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Freedom of City granted to 8 Wing

City and CFB Trenton reaffirm the strong relationship existing between the civilian and military communities of Quinte

By Ross Lees

It was a unique way to celebrate the 185th anniversary of 8 Wing/Canadian Forces Base (CFB) Trenton's existence within the Quinte region.

8 Wing Commander Colonel (Col.) Colin Keiver and a band of his good-natured troops literally knocked on the door of the municipality of Belleville Friday to demand the right to exercise the Freedom of the City they had been granted in 1978.

Mayor Taso Christopher willingly granted them that freedom with open arms.

The text used by Col. Keiver to make his request was based on the Freedom

of the City document.

"Your Worship and the citizens of the Great City of Belleville, I hereby advise you that it is my intent, as Commander of 8 Wing Trenton to exercise the Freedom of the City of Belleville as originally granted to us in 1978. We shall enter therein and march throughout the streets, thoroughfares and highways, without hindrance or trespass with flags flying, bayonets fixed and bands playing. May the relationship between the great City of Belleville and 8 Wing Trenton continue to build into the future as long as the waters of the Bay of Quinte embrace the shores of this great city."

Continued on page 9



8 Wing Commander, Col. Colin Keiver, marched past Belleville City Hall during the Freedom of the City ceremony last Friday. Photo by Ross Lees

8 Wing celebrates Aboriginal Awareness Day

By Ross Lees

If educational awareness is an aim of the Defence Aboriginal Awareness Day (DAAG), then 8 Wing/Canadian Forces Base (CFB) Trenton is well on its way to achieving that goal.

In its sixth year of presenting the Aboriginal Awareness Day, it

quickly became obvious that the young people of the surrounding communities have been listening and learning and that they want to pass on their knowledge and lessons learned.

Two busloads of students from East Northumberland Secondary School (ENSS) swelled the numbers of this year's participa-

tion at the event, but also produced two of the most heart-felt messages.

Top of the list was 19-year-old Ashley Munroe, an Ojibiwa First Nations student from north Spirit Lake who attends ENSS. She focused everyone's attention on the 2,000 cases of missing and

Continued on page 8

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424 Squadron conducts annual SAR exercise in Sault-Ste. Marie

TIGEREX 2016 showcases the best in SAR training and emergency service interoperability

By Ross Lees

TIGEREX 2016 gave 80 424 (Transport and Rescue) Squadron personnel and their aircraft some additional emergency operational training in Sault-Ste. Marie from May 9 to 13.

Multiple simulated search scenarios tested the skills of the search and rescue (SAR) teams and their crews along with the crews of partner agencies, supplying in-

valuable interaction and exposure to how SAR operations are conducted and how they can better work together in responding to life-saving calls.

The exercise focused on boat and land SAR scenarios, medical exercises, local emergency response procedures as well as night flare use.

“Our SAR teams from 8 Wing Trenton consistently train to provide enhanced SAR services to Canadians,” said 8 Wing/Cana-

dian Forces Base (CFB) Trenton Commander Colonel (Col.) Colin Keiver. “TIGEREX provides realistic training opportunities for our SAR personnel to maintain and further develop their skills through the enactment of simulated incidents and complex rescue scenarios.”

Supporting 424 (T&R) Squadron in this exercise were: Canadian Coast Guard, United States Coast Guard, Civil Air SAR Association (Ontario, Quebec and Nunavut), Sault SAR, the Royal Canadian Mounted Police, Ontario Provincial Police, 8 Air Communications and Control Squadron, and local fire hall and ambulance personnel.

“TIGEREX 2016 provides numerous search exercises with operations taking place away from the Squadron’s main operating base,” said Lieutenant-Colonel (Lt.-Col.) Dany Poitras, Commanding Officer, 424 (& R) Squadron. “Our partner organizations from the areas of operation usually help during the search, requiring large scale cooperation and coordination. This exercise provides 424 Squadron members great training opportunities and exposure to such an environment.”

424 (T&R) Squadron Honorary Colonel John Bonn was impressed with the professionalism, skill, determination and commitment of the squadron SAR personnel.

“Through a series of complex and difficult training scenarios over the week of TIGEREX, they have honed their abilities to rescue folks from life threatening incidents,” he said. “These sessions have been based

A search and rescue technician from 424 (Transport and Rescue) Squadron approaches the landing site during TIGEREX 16.



upon real-life events that have challenged them in the past. These are situations that can be harrowing and even life-threatening to those tasked with the saving of lives.”

Hon.-Col. Bonn said by throwing themselves into the exercise full bore, personnel continue to better the ability to overcome obstacles they might face in the future.

The teamwork and comparing of notes following the exercise benefits all members of the team and prepares them for challenges in the future, Hon.-Col. Bonn added.

Sgt. Jody Hynes, a search and rescue technician from 424 (Transport and Rescue) Squadron, approaches a simulated patient during TIGEREX 16.



Sergeant (Sgt.) Jody Hynes, a search and rescue technician from 424 (Transport and Rescue) Squadron, attends to a simulated aircraft crash survivor at the major air disaster (MAJAID) exercise site during TIGEREX 16 in Sault Ste. Marie, Ontario on May 11.



Sgt. Jody Hynes, a search and rescue technician (SAR Tech) from 424 (Transport and Rescue) Squadron, briefs other SAR Techs at the major air disaster (MAJAID) exercise during TIGEREX 16 in Sault Ste. Marie on May 11. Photos by MCpl. Jonathan Barrette, Canadian Forces Combat Camera

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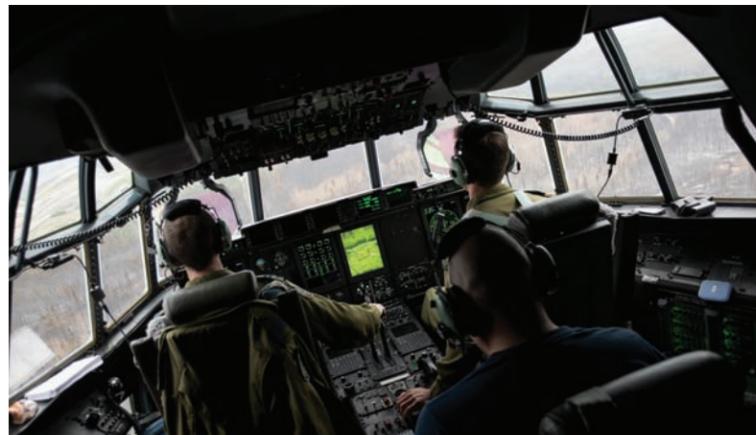
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8 Wing helped out in Fort McMurray crisis

Aircraft and personnel performed their assigned tasks and helped move people and equipment out of danger

Photos by Cpl. Rod Doucet, 8 Wing Imaging



On May 06, 2016, Captain Skye Simpson and members of the crew unload water off the back of a Hercules aircraft in Firebag, Alberta. Hercules CC130J603 aircraft with support crew from 8 Wing Trenton provided flight assistance missions to support Fort McMurray, Alberta. Aid was being provided with the evacuation of personal and bringing equipment and supplies to areas in need. This image captured at Firebag, Alberta.



