les huit semaines. Inscrivez-vous en téléphonant la réception du

CRFM au 613-965-3575 ou Rabia à rabia.s@trentonmfrc.ca 613-392-2811 ext.5541 pour d'information.

Limitless Youth Night

Inclusive youth social night for children with special needs, their sibling and friends ages six to 11. Every third Monday of the month - begins June 20 from 6 p.m. to 8 p.m. Have question? Contact Orlana Bourgoin orlana.b@trentonmfrc.ca or 613-392-2811 ext. 3953.

Possibilités Infinies

Learn the timeless art form from the Middle East. Mondays starting May 30, from 7 p.m. to 8:30 p.m. \$55. for eight classes. To register visit the MFRC reception. For more information, call 613-392-2811 ext 3265.

Monthly Mindfulness Group

Open to those who are interested in developing their mindfulness practices as a way to reduce stress and anxiety. Previous experience is not required. Last Thursday of the month (May 26) from 12 p.m. to 1 p.m. or 1 p.m. to 2 p.m. For information or to register please contact by email helene.t@trentonmfrc.ca or

Groupe mensuel de pleine conscience

Offert à ceux qui sont intéressés à développer leur pleine conscience pour réduire le stress et l'anxiété. Aucune expérience préalable n'est requise. Le dernier jeudi du mois (26 mai) de midi à 13h00 ou de 13h00 à 14h00. Pour information ou pour vous inscrire par courriel helene.t@trentonmfrc.ca ou 613-392-2811 poste 5541.

Program Calendars

The June Youth Centre calendar and the Spring Playroom calendar is available under 'Youth & Teens' and 'Children & Parents' respectively on our website - www.trentonmfrc.ca/family-services.

Le calendrier du Centre des jeunes

Le calendrier du mois de juin du Centre des jeunes et celui de la Salle de jeux sont disponibles sur notre site internet sous "Jeunes et ados" et "Enfants & Parents"- <http://trentonmfrc.ca/fr/services-famille>.

Continued on page 12

Home of the Week
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This charming home offers the prospective homeowner plenty of choice, thanks to an unfinished bonus room over the double garage, as well as an alternative plan for the en-suite in the master bedroom. Entry is through a covered porch set off by brick pilasters. The foyer includes a coat closet to the left. Directly ahead is the staircase to the second-storey bonus room and beyond is the great room. The great room features a sloped ceiling, as well as a gas fireplace that will cast its warmth into the dining area and kitchen. French doors open to a partially covered patio and the back garden beyond. A large window in the dining area looks out to the patio, and natural light will filter through the two nar-

row windows that look to the side garden. The kitchen, separated from the dining area and great room by an eating bar, is illuminated by a skylight and includes generous counter space. An eating bar with a double sink on one side separates the kitchen from the dining area, which features a large window overlooking the patio. The laundry room has access to the double garage. A mud room with a coat closet is located nearby. The master suite also has a sloped ceiling, as well as a doorway to the patio. Windows overlook the back garden. Both plans for the en-suite include double basins, a shower stall and a soaker tub with its own window. The walk-in closet is located either in a corner

of the suite, or with access from the en-suite. The second and third bedrooms share a three-piece bathroom, with a linen closet situated at its entrance. The third bedroom has a window with an extra-deep sill, which could double as a window seat. The unfinished bonus room includes a roughed-in three-piece bathroom, allowing it to serve as a guest room or fourth bedroom. Exterior finishes include horizontal siding with shingle accents around the front windows. Brick pilasters flank the arched front porch, which also features shingle accents. This home measures 42 feet wide by 63 feet deep, for a total of 1,798 square feet, plus the bonus room of 497 square feet. Ceilings are nine feet high throughout.

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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.

Aug. 15 – Knights of Columbus Blood Donor Clinic

At the Knights of Columbus Hall, 57 Stella Crescent, Trenton, from 1 p.m. to 7 p.m..

Aug. 20 - Air Cadet 75th Anniversary Reunion Gala

Join us in Winnipeg on Aug. 20, at the Victoria Inn and Conference Centre for an Air Cadet 75th Anniversary Reunion Gala for those who have been and are still involved with the Air Cadet Program (must be 19 to attend). Purchase tickets to reconnect with friends by e-payment: <http://aircadet75thanniversaryreunion.ca> Please forward this information. Deadline to confirm tickets: June 30. aircadet75thanniversaryreunion@outlook.com

Sept. 8 – Wing Commander's Invitational Golf Tournament

The Wing Commander's Golf Invitational Golf Tournament in support of the Government of Canada Workplace Charitable Campaign (GCWCC) and the United Way of Quinte campaign takes place on Sept. 8 at Roundel Glen Gold Course with tee-off at 10 a.m. and registration beginning at 8 a.m. Cost for this four-player scramble event is \$100 per person and includes 18 holes of golf, cart, steak dinner, a grab bag of prizes and entrance into the various draw prizes. Members can register just for the steak dinner for \$35 per person. Registration deadline is Sept. 2. For further information, contact Capt. Dana Sponder at dana.sponder@forces.gc.ca or at local 2784.

