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## 8Wing/CFB Trenton celebrates the 25<sup>th</sup> anniversary of the liberation of Kuwait

*Lessons learned during that conflict are still being used by 600 personnel in Kuwait today*

By Ross Lees

It was a single-minded effort by approximately 4,500 Canadian Armed Forces (CAF) personnel – to help Kuwait.

Twenty-five years later, it is a time being looked upon by the CAF as a first real test of personnel and equipment since the Korean War – one that Canadian military personnel passed with flying colours.

In a special ceremony held at the National Air Force Museum of Canada on Monday morning, representatives of 8 Wing/Canadian Forces Base (CFB) Trenton gathered for brief period to cel-

eborate the 25<sup>th</sup> anniversary of the Liberation of Kuwait from Iraqi forces.

Canadian military men and women played a significant role in the 35-country coalition effort, according to 8 Wing Commander Colonel (Col.) Colin Keiver.

*Continued on page 15*

Col. Colin Keiver, 8 Wing/CFB Trenton Commander, acknowledged the efforts of the CAF coalition members 25 years ago to free Kuwait and the on-going efforts of 600 CAF members currently in Kuwait and a new rotation of personnel about to depart for Kuwait. *Photo by Ross Lees*



## MFRC Invisible Ribbon Gala committee expecting exponential growth

*Early bird tickets are expected to go fast and furious for this BCAPT-themed event*

By Ross Lees

Those people wishing to attend the Trenton Military Family Resource Centre (MFRC) fundrais-

ing gala this year had better get their tickets early.

MFRC gala chairperson Major (Maj.) Leo Phillips is predicting this 12<sup>th</sup> effort will be the biggest

and best ever, and that tickets will be snapped up very quickly.

"I'm predicting this will be the biggest, best effort will be the biggest *Continued on page 13*

The Trenton MFRC Invisible Ribbon Gala committee made up of Honorary Colonel and gala committee member John Williams, Devon Taylor, the MFRC's communications and development coordinator, committee member Jennifer Keiver, Stefani Wolf, MFRC special events coordinator, Maj. Leo Phillips, Invisible Ribbon Gala committee chairman, Joanne Cronk, board chair and gala committee member, and Andrea Turner, community integration director, expects this year's gala to be the biggest and best ever. *Photo by Ross Lees*



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# DART getting exercised in Quinte region

*Disaster Assistance Response Team testing its response to 7.8 magnitude earthquake*

By Ross Lees

A Disaster Assistance Response Team (DART) exercise called Ready Renaissance is being held in the Trenton, Belleville and Prince Edward County (PEC) area over the next two weeks.

The exercise is designed to prepare the DART team to prepare and deploy as quickly as possible, according to DART Commander (Cdr.) Michael Lewis.

This particular exercise simulates a 7.8 magnitude earthquake, which is exactly like the DART's most recent deployment to Nepal, where a 7.8 magnitude earthquake had struck.



Cdr. Michael Lewis, centre, discusses DART exercise Ready Renaissance parameters with two of his team, Major Rene Lebrun, right, and Private Ben Garza-Vega. Photo by Ross Lees

“Our most recent deployment was to the devastation in Nepal and that was actually a 7.8 magnitude earthquake, so the quicker the DART can deploy and arrive on the scene, the quicker we can alleviate the suffering,” Cdr. Lewis noted.

“It really highlights the Canadian Armed Forces (CAF) preparedness.” According to Cdr. Lewis, most of the activity will take place in the Trenton, Belleville and Mountain View areas although there will be some activity near the Sandbanks.

Preparation for this exercise, which began Feb 29 and ends on March 10, has been taking place for almost a year and includes some advance work prior to the actual exercise and some lessons learned study following the event.

“The quicker we can mount DART and get the right effect to the right location in the country is where it is really going to make a difference, so people understand their roles and can deploy effectively. When they’ve done that training, it becomes second nature to them and that makes our response quicker and more effective.”

“In Nepal, we were there very quickly and can have an effect on the ground very quickly. Days make a difference, weeks make a huge difference,” he added.

The DART mandate is simple and straightforward.

*Continued on page 8*

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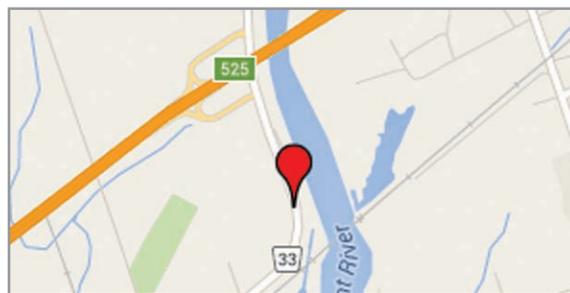
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# Wing Logistics and Engineering Picture of the Week

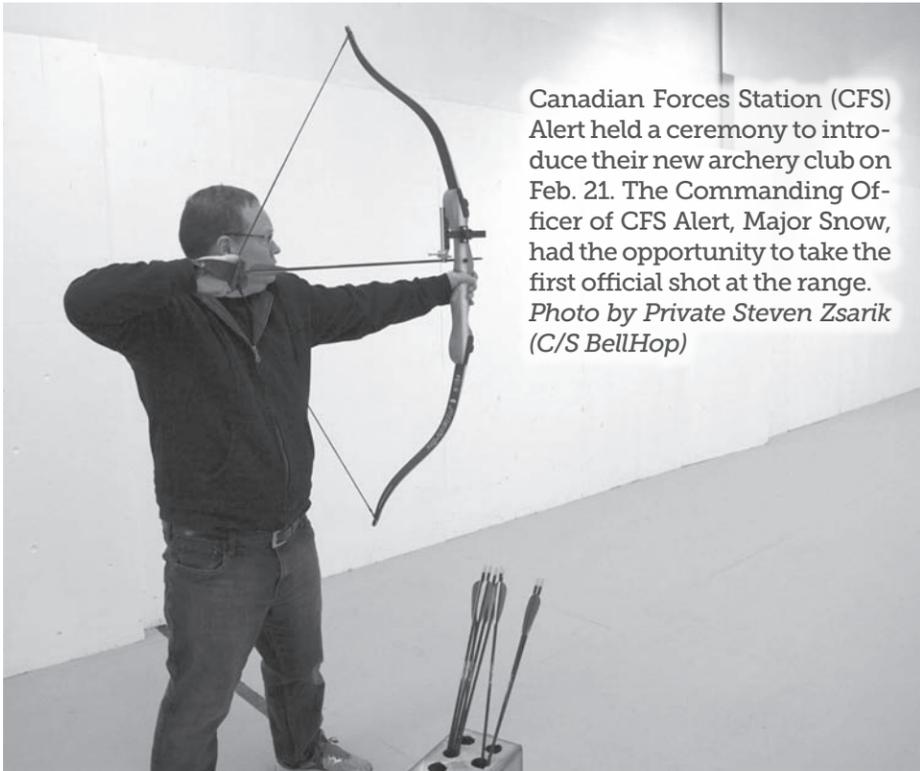
## Submitted by Wing Telecommunications and Information Services Squadron