Supplies were flown out of Edmonton, Alberta during a state of emergency to Horizon, Alberta north of Fort McMurray. A CAF Hercules aircraft, was unloaded by members of the military from 8 Wing/CFB Trenton and workers from Horizon unload food and supplies off the aircraft.



Canadian Armed Forces (CAF) Hercules aircraft in Albian Sands, Alberta helped to evacuate passengers during the state of emergency in Alberta. Corporal Jon Melvin, traffic technician from 8 Wing/CFB Trenton helps to ensure that the boarding passengers are being safely seated inside the Hercules aircraft.

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A trek to the ice pyramid



By Second Lieutenant Kevin Young

On May 15, 22 personnel from Canadian Forces Station Alert ventured out into the tundra for a bit of sightseeing. Along the 12 km round trip walk, sights such as the famous Alert sign and the Boxtop 22/Lancaster memorial at the end of the runway were visited but the main attraction was the Ice Pyramid out on the Arctic Ocean. The Pyramid is roughly 10 m tall and 1 km from the shore and clearly visible from the Station despite being about 6 km away. It was formed from the shifting of the sea ice during the winter season and wasn't visible until the sun rose in March. It was the perfect day for an adventure as the temperature was a balmy -5 °C, almost no wind, and perfectly clear skies. *Photos by Leading Seaman Garnet Robinson*



Wing Logistics and Engineering Picture of the Week

Farewell to Corporal David Pollock

A Depart with Dignity (DWD) ceremony was held for Corporal (Cpl.) David Pollock at the Snake Pit in the Junior Ranks mess on April 20. Construction Engineer Support Squadron's (CESS) picture of the week shows Cpl. Pollock with his wife, being presented a certificate for a complimentary one year membership to the Legion by Aviator Whynot. Corporal Pollock leaves CESS and the Royal Canadian Air Force (RCAF) after 12-plus years of dedicated and loyal service, taking a wealth of knowledge and experience. David will be missed, cheers and good luck from all! *Photo by Leading Seaman Carson Edwards*



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.

Letters to the Editor:

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



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A first-person report from the cockpit of 436 Transport Squadron Hercules in Fort McMurray

By Capt. Kevin Sawyers, CC-130J Pilot

The devastating wildfires affecting citizens of Fort McMurray and surrounding areas over the last couple weeks have pulled at the thoughts and hearts of many Canadians. Rarely is a family required to leave their home, belongings and, in some cases, loved ones on a moment's notice for an indeterminate amount of time. As a CC-130J pilot with 436 Transport Squadron, Op LENTUS 16-01 was my first opportunity to assist in a humanitarian mission on home soil.

On May 3, the squadron received word we were to supply at least one aircraft and required crews to assist in airlifting persons and freight in support of Alberta's emergency response to the Fort McMurray fires. From what we understood, there were already Royal Canadian Air Force (RCAF) Griffon helicopters on scene. By the morning of May 4, we had one crew and an aircraft en route to Canadian Forces Base (CFB) Cold Lake with a relief crew following close behind.

The main effort was staged out of Ed-

monton International Airport and we conducted runs in and out of Fort McMurray, three Fort Mackay airfields; Albanian, Horizon and Firebag, as well as Fort Chipewyan. The airspace surrounding the airfields had been deemed off limits to any kind of local air traffic but was buzzing with relief effort aircraft, mostly helicopters and water bombers. A sound "heads-up" lookout and monitoring of the radio was necessary in order to maintain good situational awareness of the air picture in the area. Once we delivered our cargo into these airfields, it was dispersed via ground and helicopter to where it was most needed.

Logistics when dealing with many different agencies always proves a challenge and this case was no different. The crew who conducted one of the first day's missions recalled a semi-truck showing up in Edmonton with approximately 11,000-plus pounds of food, shampoo, dog food, diapers and many other essentials. The problem was that the freight

was not packaged on proper aircraft pallets that would have enabled easier and safer loading and unloading of the aircraft. This crew had already made two runs north and back transporting 94 evacuees, firefighters and freight and were near the end of their allowable flying time. However, with the help of nearly 40 firefighters and other volunteers at the staging area, they created a "conga line" and hand



Photo: Cpl Manuela Berger, 4 Wing Imaging



Photo: MCpl Brandon O'Connell, 3 CDN DIV PA

loaded the aircraft in a record two hours while the loadmasters securely strapped cargo to the aircraft floor.

For me, the severity of the fire became abundantly clear when, on May 7, we approached a wall of smoke several miles long and nearly 8000 feet high. As we approached the fire, we were able to find some holes on the other side of the wall, descend and fly visually to Firebag Airport.

From the 6th to the 11th of May, we played a small part in a much larger op-

eration, moving approximately 135,000 pounds of relief supplies, over 200 evacuees, 144 firefighters, 36 environmental health workers and three dogs in to or out of the affected area (a cat or two may have jumped on at some point as well). Each member of 436 (Transport) Squadron felt privileged to be able to utilize our training to assist our fellow Canadians in their time of need.

Wishing all those affected by this significant disaster a speedy return to normalcy.



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Fitness & Health



Weekly Wing Workout on the hill at Baker Island

Monday, May 16 marked the third Weekly Wing Workout and this week participants did a hill workout with stations at the top of the hill that included squats, planks, lunges and more.

With music blaring, Baker's Island was filled with health and wellness participants on this brisk Monday morning. What a great way to start the work week – with the sights and sounds of this beautiful Wing.

See you all again at the Parade Square Monday May 30!

Thank you to SISIP the national sponsor and to Fitness and Sports who provided the challenges and energy at the top of the Island.

Who wore it best?

Although it's not the Academy Awards, it is however the CAF Health and Wellness challenge and it does deserve the popular question who wore it best? In the spirit of smiling today – for the health of it, think for a moment how you would feel wearing a grapes costume? Kudos to Chief Warrant Officer Jean Lafond, who is always there to help out and wear a costume to promote health and to Health Promotion Manager

Lisa Refausse, who donned the suit for the Wing Commander's Walk in support of the CAF Health and Wellness Challenge.

Who wore it best is not the question, but rather who will wear it next?

For more Health and Wellness Challenge fun – watch for us at the Galley over the next week as we spot healthy choices and also on May 30 for another Parade Square Start workout at 8 a.m.



