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First year of Col. Colin Keiver's tenure has flown by

The second year of his tenure may be more operations and family focused

By Ross Lees

Half way through his two-year tenure, 8 Wing Canadian Forces Base (CFB) Trenton Commanding Officer Colonel (Col.) Colin Keiver has already had a busy and productive command thanks to the great teamwork from his 8 Wing personnel.

While he sees the second year concentrating more on operational efforts, he does have at least one goal to accomplish prior to moving on from 8 Wing.

From the outset, Col. Keiver has emphasized the importance of families to 8 Wing and its operational effectiveness and that has not changed as he enters his second year.

"It's huge!" he said in an interview earlier this week. "Operations are our bread and butter as a Wing, but the only way we make those operations work is because of our people and their families and unless we are able to dedicate time to our people and their families, then the operations fail."

Col. Keiver feels leaders at all levels must figure out how to look after their people and their families in the best possible way while recognizing there will always be pressures.

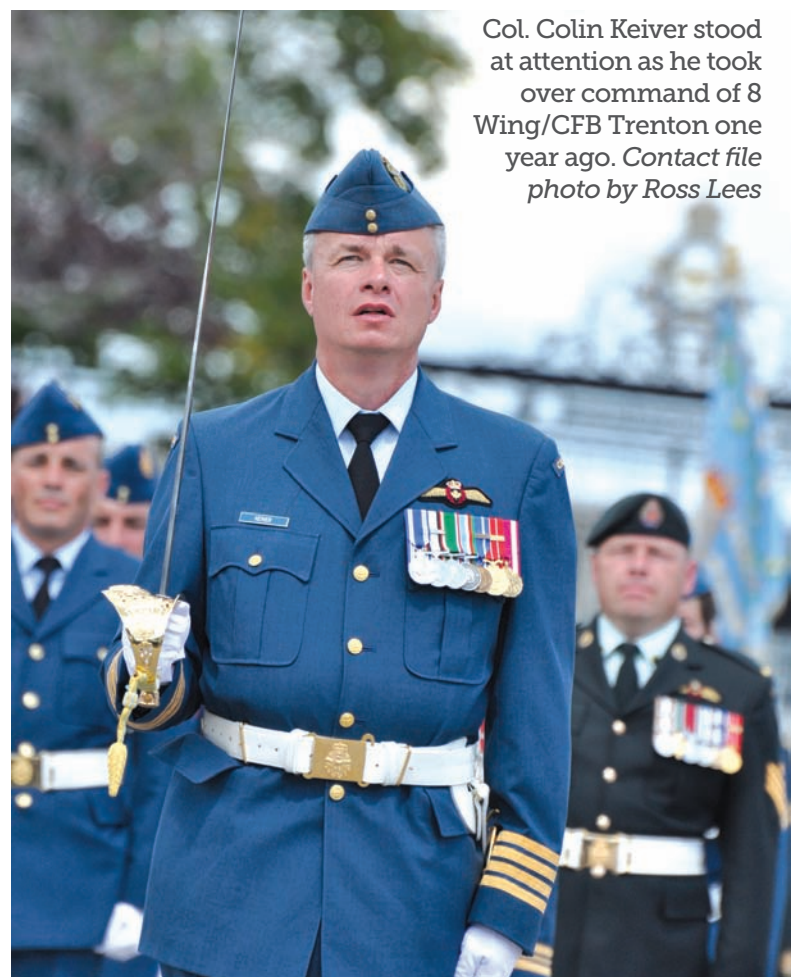
"I think you can get more out of the people and their families just by having a connection with them and being genuine and being honest," he said. "The people

and the families are incredibly important to me. Nothing's going to change that. I'll die, I'll go to my grave thinking it's the people and the families that make the difference. They form the heart of the organization. It's not the policies and the buildings, it's the people. They're incredibly important."

As he moves into his second year, Col. Keiver finds it hard to believe that one year is already gone, remarking that it has been a blur.

"What strikes me about it all, the one thing that's been a constant and it's always been a constant in my career is the people. I'm blessed by being surrounded

Continued on page 2



Col. Colin Keiver stood at attention as he took over command of 8 Wing/CFB Trenton one year ago. *Contact file photo by Ross Lees*

Original Air Cadet Banner trooped for the first time at Trenton Cadet Training Centre

By Ross Lees

The Trenton Cadet Training Centre (TTC) brought genuine history to their Trooping of the Banner Friday night at Canadian Forces Base (CFB) Trenton.

Presented by Prince Philip to the cadets of the Senior Leaders Course in Cold

Lake, Alberta in 1991, the Trooping of the Banner by the TTC marked the first time any cadet unit or training centre had ever trooped the original Air Cadet Banner, according to Captain (Capt.) Josh Bambrough, TTC Unit Public Affairs Representative.

The tradition of Trooping a unit's banner or colours

dates back to the 17th century and earlier in British and Commonwealth militaries. On the battlefield, the unit's colours were used as a rallying point and it was important to have the colours paraded through the ranks to ensure the troops could recognize them in battle.

Friday night's ceremony *Continued on page 15*



Lt.-Col. Darryl Rolfe, Commanding Officer of the Trenton Cadet Training Centre takes the salute as the cadets Troop the Colours past the reviewing stand in front of the headquarters building at CFB Trenton Aug. 12. *Photo by Ross Lees*



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First year of Col. Colin Keiver's tenure has flown by

Continued from page 1

by great people in the sense that these are people that want to make a difference, people that want to do the right thing, and they are," he acknowledged.

Supporting those people and their families will remain a constant goal of his as he continues his tenure, while recognizing more can always be done.

"I don't believe people are getting missed intentionally. If people are getting missed, or feeling left out or we're not treating our families as well as we could, it's usually because we're busy or an oversight," he noted. "It's never deliberate and my message to everyone would be that if you've got an issue or a problem, you just need to raise it up with your unit,

supervisors, or chain of command because I truly believe most people want to make a difference and they want to help; if they don't or they're not, it's usually because they're

not aware there's an issue in the first place. I think if we're given the opportunity to respond and help, I think most people would be surprised at what we can do if we're given that opportunity."

Leadership, in Col. Keiver's mind, is providing clear direction and guidance and then getting out of the way and letting his people attain the goal, although he adds it's always a continuing process.

"Really, direction and guidance to me is to define an end state –

"I'll die, I'll go to my grave thinking it's the people and the families that make the difference. They form the heart of the organization. It's not the policies and the buildings, it's the people. They're incredibly important."