Sept. 9-11 – Canadian Military Flight Engineering Reunion

The Canadian Military Flight Engineering Reunion will be held in Trenton from Sept. 9 to 11 with a meet and greet taking place at 413 Wing. Cost is \$15 per person. A dinner and dance will be held Sept. 10 at the Officers' Mess at a cost of \$50 per person. On Sept. 11, a breakfast will be served at the Officers' Mess at a cost of \$20 per person. A total weekend package special of \$65 per person can be arranged. Closing date for registration is Aug. 24. For further information, contact cmfeareun2016@gmail.com Please make payment (cheque, money order or email payable to CMFEA Reunion 2016. Mail to D.M. Knockleby at 46 First Ave., Trenton, ON. K84 4C4.

Sept. 11-16 – Operation Heal Our Patriots

Operation Heal Our Patriots (OHOP) is a ministry project of Samaritan's Purse. Samaritan's Purse is a Christian international relief and development organization with projects in more than 100 countries worldwide. OHOP focusses on bringing spiritual refreshment, physical renewal and marriage enrichment to physically and/or emotionally wounded military personnel and their spouses. This year's opportunity for Canadians will take place from September 11 to 16 at the Samaritan Lodge in Port Alsworth, Alaska. Although OHOP has existed since 2012, and hosted more than 500 military couples from the U.S. during the past four years, this is only the second year that a special week has been set aside solely for Canadian military personnel and their spouses. The marital enrichment and spiritual encouragement portion of the week at Samaritan Lodge flows from workshops led by retired military chaplains. The Biblically-based sessions are designed to strengthen married couples' relationship with God and with each other. The relaxation portion of the week at Samaritan Lodge includes a cozy little wheelchair-accessible cabin for each couple, and delicious meals with all 10 couples together. The recreation times include professionally guided kayaking and salmon-fishing excursions, a hike to a scenic waterfall, and a float-plane trip to view grizzly bears. samaritanpurse.ca/ohop

Sept. 18 - Olde Fashioned Pie Social

All you can eat pie and ice cream at 1 p.m. at the Trenton Legion Branch 110 at 1 p.m. Live Band "Cowboy's Don't Cry." Advance tickets available in Trenton Legion office. Legion members \$8, non-members \$10. Call 613-392-0331 for more information.

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. 29 - Hallowe'en Dance

Hallowe'en dance Trenton Legion Branch 110 at 8 p.m. Come in costume if you like! Live band "The Shadows." Advance tickets available in Trenton Legion office. Legion members \$8, non-members \$10. Call 613-392-0331 for more information.

MFRC continued from page 11

All Hands Drop-Off Childcare

This group is for children with special needs and their siblings, every Tuesday of the month from 5 p.m. to 8 p.m. Parents must supply all snacks and dinner, but the program is free. To register, contact Orlanda 392-2811 ext. 3953 or orlanda.b@trentonmfrc.ca

Halte garderie pour toutes les mains

Ce groupe est destiné aux enfants ayant des besoins particuliers et leurs frères et soeurs sont aussi les bienvenus. Ce programme gratuit, a lieu chaque 3me mardi du mois de 17h00 à 20h00. Vous devez fournir le repas et les collations. Pour inscrire votre enfant, contactez Orlanda Bourgoin au 613-392-2811 poste 3953 ou orlanda.b@trentonmfrc.ca

Babies and Beyond

The place for teen parents and 'mommas-to-be!' Offered by the Trenton MFRC and Children's Mental Health, supported by the Hastings and Prince Edward County Healthy Unit, Babies and Beyond offers lunch, parenting tips, school strategies, crafts, financial advice, cooking tips, and more. Lunch is provided. Childcare and transportation are available. When: Tuesdays from 11:30 a.m. to 2:30 p.m., Sept. until June. Where: Trenton MFRC, 50 Rivers Drive, East. For more information contact Debbie at 613-392-4331 ext. 274.