Corporal (Cpl.) Derek Cook, a Wing Telecommunications and Information Services Squadron (WTISS) technician, is seen here showing Second-Lieutenant Mehta and Second-Lieutenant Wang how to program the Motorola XTL 1500 radio on the 26 Feb. He is also showing them how to calibrate and verify the programmed frequencies on the Marconi radio communications test set. The Motorola XTL 1500 is a hand held two-way radio used extensively at 8 Wing for communications between the aircraft ground crews and other airfield support personnel. The radios are programmed with specific frequencies that allow clear conversations between personnel. The radios are calibrated to ensure there is no interference on other frequencies.

Picture by: Aviator Matthew Kennedy



## Grand Opening of CFS Alert's Archery Club



Canadian Forces Station (CFS) Alert held a ceremony to introduce their new archery club on Feb. 21. The Commanding Officer of CFS Alert, Major Snow, had the opportunity to take the first official shot at the range. Photo by Private Steven Zsarik (C/S BellHop)

## Warrant Officer Dan Gorman receives his base flag



Captain (Capt.) Ron Frobel presents Warrant Officer (WO) Dan Gorman with the Canadian flag which flew over the base on Feb. 29 as part of WO Gorman's Depart with Dignity ceremony. WO Gorman retires on March 23. Photo by Ross Lees

### The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events affecting Canada's largest and busiest air base – 8 Wing/CFB Trenton.

We are the primary internal and external communications tool for 8 Wing/CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Armed Forces at work.

The CONTACT is published every Friday with the kind permission of Col. Colin Keiver, MSM., CD, Commander, 8 Wing/CFB Trenton. The Publisher reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CAF or other agencies.

Where typographical errors are discovered in advertisements (including classifieds) that result in goods not being sold, this newspaper is only liable to refund the money charged for the advertising space.

The CONTACT is produced weekly under a Publication Service Agreement with The Independent (Brighton & Trent Hills), a division of Metroland Media Group.

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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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# Exercise Mako delivers big on SAR training with real-world applications

Canada/US cooperation and interoperability were key factors in exercise success

By: Capt. Daniel Desjardins, 424 (T&R) Squadron

Two Search and Rescue (SAR) crews from 424 Transport and Rescue Squadron, based out of 8 Wing/Canadian Forces Base (CFB) Trenton, recently returned from a four day joint trainer, Exercise Mako, with the US Coast Guard (USCG) at Air Station Clearwater, Florida.

The primary objective was to conduct water-work saturation training in which the crews practiced responding to a variety of maritime distress scenarios. During the winter months in Trenton, it is not possible to conduct this type of training due to seasonal limitations. First Officers (FO) completed water-work lesson plans (LPs), a mandatory requirement in the Aircraft Commander (AC) upgrade process

(SAR Techs) would parachute into the water to rescue any casualties. These patterns are amply practiced with Canadian Coast Guard and other supporting vessels during the spring, summer and fall months. However, since all support boats come out of the water for the winter period in the Trenton region, maritime rescue training equipment cannot be dropped due to the inability to recover it, which adversely affects crew proficiency.

In 2015, 424 Squadron crews launched over 100 times on maritime distress cases, so it is important for the crews to train in water-work over the winter months so they are proficient when the busy summer season hits. Furthermore, certain LP's specifical-



Figure 2: Cmdr Alex Moore explaining the airspace surrounding Air Station Clearwater prior to commencing a training scenario.



Figure 1: Member of the USCG explaining the SAR pyrotechnics dispenser built-in to a USCG C130H ramp and door.

that could not have been accomplished otherwise, and received invaluable training unique to strategic airlift (STRAT) missions.

“Water-work” refers to the specialized aerial delivery patterns flown by C-130H Hercules SAR crews. For example, a pump would be dropped to a stricken vessel taking on water, a Sea Rescue Kit (SRK) would be delivered to a person in the water after falling overboard, and Search and Rescue Technicians

ly require water-work and are mandatory for crew-member trade progression and qualification.

“I am really glad to have completed LP26 while we were there. Otherwise, it would have been pushed to the spring, cutting it close to my AC upgrade date,” said Capt. Daniel Desjardins, a level III SAR FO.

Air Station Clearwater offered significant advantages favourable to Force Generation (FG) during winter months. U.S.

Coast Guard Auxiliary boats were made available to the Canadian SAR crews for the duration of the exercise. The USCG Auxiliary personnel were tremendously helpful and professional, and their co-location with the Air Station meant that multiple sorties could be flown in a single day with negligible transit time to the boat exercise area. Additionally, the weather in Clearwater is rarely below Visual

*Continued on page 9*

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# Legion Youth Valentines for Vets a big hit

During the recent Royal Canadian Legion Branch 110 Trenton Valentines for Vets initiative, students from Quinte West schools participated and, all together, the Legion received over 300 Valentines that contained short, personal messages from the students to our veterans.

