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Barks and Bikes 2016 National Service Dog Charity Ride June 18

Andrew Whynott (left) and Lawrence Christensen (right) kneel with National Service Dog Lynx as they prepare for the Barks and Bikes 2016 National Service Dog (NSD) Charity Ride in Frankford on June 18. The two organizers hope to increase the size of their second annual ride substantially this year. Photo by Ross Lees

By Ross Lees

The Barks and Bikes 2016 National Service Dog (NSD) Charity Ride hopes to suffer severe growing pains in its second year. The brain child of An-

drew Whynott and Lawrence Christensen, both former military personnel retired while at 8 Wing/Canadian Forces Base (CFB) Trenton, the Barks and Bikes Ride in 2015 raised
Continued on page 7

QIAS 2016 security will be tight

Read the list of items you can and cannot bring on site carefully to avoid problems and delays

By Ross Lees

Security at the Quinte International Air Show (QIAS) 2016 will be tight, so people should pay attention to the items they can and cannot bring onto the base.

First and foremost, all persons, bags and backpacks are subject to be searched by security personnel and, if prohibited items are found, person or persons will be asked to remove items from the premises or they will be confiscated.

"Anyone can be searched at any time on a military base by military police or security personnel," stated Sergeant (Sgt.) Stephan Fortin of Support Operations. "Military Police and security personnel have the right to search anyone at any time and, if deemed not safe, they will not be granted access."

At the top of the list of items not permitted on the base are weapons, regardless of permits. Weapons include firearms, knives (including pocket knives and multi-tools) and all other items that may be

deemed dangerous or could be used as a weapon.

Explosive and fireworks are also not allowed in any shape or form.

Remote control aircraft, any type of unmanned aerial vehicle and aircraft transceivers are prohibited in the spectator area, as are laser pointers.

Alcoholic beverages also may not be carried onto the site, along with glass bottles or containers.

Pets other than certified service animals are not allowed on the base and should not be left in vehicles throughout the day.

"People should leave their pets at home," said Sgt. Fortin, so that there are no distressed animals in vehicles.

Large coolers greater than 15 litres will not be allowed although small coolers will be permitted for life-saving medication and/or baby food. Large beach umbrellas greater than a five foot diameter will not be allowed.

Illicit drugs and other intoxicating substances will not be
Continued on page 7

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North American Occupational Safety and Health Week message from the Wing Commander

“Make safety a habit”

The week of May 1 - 7 has been designated as “North American Occupational Safety and Health Week (NAOSH).” While we strive for workplace safety 365 days a year, NAOSH week is a special opportunity to focus our attention on the importance of preventing injury and illness in the workplace, at home and in the community.

The NAOSH Week logo of three hands forming an equilateral triangle portrays the three participating nations Canada, the United States and Mexico. It symbolizes joint venture, cooperation and the commitment to common goals shared by all occupational safety and health partners. I want to acknowledge several other “partnerships” that are necessary for our safety and health programs to be effective. These

include government agencies and community service groups, professional safety and health associations, and especially the personnel of 8 Wing/CFB Trenton.

This year began with a very high operational tempo and will continue to be extremely busy with the upcoming Quinte International Air Show (QIAS) and deployment of the Mission Support Element. Despite the increasing demands on personnel and resources, our statistics do not indicate a corresponding increase in incident rates. I want to thank those people who, at every level of our organization, have contributed their leadership for the benefit of all. This contribution may have prevented an injury or eliminated a hazard – which is, after all, our shared goal.



During NAOSH Week, reinforce and strengthen your commitment to safety, take the opportunity to enhance safe practices. High standards lead to professionalism and professionalism shall continue to be the hallmark of 8 Wing. Safety is derived from professionalism.

I encourage your continued interest and activity in developing and implementing a safe and healthy environment for all. I believe that striving for our safety goals reflects an attitude that will help us to achieve excellence in all our endeavors. This year

take the time to “Make safety a habit” and take advantage of the training opportunities offered during NAOSH Week.

C.R. Keiver
Colonel
Wing Commander

Semaine Nord-Américaine de la Sécurité et de la Santé au Travail message du Commandant de L'Escadre

« Faites de la sécurité une habitude »



La semaine du 1^{er} au 7 mai 2016 a été désignée Semaine nord-américaine de la sécurité et de la santé au travail (SNASST). Bien que nous cherchions à assurer la sécurité en milieu de travail 365 jours par année, la SNASST est une occasion spéciale de centrer notre attention sur l'importance de la prévention des blessures et des maladies en milieu de tra-

vail, à la maison et dans la communauté.

Le logo de la SNASST, trois mains formant un triangle équilatéral, représente les trois pays participants : le Canada, les États-Unis et le Mexique. Il symbolise l'action concertée, la coopération et l'engagement entre tous les partenaires dans le domaine de la santé et de la sécu-

rité. Il s'agit notamment d'organismes gouvernementaux et de groupes de services communautaires, d'associations professionnelles de santé et de sécurité, et particulièrement du personnel de la 8^e Escadre/BFC Trenton.

Cette année a commencé avec un rythme opérationnel très élevé et continuera d'être très occupée avec le spectacle aérien international de Quinte (SAIQ) et le déploiement de l'élément de soutien de mission. Malgré les demandes accrues imposées au personnel et aux ressources, nos statistiques n'indiquent pas d'accroissement proportionnel du taux d'incident. Je tiens à remercier les gens qui, à tous les niveaux de notre organisation, ont mis à contribution leur santé et de sécurité au travail à atteindre leurs objectifs communs. Je veux souligner plusieurs autres partenariats « partenariats » qui sont essentiels à l'efficacité de nos programmes de leadership pour le bien de tous.

Cette contribution pourrait avoir permis d'éviter une blessure ou d'éliminer un risque – ce qui est après tout, notre objectif commun.

Durant la SNASST, réitérez votre engagement envers la sécurité et saisissez l'occasion d'améliorer les pratiques sécuritaires. Des normes élevées donnent lieu au professionnalisme et le professionnalisme continuera d'être la marque distinctive de la 8^e Escadre. La sécurité découle du professionnalisme.

Je vous encourage à maintenir votre intérêt et à poursuivre vos activités de création et de mise en œuvre d'un milieu sain et sécuritaire pour tous. Je crois que nos efforts dans l'atteinte de nos objectifs en matière de sécurité reflètent une attitude qui nous aidera à atteindre l'excellence dans tout ce que nous entreprendrons. Cette année, prenez le temps de « faire de la sécurité une habitude » et profitez des occasions de formation offertes durant la SNASST.

C.R. Keiver
Colonel
Commandant de L'Escadre

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8 Wing Aboriginal Awareness Day May 18

By Cpl. Rico Santos

Ahnee (Welcome)! Spring is finally here. Time to plant seeds, start new projects, meet with old friends and make new ones.

8 Wing / Canadian Forces Base (CFB) Trenton's Defence Aboriginal Advisory Group (DAAG) would like to invite you to our Annual Aboriginal Awareness Day, being held on Wednesday, May 18 at 11 a.m.. The location for the event is at the Aboriginal Gardens, which is located behind the Officers' Mess.