Wing Commander Col. Colin Keiver

8 Wing at the Lieutenant-Colonel (Lt.-Col.) and the senior civilian level to help make it an all-inclusive team working toward the same goal.

"My job is to tell them what and then get out of the way and let them figure out how and encourage innovation and reward creativity and accept risks sometimes, because sometimes you've got to do the wrong thing once in a while in order to get to the right thing. My job is to set the conditions really for the Wing to succeed, regardless of what it is they're asked to do. I think, overall and honestly, I've got a great team here and if I was to characterize the Wing and how we're doing, I think the Wing is thriving," he stated.

Having gone through some major personnel changes now, he feels the change of personnel affects the overall plan in that it may have to be modified slightly

to take advantage of the new strengths or address the weaknesses of his new team members, but as long as they know the goal, he feels it can be achieved.

"As all these new commanding

officers and branch heads came on, my job again is to tell them what I expect of them. That was the first thing we did is we sat here in my office, we discussed expectations,

goals, and I laid out clearly for them what I expected from them in terms of how they communicate with me, how they communicate with their peers and how they communicate with the rest of the Wing," he explained.

"I think we've got some goals that we've defined. It's about operational excellence, it's about looking after our people and our families, and it's about the readiness of our units, and being professionals in all of this. As long as we keep those broad themes in mind as we walk down the path, I'm not too worried about the curves and detours in the path as long as we're all working towards the same point, and I think we are."

He has worked very hard to form that team environment in his first year as Commanding Officer and he pledges to continue that effort in his second year. When events are held, he tries to get all of the base involved so they get to know each other and they know who to contact when an issue or a task comes up requiring additional assistance within the Wing.

"You will see me do this again in my second year, you will absolutely see me come up with ways to force the Wing to come together so that they actually realize that we're just all people and at the end of the day, you treat people with the respect and dignity they deserve. It is about team building. We'll do the national sports day here on Oct. 21 and I have told them it will be an even larger turnout on the pa-

rade square than the last time – it will be bigger! That's not because I want it bigger, it's because I want the Wing functioning as a Wing and the only way you can function as a Wing is by people getting to know one another and getting people to talk to one another. That's been my goal all along is to just figure out how to get people to talk to one another because if they talk to one another, nine times out of 10, they'll sort it out."

Another focus this year has been honouring veterans of the area and he feels that has been accomplished and is something for the Wing to be proud of, in retrospect. He said it evolved as it progressed even as it felt like the right thing to do from the beginning.

He thought back to the mess dinner at the National Air Force Museum of Canada where a number of veterans were invited to attend as special guests and he recalls how important and emotional that event was for the veterans.

Col. Keiver was also cognizant of the importance of bringing the veterans into the Quinte International Air Show (QIAS) 2016 again as guests of honour.

"When John Mylod stood up when that first Lancaster flew past and, at age 95, snapped to attention and snapped off a salute, that reminds me – and I hope it reminds everyone at the Wing that we are a part of something that is much bigger than ourselves. We are about the history and traditions of the RCAF, we are about operational excellence."

"If there is one thing I got out of the experience with the veterans over the last year and what we've done with them and what they've given to us, it is that much of what we do comes with obligations and responsibilities that are bigger than ourselves and you only start to realize that when you look outside your comfortable little box and you start to interact with these people. I'll look back on what we've done with the veterans over the last year as being one of the highlights," he said.

Events like the 436 Squadron Elephant Walk and the QIAS were major accomplishments helping to build team chemistry, he stated. As a result of the Elephant Walk, he said 436 Squadron has matured and blossomed.

"Now you've got a C-130J capability in the Royal Canadian Air Force (RCAF) that those guys are ready to go off and do anything you ask them to do. They're confident, they know they can do it, they've got pride in what they do. That was a great thing for them to do because it threw a marker on the table that said you can do it and just keep doing it. It was exceptional!" he said.

He was also very enormously proud of the effort of the entire base and Wing in organizing the QIAS 2016.

Continued on page 15

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424 Sqn SAR techs called away from PR gig at Batawa Ski Hill

Day campers get exposed to the reality of a Search and Rescue day

By Ross Lees

Students at the Batawa Ski Hill's Eco-Adventures day camp Friday morning got a chance to see first-hand what the life of a 424 Squadron Search and Rescue (SAR) crew can be like.

Originally slated to make an appearance at the camp at about 10:15 a.m., the visit was cancelled when the crew was tasked for rescue mission.

Just after the news had been broken to the students, a subsequent call came back in telling camp director Lacey Hudson the mission had been stood down and the crew would still arrive, albeit a few minutes late.

Minutes later, the signature yellow Griffon helicopter began to circle Batawa ski hill and then landed in front of a group of ex-

cited children and adults for the second Friday in a row as part of their camp.

Captain (Capt.) Jeff Moorhouse had also participated in their camp to teach the children about survival techniques, Andy Larkum taught them about first aid, Adam Tilley taught them about bike maintenance, Cheryl Borecky visited from Go Active and the students also heard from Lower Trenton and Quinte Conservation Authority personnel, as well as Quinte West Fire Fighters.

Crew members Master Corporal (MCpl.) Brent Nolasco, Sergeant (Sgt.) Brad Power and Flight Engineer Sgt. Jerry Whyte only had about 15 minutes to talk to the children about water and boating safety, however, before another call came in requesting the services of the SAR crew.

Minutes, later, after determining the rescue call was over water, the

crew re-equipped itself and took off, waving to the children as they left.

Rather than be disappointed by the circumstances, Lacey felt it was a good life experience for the kids, the reason behind the camp in the first place.

"Part of the Friday experience at camp is that they get to build a shelter and a smoke signal," she explained. "So I thought, if they're building a smoke signal and we can get a helicopter to come in, because that would be what they would look for and a way for us to get their attention, that would be neat."

She felt it would be a nice fit and put the word out wondering if it would be possible, which it was.

"This is real life and these guys are the guys you want to come and find you if you're lost or hurt," she said. "So I think this is just as valuable as if they

But even as part of the crew is talking to the kids at the camp on one side of the Griffon, two other members of the crew are hearing about another rescue mission they must respond to.



424 Sqn SAR techs MCpl. Brent Nolasco and Sgt. Brad Power spoke to the children at the Batawa Ski Hill's Eco-Adventures day camp last Friday morning prior to being called away on a rescue mission. Photos by Ross Lees

got to stay the full hour."

"We got a phone call this morning saying they had a call out and they would not be here, and that was disappointing for these guys. But then they got stood down and they still came. That's the reality of it, that's what their day is like. They're on call and when they're

on call, they need to be available for the public, so that was super cool."