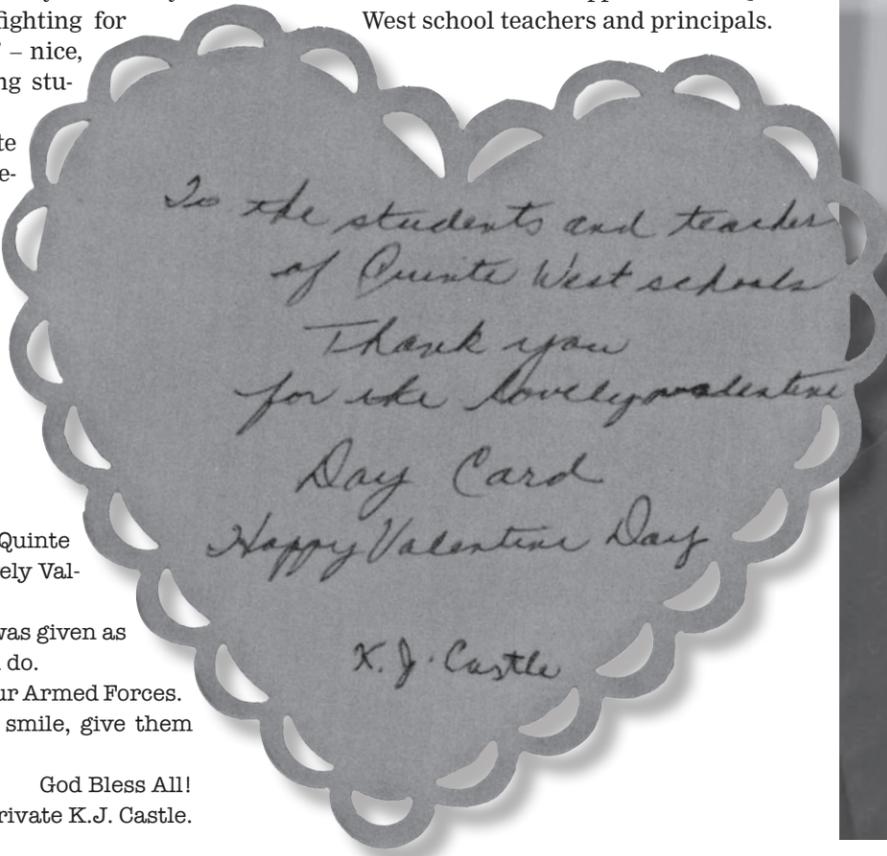
The Branch sent over 100 of these Valentines to registered Branch veterans, delivered 90 to 8 Wing/Canadian Forces Base (CFB) Trenton for distribution, mounted many at several facilities on the Base, donated 40 to the veterans at the Brighton Legion and displayed many at the Branch.

The short messages were basically "Thank you for your service," "Thanks for fighting for our freedom" and, "We love you!" - nice, respectful words from these young students.

We thank the following Quinte West schools for supporting our Legion Youth programs and for paying their respects to the veterans

of our community and country: Murray Centennial Public School, Trenton Christian School, St. Peter's Catholic School, College Street Public School, V.P. Carswell Public School, St. Mary's Catholic School, École élémentaire publique Cité Jeunesse, Bayside Public School, and École secondaire publique Marc Garneau.

In return, we have received many calls from our veterans wishing us to thank those students who participated. One Vet said he shed tears as he had not received a Valentine in 65 years. Our Legion is very proud of our Youth programs, which would not be successful without the support of our Quinte West school teachers and principals.



## Royal Canadian Legion Branch 110 Veteran Jim Castle's response

To the students and teachers of Quinte West schools, thank you for the lovely Valentine's card.

My service during World War II was given as all good and loyal Canadians would do.

Respect our flag and honour all our Armed Forces.

If you meet someone without a smile, give them one of yours.

God Bless All!  
Private K.J. Castle.



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Watch for great programs, workshops and events this month through Health Promotion as we work towards positive nutritious choices - one meal at a time!



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# Thanks for the gas, mate



“An Air War College classmate of mine is the Commanding Officer of a Royal Australian Air Force F-18 unit and took these photos while deployed in the Middle East – pretty cool. His call-sign that day was Magpie 11 and the other aircraft is Magpie 12. His message was ‘Thanks for the gas, Mate’ and he asked me to pass this on,” noted Brig.-Gen David Lowthian, Deputy Commander Force Generation, 1 Canadian Air Division Headquarters, recently.

## DART getting exercised in Quinte region

*Continued from page 2*

Humanitarian action is undertaken to save lives, alleviate suffering and maintain human dignity during, and in the aftermath of, a complex emergency or natural disaster, according to a DART fact sheet.

The increased occurrence of sudden, extraordinary disasters and the subsequent humanitarian crises, coupled with the global community's desire to respond to

them, have clearly identified the need for nations to maintain disciplined and rapidly deployable military forces to support civilian-led activities in the delivery of humanitarian assistance. Such involvement reflects that there are some instances where the sheer scale of the crisis demands the unique capacities of the military.

The DART is not a standing unit but a core group of existing

military capabilities that are pre-identified and retained at a high level of readiness. Most DART equipment, stores and supplies are kept at the High Readiness Detachment in Trenton and are maintained by a small supporting staff. DART personnel achieve a high level of individual readiness and come together periodically for collective training exercises such as the one being held in the Quinte area this week and next.

Every Canadian Armed Forces response to a humanitarian crisis will:

- Be tailored to meet the needs;
- Employ a modular and scalable approach to only deploy what is needed;
- Be balanced and supportable at all times; and
- Be capable of partially deploying, deploying independently as a Humanitarian Operations Task Force or becoming part of a larger organization.

A decision to deploy the DART is made by the Government of Canada in response to identified needs on the ground and a request from the affected nation for international assistance. The Department of Foreign Affairs and International Trade assumes overall coordination of the Government of Canada response.

- All CAF personnel assigned to the effort fall under the command of the designated Canadian Forces Task Force Commander.

er. The designated Canadian Task Force Commander reports to Commander Canadian Forces Expeditionary Command in Ottawa.

In most cases, civilian authorities of the Affected Nation will coordinate the emergency response with support from the United Nations Office for the Coordination of Humanitarian Affairs (OCHA). Where military assets are being deployed, the commander of the military force will support civilian-led efforts and coordinate with local authorities and international organizations to ensure that the most effective and appropriate response is provided.

“Canada does have a proud history of providing humanitarian and disaster relief operations overseas through the CAF,” added Cdr. Lewis. “It’s a critical component to the Federal Government’s response to a catastrophe.”