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Weekly Wing Workout takes to Baker Island

By Ross Lees

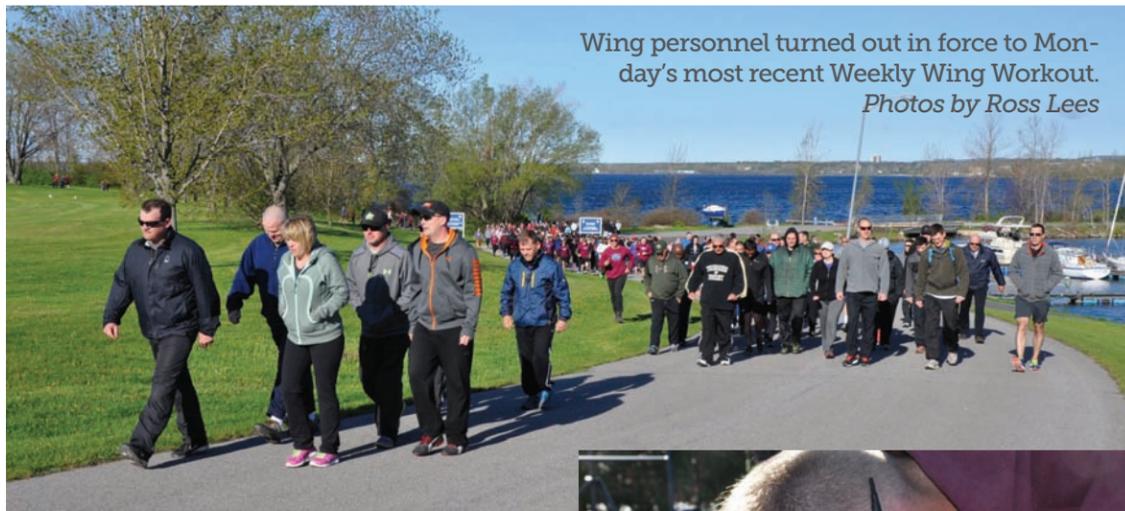
The Weekly Wing Workout (WWW) continues to be popular as another large turnout started this past week by working out on Baker Island as part of the Canadian Armed Forces (CAF) Health and Wellness Challenge at 8 Wing/Canadian Forces Base (CFB) Trenton.

While a chilly breeze blasted off the Bay of Quinte, the participants did circuits around Baker Island to blasting music. At the end of each circuit, participants completed squats, lunges and planks under the supervision of

Fitness and Sports personnel. SISIP national sponsor representative Denise Read was encouraged by the large number of people present to start the event and she hung around to take part in the event.

Wing Chief Warrant Officer Darcy Elder got the event under way when he yelled, "Let's get at her."

With Monday, May 23 a holiday, the next Monday challenge is on May 30 for the final WWW at the parade square, beginning at 8 a.m. Everyone is encouraged to come out and participate and cap the challenge with the best turnout to date.



Wing personnel turned out in force to Monday's most recent Weekly Wing Workout. Photos by Ross Lees



(Above) SISIP national sponsor representative Denise Read waves as she completes a circuit with the Personal Support Programs team.



This Fitness and Sports member congratulates a participant on completing yet another circuit of Baker Island.



This participant is not praying the workout was done but completing a circuit with even more exercising.



(Right) These participants lunge through more exercises as they finish another circuit.

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8 Wing celebrates Aboriginal Awareness Day

8 Wing Commander Col. Colin Keiver welcomed everyone to the 8 Wing Aboriginal Day event at the Three Sisters Garden behind the 8 Wing Officers' Mess.
Photos by Ross Lees



Continued from page 15

murdered Aboriginal women in Canada, even though speaking about it made her nervous and emotional.

"This year, over 2,000 cases have gone unsolved or unheard," she noted. "I will not let that stand as a native woman finding my way on the Red Road. But as Canada's society, will you let that slide? You can help by acknowledging there is a problem as to how in Canada's history, over 5,000 women and children have gone missing or murdered. It's a hard pill to swallow, but that's the truth. That's

Canada's dark history that's still going on."

Ashley asked at the start of her speech if anyone knew the name Tina Fontaine. She said she was a First Nations child from Winnipeg whose body was found in a plastic bag in the Winnipeg River. She was just 14 years old and she will now go down as one of those missing or murdered Aboriginal women in Canada.

Another ENSS student, Dawn Hunt, told the spectators at the ceremony that it was important the approached the day with open hearts and open minds and that they appreciate the insight they were getting into a culture.

She and other students had compiled some important points from classes at school and they wanted to share those bits of wisdom.

"The most important message is that we are at the tipping point for our earth and that the planet is only a one-time project and, because the world is being ruined by us, we must come together as a global community and take action before it is too late," she said. "It is important for everyone to realize the connection we have

with one another because we are at the point where we may be unable to undo most of the damage we have caused."

She said we need to see the earth as the First nations, Metis and Inuit do and treat and respect the earth as they do, to live alongside nature and not take more than we need from it.

Dustin Brant, a Mohawk, welcomed the guests to the ceremony in his own language with a presentation Aboriginal people say to let them know they are the smaller thing in a bigger picture of the natural world.

Katsitsiase - Betty Maracle - said it was wonderful to see so many young people attending this year's event and she thanked the elders for sharing their knowledge with these young people.

"It is hard to really understand and respect each other if we don't know anything about each other," she said.

8 Wing Commander Colonel (Col.) Colin Keiver said he found the event humbling and welcomed the chance to acknowledge the First Nations People.

"They have called this land home for centuries more than most of us and I thank them for allowing us to partake in this very special ceremony," he said. "It speaks volumes to the hopes and aspirations when this nation was created as the nation of Canada in terms of diversity and inclusiveness."

2016 marks the 21st anniversary of the DAAG's existence in the defence community, noted 8 Wing Defence Aboriginal Advisory Group Champion and Commander of 426 Squadron Lieutenant-Colonel (Lt.-Col.) Ryan Deming. He said in continued to be impressed with the accomplishments of the 8 Wing DAAG group, especially concerning the Three Sisters Garden behind the Officers' Mess.

"It is an excellent venue for learning, for sharing and for understanding the immense diversity 8 Wing embraces," he said. "It is also a chance to strengthen the links with our surrounding communities."

He said Camp Rathbun and Camp Mohawk in Deseronto had played important roles in train-



Dustin Brant and Will Green are shown here lighting the traditional ceremonial fire at the Aboriginal Awareness Day at 8 Wing/CFB Trenton on May 18.

ing 1,700 Royal Flying Corp. personnel for World War I.

The Defence Aboriginal Awareness Day provides an opportunity for Aboriginal and non-Aboriginal people to share experiences and provide a learning opportunity centered on the rich history, cultures and values of Aboriginal people.

The geographic location of 8 Wing/CFB Trenton is significant in that we are in close proximity to the Tyendinaga Mohawk Territory, Lt.-Col. Deming noted in a written presentation. This represents a significant advantage for the Royal Canadian Air Force in having these links with our local communities. While the Aboriginal Awareness Day is significant in that it provides a day focused on awareness which is aligned with the National strategy, it serves as a culminating event for 8 Wing/CFB Trenton.