424 Squadron was called to a person in the water from a kayak just west of Cornwall. They were stood down en route.



Two-year-old Emmett Thirtle of Stirling listens attentively to everything the SAR techs say.



Just minutes later, the crew launches on the mission after waving goodbye to the kids.

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Organizations at CFS Alert come together for mini-golf

By Second Lieutenant Cory Watson

A weekend mini-golf tournament provided an opportunity for Canadian Forces Station (CFS) Alert personnel to spend some time in the open air, hone their golf skills, and to mingle with Station members whom they normally may not see on a daily basis.

The mini-golf tournament took place on Sunday, Aug. 7, but with preparations going on days before. Holes had to be dug out, and courses had to be constructed utilizing recycled material on Station. Civilian quarry operators drilled the holes while each section decorated the course. Each section from the Fire Hall to Environment and Climate Change Canada (ECCC) scientists created one of the nine mini-put courses. All Station organizations contributed time, personnel, and resources to create a sociable afternoon.

Participants were delighted with the creativity of the courses.

From Inuksuks to giant Beavers and Firefighters' axes, the holes were well thought-out. The organization of the event was a joint venture between Master Corporal Becky Lemon and Ms. Jane Fonger of ECCC. In the end, more than 30 military and civilian participants enjoyed the sun and laughter at the mini-golf tournament of the Frozen Chosen.



(Right) Commanding Officer Major Amy Tsai-Lamoureux on the Fire Hall course.

(Left) Inuksuk hole of mini-golf course.



Mr. Tyrone McDonald attempts the Construction Engineer mini-golf course.

Photos by: Private Istvan Zsarik



Medical hole of mini-golf course.



Organizational staff Ms. Jane Fonger and MCpl Lemon register applicants.



Mini-golf participants Mr. Scott Strickland (left), Ms. Angelina Maurer (right), Mr. Michael Mathewsie (centre right), and Corporal Michael Barrett (centre) pose for a photograph.

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.

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- 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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Highway of Heroes Bike Ride 2016

Wounded Warriors Canada host their inaugural bike ride to honour the fallen, help the living

By Second Lieutenant Ken Jacobson, 8 Wing Public Affairs

The inaugural Highway of Heroes Bike Ride will depart from the Afghanistan Repatriation Memorial (ARM) at Bain Park in Quinte West on Sept. 24 and end at the Ontario Veterans War Memorial at Queens Park in Toronto. The planned route will not utilize the Highway of Heroes itself, but organizers say it will feature a strong connection.

The route will have riders crossing the highway several times throughout the tour, using many of the same bridges from which Canadians have used to pay tribute to their fallen.

"It's more than just people that are participating, it's to get people to come out and watch, and kick it off, so we don't forget the Highway of Heroes," said Master Warrant Officer (MWO) David Myers, one of the event's organizers.

The 170 kilometer section of Ontario's Highway 401 between Quinte West and Toronto was designated the Highway of Heroes in 2007 by the Government of Ontario, memorializing the route taken by funeral convoys carrying fallen Canadian Armed Forces (CAF) members from Canadian Forces Base (CFB) Trenton to the coroner's office in Toronto.

In addition, MWO Myers is a member of a team of cyclists from 2 Air Movement Squadron, the 8 Wing Warriors, who have already registered for the ride.

Now, before you change your oil and



Logos courtesy of Wounded Warriors Canada



start polishing your chrome, this ride is unlike others; this is not a motorcycle ride, but a bicycle ride. Cyclists will depart from the ARM in Quinte West Saturday, Sept. 24, after the Light Assault Vehicle III dedication ceremony, covering nearly 120 kilometers before stopping for the night in Bowmanville.

On day two, riders will complete the route, arriving in Toronto after covering an additional 100 kilometers.

Wounded Warriors Canada hopes the Highway of Heroes Bike Ride, will not only raise funds and awareness for CAF members, veterans, first responders and their families living with operational stress injuries like post-traumatic stress disorder, but also reconnect Canadians with the Highway of Heroes and with those who made the ultimate sacrifice

for Canada and in the name of freedom.

"This is putting visibility on those who didn't come back with prosthetics and visible scars," said MWO Myers, when asked about his personal motivation for registering a team for the ride. "We have to concentrate, and get a little more visibility on removing the stigma with post-traumatic stress disorder and mental illness."

With the number of riders limited to 200, in this, the first of a unique annual cycling event, interested persons are encouraged to register themselves or their teams as soon as possible. A non-refundable registration fee of \$250 is required from each rider. The registration fee contributes to the minimum of \$1,000 that each rider must either fundraise or contribute themselves in order to participate in the event. Teams may combine fundraising efforts, so long as the total raised by the team meets or exceeds the minimum contribution of \$1,000 per team member.

The deadline for participation fees is Sept. 1.

For further information on Wounded Warriors Canada, to register for the Highway of Heroes Bike Ride 2016, or to make a donation, visit the Wounded Warriors Canada website at <http://woundedwarriors.ca>