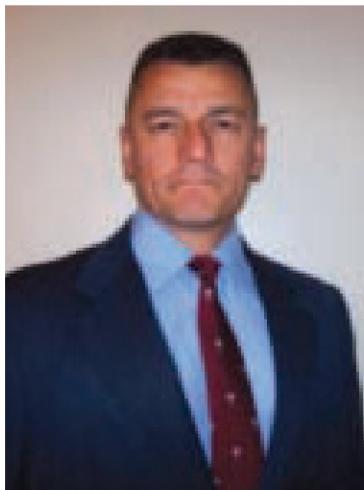
With the support of the Loyalist College Aboriginal Resource Centre, there will be Aboriginal Ceremonies as well as workshops on drum making, craft making and traditional medicine. Students from East Northumberland Secondary School and Breadner Elementary have been invited to partake in the workshops and will have on display their Aboriginal Awareness projects. Traditional Bannock and Three Sister soup will be served for lunch.

The theme this year is Aboriginal Accomplishments. One way to recognize these accomplishments is by honouring our heroes. For many, a hero is someone in a costume leaping from building to building performing superhuman acts.

According to Oxford Dictionaries:

Hero - A person who is admired for their courage, outstanding achievements, or noble qualities.

It is easy to recognize a hero in



Guest Speaker Ron Gignac, Deputy Chief of Police of the Belleville Police Service.



the movies, but in real life sometimes we don't see what is right in front of us... and sometimes that hero is looking back at you in the mirror.

A SONG FOR LIFE

Newing ondaunimut;

Newing inaunimut.

From four directions

blow the winds

To four directions blow

the winds.

~ *Ojibway Ceremonies*

Basil Johnston

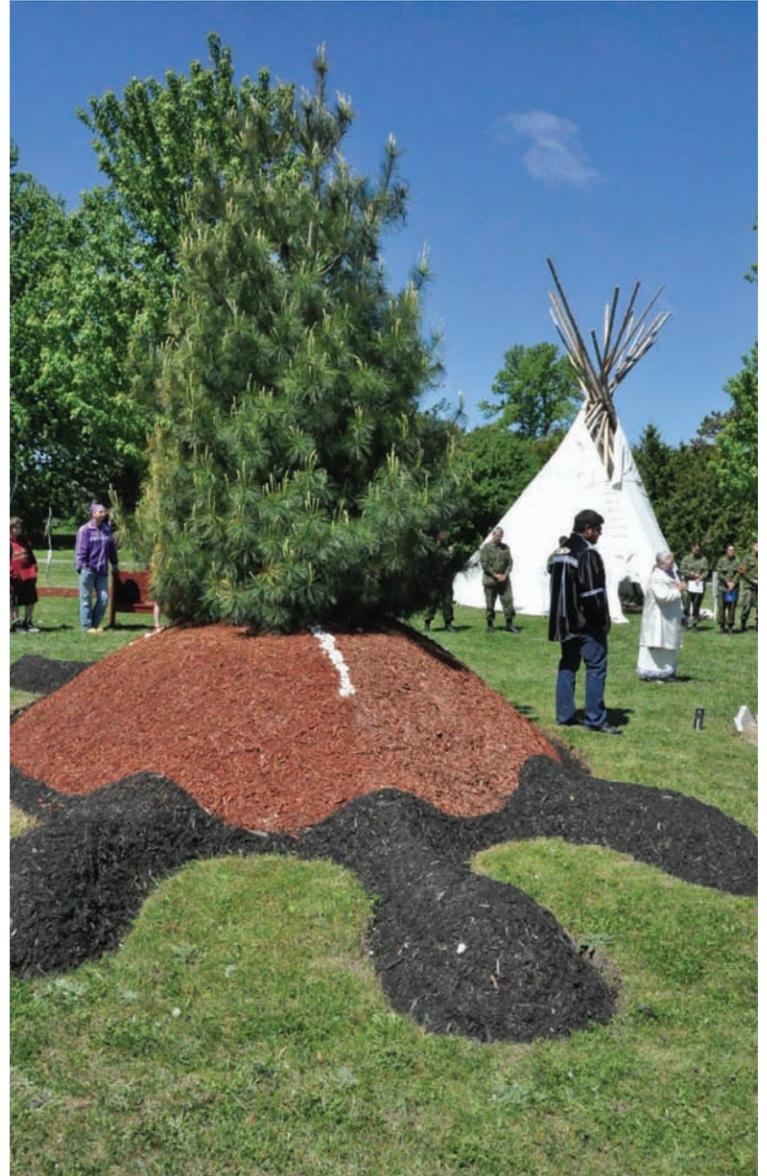
One person in my life that is a hero, unfortunately passed away last year. When I first started dating my wife Tibby, I did not know anything about her dad Basil Johnston. To me he was a sharp-tongued, sharp-witted, grumpy old man. As I participated at more and more functions with Basil, I came to realize and discover who he was and what he represented to the Aboriginal community across Canada. As his health was declining over the last few years, I decided to Google him and was shocked to discover what his accomplishments were. I knew he was a writer, but I did

not know the extent of his work. When he passed to the Spirit World, the CBC, The Toronto Star and the National Post interviewed the family and others who had known him. All those times spent cajoling with him, I did not know I was in the presence of an Aboriginal icon. To me he was just Bas.

Honour our heroes. There are heroes everywhere around us. For Aboriginal Awareness Day we are proud to have as a guest speaker/hero; Deputy Chief of Police Ron Gignac. Mr. Gignac's background includes the military, the OPP and Deep River Municipal Police. He is currently the Deputy Chief of Police of the Belleville Police Service.

The 8 WING DAAG is always looking for new members. Come join us on Aboriginal Awareness Day and find out what we are all about. For further information, call 8 Wing DAAG Military Co-Chair; MCpl Anne Christenson at Tel: 613-392-2811 x 4840 or email her at Anne.Christenson@forces.gc.ca

Miigwetch (Thanks)!



8 Wing Aboriginal Gardens. Contact file photo by Ross Lees

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173 Sqn Air Cadets visit Civil Air Patrol in Groton, CT

By Sgt Gordon Bennett

March break was yet another exciting time for the Royal Tigers of 173 Squadron Royal Canadian Air Cadets, as they ventured south on an exchange of cultures with their Civil Air Patrol (CAP) counterparts in Groton (pronounced 'graw-tin'), Connecticut. The Squadron's members, ranging in age from 12 to 19, perform an annual pilgrimage to the United States each spring break and this year they were invited to visit with the CAP unit co-located with the United States Navy's (USN) "Home of the Submarine Force" nuclear submarine base, New London.

Meeting-up with the liaison officer of the Groton CAP unit, the opportunity was presented to experience some of the rich, military heritage of Groton and New London, and the United States Coast Guard (USCG) Academy was first on the list. The Royal Tigers spent nearly a full day with USGC cadets as their tour guides as they explored the vast and very hilly Coast Guard Academy campus, with its network of old, historical buildings and modern training facilities supporting "the oldest life-saving service in the world."