Bébés et au-delà

Le centre de ressources pour les familles des militaires de Trenton et Children's Mental Health vous présente Bébés et au-delà. La place pour les futures mamans et parents adolescents! Supporter par Hastings and Prince Edward County Health Unit. Dîner compris, halte-jeu, et transport disponible! Les mardis de 11h30 à 14h30. CRFM, 50 Rivers Drive Est, Trenton. Pour plus d'information contactez Debbie au 613-392-4331 poste 274.

Friday Drop-Off

Need a break, have an appointment for an hour or a day? We have drop-off child care on Fridays from 9 a.m. to 4 p.m. at the Playroom. To book a spot, call MFRC reception (613-965-3575) from 1 p.m. on Monday to noon on Thursday. The cost is \$5 per hour for your first child and \$4 per hour for subsequent children.

Halte-garderie du vendredi

Avez-vous besoin d'un répit? Avez-vous un rendez-vous? Nous offrons un service de halte-garderie à la salle de jeux du CRFM les vendredis de 9h à 16h. Nous prenons les réservations à compter du lundi 13h jusqu'au jeudi midi au 613-965-3575. Le coût est de 5\$/heure pour le premier enfant et de 4\$/heure pour le deuxième et ainsi de suite.

Royal Ontario Museum

The Trenton MFRC is pleased to announce that, on a trial basis, we are selling Royal Ontario Museum (ROM) tickets at a discount rate. Adults - \$13.50; students with ID - \$12.50; children (4-14) - \$9.50. Information: 613-965-3575

Royal Ontario Museum

Le CRFM de Trenton est fier d'annoncer que, à titre d'essai, nous vendons des billets pour le 'Royal Ontario Museum' (ROM) in Toronto à un coût réduit. Adultes - \$13.50; Étudiants avec pièce d'identité - \$12.50; Enfants (4-14) - \$9.50. Information: 613-965-3575.

Continued on page 13



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Fitness Programs

Boot Camp (Trent Athletics) Friday – July 8 to Aug. 26 – 4:30 p.m. to 5:30 p.m.

Outdoor Yoga – Tuesday, July 5 to July 26 – 7:30 a.m. to 8:30 a.m.

Fusion Wellness – Monday, July 4 to Aug. 29 – 11:30 a.m. to 12:30 p.m.

Stroller Fit and Fusion – Monday, July 4 to Aug. 1 – 10 a.m. to 11a.m.

Yoga Wellness Retreat 16+ – Saturday, June 20 – 9 a.m. to 1 p.m.

Personal Training - Schedule determined by client and trainer

Fitness Programs – Children, Youth and Teen

Youth Strength and Conditioning Course 13 to 15 years at the RecPlex

Figure Skating Dryland 10 to 16 years – Wednesday, June 8 – July 27 – 5 p.m. to 6 p.m. at the RecPlex

Home Alone Safety Course – Wednesday, Aug. 24 – 8 a.m. to 4 p.m. at the MFRC.

Babysitting Course – Thursday, Aug. 25 and Friday, Aug. 26 – 8 a.m. to 4 p.m. at the MFRC

Summer Kidz Kamp 2016 – June 27 to Sept. 2 – 8 a.m. to 4 p.m. at the RecPlex

8 Wing Martial Art Club MMA Camp – Monday, Aug. 8 – Friday, Aug. 12 – 8 a.m. to 4 p.m. (no before or after care will be available for this camp)

Youth Development Camp – 11 to 14 years – Monday, Aug. 22 to Friday, Aug. 26 – 8 a.m. to 4 p.m. at the MFRC.

She Rocks – Girl's Adventure Camp – Sept. 10 and 11 – Grades 7 and 8.

RCAF Flyers Arena Programs

Wheelchair Sports "New" – Rugby – Wednesday, July 6 to Aug. 31 – 6 p.m. to 9 p.m. and Saturday, July 9 to Aug. 27 – 12:30 p.m. to 3 p.m.

Ball Hockey Shinny (Co-Ed) 16+ – Monday, July 4 to Aug. 29 – 7:30 p.m. to 8:30 p.m.

Aquatic & Leadership Programs

Morning Aquafit – Monday, Wednesday, Friday – July 6 to Aug. 26 – 8:30 a.m. to 9:20 a.m.

Evening Aquafit – Tuesday and Thursday – July 19 to Aug. 11 – 6 p.m. to 6:50 p.m.

NEW Aqua Zumba Outdoor – Monday – Aug. 8 to Aug. 29 – 6 p.m. to 7 p.m.