He also wanted to thank the residents and Mayor of Belleville, Trenton and PEC for their cooperation during this exercise.

“They have been extremely cooperative in making this happen and successful and we appreciate that,” he said.

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# Exercise Mako delivers big on SAR training with real-world applications

Continued from page 5

Meteorological Conditions (VMC) and is almost always above SAR training minimum weather requirements.

Finally, the crews were exposed to circumstances unique to STRAT missions.

"It was a real eye-opener for our First Officers to have to deal with significant maintenance snags while on the road," said Capt. Clarke, 424 Squadron's Chief Training Pilot.

While in Clearwater, one of the aircraft's engine driven hydraulic pumps became unserviceable.

"It was extremely beneficial to go through the process of coordinating with home base and coming up with a maintenance plan. I had not had the chance to see that until now, since we rarely deploy away from our home base," said Capt. Desjardins.

On the return leg to Trenton, a pressurization snag forced the crew to fly at much lower altitudes, which increased fuel consumption. They had to divert to an en route airport in order to add additional fuel due to the altitude penalty; this was invaluable real-world experience gained by the future ACs.

The joint trainer with the USCG at Air Station Clearwater was tremendously successful in terms



Figure 4: U.S. Coast Guard C130H Hercules.



Figure 3: A Canadian C130H Hercules located on the U.S. Coast Guard ramp in Clearwater, FL.

of the training accomplished.

"SAR exercises with our US counterpart are an essential training component for the unit as we perform actual SAR missions over the US side of Lake Ontario on a regular basis," said Lieutenant-Colonel (Lt.-Col.) Dany Poitras, Commanding Officer of 424 Squadron.

The crews gained invaluable experience in dealing with real-world complications that are unique to deployed operations. The increased participation of Canadian SAR assets in American SAR missions and exercises underscores the importance of cooperation and interoperability required to fulfill the SAR mandate.

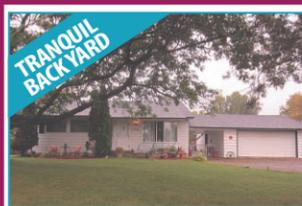
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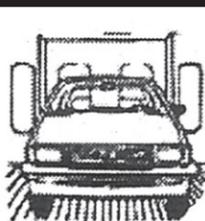
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# Kuwait liberation enabled 8 Wing personnel to contribute to an important mission

*Round trips from Trenton could take a week and crews would turn around and go back again*

By Ross Lees

It was an exciting time for a young Canadian Armed Forces (CAF) navigator in 1990 as Canada joined the 35-country coalition endeavouring to force Iraqi forces out of Kuwait.

As a navigator on the CC-130 Hercules at the time, Lieutenant-Colonel (Lt.-Col.) Bruno Paulhus recalls that time vividly. Pre-C-17s, Canada's aircraft contributions at the time consisted of the Boeing 707, which transported personnel, and the Hercules, which transported equipment and materials.

Never truly meant as a strategic airlift aircraft, the Hercules and its crews did the best they could under the circumstances to get the job done, according to Lt.-Col. Paulhus, although it meant long flights under trying conditions.

"Basically the C-130s flew out



Lt.-Col. Bruno Paulhus stands proudly beside this image of the Canadian effort in Kuwait displayed at the celebration of the 25th anniversary of the liberation of Kuwait. Photo by Ross Lees

of Trenton, they would fly to Lahr, change crews, fly down to Cyprus, change crews, fly to Qatar, offload, fly back to Cyprus because we could not stay in Qatar overnight or for any extended period, back to Cyprus, and the crew would then fly back to Trenton," Lt.-Col. Paulhus recalled.

"You would be gone from home for about a week, then turn around and go right back," he said. Those air-

craft would be loaded with supplies, equipment, vehicles, ammunition for the CF-18s and initially a false ramp. The tarmac would get so hot in Kuwait that the tires would melt on the CF-18s, thus a false ramp had to be used. Those ramps were flown over on the Hercules.

"The C-17s would have made a huge difference," Lt.-Col. Paulhus indicated. "The C-17 has changed the dynamics of air mobility because we actually now have that strategic airlifter and if we had it then, the C-130s wouldn't have flown anywhere near the hours we flew in those days."

Lt.-Col. Paulhus flew for 436 Squadron during that coalition effort known as Operation FRIC and go right back," he said. He was one of those rare naviga-

tors who never stopped flying.

"I'm one of the rare ones who flew 23 straight years without ever losing my currency," he said. "I really enjoyed it."

He would have liked to continue flying as he ended up just short of 10,000 of flying time, a situation he will remain at even as he prepares to retire on April 4. Lt.-Col. Paulhus missed the flying at first, but the longer he was away from it, the less he missed it. He recalls telling his Commanding Officer at 42 years old after a particularly rigorous assignment that it was a young man's game.

"I had spent over a year of my life inside a C-130, I'd flown all over the world, I had done every role it did, and I had a full 25-year career," he noted.

Flying operational flights were always special to him, he said.

"Whenever you fly for an operation or in an operation, it adds adrenalin - it's a little bit higher because you know what you're doing is delivering to the operation. That kind of flying was probably the ultimate in the sense that you knew you were contributing to an operation. It's just an added thing when you know you're bringing supplies to your own people on the ground.

"That's what we were doing during those years. When we got into the Gulf War in 1990-91, it was exactly that and we've continued since. We were in Yugoslavia, we did the air bridge where we kept the people of Sarajevo fed when the war was going on around them. And of course, in 2001, 911 changed the whole dynamic. It just has been non-stop since."

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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!