Through the 8 Wing Defence Aboriginal Advisory Group, the members work throughout the year to reinforce core Canadian Armed Forces (CAF) values and strive to strengthen the bond between 8 Wing/CFB Trenton and our surrounding communities through awareness events and outreach initiatives. 8 Wing has historically been extremely successful in this facet as evidenced by the composition of our group membership - members from 8 Wing and the local communities of Quinte West, Brighton, Belleville and the Tyendinaga Mohawk Territory.

"Our focus has been twofold; providing advice to the Commander for his mandate on fostering awareness of Aboriginal issues, recruiting and retention, and providing a forum for Aboriginal Peoples of the CAF and Defence team to gather and support one another as they exercise their cultural, spiritual and traditional identities," he said.



Ashley Monroe, an Ojibiwa First Nations student from north Spirit Lake who attends ENSS, broached the subject of the missing and murdered Aboriginal women in Canada, even though speaking about it made her nervous and emotional.



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<p>Recreation Division</p> <p><i>Assemblée</i></p> <p>Gathering together to perform in Dance</p> <p>2:30pm Saturday, May 30, 2015</p> <p>A wonderful afternoon presentation of over 20 choreographed works performed by QBSC's Recreation students from the Quinte community</p>	<p>Professional Division</p> <p><i>Spring Showcase</i></p> <p>Featuring excerpts from classic ballets & newly choreographed works</p> <p>7:00pm Saturday, June 6, 2015</p> <p>An annual evening performance of dance to welcome the Spring presented by Quinte Ballet School's Canadian & International Professional students</p>
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Purchase a ticket for *Assemblée* & *Spring Showcase* (adults only) and receive a \$6 discount on the combined cost of both tickets.

TICKETS ON SALE
613.962.9274 / 866.962.9274

Assemblée
\$22 Adults • \$18 Seniors/Students
\$12 Children (12 & under)

Showcase
\$25 Adults • \$20 Seniors/Students
\$15 Children (12 & under)

info@quinteballetschool.com / quinteballetschool.com
both shows at Centennial Secondary School 160 Palmer Road, Belleville

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Freedom of City granted to 8 Wing

A Hercules aircraft from 426 Squadron flies past the Belleville City Hall tower as part of the Freedom of the City ceremony Friday. Photos by Ross Lees

Continued from page 1

“Traditionally, it was literally the military commander coming to the front gate of the walled city in medieval Europe and bang on the door with his sword, saying ‘Let me in, Let me in, I’m here to help you, not destroy you,’ if you will. It’s all part of that tradition,” explained Col. Keiver.

“What we’ll do is take that little piece of wood, with big huge dents in it now from the hilt of my sword, and get it framed so it can be presented to the City,” he said.

Mayor Christopher said he was honoured to receive the request and took the opportunity to bring greetings from the bottom of his heart to the men and women of 8 Wing who participated in a very warm and beautiful ceremony.

“It’s definitely going to go down as a long memory for myself and all the citizens of the City of Belleville,” he said.

Mayor Christopher also took the opportunity to express his appreciation of the work the men and women of 8 Wing perform world-wide.

“We appreciate everything you do every single day, here and far abroad, throughout the world. It means a lot to us. We welcome you to our community, the door is always open. This is an historic moment and a historic time for our municipality.”

The ceremony, he noted, symbolized the relationship between the two communities.

There is really no set time to perform a reaffirmation of this ceremony, just when it is deemed appropriate, according to Col. Keiver.

The 85th anniversary of the base in the community was deemed one of those appropriate times, he said.

“It’s the 85th anniversary of the Wing and we want to recognize the significance of the relationship the base has with the communities where so many of our families live and the fact that we’re able to come together like this and celebrate this in what is a very tradition-



Mayor Taso Christopher inspects the troops with Maj Brandon Sing, Col. Colin Keiver and CWO Stuart Preston.



Mayor Taso Christopher looks on as Col. Colin Keiver signs the documents reaffirming the Freedom of the City granted in 1978.



This 8 Wing drummer marches past the Belleville City Hall, as part of the Freedom of the City ceremony, May 13 in Belleville.

al way is exceptional and I think it’s awesome that the City of Belleville has allowed us to do this. It just continues to demonstrate the strength of the relationship that exists between the military community and the local communities that support us,” he said.

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Campbellford Legion donates \$1,000 to Trenton MFRC



The Trenton Military Family Resource Centre (MFRC) received a pleasant visit from Mr. Bob Murphy of Branch 103 Legion in Campbellford, Reg Gordon, Branch 103 President, and David Mixon, Branch 103 Service Officer last week. The Campbellford branch donated \$1,000 to the Trenton MFRC to be used as needed to support military families. When asked why the Branch identified the MFRC to be the recipients of this generous donation, Mr. Murphy replied simply, "Because it is the right thing to do." Trenton MFRC executive director Tamara Kleinschmidt thanked Branch 103 Legion members David Mixon, Branch 103 Service Officer (left) and Reg Gordon, Branch 103 President, on behalf of the Trenton MFRC and military families. *Submitted photo*

April weather summary
April was drier, warmer and drier trend predicted for the rest of spring

By Corporal C. Pike-Pilditch,
 8 Wing MET

April this year, while very similar to last year temperature-wise, was much drier. Only one record was broken on the 10th for minimum daily temperature. The new record of -8.0C replaced the old record of -7.1C set in 1997.

The average daily maximum temperature for April this year was 10.4C, slightly cooler than last year which was 12.4C. Average daily minimum temperatures were also cooler, at -1.2C compared to 1.2C of 2015. The single warmest day of the month was 21.9C on the 18th. The coldest night was on the 5th at -9.2C.

Compared to the previous months where we got a good soaking, April was quite dry this year.

Total precipitation for this April was only 35.2mm, where April of 2015 received more than double - 75.5mm total. Rainfall last month came to 23.3mm, and snowfall came to 17.7cm. In 2015, the totals were 74.9mm for rain, and only 0.6cm for snow.

The outlook for the rest of spring into early summer is indicating a warmer and drier trend for the Great Lakes region.

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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!

Wine Tour in Prince Edward County

When: Saturday, June 11 from 9:30 a.m. to 6 p.m. Cost: \$60/person. Payment must be made upon registration at the MFRC reception. The cost includes: bus transportation, tastings at five wineries and lunch at Hillier Creek Estates. Deadline to register is Tuesday, June 7. There will be no refund after this date. Must be 19-plus years old; ID may be required. To register and for more information please call 613-965-3575.

Tournée de vignobles dans Prince Edward County

Le samedi 11 juin de 9h30 à 18h. 60,00\$ chacun. Le coût comprend: le transport par autobus, dégustations à 5 vignobles et le lunch à Hillier Creek Estates. La date limite pour s'inscrire et payer est le mardi 7 juin, aucun remboursement après cette date. Le paiement est dû au moment de l'inscription à la réception du CRFM. Vous devez être âgé de 19+ ans, une preuve d'identification peut être demandée. Pour vous inscrire ou pour plus d'information, contactez 613-965-3575.