The following day, a planned meet and greet with the officers and cadets of the Groton CAP kicked-off with each unit forming up on the ramp for a demonstration of American versus Canadian drill, followed by tours of the CAP's aircraft and training facilities, then cake and refreshments afterwards. The staff and cadets of both units took great advantage of the opportunity to rub shoulders with their counterparts to share experiences and compare service to their respective communities. Before the festivities came to a close, Cap-



173 Sqn Royal Tigers pose with their Civil Air Patrol counterparts in front of one of the Groton CAP patrol aircraft.
Photo by Sgt. Gordon Bennett

tain (Capt.) Sandra Knautz, Commanding Officer (CO) of 173 Sqn., presented the CO of the Groton CAP with a Canadian flag, while the cadets themselves shared a variety of uniform badges and accoutrements to commemorate this special occasion. Having made lots of new friends and craving more visiting at a less formal venue, both units decided to unite once again a couple of days later at the USCG Academy for a fun evening of 10-pin neon bowling and pizza.

Next on the visit list was a tour of the sea survival school facilities and front-row demonstrations of how aircrew are taught to escape from inverted aircraft while bobbing around in a simulated water crash scenario. This facility trains helicopter crews from all around the world, both military and civilian, and the simulator operators have the ability to tailor the training environment for multiple types of airframes crashing in realistic situations such as darkness, high winds, driving rain, and even the aircraft on fire.

The Navy Submarine Force Museum located on the Thames River in Groton was visited next, displaying virtually every type of submarine that's ever been in USN service, including a guided

tour of the USN's first operational nuclear powered submarine, SSN-571 USS Nautilus.

This exciting experience was followed by a special lunch in the base mess hall as personal guests of the Base Commander and his Executive Officer, where afterwards they granted the rare privilege of a guided tour of a Los Angeles class nuclear attack submarine sitting at dock. Detailed tours of several base facilities were also conducted including the ultra-modern torpedo and missile training simulators and the submarine deep water escape pool.

The final day and night of the trip was a truly unique occasion as well, spent on the USN battleship BB-59 USS Massachusetts, docked as a floating museum at Battleship Cove, Fall River, Massachusetts. "Big Mamie", as she was affectionately known by her crew members, was launched in 1941, and then decommissioned in 1947 where she sat as a parts ship until being transferred to Battleship Cove in 1965 as a memorial to those who gave their lives in World War II.

Mamie's massive 16-inch guns were capable of accurately firing 2,700-pound, five-foot high projectiles at targets over 20 miles away. As luck would have it, the Royal Tigers had the whole

battleship to themselves for the night and wasted no time checking out every nook and cranny. The cold and noisy night was spent in real crew bunks as they lived back in the day, and a new level of respect was certainly felt for the navy crews who had

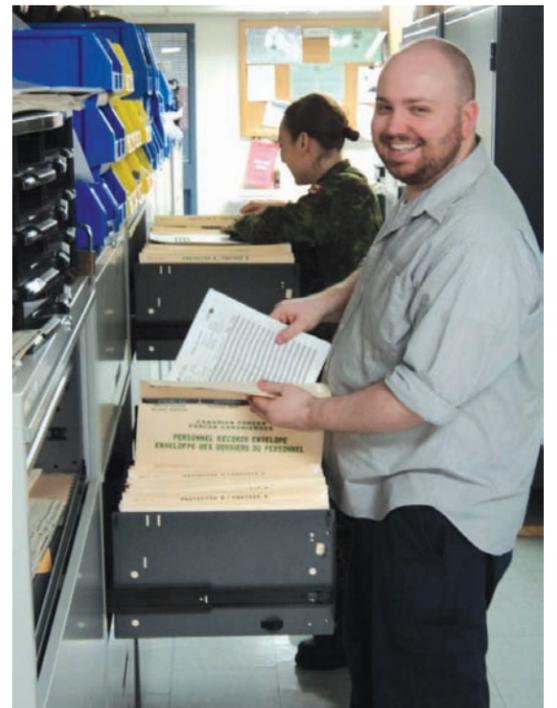
to endure these awkward and cramped conditions for months at a time at sea.

In summary one might ask why, in spite of two days spent with the Civil Air Patrol, a local Squadron of Air Cadets would care to visit naval assets down in the US. The answer is simple. The military is one big team and exclusive awareness of how the other half lives is a privilege most don't get to experience. Exposure to how the different elements do business is an awareness every serving member should have at some point in their career, and the cadets of 173 Squadron now have this to look back on for a possible future service in the Canadian Armed Forces. But, in the end it was unanimous amongst the cadets. As interesting as the navy can be, the Royal Canadian Air Force is still definitely the way to go!

Wing Logistic and Engineer Picture of the Week

Keeping supply records current

On Friday, April 22, at 8 Wing Replenishment Clothing Stores, Private Amélie Potvin and Mr. Brian Dymond were carefully filling supply transaction sheets into members' personal supply folders, keeping all 8 Wing members' individual accounts up to date. Photo by Corporal Benoit Boutin



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.

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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.
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- Articles must be received by Monday at noon prior to print date.

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Girls Exploring Trades opens possibilities to high school students

Ontario Youth Apprenticeship Program, school boards and base give 100 young women a look at their career options

By Ross Lees

One hundred high-school age tech-savvy young women got a close-up and personal look at their options Wednesday at the Knights of Columbus Hall in Trenton.

The event, Girls Exploring Trades, was sponsored by the Ontario Youth Apprenticeship Program (OYAP) and was a combined effort of that organization, local school boards and 8 Wing/CFB Trenton. Exposed throughout the day to such technical trades as auto mechanics, wood-working, construction, welding, and non-destructive testing, the young ladies from most area high schools also got to look at non-traditional careers featured in the Canadian Armed Forces (CAF).

Keynote speaker for the event was Jaimie MacMillan who, having established herself in the male bastion of ironworkers, caught the full attention of the young, female students when she said during her introductory speech that she had a rule for her bosses when she started working her union job: "Don't treat me like a girl, treat me like an ironworker."

An enthusiastic, spontaneous speaker, Ms. MacMillan told the young women she believes there will be a vibrant workforce vacuum for young women in the near future and that they should work hard toward achieving their goals in that regard. While she felt women can be every bit as effective as men in trades, she told the women she felt women work smarter many times to make up for any perceived lack of strength, often doing the work better than their male counterparts just to demonstrate they can do it.

Her comments often drew

rounds of applause and cheers from her young listeners, but she also threw in a few words of garnered wisdom she hoped they heard with equal enthusiasm.

"First, you need to love what you do because you may end up doing that for one third of your life," she advised before adding, "Always work as a team and always be respectful."

Ms. MacMillan was relentless in her push to have the young women recognize the potential in a trades-related career, adding there can be good money earned along the way for women who commit to enhancing their abilities and skills to compete with equally skilled men.

"In two weeks of work, I make \$7,000," she told the awed students, a lesson they learned repeatedly as other speakers presented their cases.

Another guest speaker at the event was Lieutenant-Colonel (Lt.-Col.) Cathy Blue, the 8 Wing Logistics and Engineering Officer who readily admitted to looking out for technological opportunities as a young woman and eventually finding it in the equal-opportunity milieu of the CAF. There, she had pursued a competitive career on an equal footing with men while still baking cookies, having babies and working in a non-traditional role.