**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: Wednesday, March 9, 1 p.m. to 2:30 p.m.; 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 H el ene 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**

 etes-vous nouvellement arriv es   Trenton ou connaissez - vous quelqu'un qui d em enagera bient ot   la 8e escadre? Joignez - vous   nous, du confort de votre maison, pour une visite virtuelle de votre nouvelle communaut e et apprenez ce que cette belle r egion offre. Qu'avez - vous besoin: 1 - 1.5 heures de votre temps, un ordinateur avec carte de son,  couteur avec microphone, une tasse de votre breuvage pr ef er e. Choisissez votre temps (heure normale de l'est): Le mercredi 9 mars, de 13h   14h30; le mardi 12 avril, de 13h   14h30; le jeudi 5 mai, de 18h   19h30. Pour vous inscrire ou pour plus d'information, contactez H el ene Cadotte-Gagnon   Helene.CG@TrentonMFRC.ca ou 613-392-2811 ext 2379. Ecrivez votre nom et votre session pr ef er ee, et par la suite vous recevrez une invitation en ligne. Ces sessions sont offertes en anglais, celles en fran ais seront annonc ees bient ot! Nous avons h ate de faire votre connaissance.

**Heroes's Camp - Ready for a new adventure?**

Join us for a fully-sponsored camp experience, July 17 to July 22! This is a fully-sponsored week at Wesley Acres Camp in Bloomfield, Ontario. There are 32 spots available for children of military families ages 11 to 15. Exciting camp activities include watersports, high ropes, crafts, canoeing, kayaking, archery and so much more!

For information or to sign up, please contact Kelly Briggs by April 29: 613-392-2811 ext.7917 or kelly.b@trentonmfr.ca.

**Le camp des H eros -  tes-vous pr ets pour une nouvelle aventure!**

Soyez des n otres pour une exp erience au camp des h eros du 17 au 22 juillet, 2016. Une semaine compl etement subventionn ee   Westley Acres Bloomfield, Ontario. 32 places pour les jeunes de 11   15 ans de familles de militaires sont disponibles. Incluant des activit es tel que les sports nautiques, cano e et kayak, tir   l'arc, bricolage et bien plus encore! Pour inscription ou pour information, contactez Kelly Briggs 613-392-2811 poste 7917 ou kelly.b@trentonmfr.ca avant le 29 avril.

**Cook with Grace**

Enjoy four weeks of culinary delights! March 14 -

Chinese Dim Sum; March 21 - Chinese Sichuan; April 4 - Thai Delight; April 11 - Japanese at home. When: Mondays starting on March 14, 6 p.m. to 8 p.m. Cost: \$30 per class or \$110 for all four classes. Where: 8 Wing Chapel. To register, please call the MFRC reception at 613-965-3575 or email rabia.s@trentonmfr.ca.

**Cuisinez avec Grace**

Savourez des d elices gastronomiques durant 4 semaines ! 12 mars - Dim Sum chinois; 21 mars - Sichuan chinois; 4 avr - D elice Thai; 11 avr - un repas japonais   la maison. Quand : D ebute le lundi 14 mars, 18h00 - 20h00. Co t : 30\$/classe ou 110\$/4 classes. O  : Chapelle de l'escadre. Inscrivez-vous en t el ephonant la r eception du CRFM au 613-965-3575 ou Rabia   rabia.s@trentonmfr.ca.

*Continued on page 12*

**Home of the Week**  
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Designed especially for a narrow lot, this charming two-storey family home includes three bedrooms plus a den, as well as a terrace and a covered deck at the back. Entry is through a foyer, where the den is to the left. Directly ahead, through an archway, is a coat cupboard, as well as the U-shaped staircase up to the second-floor sleeping bedrooms. A second archway leads into the dining-room and kitchen, while just beyond, under a dramatic vaulted ceiling, is the great room.

Located in a space at the back of the home that looks over the garden, the great room features French doors that open onto a covered deck with a sunny terrace beyond. A gas fireplace will make this room cozy during the cooler months. The dining room is separated from the stairwell by a railing, and includes an

optional buffet, which will increase storage and serving space. The kitchen's raised eating bar and prep island divides it from the dining room. The U-shaped counter configuration promises efficiency, and a large pantry in one corner provides extra room for stapes and canned goods. The window over the double sink looks out to the covered deck. Also on the main floor is the laundry room, as well as a two-piece powder room with a built-in shelf.

Upstairs, the master suite includes a window with an extra-deep sill that overlooks the front garden. The en-suite includes a soaker tub, as well as a glass shower stall, and the roomy walk-in closet offers space for the most clothes-conscious couple. The second and third bedrooms, both overlooking the back garden, share a three-piece bathroom. A linen closet is located nearby, handy to all three bedrooms. A railing separates the stairwell from the upper landing,

and there is a window on the lower landing. Exterior finishes include horizontal siding and shingled gable ends, as well as decorative oval vents in the upper gables. The shingles are echoed in the bases of the pilasters that support the covered front porch. This home measures 25 feet wide and 57 feet, six inches deep, for a total of 1,917 square feet. Ceilings, except in the great room, are nine feet high. The design also includes an unfinished basement.

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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](mailto:cfbcontactnewspaper@gmail.com). Please include the date, time, and location of the event along with a brief description. Please do not send posters.

### March 4 – 8 AMS vs ATESS 2nd Annual Charity Hockey Game

8 AMS will take on ATESS in a charity hockey game for the second year in a row on March 4 at the RCAF Flyers Arena from 1 p.m. to 3 p.m. Proceeds from the event will go to the Trenton Food Bank. Admission is two non-perishable food items there is a door prize, chuck-a-puck chili and more.

### March 9 – 8 Wing Officers' Mess Ladies Club 'New to You Accessories' Evening

The 8 Wing Officers' Mess Ladies Club is hosting a "New to You Accessories" evening on Wednesday, March 9 at 6:30 p.m. in the Mess. Suggested items include handbags, scarves, belts and jewellery. (No shoes or clothes) Members and invited guests of members are free with accompanying items or \$5 at the door. For more information, contact [chambersj@live.ca](mailto:chambersj@live.ca)

### March 11 – 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.

### Trenton Legion Branch 110 St. Patrick's Dance

Trenton Legion Branch 110 has entertainment and dancing every Saturday in the lounge. On Saturday, March 12 at 8 p.m., Trenton Legion Branch 110 will host a St. Patrick's Dance with The Reasons. Tickets are \$10 per person and can be obtained at the Legion office.

### March 19 & 20 at Walt's Sugar Shack during Maple in the County

During Maple in the County at the Walt's Sugar Shack location only at 770 Lakeside Drive, Consecon, military members get a discount and children under 12 eat free. Military members must advise the Walts – Brian and Jane – that they are military members and how old their children are. The Walt's Sugar Shack features over 1,000 taps and a new wood-fired evaporator. Come and enjoy the maple season with your whole family.