Nava Yoga

Outdoor yoga for kids! When: Saturday, June 11 for ages six to nine years old from 10a.m. to 11 a.m. Ages nine-plus: 11 a.m. to 12 noon. Cost: \$2/person. To register, contact Rabia at rabia.s@trentonmfr.ca or 613-392-2811 ext 3265.

Nava Yoga

Yoga pour les jeunes en plein air le samedi 11 juin. 2\$ par personne. Pour information ou pour vous inscrire par courriel rabia.s@trentonmfr.ca ou 613-392-2811 poste 3595.

Virtual Visit

Have you recently moved to Trenton or do you know someone who will be posted to CFB Trenton soon? Consider taking a virtual tour of your new community and learn about this beautiful region from the comfort of your home! What do you need? One to one-and-a-half hours of quiet time, a computer with sound application, headphone with microphone, and a cup of your favourite drink. Choose a time from the following: Tuesday, April 12, 1 p.m. to 2:30 p.m.; Thursday, May 5, 6

p.m. to 7:30 p.m. To register or for more information, please contact Hélène Cadotte-Gagnon at Helene.CG@TrentonMFRC.ca or 613-392-2811 ext 2379. Please give your name and preferred visit timing, and afterward you will receive an invitation to register online. We look forward to meeting with you!

Visite virtuelle

Êtes-vous nouvellement arrivés à Trenton ou connaissez-vous quelqu'un qui déménagera bientôt à la 8e escadre? Joignez-vous à nous, du confort de votre maison, pour une visite virtuelle de votre nouvelle communauté et apprenez ce que cette belle région offre. Qu'avez-vous besoin: 1 - 1.5 heures de votre temps, un ordinateur avec carte de son, Écouteur avec microphone, une tasse de votre breuvage préféré. Choisissez votre temps (heure normale de l'est): le mardi 12 avril, de 13h à 14h30; le jeudi 5 mai, de 18h à 19h30. Pour vous inscrire ou pour plus d'information, contactez Hélène Cadotte-Gagnon à Helene.CG@TrentonMFRC.ca ou 613-392-2811 ext 2379. Écrivez votre nom et votre session préférée, et par la suite vous recevrez une invitation en ligne. Ces sessions sont offertes en anglais, celles en français seront annoncées bientôt! Nous avons hâte de faire votre connaissance.

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.

Bellydancing with Amara

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.

Bellydancing avec Amara

Apprenez l'art éternel du Moyen-Orient. Lundi à partir du 30 mai, 19h - 20h30. 55\$ pour 8 classes. Inscrivez-vous à la réception du CRFM. Pour plus d'information, appelez 613-392-2811 poste 3265.

Continued on page 13

Home of the Week
Your Building Renovation Experts



The facade of this attractive two-storey home features glass-panelled balcony railings on the upper floor, as well as a stucco finish on the lower part and wood siding on the upper part. Brick accents highlight the entrance. The plans include space for a future secondary suite on the ground floor. A covered entry leads through to a front door with generous sidelights into a foyer with a coat closet on the left. Ahead and to the right is an L-shaped staircase leading up to the main living area. Upstairs, the great room features a lofty 11-foot ceiling, as well as a gas fireplace and large windows that overlook the sundeck and front garden. The dining area enjoys access to the

sundeck through sliding glass doors, and includes an optional buffet that will be handy for serving and storage. A narrow window is located between the dining area and the kitchen. The open-plan kitchen is designed for efficiency, with an L-shaped counter configuration. It is separated from the great room and dining area by a work island with more counter space and a double sink. The corner pantry will provide extra space for storing canned and packaged goods. The roomy master suite, also overlooking the front garden, includes an ensuite with double sinks and a soaker tub, as well as a glassed-in shower stall. The generous walk-in closet includes a space to store jewelry. The second and third bedrooms overlook the back garden and share a three-piece bath. A linen cupboard is located outside the second bedroom, while a broom closet is around the corner from bedroom no. 3. Downstairs, a study is located off the foyer, with the laundry room adjacent, as well as the roughed-in future secondary suite. The foyer has access to the double garage, which is roomy enough to accommodate a storage area. This home's footprint measures 47 feet wide and 43 feet, six inches deep, for a total of 1,472 square feet, plus the ground-floor rooms. Ceilings are nine feet high throughout the main floor, except in the great room.

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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.

Joyful Noise women's choir practices every Monday evening from 7 p.m. to 9 p.m. in room 217 at Trenton High School. We sing the popular music of the 50s, 60s and 70s. You don't need to be able to read music and you never have to sing alone. New members are always welcome! Come on out and join the fun! For more information, see our website or call Cathy 613-397-3236 www.joyfull-noise.com

May 20 – Fort McMurray Country Gospel Benefit Concert

A Fort McMurray Country Gospel Benefit Concert will be held Friday, May 20 at 7:30 p.m. at Knights of Columbus Hall, 57 Stella Crescent, Trenton. All proceeds go to the Red Cross Alberta Fires Appeal. Various performers in country and gospel music from across the Quinte Region will perform. Event sponsors are UPS Store Trenton, Riverside Music of Trenton, and Knights of Columbus Trenton. Tickets are \$20. Agents will be present to receive donations and to collect information so that charitable receipts may be issued by the Red Cross. All the performers are donating their time and talents. The hall is donated by the Knights of Columbus. Riverside Music is donating all the sound equipment and organization of the event. UPS Store donated all the posters. It's a true community effort, and we are very pleased to make our little contribution towards the folks who have lost so much. Tickets are available at Riverside Music in downtown Trenton, 16 Dundas St. W. For more information drop in at Riverside, see their link on Facebook, or call organizer Jason Wryghte at 613-394-4891.

May 21 – Quinte Genealogical Society presents resources at Community Archives

The Quinte Branch of the Ontario Genealogical Society presents resources available at the "new" Community Archives of Belleville and Hastings County by Amanda Hill (Archivist). Place - Quinte West Public Library, 7 Creswell Drive, Trenton. Time - 1 p.m. to 3 p.m. Everyone welcome. For more information visit www.rootsweb.ancestry.com/~canqbogs/

May 27 - Trenton United Church Rummage Sale

Trenton United Church will hold a Rummage Sale at 85 Dundas Street East, Trenton, on Friday, May 27 from 9 a.m. to 2 p.m. and Saturday, May 28 from 9 a.m. to 1 p.m. Sale of good used clothing, bedding, dishes, toys, books, jewelry, plus a few surprises. Sponsored by the Friendship Club.

June 4 – 16th Annual Brain Tumour Walk

The Fixed Fur Life Strut for Strays annual walkathon and pet festival will take place on June 4 at the West Zwicks Park Lions Pavilion in Belleville from 9:30 a.m. to 4 p.m. featuring Canine Watersports Canada.