Throughout her career, Lt.-Col. Blue told her young audience

Guest speakers were put on the hot seat as approximately 100 young female students questioned them about their non-traditional careers.

Photo by Ross Lees



she always kept one thing top of mind.

"I was always aware that I was not only representing myself, but all women," she stated.

Will Geris, the OYAP coordinator noted in his opening address that skilled trades were a good place for young women to be and he was excited that the base had opened their doors on this day to let the students in to see not only the skilled trades but the non-traditional military roles available, as well.

"I'm very pleased and excited that the base has opened their doors to us today to let us in to see what they do," he told the students and their teachers.

Students

were told by other speakers that they had to guard against being the token female and establish themselves as hard workers more than capable of doing the job beside their male counterparts.

Ms. MacMillan said she had a whole new group of people to convince of her talents in each new job, but that she loved the challenge.

"Bring it on," she said of each new test, much to the enthusiasm of her audience.

Lieutenant (Lt.) Brandon Rose, 8 Wing's Personnel Selection Officer, helped organize the event

and the visits to the base and was impressed with the enthusiasm and energy displayed by the students.

"Our goal for the day was to give female students an opportunity to get some exposure to trades that are traditionally male dominated, and to open their eyes to possible careers in these fields," he said. "To do this, we had a number of key-note speakers (all of whom were women working in these kinds of male dominated trades) enhanced by a series of three visits to work-

Continued on page 15

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Have you registered yet for this year's Canadian Armed Forces Health and Wellness Challenge?

There is still time - join the Wing executive team and the Health Services team as we kick off the national campaign entitled the CAF Health and Wellness Challenge!

For the month of May, track your healthy choices and accumulate points to stay healthy and to be eligible for great prizes. Prizes include Fitbits, blenders, tablet, entries to the Army Run and more! Thank you to SISIP for your support and sponsorship of prizes.

Pictured here is the Commanding Officer of 24 Health Services, Major Rochelle Heudes, signing registry, Captain Melissa Welsh, left and Warrant Officer Nicole Stokes, Administration/Clinic Warrant Officer as they register for this year's challenge.

Please join them by signing up today and committing to Healthy choices for the month of May!

To register today, call Sasha at 3768 or email +HealthPromotion on the DIN or go to cfbrenton.com/HealthPromotion and follow the link.

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Barks and Bikes 2016 National Service Dog Charity Ride June 18

Continued from page 1

just over \$2,100 for NSD and they hope to grow that substantially in its second year.

In that first year, 50 motorcycles participated in the two-hour ride beginning and ending at the Frankford Legion, but the two organizers hope to increase the number of bikes substantially this year as they attempt to make this a major motorcycle fundraiser within the province.

Last year's effort resulted in NSD allowing the Barks and Bikes 2015 organization to name one of the NSD puppies Juno, after the local club's Juno

Riders.

NSD was picked as the club's chosen charity for a very simple reason, according to Mr. Whynott.

"We are very proud of NSD," he explained. "They do exactly what we all strongly believe in - support our veterans - and they don't ask for money to do it. They just want to help, and that's what we want. That's what prompted it."

Well supported by local businesses, including the Frankford Legion where the ride begins and ends on June 18 and where the dinner is prepared and served, the ride goes north-

west from Frankford to Norwood and along Highway 7 through Havelock, then back down to Stirling and back to Frankford in about two hours. Registration starts at 11 a.m. and the ride starts at 1 p.m.

"We try to stay out of heavily populated areas because of the size of the ride," Mr. Whynott said.

Additional promotion in Toronto by another sponsor may help add substantially to the number of bikes participating in this year's event, Mr. Whynott hopes.

Mr. Christensen lives with PTSD and is a recipient of a NSD named Lynx,

part chocolate lab and part golden retriever. Lynx has made a marked improvement in Mr. Christensen's life and that of his family.

"It chokes me up some times when I think about what I was like even as short as a year ago and how I've changed and how much more open I am," said Mr. Christensen. "It helps with the awareness that people need to have that this is an issue and the service dog is not the cure-all. I still have other tools that I use, he just happens to be an assistive device I can bring with me everywhere.

"And be there when my anxiety rears its ugly head," he added. "He brings me back when I get distracted and he wakes me up from nightmares at night. He's a buffer for me. I can put him between me and give myself a little more space when I'm in public."

Mr. Christensen speaks very highly of NSD.

"The biggest thing I can say about NSD is the fact

that there is no cost to me financially. I always say I already paid for my dog - 84 months foreign service. So for me to have to go to an organization and buy a service dog, it just didn't sit well with me," he noted. "The other thing about NSD, we've been together for over a year now, and the support from NSD is still there. If I have an issue, I can call them and they stay involved with Lynx with public access tests for the first three years and then every two years after that until he finishes his working career."

There is also no expectation of fundraising from NSD, which is important to PTSD sufferers who may not be able to mingle in the public for that type of work.

"A lot of people with mental health and anxiety issues can't do fundraising like this," Mr. Christensen said. "It would have been hard for me to come speak with you a few years ago. We fundraise because we can, and I mean 'we' as my

family."

NSD has helped make Mr. Christensen and his family a success story, he said.

It is the success of this one local story that pushes Mr. Whynott and Mr. Christensen onward.

"We really want the community to be aware of the program and the ride," Mr. Whynott added.

Cost of registration is \$25 for a rider, \$15 for a passenger and includes free tickets for door prizes plus a pig roast dinner. Ninety per cent of the proceeds go back to charity, according to the two organizers.

More information about Barks and Bikes 2016 can be obtained by going to Facebook and typing in Barks and Bikes 2016 and information about NSD can be obtained by typing in NSD.on.ca

NSD is the only assistance dog internationally accredited organization in Canada providing service dogs to veterans with PTSD and children with autism.

QIAS 2016 security will be tight

Continued from page 1

permitted and smoking will only be allowed in designated smoking areas.

Bicycles, roller blades, roller skates, skateboards, scooters and Segway-style transportation is prohibited in spectator areas with the exception of medical transportation devices like wheelchairs.

Tents, including pop-up tents, are prohibited along with barbecues and cooking equipment.

Any other item security personnel deem a security risk can also be confiscated.

While there are a number of permitted items at QIAS 2016, it should be noted that all items will be inspected prior to admission to the spectator area, according to Sgt. Fortin.

"It is strongly recommended that spectators minimize the number and size of permitted items to reduce delay into the spectator area," he indicated.

The following items are permitted in the spectator areas:

- ✓ Water and non-alcoholic drinks
- ✓ Ear plugs, head phones, hearing protection (strongly recommended)
- ✓ Sunscreen (strongly recommended)
- ✓ Children's wagons (non-motorized)
- ✓ Strollers
- ✓ Standard soft-sided school-size backpacks (will be subject to search)
- ✓ Fanny packs and purses (will be subject to search)
- ✓ Baby food
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All letters must be signed and the name of the author will be published. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed.