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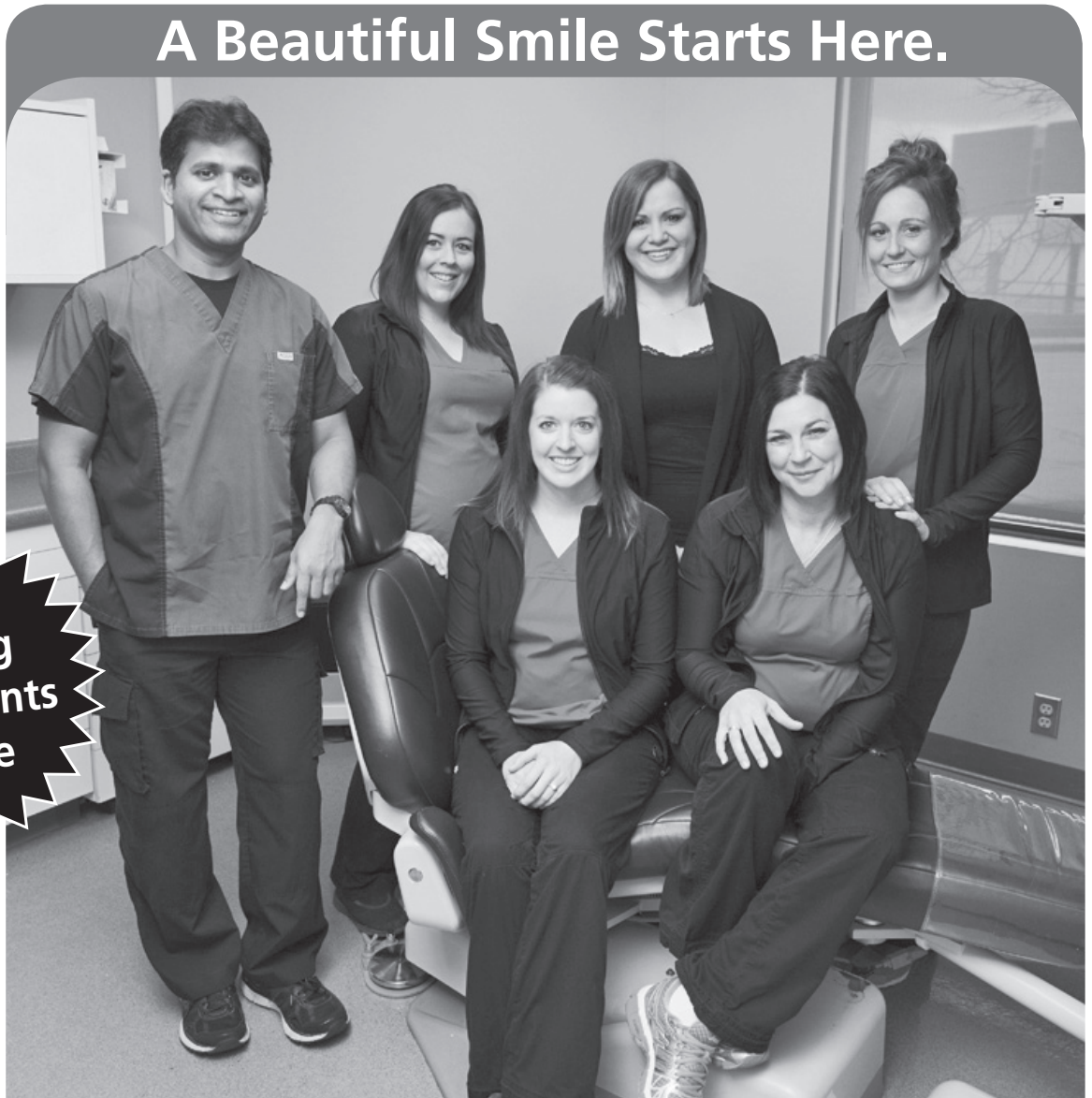


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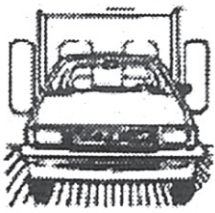
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That 24 Health Services has registered a team and now challenge all members of 8 Wing/CFB Trenton to join them at this year's Grapes of Wrath, also known as Prince Edward County's Extreme Romp N Stomp in support of the Trenton Memorial Hospital Foundation and the Canadian Cancer Society. All proceeds raised improve cancer care for local pa-



tients living in our communities. For more information on this awesome event happening at Hillier Creek Estates Winery please visit the website at www.cancer.ca/grapesofwrathpec See you on the 10th September! For the health of it!

The HP team of 8 Wing/CFB Trenton.

The HP team – Gill, Brenda, Kari Anne, Lisa

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C&C

Grapes of Wrath mud run coming Sept. 10

By Ross Lees

If you like getting down and dirty, you're going to love the Grapes of Wrath mud run on Sept. 10.

Virtually an obstacle course that is laid out through Hillier Creek Estates Winery, this physically challenging and mentally demanding course will give you all you want and more.

Dubbed the Grapes of Wrath Extreme Romp 'n Stomp, this Canadian Cancer Society and Prince Edward County Memorial Hospital and Trenton Memorial Hospital Foundation supporting event keeps expanding the challenge as it heads into its third year.

Not only have they expanded the obstacles, they have also opened it up to youth aged 14 to 17.

Located at 46 Stapleton Rd., Hillier, in Prince Edward County, the course has grown to include 21 gruelling obstacles designed by Canadian Armed Forces (CAF) volunteers, firefighters and volunteer contractors and has challenged the strength, agility and stamina of more than 720 participants over the past two years as they ran under and through grapevines and splashed through the winery's namesake creek.

To date, the event has raised \$120,000 and always receives tremendously positive feedback from participants into challenging themselves and their teams to a military-style obstacle course designed to test physical and mental stamina.

"In 2015, with obstacles such as a 14-foot wall climb, monkey bars and a culvert crawl, we saw competitors rely on each other to get up, over and through various obstacles and make it to the finish line to-



Rachel balances her way across one of the newly constructed obstacles for Grapes of Wrath 2016 at a media day event Aug. 16 at Hillier Creek Estates Winery.. *Submitted photo*

gether," noted Kemp Stewart, proprietor of Hillier Creek Estates Winery.

With Scotiabank on-board as the title sponsor, teams and competitors will be given every opportunity to further challenge their personal and physical limits while raising money for cancer care in the local community.

"The third annual Grapes of Wrath will push the participants even harder this year and test their strength and teamwork," said Laura-Lee Hogan, manager of stewardship and events for the TMH Foundation. "New obstacles for 2016 have been put into place and, if racers are

Continued on page 14

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Cadet For a Day

Local media experience life at the Trenton Cadet Training Centre first hand

By Second Lieutenant Ken Jacobson, 8 Wing Public Affairs

With the mercury reaching nearly 32 Celsius, and the humidex into the 40's, three brave members of the local media and I took the Trenton Cadet Training Centre (TCTC) up on their offer to be a cadet for a day. Embedded within the program, we would be treated as a cadet, participate in the same activities, and learn the same skills as a cadet.

The day began with a lesson in rifle drill. Since the mid-1970s, the Cadet Program has utilized a non-firing, drill-purpose conversion of the Lee Enfield No.4 Mk I rifle, and today would be no exception. Utilizing the nine pound rifle, three members of the Drill and Ceremonial Instructor Course (DCIC), Cadets Elizabeth deGagné from Fort Frances, Jordan Wityszyn from Whitby, and Saye Wong from Richmond Hill, began by demonstrating the slope arms and order arms drill movements before handing their rifle over to their media counterparts.

Breaking the complete drill movements into smaller sections, known as "squads," the cadets instructed their media counterparts on the proper techniques required to successfully complete each movement.

"This is pretty complicated," said Samantha Reed, from The Belleville Intelligencer.

"They make it seem easy," Melyssa Gloude, from Metroland Media, added.