### Mar 19 – Genealogical Society webinar on DNA research

The Quinte Branch of Ontario Genealogical Society presents a webinar presentation by Ugo Perego, PhD that will cover the basics of DNA research and how genealogists can use their results to enhance their family trees.

MFRC continued from page 11

### It's time to get back on track!

Reduce debt, increase cash flow and build your net worth! When: Tuesday, Feb. 23 from 9:30 a.m. to 11 a.m. Cost: Free. Where: Trenton MFRC. \*Please note this session is only offered in English. To register, please call the MFRC reception at 613-965-3575 or email [rabia.s@trentonmfr.ca](mailto:rabia.s@trentonmfr.ca).

### La mise au point printanière

Réduire la dette, augmenter le flux de fonds et votre valeur nette! Quand : le mardi 23 février ; 9h30 - 11h00. Coût : Gratuit. Où : CRFM de Trenton. Inscrivez-vous en téléphonant la réception du CRFM au 613-965-3575 ou Rabia à [rabia.s@trentonmfr.ca](mailto:rabia.s@trentonmfr.ca).

### The 'Just for Laughs' Roadshow

Tuesday, April 5, join us for a night of fun and laughter in Kingston! The Trenton MFRC has reserved 30 tickets, on the main floor; however, more can be reserved if necessary. We will need a minimum of 20 people (with payment) to secure a bus by Friday, March 4. Cost: \$55.95 (includes HST) - a savings of \$3.40/ticket! Bus transport: \$5/each for military community; \$10 for civilian. To reserve your ticket and seat on the bus, please contact MFRC reception at 613-965-3575.

### Spectacle 'Just for Laughs' in Kingston

Le mardi 5 avril, venez avec nous pour une soirée remplie de rire! Le CRFM de Trenton a réservé 30 billets, sur le plancher principal; il est possible d'en ajouter si nécessaire. Nous avons besoin d'un minimum de 20 personnes (ayant payé) pour profiter du transport en autobus par le 4 mars. Coût: 55,95\$ (incluant la TVH) - un rabais de 3,40\$ par billet! Transport: 5\$/communauté militaire; 10\$/pour les civiles. Pour réserver vos billets et sièges sur l'autobus, contactez la réception du CRFM à 613-965-3575.

### Mindfulness Group

This group will help you develop mindfulness practices as a way to reduce stress and anxiety, and improve choice when responding to difficult situations. Experience is not required. The Mindfulness Group will take place on Jan. 28, Feb. 25 and March 31 from 12 noon to 1 p.m. or 1 p.m. to 2 p.m. at the Trenton MFRC. Please register at least one week prior to the workshop. You can register and learn more by contacting Rabia: 613-392-2811 ext. 3265 or [rabia.s@trentonmfr.ca](mailto:rabia.s@trentonmfr.ca).

### Groupe de pleine conscience

Intéressés à développer pleine conscience pour réduire le stress et l'anxiété et pour aider à faire face situations difficiles? Le dernier jeudi du mois de

midi à 13h00 ou de 13h00 à 14h00 ( le 28 janvier, le 25 février et le 31 mars ) au CRFM de Trenton. Veuillez vous inscrire au moins une semaine avant l'atelier auquel vous désirez assister. Pour information ou pour vous inscrire : Rabia 613-392-2811 ext. 3265 ou [rabia.s@trentonmfr.ca](mailto:rabia.s@trentonmfr.ca).

### Program Calendars

The January 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](http://www.trentonmfr.ca/family-services).

### Le calendrier du Centre des jeunes

Le calendrier du mois de janvier 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>

### 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.

Continued on page 13



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### RCAF Flyers Arena March Break

Monday, March 14 to Friday, March 18

Skills and Shinny – Tyke/Novice; Atom and PeeWee – Online registration or in-person at the RecPlex

#### Drop-in for:

Family Skate – 3 p.m. to 5 p.m.  
Junior Figure Skate – 6 p.m. to 7 p.m.  
Senior Figure Skate – 7 p.m. to 8 p.m.

### New March Break Kidz Kamp

Monday, March 14 to Friday, March 18 from 8 a.m. to 4 p.m. Registration for the military community is Monday, Jan. 4 and for the general public on Monday, Feb. 1.

### 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, Jan.4 to March 23 from 8:30 a.m. to 9:20 a.m.

**Evening Aquafit (Jogging)** – Tuesday and Thursday, Jan. 5 to Feb. 25 from 6 p.m. to 6:50 p.m.

**Senior Lane Swim** – Mondays, Wednesdays, Friday, Jan. 4 to March 23 from 7:30 a.m. to 8:20 a.m.

**Boot Camp Fitness** – Mondays, Jan. 4 to Feb. 29 from 4:05 p.m. to 5:05 p.m.

**Circuit Training** – Mondays from Jan. 4 to Feb. 29 from 7 p.m. to 8 p.m.

**Hatha Yoga** – Tuesdays, Jan. 5 to Feb. 23 from 4:15 p.m. to 5:15 p.m.

**Spin-Fusion** – Tuesday, Jan.5 to Feb. 23 from 5:20 p.m. to 6:20 p.m.

**Fintess 4 Two** – Wednesdays, Jan. 6 to Feb. 24 from 5:30 p.m. to 6:30 p.m.

**Parented Pilates** – Wednesday, Jan. 6 to Feb. 24 from 9:30 a.m. to 10:30 a.m. and/or (new) Saturdays, Jan. 9 to Feb. 27 from 9:30 a.m. to 10:30 a.m.

**Pilates/Core Fitness** – Wednesdays, Jan.6 to Feb. 24 from 4:30 p.m. to 5:30 p.m.

## MFRC Invisible Ribbon Gala committee expecting exponential growth

*Continued from page 1*

and most successful we've put on," he stated. "We've really tweaked it from last year and this is going to be the big one."

This organizing committee has been working hard behind the scenes and for them to predict that they will be bigger and better after producing their best effort last year means they are expecting support like never before.

There is a reason for that.