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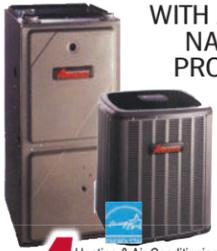
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Exercise RED FLAG results in IAF visiting 8 Wing



Exercise Red Flag is a series of exercises at Nellis Air Force Base, Nevada. This year's exercise kicked off in January with the first of four exercises planned for 2016. The Red Flag series of exercises grew out of the Vietnam War and its primary aim is to provide new aircrews with their first 10n combat sorties, which had been shown to be when they were most vulnerable. Although it started out as purely an air-to-air exercise, over the years it has evolved to take in all aspects of aerial warfare, and the exercises can include almost any aircraft in the US military's inventory, and also that of their coalition partners. This year's exercise was a large, three week exercise with over 120 aircraft deployed to Nellis from 39 different units supported by over 2,400 personnel.

Photo by Andy Cline



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Ottawa hosting the CFSU(O) Family Appreciation Days in June!

By Elizabeth Millaire

Communications and Marketing Coordinator, PSP Ottawa

The 6th annual Canadian Forces Support Unit Ottawa (CFSU(O)) Defence Community Family Appreciation Days is taking place on June 4 and 5 at Uplands in Ottawa, and promises to be a fantastic time for families of the Defence Community.

Where else will you be able to sleep in a military tent and watch a movie under the stars this summer? Located at the CFSU(O) Uplands Site, Family Appreciation Days is now the premiere free event dedicated to military families in the National Capital Region.

“We wanted to share this event with our neighbouring bases and wings and felt that providing a campground was a simple solution to facilitate that,” explained Ben Ouellette, co-chair of the event committee.

The campground will be composed of 100 tents containing up to six cots each. The cost is \$25 for the weekend and tents may be booked online at www.pspottawa.ca/familydays from April 15 to June 1. Full

details on what to bring and expect at the event are also available on the site.

Daytime activities on the Saturday and Sunday event include a petting zoo, a climbing wall, military displays, Light Armoured Vehicle (LAV) rides, live performances from various presenters and entertainers, and sponsors' village.

Following a performance by Canadian Armed Forces band Rotorhead from 5:30 p.m. to 7:30 p.m. on Saturday, June 4, attendees can either head outside for a special outdoor screening of *Star Wars – The Force Awakens*



Family Appreciation Days attendees gather around the rock climbing display during the fifth annual on 6 June 2015. Photo credit: Corporal Mathieu St-Amour CFSU(O) - Imaging Services ©2015 DND-MDN, Canada

Des participants aux Journées de des familles se rassemble près des murs d'escalade le 6 juin 2015. Crédit : Caporal Mathieu St-Amour - Services d'imagerie de l'USFC(O) ©2015 DND-MDN, Canada

or go to the main tent to enjoy an NHL playoff game. Draw prizes are returning this year, with a main prize to be drawn during the band's intermission. We hope to welcome our fellow Defence Community members from Kingston, Montreal, Petawawa and Trenton at this year's Family Appreciation Days!

Venez à Ottawa en juin pour célébrer les Journées de reconnaissance des familles de l'USFC(O)

Par Elizabeth Millaire

Coordonnatrice, marketing et communications, PSP Ottawa
La sixième édition annuelle des Journées de reconnaissance des familles de la communauté de la Défense, présentée par la Unité de soutien des Forces canadiennes Ottawa (USFC(O)), aura lieu les 4 et 5 juin, à Uplands, à Ottawa, et l'événement promet d'être fort amusant pour les familles de la communauté de la Défense.

À quel autre endroit aurez-vous l'occasion de dormir dans une tente militaire et de regarder un film à la belle étoile cet été? Les Journées de reconnaissance des familles, qui se déroulent sur le site d'Uplands de l'USFC(O), constituent maintenant un événement gratuit de premier ordre dédié aux familles des militaires de la région de la capitale nationale.

« Nous voulions que les bases et les escadres avoisinantes puissent elles aussi prendre part à l'événement; nous avons donc jugé qu'un terrain de camping s'avérait une solution simple

pour faciliter le tout », explique Ben Ouellette, coprésident du comité organisateur de l'événement. Le terrain de camping sera doté d'une centaine de tentes pouvant accueillir jusqu'à six lits de camp chacune. Le coût de location d'une tente est de 25 \$ pour la fin de semaine, et les réservations peuvent être faites en ligne à www.pspottawa.ca/journeesdesfamilles du 15 avril au 1er juin. Dans ce site Web, vous trouverez également de plus amples renseignements sur les articles à apporter et ce à quoi vous pouvez vous attendre durant votre visite.

Pendant la journée de samedi et de dimanche, les activités comprendront un zoo pour enfants, des murs

d'escalade, des expositions militaires, des promenades à bord d'un véhicule légèrement blindé (VLB), des animations et des spectacles en direct de personnes et d'artistes variés, ainsi qu'un village des commanditaires. Après le spectacle du groupe Rotorhead des Forces armées canadiennes, de 17 h 30 à 19 h 30, le samedi 4 juin, les participants auront le choix de rester à l'extérieur pour regarder une projection spéciale à la belle étoile de *Star Wars – le réveil de la force*, ou de se rendre au chapiteau principal pour regarder une partie des séries éliminatoires de la LNH. Il y aura des prix de présence une fois de plus cette

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Trenton Legion donates to local organizations

On hand for recent donations at Trenton Legion Branch 110 were, left to right, from the 1st Wooler Scout Troop Scouter Julie Kimmitt, Scout Ayla and Larry Francis from the Quinte West Special Olympics. Middle row, Scouts Cameron and Cassandra, and Lola McMurter, Special Events Coordinator for The Lung Association. Back row, Scouter Steve Paul and Branch President Manny Raspberry. *Submitted photo*



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424 (T&R) Squadron jumps to action in Fishing Creek Lake

Both Griffon and Hercules aircraft launch to provide humanitarian assistance

Two Search and Rescue (SAR) aircraft, Hercules R337 and Griffon R422, took off from 8 Wing/Canadian Forces Base (CFB) Trenton just after 1 p.m. Friday, April 22 after receiving a call for humanitarian assistance in the vicinity of Fishing Creek Lake.

424 Transport and Rescue Squadron's SAR assets carried SAR Technicians (SAR Techs) to assist a 27-year-old male experiencing chest pain. Once on scene, SAR Techs jumped down to him to assess and stabilize while a civilian helicopter arrived to

evacuate the patient to a nearby nursing station in Kashechewan, Ont. Fishing Creek Lake is located approximately 220 nautical miles north of Timmons, a remote and largely inaccessible area of northeastern Ontario.

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A CH-146 Griffon and CC-130 Hercules take off over the airfield at 8 Wing/CFB Trenton in this file photo. *File photo by 8 Wing Imaging*

Neil Ellis, MP
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New Programs at the Trenton MFRC

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

Nouveaux programmes pour l'automne au CRFM de Trenton

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

Invisible Ribbon Online Auction

Join the Invisible Ribbon Online Auction April 21 to May 2! A simple, fun auction on Facebook - www.facebook.com/groups/invribbononlineauction2016/ with a variety of items to bid on. Treat yourself to something special! Proceeds will support the expansion of Trenton MFRC programs and services in the Quinte region. For more information visit www.invisibleribbon.ca.