With a typical day for the DCIC course consisting of four to five hours of drill, cadets have had hundreds of hours of practice, and time to perfect the movements; as a result, by the end of the hour, our instructors had everyone performing the drill movements like true DCIC cadets.

When asked about the DCIC course, DCIC Warrant Officer Second Class Alexandra Carson said, "We're teaching them stuff about drill and discipline. We're also teaching them leadership skills that most people, in other programs, might not necessarily get (taught). A lot of cadets underestimate themselves and say

'I'm not very good at this' or 'I'm not very good at that,' but cadets who come out of this course learn things about themselves and find out they can do things they didn't originally think they could."

Our next stop would be Macaulay Mountain Conservation Area, in Prince Edward County, where cadets on the two week long General Training Course (GTC) were participating in a field training exercise (FTX). The GTC is designed to provide first-year cadets exposure to the summer training program, as well as the opportunity to participate in a variety of activities including; team-building, canoeing, swimming, drill and ceremonial, marksmanship, aviation, aerodrome operations, aircraft manufacturing, aerospace, in addition to an FTX.

The FTX was organized into individual stations, which cadets would rotate to throughout the day, aimed at providing instruction on aircrew survival techniques including; shelter construction, creating knots and lashings, making a fire, and the art of camp craft.

My first stop was the shelter construction station where, Cadet Sergeant (Sgt.) Willow Chadwick, from Port Hope, encouraged her cadets to participate as she instructed them on the steps and safety precautions necessary to properly construct a "hootchie"; a shelter traditionally constructed by the military consisting of a tarpaulin suspended on a cord between two trees. When asked how she finds working as an instructor, Sgt. Chadwick replied, "I enjoy it because I like to inspire cadets to do better and I like to be able to point out what they do wrong, and make them better."

With the next rotation, I would find myself at the knots and lashings station, where Cadet Warrant Officer Crag and Cadet Sgt. Drope provided valuable instruction on how to create various types of knots and lashings. Following an interactive lecture, each cadet participated in a practical confirmation where they were provided a piece of rope and asked to create a knot demonstrated during the lecture.

My last stop, before leaving the FTX, was the camp craft station where, under the instruction of Cadet Flight Sergeant (Flt/Sgt.) Olivier Drolet-Tapin, from London, Ontario, a GTC

instructor with two years' experience, cadets learned the art of camp craft; the knowledge and skill required to survive outdoors lacking modern conveniences.

Flt/Sgt. Drolet-Tapin explains, "If you're in a survival situation, most people will make a bow or something (like that) because you can always go hunting."

In situations where you are simply waiting for rescue to arrive, Flt/Sgt. Drolet-Tapin continues, "When you construct camp craft it keeps you occupied, so time goes faster."

Some of the items constructed during this year's FTX include; a small signal fire, chairs, and tables suspended between two trees using techniques learnt at the knots and lashing station.

After lunch at the Yukon Galley, we joined up with the Basic Aviation Technology and Aerospace Course (BATA) at the Lower Trent Valley Fish and Game Club, Frankford, where cadets were experimenting with varying types of rocket propulsion; air pressure, water pressure, and black powder rocket motors.

As part of the BATA course curriculum, and under proper supervision, cadets are encouraged to experiment and push the limits of the status quo.

"By going beyond the standard kit and just having them try a couple new things, they can identify trying a new design, watching it fail, and realizing that the failure is an invitation to try again, and that you can actually learn (from it)," said Captain (Capt.) Adam Kidd, BATA Flight 7 Commander.

With the spirit of exploration and experimentation in mind, this year two cadets on the

BATA Course, Sgt. Sean Ragany and Flight Corporal (Flt/Cpl.) Eric Grewe, broke with tradition, leaving the status quo firmly in the rear-view mirror when they attempted to construct and launch a nine-engine rocket created out of tin cans, several feet of duct tape, and nose cones made from paper cups, which they christened "Franken-rocket."

"Hopefully it (Franken-rocket) goes very high... I don't think it should explode, but I honestly have no clue how high it will go," Cadet Sgt. Ragnay said, when asked, just prior to launch, how he thought their rocket would perform.

With the entire BATA class providing an energetic count-down, and all eyes cast towards the launch pad, only six of Franken-rocket's nine engines would ignite, forcing the rocket into an uncontrolled launch, ending in a cloud of smoke when the rocket crashed approximately 10 feet from the launch pad.

After the launch, Franken-rocket's creators stated, "The project was a lot of fun! Even though it wasn't successful, we still had a lot of fun building it!"

While we were firing rockets with the cadets of BATA, cadets on the Basic Aviation Course (BAC), and Advanced Aviation Course (AAC) were training at l'École secondaire publique Marc-Garneau, in Trenton. Both the BAC and AAC courses are three weeks long and focus on training cadets in aspects of aviation ranging from flying a «round-the-pole» aircraft, a model aircraft attached via a line from its wingtip to a



(Above) Cadets Sgt. Ragany, and Flt/Cpl. Grewe along with course staff member Lieutenant Andrew Wilson press the ignition buttons with the hopes of sending Franken-rocket skyward.



(Right) As part of the GTC FTX, Cadet Warrant Officer Crag instructs cadets on how to properly construct various types of knots and lashings.



Cadets from the GTC participate in FTX at Macaulay Mountain Conservation Area



Directed by their flight staff, cadets at the Trenton Cadet Training Centre march off to begin another day on course.



Cadet Saye Wong instructs Samatha Reed, from The Belleville Intelligencer, on how to perform slope arms.



Camp Craft instructors, Flt/Sgt. Olivier Drolet-Tapin from London, Ontario and Sgt. Makenna Johnston, from Grimsby, Ontario display a small signal fire stand as well as other examples of the items made during camp craft class.



Cadet Sgt. Willow Chadwick engages cadets when instructing them in the fundamentals of hootchie construction.

Photos by 2Lt Ken Jacobson

Original Air Cadet Banner trooped

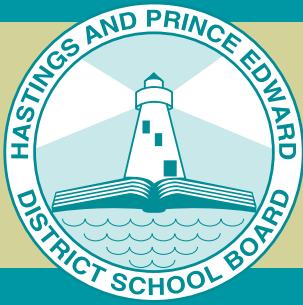


Lt.-Col. Darryl Rolfe, Commanding Officer of the Trenton Cadet Training Centre receives a plaque in memory of cadets – in the military, police, firefighters or paramedics - who had lost their lives in service to country or community and also in honour of the 75th anniversary of the Air Cadet League of Canada from Air Cadet Governor Steve Moody.
Photos by Ross Lees

(Right) Blanks were fired from their rifles as part of the Trooping of the Banner ceremony.