Standard First Aid – Monday, Aug. 22 and Tuesday, Aug. 23 – 8 a.m. to 4 p.m.

Special Events

Outdoor Summer Movie Night – Friday, Aug. 19 - 8:30 p.m. at the RecPlex.

Roller night Event – Friday, Aug. 26 – RCAF Arena – 6 p.m. to 8 p.m.

MFRC continued from page 12

Second Language Training

The next session for French and English classes begins on Monday, Sept. 19. Courses for military spouses/partners and their immediate family (minimum age 16 years) are offered at the Trenton MFRC for beginner and intermediate levels. Language classes and clubs available: French and English classes begin Sept. 19; Spanish classes, Beginner Level I begin on Sept. 19; Spanish classes, Beginner Level II begin on Sept. 21; French Conversation Club begins Sept. 27; English Conversation Club begins Sept. 20; Spanish Conversation Club begins Sept. 26. * Register for all courses and clubs by Sept. 9. **Rosetta Stone is available upon request for military spouses/partners. To register, please contact Nathalie Vadeboncoeur: (613) 392-2811 ext. 3855 or nathalie.v@trentonmfr.ca.

Formation en langue seconde

La prochaine session commencera le 19 septembre (inscription avant le 9 septembre)

Les cours sont offerts au CRFM aux conjoints/partenaires et à la famille immédiate des militaires (16 ans et +), aux niveaux débutant et intermédiaire. Voici les cours et les clubs de langue disponibles : Les cours de français et d'anglais commencent le 19 septembre; les cours d'espagnol, niveau 1 débutant, commencent le 19 septembre; les cours d'espagnol, niveau 2 débutant, commencent le 21 septembre; le club de conversation en français débute le 27 septembre; le club de conversation en anglais débute le 20 septembre; le club de conversation en espagnol débute le 27 septembre. *Inscrivez-vous d'ici le 9 septembre pour vous assurer une place dans un des cours et des clubs. **Rosetta Stone est disponible sur demande pour les conjoint(e)s de militaires. Pour obtenir plus d'information est pour vous inscrire, veuillez contacter avec Nathalie Vadeboncoeur – nathalie.v@trentonmfr.ca ou (613) 392-2811 ext. 3855

Connection Café Connexion

Thursday, Sept. 8 and Wednesday, Oct. 5. Newcomers to meet and greet! Learn about your new community at the Trenton MFRC.

Connection Café Connexion

Le jeudi 8 septembre et le mercredi 5 octobre. Séance d'accueil pour les nouveaux arrivants! Découvrez votre nouvelle communauté qui est celle du CRFM de Trenton!

Yoga (for medically releasing/released members)

A chance for medically released members and/or their families to experience the benefits of different types of yoga. You do not require a partner for this yoga. Please register with Kelly at kelly.b@trentonmfr.ca (free to

medically released members and their partners). Sept. 1 (Hatha Flow), Oct. 16, Nov. 6 from 1 to 2 p.m. Location: 'Get Yoga Studios', 45 Front Street, 3rd floor, Trenton.

Yoga

Voilà une belle occasion pour les membres libérés pour raison médicale et leurs familles de vivre les bienfaits des différents types de yoga. Vous n'avez pas besoin d'un(e) partenaire pour participer à ce cours. Envoyez votre demande d'inscription à Kelly à kelly.b@trentonmfr.ca (cours gratuit pour les membres libérés pour raison médicale et leurs conjoint(e)s). 1er septembre (Hatha Flow), 16 octobre, 6 novembre de 13 h à 14 h

Lieu: "Get Yoga Studios", 45 Front Street, 3e étage, Trenton.

Couples Yoga

A chance for the medically releasing/released Veterans and a partner to participate in a yoga class designed especially for couples. Space is Limited. Please register with Kelly at kelly.b@trentonmfr.ca (free to medically released members and their partners). Sept. 11, Oct. 16, Nov. 6 from 12 p.m. to 1 p.m. Location: 'Get Yoga Studios', 45 Front Street, 3rd floor, Trenton.

Yoga en couple

Voilà une belle occasion pour les anciens combattants libérés pour raison médicale et son (sa) conjoint(e) de participer à un cours de yoga spécialement conçu pour les couples. Les places sont limitées. Envoyez votre demande d'inscription à Kelly à kelly.b@trentonmfr.ca (cours gratuit pour les membres libérés pour raison médicale et leurs conjoint(e)s). 11 septembre, 16 octobre, 6 novembre de 12 h à 13 h. Lieu : «Get Yoga Studios», 45 Front Street, 3e étage, Trenton.