Vente aux enchères en ligne pour le Gala du Ruban invisible

Participez à la Vente aux enchères en ligne du 21 avril au 2 mai! Visitez notre page Facebook - www.facebook.com/groups/invribbononlineauction2016/, c'est simple et amusant, vous pourrez faire une offre d'appel sur une variété d'articles. Gâtez-vous avec quelque chose de spécial! Le produit des ventes appuiera l'expansion des programmes et services dans la région de Quinte.

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 Héléne 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 Héléne 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.

Cook with Grace

Mondays starting May 2, \$30 per class or \$110 for all four classes at 8 Wing Chapel from 6 p.m. to 8 p.m. Enjoy four weeks of culinary delights! May 2 - Taiwanese Night Market; May 9 - Shanghai Cuisine; May 16 - Asian Vegetarian Special; May 30 - Asian Style Party Food. To register, please visit the MFRC reception at 613-965-3575 or email rabia.s@trentonmfrc.ca for information.

Cuisinez avec Grace

Début le lundi 2 mai, 30\$/classe ou 110\$ pour quatre classes chapelle de l'escadre 18h00-20h00. Savourez des délices gastronomiques durant 4 semaines! Le 2 mai- Marché de nuit Taïwanais; le 9 mai- La cuisine de

Shanghai; le 16 mai- Les Plats Végétarien Asiatiques; le 30 mai- Les plats de fête asiatiques. Inscrivez-vous en téléphonant la réception du CRFM au 613-965-3575 ou rabia.s@trentonmfrc.ca pour d'information.

Bus trip to Ripley's Aquarium plus Ontario Science Centre

Departure at 7:30 a.m. from the MFRC. 10 a.m. to 12 noon at Ripley's Aquarium. 12:30 p.m. to 5 p.m. Ontario Science Centre (Lunch and snacks; bring your own or purchase on site). Adults \$35, student (with I.D.) \$28, youth (six-13) \$23, children (three to five) \$12. Return at approximately 7 p.m. *Includes coach bus transportation. Registration and payment at the MFRC reception by Friday, May 13, no exceptions!

Voyage en autobus à Ripley's Aquarium + Ontario Science Centre

Départ à 7:30 du MFRC. 10 a.m. - 12 noon Ripley's Aquarium. 12:30 - 17:00 Ontario Science Centre (Apportez votre lunch et collations ou achetez-les sur les lieux). Retour vers: 19:00. Adultes: \$35, Étudiants (avec pièce d'identité) \$28, Jeunes (6-13) \$23, Enfants (3-5) \$12. *Comprend le transport par autobus Coach Inscription et paiement à la réception du CRFM par le vendredi 13 mai, aucune exception!

Continued on page 13

Home of the Week
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This plan for this area, which includes an optional buffet, always handy for storage and serving. A skylight will allow plenty of natural light to brighten this area. The kitchen is separated from the great room by a raised four-seat eating bar, with work-space on the kitchen side. A window over the double sink is always a bonus. The L-shaped counter configuration will save steps for the cook, and the pantry will provide lots of room for canned goods and staples. Also overlooking the back garden is the master bedroom, which features an extra-wide window sill, as well as an en-suite that includes double basins, a soaker tub and a glassed-in shower stall. The walk-in closet is reached through

the en-suite. The second and third bedrooms share a three-piece bathroom. A linen cupboard is located near the entrance to bedroom no. 2. Near the laundry room, which has access to the two-vehicle garage, a flight of stairs leads downstairs to the optional suite. Exterior finishes include board-and-batten and wood shingles in the large gable at the front of the home, as well as wood siding, painted trim and brick accents. This home measures 39 feet wide and 70 feet deep, for a total of 2,391 square feet. Ceilings on the main floor measure nine feet. The optional suite measures 774 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.

May 6 – Cut for the Cure

This year's Cut for the Cure is scheduled to take place at 1 p.m. on May 6 at the Warrant Officers' and Sergeant's Mess. People who wish to volunteer can contact 436 Squadron Sgt. Rick Reid for information and pledge sheets at local 3553. Sgt. Reid is the OPI of this event this year

May 6 – CFB Trenton Blood Donor Clinic

The CFB Trenton Blood Donor Clinic will be held at the RecPlex gymnasium at 21 Namao Drive, from 10 a.m. to 2 p.m. All regular and new blood donors are encouraged to donate.

May 7 – MFRC Invisible Ribbon Gala

The Trenton Military Family Resource Centre Invisible Ribbon fundraising gala will be held on May 7 at the National Air Force Museum of Canada. One hundred per cent of the net proceeds raised this year will go to support the two expansion sites in Belleville and Frankford/Batawa. The MFRC gala organizing committee feels it filled the museum to its capacity last year and they warn those interested in attending that tickets sales may go very quickly, beginning in April 1 with early bird ticket sales online and at the Trenton MFRC office. Buy early to make sure you are there for the impressive silent and live auctions of interesting items. Also watch for the online auction, which will be held from April 21 to May 2. Guest speaker this year is Major-General D.L.R. Wheeler, 1 Canadian Air Division Commander.

May 7 - Women's Day Event

A Women's Day event will be held at the Brighton Community Centre with doors opening at 9 a.m. Lunch, nutrition breaks, door prizes and more. Topics: Understanding Concussion in Children, fun and easy cake decorating, food safety, Fifteen Minutes to a Healthier You. Preregistration: \$25 until April 15. Contact: Mary Shortt at mshortt@bellnet.ca or call 613-475-4045. Women's Institutes -women involved.

May 8 – Warrant Officers' and Sergeants' Mess Mother's Day Brunch

A Mother's Day brunch will be served at Tommy's Restaurant at 68 Front St., Trenton. on May 8 from 12 noon until 2 p.m. Ticket prices are \$10 per member or spouse, \$5 per child and \$12 per guest to a maximum of four. Tickets are on sale at the mess office until May 2 and there are 100 tickets available

May 18 – 8 Wing Annual Aboriginal Awareness Day

8 Wing/Canadian Forces Base (CFB) Trenton's Defence Aboriginal Advisory Group (DAAG) would like to invite you to our Annual Aboriginal Awareness Day, being held on Wednesday, May 18 at 11 a.m. The location for the event is at the Aboriginal Gardens, which is located behind the Officers' Mess. The day

will feature Aboriginal ceremonies, workshops on drum making, craft making and traditional medicine. Traditional bannock and three sisters soup will be served for lunch. For further information, call 8 Wing DAAG Military Co-Chair; MCpl Anne Christenson at Tel: 613-392-2811 x 4840 or email her at Anne.Christenson@forces.gc.ca

May 18 – 8 Wing Officers' Mess Ladies Club Games Night

The 8 Wing Officers' Mess Ladies Club will be hosting a games evening at 6:30 p.m. in the Mess. Admission is \$5 for members, \$10 for invited guests of members. For information, contact chambersj@live.ca

May 19 – Soaring Art Show

The National Air Force Museum of Canada Foundation will host Soaring, an exhibition of a cross-section of artists who have interpreted the theme in their own unique way. Visitors are encouraged to come out and marvel at the magnificent work and meet many of the artists at the opening. Opening reception with wine and cheese is May 19 at 7 p.m. The gallery will be open during regular museum hours Thursday to Monday from 10 a.m. to 5 p.m. For more details, please email NAFMCFoundation@gmail.com

May 19 – Trenton Legion 100th Anniversary of Battle of Beaumont-Hamel Dinner

Trenton Legion will host a dinner in honour of the 100th Anniversary of the Battle of Beaumont-Hamel on May 19 at 6 p.m. There will be free commemorative pins, door prizes and music by the Trenton Seniors Glee Club. Cost for members is \$18 and \$20 for non-members. Tickets are available at the Trenton Legion office.