(Left) TCTC cadets dip the colours as they remember cadets who have gone before them but who had lost their lives in service to country or community.



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New Programs at the Trenton MFRC

Visit our website - www.trentonmfr.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.trentonmfr.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: 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@trentonmfr.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 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@trentonmfr.ca pour d'information.

The Trenton MFRC and Autism Ontario Present:

Eeko's Splash Landing, Saturday, Aug. 20, from 10 a.m. to 12 p.m. Come and join us for a live reading of the new book- Eeko's Splash Landing! The author will read the book aloud and then show us how to make our very own spaceships. All families who attend will leave with their own copy of the book and a spaceship created with the author! About the book Eeko's Splash Landing - A school project building a spacecraft on planet Zeebot goes wrong and lands Eeko, a friendly alien, in Xavier's swimming pool with a broken spaceship! Will Xavier be able to help Eeko repair the spaceship so he can return home? For information please contact Orlana Bourgoin 613-392-2811 ext. 3953. Register on line at <http://ao-eseekostrenton.eventbrite.ca>

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@trentonmfr.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@trentonmfr.ca or 613-392-2811 ext.5541

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@trentonmfr.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.trentonmfr.ca/family-services.

Continued on page 13

Home of the Week
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Plan No: 1-2-671

This attractive two-bedroom ranch-style home is designed with its double garage set at an angle, creating a courtyard effect at the front, with plenty of space for extra parking.

The covered entry is flanked by two pilasters with brick bases, and leads into a foyer with a coat closet to the right. To the left is an angled stairway leading to the unfinished basement, included with the plans. The stairway encloses an area open to the floor below, protected by a railing.

From the foyer, the great room is directly ahead, with large windows that look out to a covered deck and the back garden beyond. Thanks to the open-plan design, the cozy glow from the gas fireplace will

reach into the dining area and the kitchen.

The dining area features large windows that look out to the sundeck that is attached to the covered deck.

The kitchen boasts plenty of counter space, as well as a large work island and a corner pantry. The sink is positioned at an angle to take advantage of daylight coming through two windows. This arrangement provides a triangular space between the windows that would be perfect for knick-knacks or a house plant.

The master suite looks out over the back garden for privacy, and includes a roomy walk-in closet. The en-suite bathroom includes an oval soaker tub, with its own window, as well as a shower stall and double basins.

The second bedroom looks out to the front garden and is adjacent to a three-piece bathroom.

The linen closet is conveniently located between the master suite and the second bedroom.

The double garage offers access to the laundry room, which includes a row of coat hooks and a coat closet. A

doorway leads to a covered porch, allowing the room to double as a mudroom.

The exterior has a stucco finish with brick accents. Pilasters framing the garage door echo those at the front of the home.

This home measures 71 feet, nine inches wide by 60 feet, 11 inches deep, for a total of 1,563 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.

PMQ annual hydrant flow testing

As in previous years, there will be annual hydrant flow testing throughout the PMQ area. These tests help to confirm and ensure that the water pressures servicing these areas are sufficient for fire fighting operations. Occupants may experience discoloration of their water and need not worry. If this occurs, simply continue to run your water until the discoloration disappears. The testing period will run from Aug. 22 until approximately Aug. 31. If there are any concerns, please feel free to contact the Fire Department business line at local 3511.

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.

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. 23-25 Voodoo Rockfest

Voodoo Rockfest will bring 28 bands to Napanee, eight 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.

Choral Scholarships

St. Thomas' Anglican Church has paid choral scholar positions available for students (age 15-plus) who wish to join the choir. The ensemble performs sacred music from all periods, with a special emphasis on the great classical repertoire. For more information, please email the music directors, Francine and Matthieu Latreille at MusicAtStThomas@gmail.com.

Sept. 11 – Belleville Ostomy Support Group Monthly Meeting

The Ostomy Support Group of Belleville and area will be holding its monthly meeting on Sunday, Sept. 11 at 2 p.m. in room P10 in the Quinte Business Centre Building, Loyalist College. This is the start of our meetings from a wonderful warm summer. Please come and share your expert advice with other ostomates. Remember you might not need us right now, but others in the group could learn from your experiences. We need you. All are welcome.

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. 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. samaritanspurse.ca/ohop

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.

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 Golf 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.

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.

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

Sept. 18 - Olde Fashioned Pie Social

All you can eat pie and ice cream at 1 p.m. at the

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.



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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 11

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://trentonmfr.ca/fr/services-famille>.

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 Orlana 392-2811 ext. 3953 or orlana.b@trentonmfr.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 Orlana Bourgoin au 613-392-2811 poste 3953 ou orlana.b@trentonmfr.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 dis-

ponible! Les mardis de 11h30 à 14h30. CRFM, 50 Rivers Drive Est, Trenton. Pour plus d'information contactez Debbie au 613-392-4331 poste 274.

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.

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.

Second Language Training

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 Nathalie Longtin
 Administrative Assistant/
 Adjointe administrative
 (613) 392-2811 ext/poste 2490/4593



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 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 • Lt. (N) (Fr./Père) Félix Roberge
 Lt. (N) (the Rev./Rév.) Mary Anne VanHeuvelen
 Capt. (the Rev./Rév.) Blair Ross • Capt. (the Rev./Rév.) Daniel Walton

Safety

Hand tool hazards often exacerbated by the user



If you've ever smashed your thumb with a hammer or gouged your palm with a screwdriver, you'll know hand tools can be hazardous.

But some injuries can be very serious. Loss of vision caused by a particle striking your eye is one common hazard associated with hand tools. Using the wrong hand tools can even cause electrical shock or explosions.

Some general guidelines to follow:

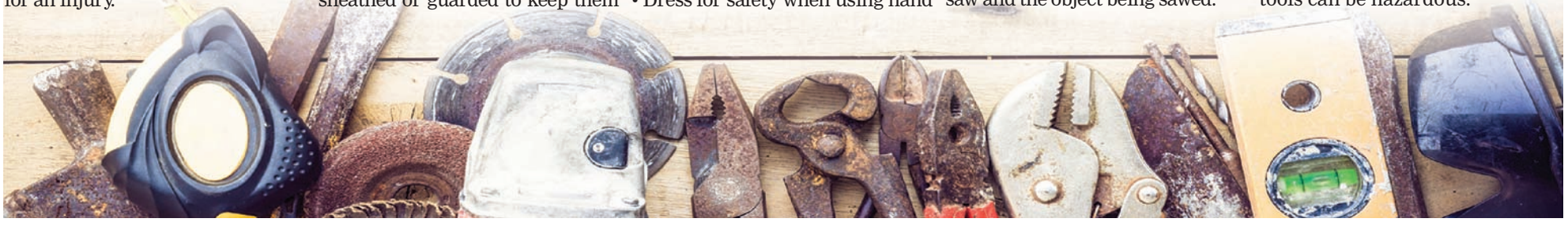
- Choose the right tool for the job. Using a screwdriver as a crowbar or a wrench as a hammer is asking for an injury.