This event is the annual primary fundraiser for Fixed Fur Life intended to raise money to help homeless and abandoned animals in the Quinte community. Helping replenish the coffers of this organization who tries to spay, neuter and chip stray animals will help solve a massive community problem. But helping can be as easy as a walk in the park on June 4.

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June 10 - 22nd Annual Camp Trillium Charity Golf Tournament

8 Air Maintenance Squadron is proud to support Camp Trillium and will be hosting the 22nd annual Camp Trillium Charity Golf Tournament on June 10. Camp Trillium offers recreational activities to children with cancer bringing their families together in an environment that normalizes relationships. These workshops and family retreats help the healing process and enhance the quality of life. Because of the generous ongoing support from local business, this event has raised over \$121,000 since 1993. The golf tournament will be a 9 a.m. shotgun start held at the Roundel Glen Golf Course with a steak lunch at 1:30 p.m. The tournament fee of \$100 includes green fee, golf cart and steak lunch with vegetarian meals available upon request. There are numerous game day prizes including closest to the pin and longest drive competition. Register online on our Facebook site or contact us directly. For more information, go to <https://www.roundelglen.com/annual-camp-trillium> or http://trenton.mil.ca/OPS/8AMS/8AMS_Splash.html. Like us on Twitter or Facebook.

June 11 & 12 – Mike Hamilton/Bruce Leadham Memorial Golf Tournament

The Mike Hamilton/Bruce Leadham Memorial Golf Tournament takes place on June 11 and 12 at the Roundel Glen Golf Course in support of the Soldier On program. Cost of this golf tournament is \$100 and includes two rounds of golf, the golf cart, two meals or one day for \$50. There is a party afterwards at Roundel Glen. Awards are presented to the best dressed, low net, longest drive, closest to the pin, there is a putting competition and a 50/50 draw. Those interested can register by contacting

Bryan Pearce at 613-661-4917, sloanlucyjayda@gmail.com or Ross Prophet at 613-242-0610.

June 15 – 8 Wing Officers' Mess Ladies Club Spring Dinner

8 Wing Officers' Mess Ladies Club spring dinner will take place on June 15 at 6 p.m. in the Mess. Admission for members is \$15, admission for invited guests of members is \$25 and the ticket deadline is May 31. For further information, contact chambersj@live.ca

June 17 – 13th Annual NAFMC Foundation Golf Tournament

The 13th annual National Air Force Museum of Canada Golf Tournament will be held June 17 at the Roundel Glen Golf Course. Tickets are \$115 each and include golf, cart, lunch steak dinner and prizes before June 10. After June 10, the price goes up to \$125 each. Those wishing to take part are encouraged to register prior to June 10 by calling 613-965-7314 or emailing NAFMCFoundation@gmail.com

June 25 & 26 – Quinte International Air Show

This two-day air show will take place the weekend of June 25 and 26 over the main runway of 8 Wing. Confirmed event participants include the Canadian Army paratrooper team, the SkyHawks, the Snowbirds, and the CF-18 Hornet Demonstration Team as well as some great civilian acts such as Jelly Belly with Kent Pietsch and Rick Volker in his RCAF Harvard. There will be vintage war birds from the Canadian Harvard Aircraft Association, the Canadian Warplane Heritage Museum and the Tiger Boys, as well as the latest military aircraft on display both on the ground and in the air. More acts and activities will be announced as the air show approaches. Watch this newspaper for the latest announcements and up-to-date information. For more information or tickets, go to www.QIAS2016.com, email airshow@cfbtrenton.com or call the QIAS office at 613-392-2811 ext. 7427. Tickets are now on sale.

July 24 – Wings and Wheels at National Air Force Museum of Canada

The second annual Wings and Wheels event will take place from 10 a.m. to 4 p.m. at the National Air Force Museum of Canada. Proceeds from this exciting and popular event go to support the National Air Force Museum of Canada Foundation and the Quinte Humane Society. This event is free to the public and you can show your car for \$10 admission. The event includes a 50/50 raffle, piston toss, door prizes, silent auction, vendors and music. For more information, vendors, sponsorships or further event details, call 613-965-7314 or email NAFMCFoundation@gmail.com



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Adult Dodge Ball Tournament 16-plus

Saturday, May 28 from 9 a.m. to 5 p.m. Registration starts from Monday, April 18 to May 9.

Fitness Class Pass

Purchase a Punch Card and you have the choice of any or all fitness classes. Eight classes per card.

Adults Programmes

Hatha Yoga – Tuesdays, April 12 – 4:15 p.m. to 5:15 p.m. at the South Side Gym.

SUP FIT – 16 years-plus – Monday, April 11 to May 31, from 5 p.m. to 6 p.m.

Learn to Standup Paddleboard (SUP) – Pool – May 11 and May 18, from 5 p.m. to 6 p.m.

Personal Training – Having a one-on-one personal trainer is the key for all types of fitness goals to be achieved. Rates are dependent upon number of sessions. Schedule determined by client and trainer.

Programs – Children, Youth and Teen

Youth Fitness – Monday and Wednesday – April 11 – 5:30 p.m. to 6:30 p.m.

Drop-in Basketball 10 to 14 years– Mondays – April 11 – 5:30 p.m. to 6:30 p.m.

Ball Hockey Skills six to nine years – Wednesdays – April 13 – 5 p.m. to 6:30 p.m.

Drop-in Ball Hockey 10 to 14 years – Wednesdays – April 13 – 7 p.m. to 8 p.m.

Tyke Terrain Ages five and under – Tuesday and Thursday - April 12 – 9 a.m. to 11 a.m.

Youth Strength and Conditioning Course 13 years to 15 years – South side Gym and RecPlex

Summer Kidz Kamp 2016 - Registration: Military Community: Starts Wednesday, April 7; General Public: Starts May 11.

She Rocks – Girl's Adventure Camp – Sept. 10 and 11. Registration: Military Community: Starts Wednesday, Aug. 10, general public starts Wednesday, Aug. 24.

MFRC continued from page 19

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 March Youth Centre calendar and the Winter Playroom calendar is available under 'Youth & Teens' and 'Children & Parents' respectively on our website - www.trentonmfr.ca/family-services.

Le calendrier du Centre des jeunes

Le calendrier du mois de march 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>

Picasso and Pinot

Canvas, brushes and spirits - Are you and your friends looking for a fun different night out? *No artistic experience required. Sip wine, beer or non-alcoholic beverages as you and your classmates get step-by-step instruction of that evening's painting that you will take home. When: Thursday, May 12 or Thursday, June 9. Time: 6:30 p.m. to 8:30 p.m. Where: WO and Sgt's Mess. Cost: \$30/class, includes the canvas, brushes and paint. Register and pay at the Trenton MFRC reception by May 6 or June 3 (no refund after these dates). *Our first three events have sold out!