June 4 – 16th Annual Brain Tumour Walk

The 16th Annual Brain Tumour Walk will take place at the Zwick's Centennial Park in Belleville on June 4, beginning at 10 a.m. Registration begins at 8:30 a.m. Opening remarks begin at 9:45 a.m. The event includes a 2.5 km and 5 km walk and run in support of the brain tumour community. Sign up at www.BrainTumourWalk.ca or call 1-800-265-5106. Join the movement – end brain tumours!

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 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 go on sale April 1.

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

Correction

Hello,

At the risk of aeronautical pedantry, I would like to draw your attention to the fact that the aircraft on page four (April 15) started life as a DC-3 but after extensive re-work is now a Basler BT-67 (<http://www.baslerturbo.com/bt-67.html>) as evidenced particularly by its five-bladed propellers and gas-turbine engines. That aside I appreciate your running the photo; it is certainly appropriate.

MCpl/Cplc Jim Saunders, CD
ATESS NDT
Canadian Armed Forces



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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.

Youth Dodge Ball Tournament 10 to 14 years

Friday, May 13 from 9 a.m. to 5 p.m. Pre-register by Tuesday May 9.

New! Fitness Class Pass

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

Adults Programmes

Morning Aquafit - Mondays, Wednesdays, Fridays, April 11 to May 30 from 8:30 a.m. to 9:20 a.m.

Evening Aquafit (Jogging) - Tuesday and Thursday, April 12 to May 31 from 6 p.m. to 6:50 p.m.

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

New - Heated Yoga 16 years plus - Thursday 14

April, 4:15 p.m. to 5:15 p.m. or Saturday, April 16, 10:30 a.m. to 11:30 a.m.

Parented Pilates 16 years-plus - Wednesday, April 13 - 9:30 a.m. to 10:30 a.m. at the RecPlex Gym.

Pilates/Core Fitness 16 years-plus - Wednesdays, April 13 - 4:30 p.m. to 5:30 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 - Option 1: April 11 and April 20, 5 p.m. to 6 p.m. Option 2: May 11 and May 18, from 5 p.m. to 6 p.m.

Boot Camp - Monday and Wednesday - 5:30 - 6:30 pm. At the South Side Gym

Spin - Monday and Wednesday - April 11 - 4:15 p.m. to 5:15 p.m. at the South Side Gym.

Spin Fusion - Tuesday, April 11 - 5:20 p.m. to 6:20 p.m. at the South Side Gym.

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:

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.

Planning Your Postings

Get advice on renting versus buying property, changes in family income, and options for move allowances. When: May 3 from 7 p.m. to 8:30 p.m. Cost: Free. To register please call the MFRC reception at 613-965-3575 or email rabia.s@trentonmfr.ca.

Planifier votre affectation

Des conseils à propos d'acheter ou louer une propriété, des changements du revenu familial, et des options pour les allocations de déplacement. Quand : 3 mai : 1900 à 2030h. Coût : Gratuit. Inscrivez-vous en téléphonant la réception du CRFM au 613-965-3575 ou Rabia à rabia.s@trentonmfr.ca.

Program Calendars

The March Youth Centre calendar and the Winter Playroom calendar is available under 'Youth & Teens' and 'Children & Parents' respectively on

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.

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!

Continued from page 14

MFRC continued from page 11

From the Ground up

This is psycho-educational group that runs over a 10 week period. It offers participants instruction on healthy self-esteem, assertive communication, healthy relationships and promotes self-care. Participants will learn skills in managing negative self-talk, effective communication, and how to nurture healthy self-esteem and positive relationships. From the Ground Up is open to military members and their families, as well as the Hastings and Prince Edward community. It will be running April 28 through June 30 from 6 p.m. until 8 p.m. at the Trenton MFRC. Child Care can be made available during the course of the program. For more information please contact Jaclyn Hunter at 613-392-2811 ext. 4017.

Apprendre à grandir

Il s'agit d'un programme psychoéducatif d'une période de 10 semaines. Il offre des sujets comme l'estime de soi, les relations saines, la communication et l'assertivité et aussi comment prendre soins de soi. Les participants apprendront comment éviter les pensées négatives, communiquer efficacement, améliorer la confiance en soi et entretenir de bonnes relations personnelles. Apprendre à grandir est offert aux membres militaires et leur famille ainsi qu'à la communauté de Hastings and Prince Edward. Les rencontres auront lieu du 28 avril au 30 juin de 18h00 à 20h00 au CRFM de Trenton. Le service de garde sera offert pendant toute la durée du programme. Pour de plus amples renseignements, veuillez contacter Jaclyn Hunter 613-392-2811 poste 4017 ***notez que ce programme est offert en anglais***

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

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TRENTON:

Smylie's, Your Independent Grocers
 Metro
 Quinte West Public Library

BRIGHTON:

Sobeys

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

MFRC continued from page 11

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!

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.

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

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.

Safety



Herbicides and pesticides should be handled with care

We use chemicals to rid our gardens and lawns of weeds and bugs. These chemicals are poisonous not only to the intended target, but also to humans, livestock, pets, and the environment. They are dangerous, so be cautious when you use them.

Consider the following safety tips:

- If possible, remove the weeds by mechanical means such as digging them out. If you have a lot of weeds, consider hiring a company that specializes in this type of work. They have the proper equipment and chemicals for the job.
- Follow the manufacturer's instructions when using herbicides or pesticides. Read the first aid treatment on the label, just in case.
- When spraying or using chemicals, wear personal protective equipment (PPE) such as goggles, gloves and cover-

alls. It's dangerous to wear shorts or bathing suits while using these chemicals.

- Be aware of the direction of the wind when using sprays. Don't spray into the wind. Use caution when spraying trees. Don't stand under the area you're spraying. Keep children and pets away. Avoid walking in areas you have just sprayed.

- Don't handle food, smoke, go to the toilet, or play with your children until you have washed thoroughly with soap and water.
- Thoroughly wash the clothes that you wore while spraying. Wash them separately from other clothes.

After you have used chemicals in your yard, keep children and pets off the area. The directions for using the chemicals should tell you how long you should stay off. Many manufacturers advise a 24-hour period.

Girls Exploring Trades opens possibilities to high school students

Continued from page 5

shops for each of the groups of about 10 girls. With those groups, we attached female volunteers from the base to give these girls a chance to interact with military members, and get some exposure to trades we couldn't provide for this visit."

The process proved a successful one, according to Lt. Rose.

"By the end of the day, many of the girls were expressing clear interest in working in the trades, as well as a number that were considering joining the forces," he stated.

The workshops provided an excellent experience for the students, according to Lt. Rose. Many of them had interactive presentations where the students

got to work with the tools of the trades (firefighters especially, although the sheet metal shop also made elephant pen holders for the students to take home).