Taking place on May 7 at the National Air Force Museum of Canada, this year's gala is themed around the British Commonwealth Air Training Plan (BCATP) with a 1940s theme that will add atmosphere to the event.

"We received good feedback from people who attended the gala over the years and the theme will add interest this year, something that people will really enjoy and remember," Maj. Phillips indicated. "We're not increasing our numbers - we're still going

to stay around 300-plus - but the big change is décor and focus. The BCATP back in the 1940s didn't have a program to take care of families, so we've come a long way and this is to demonstrate that and that we're getting better every year."

One hundred per cent of proceeds from this year's gala will go to support the two expansion sites in Belleville and Frankford/Batawa, according to the Devon Taylor, the MFRC Communications and Development Coordinator.

The committee has made a conscious decision not to increase attendance beyond the 310 mark so that the event does not become too crowded in their magnificent venue at the museum.

"We want to leave room for people to be able to mingle, to get up for the silent auctions, the live auctions and just to socialize during the event, which will feature Major-General D.L.R. Wheeler, 1 Canadian Air Division (1

CAD) Commander as the guest speaker.

Early bird ticket sales begin on April 1 online and at the Trenton MFRC office after which ticket prices will go up. But Maj. Phillips cautions people that the demand is expected to be high and tickets may not be available for long.

It's a point Stefani Wolf, the special events coordinator for the MFRC, confirms.

"I have a half a dozen corporate tables already reserved," she noted.

"Based on success we had last year, we expect the early bird tickets to do really quite well, so they should be purchased quickly to avoid disappointment," Maj. Phillips stated.

Auction items are already beginning to come in and it is expected that this fundraiser will generate the usual excitement surrounding some of these very unique packages and items. Last year's first online auction attempt was so successful, it will be held again this year from April 21 to May 2.

*MFRC continued from page 11*

### Special Needs Parent Support Group

Connect with other families in your community, discuss topics that affect and interest you and gain support and insight from local families. This support group is for parents, grandparents, and caregivers of children with all special needs. It is held every second Thursday of the month from 6 p.m. to 7:30 p.m. Topic Schedule for 2016: Feb. 11 – Valentine's Day Celebration, March 10 – Funding Options, April 14 – Camps and Recreational funding. If you require childcare please contact orlana.b@trentonmfr.ca.

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

Venez rencontrer d'autres familles de la communauté pour discuter, échanger, obtenir du soutien et des ressources. Ce groupe d'entraide est pour les aidants naturels de personnes qui ont des besoins particuliers.

Ces rencontres ont lieu le deuxième jeudi du mois de 18h00 à 19h30. Les sujets discutés en 2016 seront : Le 11 février – Célébration de la St-Valentin, Le 10 mars – Options de financement gouvernemental et privé, Le 14 avril – Options de financement pour les camps d'été et les activités de loisirs, Si vous avez besoin du service de garde contactez orlana.b@trentonmfr.ca .

### Trenton MFRC and Autism Ontario present: Creative Animation

Starting Feb. 26 from 4 p.m. to 5 p.m. Learn how to draw, paint, and create

your very own character. You will also collaborate on the final project, a master mural. The cost for this eight-week program is \$20. To register or for information, contact Orlana 613-392-2811 ext.3953 or orlana.b@trentonmfr.ca

### Le CRFM de Trenton et Autisme Ontario présente : Animation créative

Début le 26 février de 16h00 à 17h00. Dessine, peint et crée ton propre personnage et collabore au projet final, une murale. Le coût pour ce programme de 8 semaines est de \$20.00 . Pour inscription ou information contactez Orlana au 613-392-2811 poste 3953 ou orlana.b@trentonmfr.ca

### All Hands Playgroup

An inclusive drop-in playgroup for children with Special Needs ages 0-8 years and their parents. Children's friends are also welcome. Every first and third Tuesday of the month. Starts Feb. 16 from 3 p.m to 5 p.m. For more information please contact Orlana at orlana.b@trentonmfr.ca .

### Un groupe de jeux pour tous

Une halte de jeux inclusive pour les enfants ayant des besoins particuliers âgés de 0 à 8 ans, leurs amis ainsi que leurs parents. Chaque 1er et 3e mardi du mois . Commence le 16 février 15h00 à 17h00 . Pour plus d'informations s'il vous plaît contacter Orlana au orlana.b@trentonmfr.ca

### Visit from Costco representative at the MFRC

Wednesday, March 2 - Time 3 p.m. to 5 p.m. Come get your Costco card and learn about all their programs and services.

### Visite d'un représentant de Costco au CRFM

Le mercredi 2 mars - de 15h à 17h. Venez signer pour votre carte d'abonné de Costco et connaître tous leurs services et programmes.

### Bus Tour to Northumberland County

Saturday March 5. Cost \$15 per person. You will visit Kokimo Candles, Hoselton Studio and then shop and visit what downtown Cobourg has to offer. Minimum of 20 people. Registration and information at the MFRC reception, 613-965-3575.

### Tournée, en autobus, dans le comté de Northumberland

Le samedi 5 mars. Coût: 15,00\$ par personne. Vous visiterez Kokimo Candles, Hoselton Studio par la suite vous pourrez magasiner et visiter ce que le centre-ville de Cobourg offre. Minimum de 20 personnes. Inscription et information à la réception du CRFM, 613-965-3575.

### Monthly E-News/Social Media

Get the latest news from the MFRC and community at large. Sign-up through our website [www.familyforce.ca](http://www.familyforce.ca) for the monthly E-News and to follow us on Facebook.

### Nouvelles mensuelles et Facebook

Ne manquez pas les dernières nouvelles du CRFM et les communautés avoisinantes. Inscrivez-vous par notre site internet [www.forcedelafamille.ca](http://www.forcedelafamille.ca) pour les nouvelles mensuelles par courriel et suivez-nous sur Facebook et suivez-nous sur Twitter !

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**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

## Shift work stress can make your life very difficult



**D**o you find shift work difficult? If so, you aren't alone because studies show at least one-fifth of workers who attempt shift work simply can't cope.

Shift work is a job outside of the usual Monday to Friday daytime working hours. Night shifts, split shifts, on-call work, rotating shifts and extended hours are some of the types of shifts.