- Use good quality tools. When purchasing tools for your own use, don't purchase on the basis of low price alone. Cheap tools can break easily, causing injury. Choose tools designed to prevent injuries caused by repetitive stress and impact. These ergonomically designed tools are made so they can be used without excessive twisting or bending of the wrists or excessive pressure on your hands.
- Keep the tool in good condition. Store it properly in a tool chest to avoid exposure to extreme temperatures, moisture and corrosive chemicals. Blades should be sheathed or guarded to keep them

- from getting broken and to prevent injuries. Follow the manufacturer's instructions for maintenance procedures such as oiling it regularly.
- Obtain training for using tools. Don't use tools for which you have not been trained.
- Carry tools correctly in a tool box or tool belt to prevent injuries. Make sure the blade or point is protected and the tool is secured so it cannot fall. Never carry a sharp tool in your pocket. Do not carry tools by hand when you climb a ladder. Use a tool belt, or hoist them up after you.
- Dress for safety when using hand

- tools. Wear eye protection whenever you use a tool which could throw particles, such as a hammer or chisels. Wear safety shoes to protect you from falling tools and other objects. Gloves may be required for protection from rough surfaces you are working on.
- Whenever possible, use a clamp or vise to secure the object you are working on.
- Keep cutting tools sharp. Dull knives cause more injuries than sharp ones because of the force required to do the cutting.
- When sawing, use slow, deliberate strokes to maintain control of the saw and the object being sawed.

- Check regularly for signs of wear and damage to tools. Make sure handles are secure on hammers and files.
- When striking with a hammer, avoid off-center blows. Strike the head of the hammer squarely on the surface.
- Never hold an object in one hand while using a screwdriver on it in the other hand.
- Never use a "cheater" to extend a wrench handle, because it can break or slip off.
- Choose the right tool and use it the right way. Otherwise, hand tools can be hazardous.



Grapes of Wrath mud run coming Sept. 10

Continued from page 7

looking to get down and dirty, there will be even more opportunities to "play" in the mud at Hillier Creek Estates this year, with some of the new and re-worked obstacles on the course."

Organizers of this event have always promised "there will be mud" on this course, and Hogan stresses that point once again

this year.

Organizers encourage area businesses to use the event as a team-building opportunity for their staff and a first responder and community safety challenge has been issued to local fire departments, EMS crews and correctional officers. These professionals will be competing for the title of GOW - First Responders and Community Safety Champions.

Competitors must be 14 years or older on race day (Saturday, Sept. 10, 2016) to be eligible to run. Racers will receive a dry-fit T-shirt and upon completion of the race and dog tags. More information and registration links can be found by visiting our website, www.cancer.ca/GrapesofWrathPEC on Facebook, <https://www.facebook.com/GrapesofWrathCountyRace> or

on Twitter @grapesofwrath16

If you are interested in watching the participants trudge through sludge to secure those coveted dog tags, volunteer openings are available. There are a variety of jobs including registering participants, spotters at the obstacles, help with baggage check and water stations. Please e-mail Karen at whitesway506@sympatico.ca to sign up.

Registration is \$100 per participant for those 18 and older and \$55 for those aged 14-17 on race day. Youth must race in the company of an adult. The run is open to individuals or teams of two to 20.

Editor's note: Information for this article was supplied by Briar Boyce, Communication coordinator for Prince Edward County Memorial Hospital Foundation

Original Air Cadet Banner trooped for the first time

Continued from page 1

had all the pomp, precision and ceremony these cadets could muster and it impressed all who watched.

Guest speaker Air Cadet Governor Steve Moody had never witnessed a Trooping of the Banner before and he was impressed with the exhibition of the cadets.

"I can't remember the last time I saw cadets marching in line, your drill was excellent and the parade itself was quite moving," he said, adding it was highlight-

ed by excellent music from the band.

Mr. Moody added another highlight to the evening, presenting a bronze plaque to TCTC Commander Lieutenant-Colonel (Lt.-Col.) Darryl Rolfe in memory of cadets - in the military, police, firefighters or paramedics - who had lost their lives in service to country or community and also in honour of the 75th anniversary of the Air Cadet League of Canada.

"The purpose of this plaque is

so that cadets walking past or going in and out of the camp will have a reminder of those cadets who have passed there before them, either here or other camps or served before them in cadets and to certainly remember right now there are about 8,400 cadets in Ontario and about 25,000 Air Cadets across Canada. You are one of a large family," he stated.

Lt.-Col. Rolfe proudly accepted the plaque and said it would be placed near the "famous bell" and close to the plaque honour-

ing the 25th anniversary of the Air Cadet League of Canada.

Upon accepting the plaque, Lt.-Col. Rolfe noted the cadets had put a lot of hard work into training for the evening ceremony and described their performance as "stellar" after training in hot, humid weather in preparation for it. He said he had not seen such a fabulous march past in line - both in slow and quick time - in such excellent dressing and overall dedication before. "Some might have you believe

that teenagers are lazy, not dedicated, unmotivated and I'm going to say that those people don't know any cadets," he told the audience. "The people in front of you are highly dedicated, highly motivated, know how to work as a team and they really shone tremendously this evening."

For cadets still in training, they did inspirational work on this night, honouring their colours and displaying drill and deportment far beyond their supposed capabilities.

First year of Col. Colin Keiver's tenure has flown by

Continued from page 2

"We literally stood this up from scratch and I knew it was going to be a lot of work, but when I look back on it, I view the air show in many ways as being the same thing - an opportunity to not just show off what we do to the world, but an opportunity to bring the Wing together as a Wing and get them to work together to deliver something that individually they all thought was really, really difficult and really hard. But when they came together and made it happen, look what they delivered! It was amazing what they delivered with that air show. I'm really proud of the Wing and the single comment that I am most proud of that I received from anyone I've talked to about the air show is how professional and friendly the men and women of 8 Wing were during that air show."