Picasso et Pinto

Toile, pinceaux & eau de vie - Cherchez-vous une activité amusante et différente à faire avec vos amis(es)? *Aucune expérience artistique requise Sirotez du vin, de la bière ou une boisson non-alcoolisée tout et apprenant, avec vos camarades de classe, étape par étape à peindre une toile que vous rapporterez chez vous. Quand : les jeudis 12 mai ou 9 juin. Heure : de 18h30 à 20h30. Où : Au mess des Adjudants et Sergents. Coût : 30\$/par classe, comprend la toile, les pinceaux et la peinture, apportez un tablier ou une vieille chemise. Inscription & paiement à la réception du CRFM d'ici le 6 mai ou 3 juin (Aucun remboursement après ces dates). *Notre trois premières soirées furent à guichet fermé!

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 Orleana 392-2811 ext. 3953 or orleana.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 Orleana Bourgoin au 613-392-2811 poste 3953 ou orleana.b@trentonmfr.ca

Special Needs Parents Support Group

Topic schedule for this spring: May 12 - Open discussion. June 9 - Summer transition planning. * Break for summer until Sept. 8.*

Groupe de soutien pour les parents de personnes ayant des besoins particuliers

Les sujets discutés au printemps 2016: Le 12 mai - discussion ouverte. Le 9 juin - Planification pour la transition d'été. *Pause pour l'été jusqu'au 8 septembre 2016*

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.

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.

Classifieds

To Place an Ad: 613-392-2811 or 613-966-2034
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 Belleville Public Library
 Belleville Legion 99
 Kelly's Guardian Pharmacy
 Dewe's, Your Independent Grocer

TRENTON:
 Smylie's, Your Independent Grocers
 Metro

Quinte West Public Library

BRIGHTON:
 Sobey's

8 Wing Chapel / Chapelle de la 8e Escadre

Location/Adresse:
 91 Namao Drive East/91 Promenade Namao Est

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

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

Services Times/Heures des services religieux

RC Mass: 0900 hrs (English) / Messe catholique: 09h00 (Anglophone)
 RC Mass: 1010 hrs (French) / Messe catholique: 10h10 (Francophone)
 RC Bilingual Mass the 4th Sunday of the month at 0900 hrs
 Messe bilingue catholique le 4e dimanche du mois à 09h00

Protestant Worship Service: 1115 a.m.
 Service de culte protestant: 11h15

RC Weekday Masses at 11:45 a.m.
 (Tuesday, Wednesday and Thursday - may be cancelled on short notice)
 Messes catholiques quotidiennes à 11h45
 (mardi, mercredi et jeudi - peuvent être annulées sans préavis)

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

Unit Chaplains/Aumôniers des unités:
 Capt (Rabbi/Rabbin) Bryan Bowley • Capt (the Rev./Rév.) Eric Davis
 Capt (Padre) Eric Doiron • Capt (the Rev./Rév.) Gerson Flor
 Capt (the Rev./Rév.) Blair Ross • Capt (the Rev./Rév.) Daniel Walton



Safety

Check before you dig anywhere, anytime



Every year many people die from electrical shocks. Some of these deaths are caused by contact with underground power cables.

Workers who are involved with trenching, back hoeing, drilling, pile driving, pole erecting or excavating are most at risk. To protect yourself, follow proper procedures and review the following safety suggestions:

Work safely around power cables
 Call the power authority responsible for your work area to ask for the location and voltage of underground cables and tell them where and when you are working in that area.

Advise co-workers before you start digging and mark on your blueprints, plans or maps the exact location of the cables. Then place warning signs along the route. Usually they will already be posted by the power authority but do a double check.

Protect yourself by working with another person who can be a spotter and signaler, and can call for assistance in an emergency. Always keep equipment, workers and materials well outside the minimum safety distance.

If an underground cable is struck
 Have someone call the power company immediately to shut off the electricity.
 Stay on the equipment - don't attempt to jump off unless the machine is on fire and your life is in immediate danger.
 Move the equipment away from the power source if it is at all possible.
 Warn others away from the accident, don't let anyone attempt to attach a winch line or approach the machinery in any way.

First aid for high-voltage electrical injuries
 Call 9-1-1, if it is available in your area, or other emergency response numbers for medical assistance.



Don't attempt to assist the person until the power is guaranteed to be off. Never touch a victim while he is still in contact with a live power cable or line.

Treat the injuries by priority - get him breathing, stop the bleeding, keep warm and treat for shock, then attempt to stabilize any fractures.

Stay with the victim. Don't leave him unattended as he may stop breathing again.

Remember, with electrical accidents your first accident could be your last. Check before you dig, and work safely around electricity. Remember to avoid underground cables and overhead lines when doing construction and landscaping at home, too.

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CISM sailing championships seeking Canadian team members

The 49th International Military Sports Council (CISM) sailing championships will be held at Karachi, Pakistan, from Oct. 26 to Nov. 2. The boat to be used at this championship will be the J-80 class boat and the competition format will be match racing.

The Canadian Armed Forces (CAF) CISM sailing team is now recruiting in preparation for that event.

Military members with strong experience in regatta are encouraged to submit their sailing resume to the team

manager. A viewing/training camp will be held in June/July with exact location and dates to be confirmed in the near future.

Regular Force and Classes A, B and C Reserve personnel are eligible and encouraged to submit their sailing resume, which should include all sailing events attended, the finish rankings, type of race (fleet race or match race), and any other pertinent information. The resume should cover all the regattas sailed during the last five years. The

committee also needs to know your positions on the boat during those races (Helmsman, skipper or other). Special emphasis will be placed on civilian and international dinghy and keelboat events.

Sailing resumes should be sent to CISM sailing manager, Pauline Boulianne at Pauline.Boulianne@forces.gc.ca

The application deadline to be considered for an invitation to the viewing/training camp is May 26.



Équipe de voile cism des forces armées canadiennes

Le 49^e Championnat Mondial militaire de voile CISM aura lieu à Karachi, au Pakistan, du 26 octobre au 2 novembre 2016. Le voilier qui sera utilisé lors du championnat sera un Classe J-80 et le type de compétition sera "Match race".

En préparation pour ce championnat, l'équipe de voile des Forces canadiennes CISM est présentement en période de recrutement.

Les militaires ayant une grande expérience en compétition de voile (régate), sont encouragés à soumettre leur curriculum vitae (CV) au gérant de l'équipe. Un camp de visualisation / formation aura lieu en juin/juillet 2016 (lieu et les dates exactes seront confirmés prochainement).

Les militaires de la force régulière ainsi que les réservistes (classes A, B ou C) sont éligibles et encouragés à soumettre leur CV.

Le curriculum vitae doit inclure toutes les régates/courses auxquelles vous avez participé avec les résultats au classement (ex : 2 sur 10), le type de course (régate ou match race) et toutes autres informations pertinentes. Le CV doit couvrir toutes les courses que vous avez faites depuis les cinq dernières années.

Nous avons également besoin de connaître vos positions sur le bateau (ex : barreur, skipper ou autres).