Canada's Wonderland!

Exclusive ticket offer through the MFRC, Wonderland tickets are now available!

Canada's Wonderland!

Des billets à prix réduits pour les billets de Canada's Wonderland, disponibles au CRFM.

Monthly E-News/Social Media

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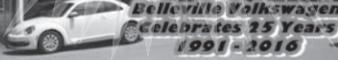
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Safety

Cycling in traffic should always be done cautiously



Cyclists have the same rights and responsibilities as the drivers of other vehicles using the road. These responsibilities are defined under the Highway Traffic Act. Cyclists, who ride predictably, following the rules of the road and behave like other vehicles, are likely to be treated like vehicles and are also more likely to be seen by other road users. Reducing conflicts among road users reduces the risk of collisions.

Children under the age of 10 do not have the judgement to ride bikes in traffic, but they can learn the rules of the road by riding with adults. Additionally, children and adults must master basic bike handling skills such as riding in straight lines, stopping, shoulder checking and correct signaling, before venturing into traffic.

There are basic traffic principles that allow cyclists to ride safely in most traffic situations.

Positioning

- Ride on the right side of the roadway, not on the left or on the sidewalk.
- Cycling in the wrong direction is the second major cause of car/bike collisions. Riders who drive facing traffic are vulnerable because motorists do not expect to meet traffic coming the wrong way.
- Riding on the sidewalk is dangerous for similar reasons. Pedestrians do not expect to meet cyclists. As well, each driveway becomes a potential intersection. Local by-laws often set out the age limit or the size of bicycles allowed to drive on sidewalks.
- According to the Act, any vehicle moving more slowly than normal traffic must drive in the right hand lane or as close as practicable to the right edge of the road. The best position for a cyclist depends on the width of the lane and the bicycle's speed. Cyclists should ride far enough from the curb to



travel in a straight line and avoid sewer grates, potholes, debris and the doors of parked cars.

- If the lane is too narrow to share safely, it's legal to occupy the whole lane. Although courtesy should prevail, cyclists should not compromise their safety for the convenience of the motorists. It may be safer to take a different route. Increasingly, bike lanes are providing a good alternative.
- A left-turning vehicle may be passed on the right. A cyclist may pass on the left if the bicycle is the faster vehicle. Cyclists should never squeeze between moving cars and the curb.

Yielding to crossing traffic

Cyclists and motorists must decide who has the right of way at an intersection. The two rules that govern intersection behaviour are a) the driver on the minor street yields to the driver on the major street. b) If arriving simultaneously, the driver on the left yields to the driver on the right.

Same direction yielding

When travelling in the same direction as other traffic, drivers of all vehicles – in-

cluding bicycles – must yield to the traffic already in the lane. Before changing lanes, a rider must look behind to make sure conditions are safe, signal the lane change and negotiate with the driver behind to make sure the motorist sees the bike and agrees to let the bike in. Lane changes should be started early, with plenty of distance between vehicles.

Children's bicycles

Before children are old enough to ride a bike by themselves, they probably know from first-hand experience that bikes are a good means of exercise and a lot of fun. Sooner or later your children will want a bike of their own.

Parents should remember that there are approximately 50,000 Canadian children injured each year while riding their bicycles. Of these, 70 to 100 children die from their injuries each year.

Head injuries take the greatest toll, with bike crashes being the leading cause of head injury in school age children (Calgary Herald, Feb. 5, 1995, p. A3).

When your child is physically big

enough and old enough to understand the hazards of bicycle riding, you may want to follow these tips:

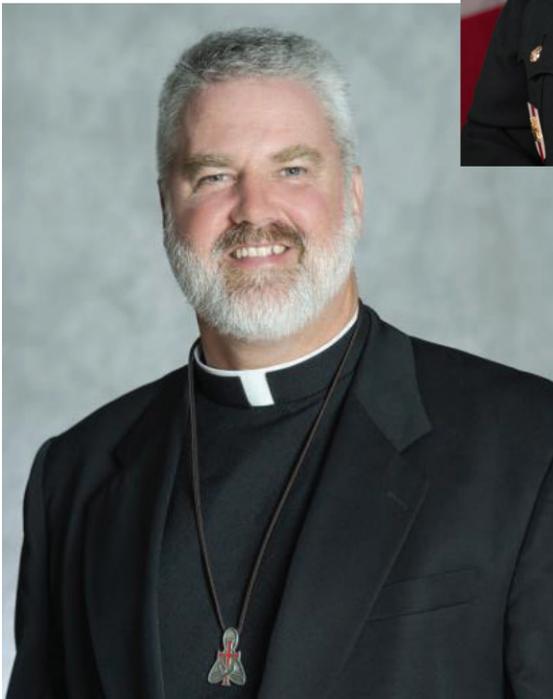
- Make sure he or she always wears an approved helmet. (Set a good example and always wear yours.)
- The bike should be the proper size. A guideline for sizing is that when your child sits on the seat with her hands on the handlebars the balls of her feet should be able to reach the floor.
- If the bike has a center bar, your child should be able to straddle the bar with both feet flat on the floor. There should be about two inches clearance between the bar and his crotch.
- Teach children that a bike is not a toy and they must ride in a responsible manner.
- Your child must know how to steer the bike and how to use the brakes on the bicycle. If your child cannot stop the bike by using the brakes, she is not ready to ride it on the street. Practice these skills on wide, flat surfaces, away from pedestrians and other vehicles until your child has perfected appropriate techniques.
- Instruct children in the rules of the road. Your children should always ride with a responsible adult until they have the skills, the knowledge, and the maturity to handle the bike on their own.
- Before children can go bicycling on their own, they should know and be prepared to obey all traffic signs. They should know how to signal when they are turning, and know enough to exercise caution when riding close to parked motor vehicles.

New Catholic, Anglican Bishops accept military roles

By Captain the Reverend Eric W. Davis CD, 436 Sqn Chaplain

Similar to civilian ministry, Roman Catholic and Anglicans denominations both have military dioceses which provide ecclesiastical support to the priests, deacons, pastoral associates and lay-ministers within their denomination. Each individual diocese is controlled by their respective Bishops. By an unusual occurrence, both the Roman Catholic and Anglican Bishops retired in 2016, leaving vacancies in their position to be filled.

Chosen by the Catholic Church to fulfil the role of Bishop is Most Reverend Scott McCraig from Kamloops, BC. After completing a Master's Degree from the Toronto School of Theology in 1995, he



Bishop Most Reverend Scott McCraig
Submitted photos



Bishop Rev Col. Nigel Shaw (ret'd)

was ordained to the priesthood in the same year. He has served as an Associate Pastor, Parish Administrator, Hospital Chaplain, and Director of Formation for the Companions of the Cross from 2000 to 2006. He served two terms as General Superior of the Society from 2006 to 2016.

Bishop Scott serves on the Board of Renewal Ministries Canada and has participated in missionary outreach to over 15 countries in Africa, Eastern Europe, and Southeast Asia. His ordination took place on May 31 at the Notre-Dame Cathedral on Sussex Drive, Ottawa.

After years of changes to canon law and with the approval of the Anglican Church of Canada, the Anglican Military Ordinariate elected their first Bishop. In previous years, Bishops who were already ordained would take on the portfolio of the Military Ordinariate. Bishop Mark Coffin, a former artillery officer, has now retired as the Anglican Bishop for the last decade. The Ordinariate has elected Colonel Reverend Nigel Shaw to be their next Bishop.

Bishop-elect Shaw graduated from Trinity College/Toronto School of Theology in 1984 and was ordained in the same year. Joining the military in 1987 he has held such high profile positions such as Land Force Central Area Chaplain, Command Chaplain Canadian Army, Director of Chaplaincy Services, Director of Chaplaincy Strategic Support and most recently Commander of Chaplaincy Operations. The Military Ordinariate will be well served with his over 29 years of experience within the military.

Bishop Elect Shaw was required to retire from the military

in order to take on his new role within the Anglican Church. His ordination took place on May 28 at Christ Church Cathedral in Ottawa.

The Chaplain's branch eagerly awaits its upcoming annual exercise in order to formally welcome its new Bishops into the Chaplain Branch family.

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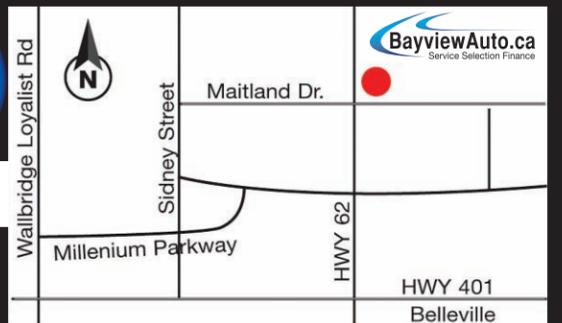
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