Encores to those two events would be tough and Col. Keiver said an encore is not important.

"I think next year has the potential to be a little bit busier on the operational side as we see the government talking about peace-keeping and peace support operations in Africa," he said. "We need to be cognizant of what we ask them to do because I think they're going to get busier, not less, so we need to manage that. Honestly, I think our encore is probably more along the lines of we've had these big events and it's now time to further strengthen and firm up the commitment to our members and their families in terms of we've got the RCAF family support program that is just standing up in 2 Air Movements Squadron and, really, I see the next year as being one in

which we roll that out to the rest of the Wing."

He also noted that next year is the 150th anniversary of Canada and he expected to be tasked with holding a local celebration focusing on that.

Asked about rumours of extending the tenures of Commanding Officers to three years, Col. Keiver was quick to note that question would be better asked of the Commander of the RCAF, but he added he was not sure a CO could do three years at the tempo established at 8 Wing and CFB Trenton.

"I'll be candid, I'm not sure you could do three years in this job. It's very busy, it requires your attention all the time," he said.

He feels a two-year tenure forces a Commanding Officer to be focused, engaged but selective to accomplish everything and respond effectively to the demands of the base and the community.

"The real goal - whether it is two years, three years or 10 years - is when I walk out the door from 8 Wing, did I leave the Wing a better place than I inherited and that has got to be the measure of my success or failure. Is the Wing a better place when I walk out the

door or not?"

Working at that high temp over three years would be extremely stressful for the family of the Wing Commander, he added, especially if young children were involved.

"I think back to when the kids were younger, it would be really, really hard, just because you have to balance not just being a guy in uniform, but being a husband and being a father and that's hard to do in this job. It's difficult."

"Thankfully I have an exceptional wife who keeps me grounded and will tell me when I'm too far on one side or another, and that's awesome. It's that give and take we all struggle with balancing work and family life,

so it is always about finding that sweet spot in the middle and really what I expect all leaders to do at all rank levels is I expect them to be watching that."

Col. Keiver explained his military personnel hate to say 'no'.

"These people are amazing. They're very motivated, they're

dedicated. Nine times out of 10, if you ask them to do it, they will try and do it. It might not be the right thing to do. You've got to watch that other side too. They've got to have time with their families or you just start to erode that family unit which is where so much of that support comes from."

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15 DODGE DURANGO CITADEL

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27968 Auto 5.3, 8cyl, 4x4, quad cab, rev camera, OnStar, cruise, tow/haul, small touch screen, keyless entry, short box, trailer hitch, box liner, alloys, fog lights, air bags, traction ctrl, AC, MP3, pwr windows/locks/mirrors, heated mirrors, steer wheel ctrls, tilt steering. 10,285 km.

\$39,995
\$241
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 DODGE RAM 1500 SPORT

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96 mths @ 5.9%
0 DOWN + HST



15 FORD F350 SD POWERSTROKE

24615 Crew cab, curb side mirrors, long box, auto, 8cyl, AC, ext temp gauge, auto, 6cyl, keyless entry, steer wheel ctrls, alloys, cruise, heated mirrors, MP3, pwr windows/locks/mirrors, tilt steering, traction ctrl. 28,852 km.

PREVIOUS DAILY RENTAL

\$46,995
\$284
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 NISSAN FRONTIER SV

28355E 4x4, Crew cab, short box, alloys, AC, Bluetooth, cruise, hill descent ctrl, auto, 6cyl, keyless entry, tint windows, airbags, trac ctrl, CD, satellite radio, rear side window, pwr windows/locks/mirrors, heated mirrors, steering ctrl, tilt steering. 17,908 km.

PREVIOUS DAILY RENTAL

\$27,995
\$169
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 MAZDA 5 TOURING

28148E Auto 2.5, alloys, AC, cruise, 4cyl, FWD, hatchback, keyless entry, air bags, traction ctrl, rear air ctrls, CD, MP3, ext temp gauge, pwr windows/locks/mirrors, steer wheel ctrls, tilt steering. 43,271 km.

PREVIOUS DAILY RENTAL

\$16,995
\$103
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 DODGE GRAND CARAVAN CREW

28394 Stow'n'go, heated seats/mirrors/steering, AC, dual climate, rear air ctrls, rev camera, U-connect, cruise, touch screen, hill start assist, auto 3.6, 6cyl, FWD, keyless entry, flex fuel, roof rack, alloys, fog lights, air bags, traction ctrl, economy mode, pwr seats/windows/locks/mirrors, MP3, sat radio. 25,508 km.

PREVIOUS DAILY RENTAL

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



16 DODGE GRAND CARAVAN CREW

28392 Alloys, heated seats/mirrors/steering, dual climate, rear air ctrls, 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 ctrls, tilt steering. 23,139 km.

PREVIOUS DAILY RENTAL

\$25,995
\$157
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 CHRYSLER T & C TOURING

28177E Stow'n'go, dual climate, rev camera, cruise, pwr liftgate/doors/seats/windows/locks/mirrors, touch screen, auto, 6cyl, FWD, keyless entry, flex fuel, roof rack, alloys, fog lights, air bags, traction ctrl, economy mode, AC, MP3, sat radio, ext temp gauge, heated mirrors. 29,453 km.

PREVIOUS DAILY RENTAL

\$25,255
\$153
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 CHRYSLER T & C TOURING

28178E Stow'n'go, rev camera, cruise, pwr liftgate/doors/windows/locks/mirrors, touch screen, hill start assist, auto, 6cyl, keyless entry, flex fuel, alloys, fog lights, air bags, traction ctrl, economy mode, AC, dual climate, rear air ctrls, CD, MP3, sat radio, heated mirrors, steer wheel ctrls, tilt steering. 52,717 km.

PREVIOUS DAILY RENTAL

\$23,995
\$145
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

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Deferred payments subject to financing. All payments are based on bi-weekly payments. All 2010-2012 - 60 mths: 2013 - 72 mths, 2014 - 84 mths, 2015 & 2016 - 96 mths: P.P.S.A., License and taxes extra. EG: \$10,000 + Taxes \$1,300 + P.P.S.A. \$65 = \$11,365 financed over 60 mths at 5.9% = \$117.34 Bi-Weekly with a cost of borrowing of \$1,962.47 on approved credit. All cash deals are price of vehicle + taxes. Terms & rates are current at time of print. 0 Down + HST. Most 2015 & 2016 vehicles are former daily rentals. Bayview Auto is not responsible for pricing, vehicle option or mileage errors printed in this flyer. Contact dealership for more information.