Faite parvenir votre CV à la gérante de l'équipe CISM de voile, Mme Pauline Boulianne à l'adresse suivante : Pauline.Boulianne@forces.gc.ca

La date limite pour l'envoi de votre CV pour être considéré pour participer au camp de visualisation / de formation est le 26 mai 2016.

Letters to the Editor:

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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27501 Push button start, heated seats/mirrors/steering, rev camera, park aid, u-connect, touch screen, auto 3.6, 6cyl, RWD, coupe, keyless entry, alloys, rear spoiler, tinted windows, air bags, traction ctrl, pwr seats/windows/locks/mirrors, AC, MP3, cruise, sport mode, hill start assist. 9,448 km.

\$28,995
\$175
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



13 VW CC RLINE

26919 Auto 3.6, pwr roof/seats/windows/locks/mirrors, leather, heated seats, nav, rev camera, 4motion, 6cyl, AWD, keyless entry, alloys, fog lights, air bags, traction ctrl, height adjust seat, AC, dual climate, MP3, sat radio, cruise, steer wheel ctrls, DYNaudio, touch screen. 74,190 km.

\$26,995
\$206
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0 DOWN + HST



15 CHRYSLER 300 S

27446 Factory remote start, panoramic roof, leather, heated seats/mirrors, nav, rev camera, u-connect, Beats by Dre snd, 6cyl, RWD, keyless entry, alloys, air bags, traction ctrl, pwr seats/windows/mirrors, AC, MP3, sat radio, cruise, touch screen, steer mode select, hill start assist. 21,282 km.

\$29,995
\$181
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



15 CHRYSLER 300 S

27445 Factory remote start, panoramic roof, leather, heated seats/mirrors, nav, rev camera, u-connect, Beats by Dre snd, 6cyl, RWD, keyless entry, alloys, fog lights, air bags, pwr seats/windows/mirrors, AC, MP3, sat radio, cruise, touch screen, steer mode select, hill start assist. 27,250 km.

\$29,495
\$178
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



14 MAZDA 3 GX

27306 Manual 6 spd, push button start, AC, Bluetooth, Skyactiv, 4cyl, FWD, sedan, keyless entry, hubcaps, air bags, traction ctrl, height adjust seat, CD, MP3, pwr windows/locks/mirrors, steer wheel ctrls, tilt steering. 30,183 km.

\$11,495
\$77
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



16 TOYOTA 4RUNNER SR5

27324 Lift kit, BFG's, 4x4, pwr roof/seats/windows/locks/mirrors, leather, heated seats/mirrors, nav, rev camera, Bluetooth, auto, 6cyl, keyless entry, roof rack, trailer hitch, alloys, fog lights, air bags, traction ctrl, AC, MP3, sat radio, ext temp gauge, cruise, steer wheel ctrls, touch screen. 3,579 km.

\$44,995
\$272
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 TOYOTA HIGHLANDER LE

27545 AWD, 8 pass, heated seats/mirrors, rev camera, Bluetooth, pwr liftgate/seats/windows/locks/mirrors, auto, 6cyl, keyless entry, alloys, fog lights, air bags, traction ctrl, AC, dual climate, rear air ctrls, MP3, sat radio, snow mode, DAC, touch screen, steer wheel ctrls. 44,575 km.

\$35,995
\$217
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 JEEP CHEROKEE LT

27590 Factory remote start, push button start, leather, heated seats, nav, rev camera, u-connect, 6cyl, 4x4, keyless entry, roof rack, alloys, air bags, traction ctrl, pwr seats/windows/locks/mirrors, AC, dual climate, MP3, sat radio, cruise, touch screen, selec-terrain. 18,527 km.

\$27,495
\$166
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



14 FORD EXPLORER SPORT

27687 Leather, heated seats, rev camera, park aid, sync, pwr liftgate/seats/windows/locks/mirrors, blindspot detect, auto, 6cyl, 4WD, keyless/keypad entry, factory remote start, roof rack, air bags, traction ctrl, AC, dual climate, MP3, sat radio, nav ready, cruise, trailer sway, cross traffi alert, DAC, touch screen, Sony snd. 60,706 km.

\$38,995
\$262
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



16 HYUNDAI TUSCON LTD

27646 AWD, heated seats/rear seats, rev camera, Bluetooth, DAC, blind spot detect, auto 2.0, 4cyl, keyless entry, roof rack, alloys, fog lights, air bags, traction ctrl, height adjust seat, AC, CD, MP3, sat radio, pwr windows/locks/mirrors, cruise, touch screen, drive mode select. 17,165 km.

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

PREVIOUS DAILY RENTAL



14 DODGE RAM 2500HD LARAMIE

27137 Cummins Turbo Diesel, leather, heated seats/mirrors/steering, nav, rev camera, park aid, u-connect, tow/haul, 8cyl, 4x4, keyless entry, crew cab, short box, trailer hitch, alloys, fog lights, air bags, traction ctrl, pwr seats/windows/locks/mirrors, sat radio, MP3, cruise, touch screen, Alpine snd. 34,937 km.

\$53,995
\$362
bi-weekly
84 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



15 DODGE RAM 1500 SPORT

26342 Auto, 4 dr, 8 cyl, 4x4, HEMI, keyless entry, crew cab, short box, trailer hitch, tow/haul, box liner, alloys, air bags, traction ctrl, AC, MP3, sat radio, touch screen, u-connect, pwr seats/windows/locks/mirrors, heated seats/mirrors/steering, cruise, steering wheel ctrls, tilt steering. 13,645 km.

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

PREVIOUS DAILY RENTAL



15 CHEVY SILVERADO HIGH COUNTRY

27286 Factory remote start, pwr roof/seats/windows/locks/mirrors, heated seats, nav, rev camera, park aid, OnStar, Bose snd, lane depart warn, auto 5.3, 8cyl, 4x4, keyless entry, crew cab, short box, trailer hitch, box liner, chrome wheels, air bags, AC, tow/haul, collision warn, touch screen. 10,059 km.

\$50,995
\$308
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 FORD F150 LARIAT FX4

26798 Auto, DAC, factory remote start, eco boost, leather, heated/vented seats, nav, sync, blindspot detect, cross traffic alert, 4 dr, 6 cyl, 4x4, keyless entry, trailer hitch, short box, air bags, traction ctrl, CD, MP3, sat radio, pwr seats/windows/locks/mirrors, Sony snd, touch screen, steering wheel ctrl. 11,218 km.

\$49,995
\$302
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



14 GMC SIERRA SLE

27739 Crew cab, short box, leather, heated seats, rev camera, Bluetooth, OnStar, intelligink, auto 4.3, 6cyl, 4x4, keyless entry, trailer hitch, alloys, fog lights, air bags, traction ctrl, pwr seats/windows/locks/mirrors, AC, dual climate, MP3, sat radio, cruise, steer wheel ctrls. 60,890 km.

\$35,495
\$238
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