The toughest schedules are night shifts and rotating shifts which move to successively earlier shifts. Rotating to later shifts (day to evening to night and back to day shift) is not as difficult.

Shift workers can suffer from fatigue, various health problems and difficulties with family and social life.

Fatigue is more than a personal problem - it's a safety problem. Serious accidents and large-scale disasters have been attributed to tired night workers.

The human body is designed to sleep at night and be awake in the daytime. Workers are particularly vulnerable in the early morning hours when it is difficult to stay awake and alert. It's also not easy to make up sleep in the daytime when other people are active.

**Shift workers commonly suffer from a number of complaints. These include:**

- Sleep difficulties.
- Fatigue.
- Digestive problems.
- A higher incidence of heart disease.
- Depression and anxiety.
- Substance abuse including alcoholism, drug problems, smoking and excessive use of caffeine.
- Family problems and divorce.

**How can you make shift work less stressful? Here are some suggestions:**

- Inform your family and friends of your work and sleep schedule.

- Sleep on a regular schedule.

- Try to sleep at least part of the same hours when you are off shift.

- Don't try to keep up with daytime activities when you are on the night shift. Your sleep comes first.

- Go to sleep as soon as you wind down from a night shift. And take a nap before your night shift.

- Sleep in a quiet, cool and dark room. Heavy drapes will help cut out light and noise. Running a fan will not only circulate room air but will also mask some sounds. Try foam ear plugs to shut out noise.

- Avoid the use of caffeine, cigarettes and alcohol, all of which disrupt sleep. Don't resort to sleeping pills either because these upset sleep cycles too.

- Turn on the answering machine and turn down the telephone ringer.

- Think twice before volunteering for extra shifts and overtime. The occasional long haul may not be harmful, but habitually working extra shifts can be harmful to your health and safety.

- Eat regular meals including a variety of nutritious foods.

- Avoid fatty foods, especially during your night shift.

- Get regular exercise to stay in shape and to help you sleep.

- Keep in contact with your fellow workers when you work at night.

- Carefully follow checklists and procedures when doing difficult tasks.

Shift work can be a tough life. Make it easier on yourself by getting enough sleep, eating well and exercising.

# 8Wing/CFB Trenton celebrates the 25<sup>th</sup> anniversary of the liberation of Kuwait

Continued from page 1

“The men and woman of 8 Wing/CFB Trenton moved over four million pounds of equipment during the campaign, all done with a single goal in mind - to help Kuwait,” Col. Keiver noted.

He found irony in the fact that, 25 years later as we celebrated the anniversary of the liberation of Kuwait, there are still 600 CAF members deployed to Kuwait as part of Operation IMPACT.

“And 8 Wing will continue to support the mission as long as we are asked to do so,” he said, adding that this day was to honour the veterans involved in the conflict to recognize their efforts to restore freedom to Kuwait and its people.

Quinte Member of Parliament Neil Ellis praised those veterans on behalf of Minister of Veterans Affairs the Honourable Kent Hehr, noting that the Canadian military contributed in many ways to the overall effort of the coalition, including a field hospital and transportation of needed supplies.

“For many CAF members, this was the first time they had deployed to a war zone, leaving the safety and security of their homes and communities to bring peace to those in a foreign land,” Mr. Ellis stated on behalf of Mr. Hehr. “We honour their effort and sacrifices in answering that call

to service today.”

Lieutenant-Colonel (Lt.-Col.) Paul Young, the Commanding Officer of 2 Air Movements Squadron (2 Air Mov. Sqn.) and then known as 2 Air Movements Unit (2 AMU) was a brand new Lieutenant at the time but recalled how busy his squadron was at that time moving personnel and equipment and how busy the CC-130 air crews were during that period. 2 AMU was awarded a CAF Unit Commendation for its efforts as were many of the members of the unit during that period.

Lt.-Col. Kevin Tromp, Commanding Officer of 437 Transport Squadron, said the Huskies were part of the liberation of Kuwait from start to finish.

“It was the first time since the Korean War that 437 Squadron aircraft were in a theatre of war, and they sustained flights to Canada and Europe,” he stated. “Lessons learned resulted in new procedures, some of which continue to be used today. 437 Squadron’s contribution was typically Canadian; we punched well above our weight and committed aircraft to make a meaningful contribution to the coalition.”

In his closing remarks, Col. Keiver noted that a new rotation of Canadian personnel would soon deploy to Kuwait.

“It strikes me that this has come full circle in the sense that we are still there,



Quinte Member of Parliament Neil Ellis spoke of the CAF efforts in the liberation of Kuwait on behalf of Minister of Veterans Affairs the Honourable Kent Hehr. Photo by Ross Lees

we are still doing our mission, we are still defending peace and freedom around the world and we are doing so in Kuwait just as we did 25 years ago,” he noted, pausing to commend those who had served, those who were about to serve and their families.

### 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](mailto:cfbcontactnewspaper@gmail.com)



437 Squadron Commander Lt.-Col. Kevin Tromp noted that some of the lessons learned during Operation FRICTION resulted in new procedures still be used today. Photo by Ross Lees



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RVs on page 10



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**15 DODGE RAM 1500 LARAMIE**

26101 Auto, 4 dr, 8 cyl, 4x4, keyless entry, factory start, crew cab, short box, box liner, trailer hitch, tow/haul, chrome wheels, air bags, traction ctrl, AC, Alpine snd, MP3, sat radio, u-connect, touch screen, pwr pedals/windows/locks/mirrors/roof/seats, heated mirrors/seats/steering, cruise, 13,579 km  
**PREVIOUS DAILY RENTAL**

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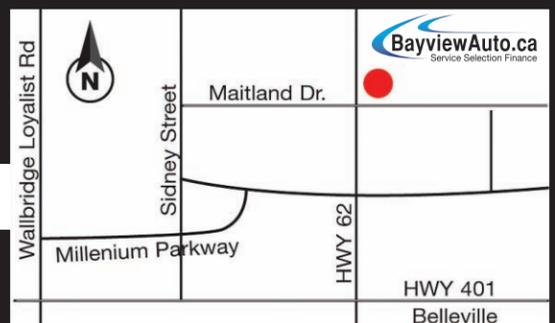
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