"They accommodated our groups marvellously despite the busy schedule they have from daily base operations," he said.

"There has already been talk

of making this a regular event, since the teachers, students and military personnel found it to be a valuable experience for these students," he concluded.



Lt.-Col. Cathy Blue, the 8 Wing Logistics and Engineering Officer at CFB Trenton, said she was always conscious throughout her career that she was not only representing herself, but all women.

Photos by Ross Lees

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Ironworker Jaimie MacMillan described and demonstrated some of the specialized equipment young women might wear in technical trades like welding, ironworking, woodworking, construction, and non-destructive testing.

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15 CHEVROLET SPARK LT

27337 Auto 1.3, alloys, AC, Bluetooth, cruise, 4cyl S-TECH II, FWD, hatchback, keyless entry, rear spoiler, air bags, traction ctrl, height adjust seat, MP3, sat radio, OnStar, ext temp gauge, pwr windows/locks/mirrors, steer wheel ctrls, tilt steering, touch screen. 11,909 km.

\$11,995
\$72
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



13 SMART FORTWO PASSION

26927 Auto, 2 dr, 3 cyl, FWD, hatchback, keyless entry, hubcaps, airbags, bucket seats, heat seats, AC, MP3, external temp. gauge, pwr windows/locks. 24,463 km

\$9,495
\$72
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



15 KIA SOUL LX

27289 Solar Yellow! 4cyl GDI, steer mode select, Bluetooth, AC, auto, FWD, hatchback, keyless entry, hubcaps, fog lights, air bags, traction ctrl, economy mode, MP3, sat radio, ext temp gauge, pwr windows/locks/mirrors, steer wheel ctrls, tilt steering. 23,015 km.

\$14,995
\$91
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



12 VW BEETLE PREMIER APPEARANCE PKG

27120 Fender snd, touch screen, leatherette, pwr roof/windows/locks/mirrors, auto, 2dr, 5cyl, FWD, hatchback, keyless entry, alloys, push button start, air bags, height adjust seats, heated seats/mirrors, AC, CD, MP3, sat radio, cruise, steer wheel ctrls. 49,805 km.

\$15,495
\$138
bi-weekly
60 mths @ 5.9%
0 DOWN + HST



14 FORD FOCUS SE

27203 Auto, sync, alloys, rear spoiler, tinted windows, pwr roof/windows/locks/mirrors, 4dr, 4cyl, FWD, hatchback, keyless entry, flex fuel, air bags, traction ctrl, height adjust seats, AC, CD, MP3, sat radio, ext temp gauge, cruise, steer wheel ctrls. 91,269 km.

\$12,495
\$84
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



15 MAZDA 6 GT

26915 Auto, alloys, tinted windows, blind spot monitor, pwr roof/seats/windows/locks/mirrors, nav, leather, heated seats, 4dr, 4cyl, FWD, touch screen, Bose snd, adaptive front lighting, skyactive, cruise, steer wheel ctrls, tilt steering, push button start, air bags, traction ctrl, AC, dual climate, MP3, rev camera, Bluetooth. 41,386 km.

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



11 DODGE CHARGER R/T

26467A Chrome wheels, 8cyl HEMI, pwr roof/seats/windows/locks/mirrors, heated seats/mirrors, nav, rev camera, park aid, u-connect, auto RWD, sedan, keyless entry, factory remote start, air bags, traction ctrl, AC, dual climate, MP3, sat radio, Alpine snd, touch screen, cruise. 100,810 km.

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



15 FORD MUSTANG GT

26903 Manual 6sp, 5.0, sync, rev camera, sport steering, fastback, alloys, AC, 4 dr, 8 cyl, RWD, Coupe, keyless entry, push button start, rear spoiler, air bags, traction ctrl, pwr seats/windows/locks/mirrors, CD, MP3, cruise, tilt steering, steering wheel ctrls. 4,397 km

\$35,995
\$218
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



14 FORD MUSTANG GT

26797 Auto, 5.0, convertible, Coupe, leather, Shaker snd, heated seats/mirrors, sync, alloys, AC, 4 dr, 8 cyl, RWD, keyless entry, fog lights, air bags, traction ctrl, pwr seats/windows/locks/mirrors, CD, MP3, sat radio, cruise, tilt steering, steering wheel ctrls. 33,932 km

\$31,995
\$215
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



15 CHEVROLET CAMARO RS

26989 Factory remote start, leather, heated seats/mirrors, rev camera, convertible, touch screen, Boston Premium audio, auto, 2dr, 6cyl, RWD, alloys, keyless entry, air bags, traction ctrl, pwr seats/windows/locks/mirrors, AC, MP3, sat radio, park aid, OnStar, tilt steer, steer ctrls. 19,520 km.

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

PREVIOUS DAILY RENTAL



15 JEEP RENEGADE NORTH

27167 Omaha orange! My Sky open air roof system, manual 6 spd, 4cyl Turbo, FWD, keyless entry, roof rack, alloys, fog lights, rear spoiler, tinted windows, air bags, traction ctrl, height adjust seat, AC, MP3, sat radio, rev camera, u-connect, pwr windows/locks/mirrors, touch screen, cruise. 4,977 km.

\$20,995
\$127
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 BMW X5 35D

24997 Auto, 4 dr, 6 cyl, AWD, keyless entry, alloys, panoramic roof, push button start, air bags, traction ctrl, leather, pwr seats/windows/locks/mirrors/liftgate, heated seats/steering, AC, dual climate, CD player, navigation, reverse camera, bluetooth, heated mirrors/steer wheel, cruise, steering wheel ctrls, x-drive, twin pwr turbo. 48,482 km

\$60,495
\$366
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 DODGE GRAND CARAVAN SE

27389 Leather, dual climate, rear air ctrls, DVD with remote, key camera, u-connect, cruise, pwr doors/liftgate/seats/windows/locks/mirrors, auto, 6cyl, FWD, keyless entry, roof rack, trailer hitch, alloys, air bags, AC, CD, MP3, sat radio, heated mirrors, steer wheel ctrls, tilt steering. 5,034 km.

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



14 DODGE RAM POWER WAGON

23798 Auto, 4dr, 4X4, 6.4, 8 HEMI, factory mt start, heat seats/steer, nav, park aid, winch, keyless entry, crew cab, short box, trailer hitch, box liner, alloys, air bags, traction ctrl, AC, MP3, rev camera, Alpine snd, U-connect, pwr seats/windows/locks/mirrors, cruise, ultra motor sport rims, Goodyear Wrangler tires, Rambox, tow/haul, Tru-Lok. 39,633 km

\$44,995
\$302
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



14 CHEVROLET SILVERADO 1500

27265 Auto 4.3, 6cyl, 4x4, keyless entry, ext cab, short box, flex fuel, trailer hitch, box liner, air bags, traction ctrl, vinyl floor, lumbar support, AC, MP3, OnStar, ext temp gauge, tow/haul, pwr windows/locks/mirrors, heated mirrors, cruise, steer wheel ctrls, tilt steering. 53,871 km.

\$27,495
\$185
bi-weekly
84 mths @ 5.9%
0 DOWN + HST

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