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Canada 150

RCAF'S 93RD ANNIVERSARY

CANADA'S 150TH ANNIVERSARY

CFB Trenton pitching in to help visually impaired children



Photo by Makala Chapman

Captain Jennifer Wotherspoon (middle), 21 Military Police Flight's officer commanding, said the Military Police at CFB Trenton play a huge role in raising funds for the Military Police Fund for Blind Children through their annual baseball tournament.

By Makala Chapman

Members of Canadian Forces Base (CFB) Trenton are once again pitching in to help raise money for visually impaired children across Canada. To help accomplish that goal, a charity baseball tournament

will be held at the base on August 11.

All collected money will then be presented to officials with the Military Police National Motorcycle Relay (MPNMR) when they make their stop at 8 Wing during this year's Canada-wide tour. The annual charity ride is in

support of the Military Police Fund for Blind Children, tary and civilian, are expected

to participate in this year's event. While some members will only drive a portion of the relay, others will be driv-

Over 300 riders, both mili-

lance Fund for Blind Children,

tary and civilian, are expected

to participate in this year's

event. While some members

will only drive a portion of

the relay, others will be driv-

ing the whole distance.

Continued on page 6

411 Squadron at Dieppe

*By Major William March, Historian Air Force History and Heritage 8
Wing Trenton*

On 16 June 1941, 411 "City of York" Squadron was formed at Royal Air Force (RAF) Digby, Lincolnshire, as an Article XV fighter squadron. Therefore, it had considerable experience when it received orders on Saturday, 15 August 1942, to execute plan "Venom," the move to RAF Station West Malling, Kent, to support Operation JUBILEE, a raid in-force on the occupied French port of Dieppe. By 1430 hours the following afternoon all of the squadron's Spitfire Vb aircraft had arrived at the new location.

However, the ground crew, who were moving by bus, took a more circuitous route that took them through the heart of London. In order to expedite their city transit the buses were given a police escort – not the most covert method of travel. If there had been German agents present, it surely would have aroused their curiosity. The last bus arrived at 2100 hours that evening and all settled in for a good night's sleep.

The twenty-three pilots spent the next three days practicing squadron and wing-strength fighter sweeps. The Canadians focused on procedures and the myriad of details associated with operating from an unfamiliar location. The ground crew were just as busy going over each and every aircraft with meticulous care. Information on the raid had been kept at a "need to know" basis, but the squadron knew that something big was in the offing. For some, sleep was difficult to come by.

It was still dark on Wednesday, 19 August, when the airfield at West Malling sprang to life. Aircrew donned their flight gear and Mae Wests, grabbed a hasty breakfast and gathered for a final weather briefing. Mechanics and armourers checked their respective "kites" one final time while fuel bowsers darted hither and yon topping up fuel tanks with every last litre of petrol they could hold. In a way it was anti-climactic as the squadron was informed that they would be held in readiness to relieve the squadrons operating from RAF Hornchurch in case they were

delayed because of weather; they were not, and the pilots of 411 Squadron waited impatiently.

Finally, at 0721, a signal arrived from 11 Group Headquarters ordering four squadrons into the air and twelve 411 Spitfires led by Squadron Leader (S/L) R.B. Newton are airborne 19 minutes later. They quickly join with aircraft from 81, 485 and 610 Squadrons and turn towards Dieppe. Under the overall direction of New Zealander Wing Commander Patrick Jameson, their mission is to control the skies over Allied ships and ground forces for thirty minutes beginning at 0820. For many of the young Canadians it would be the longest thirty minutes of their life; for one pilot it would be an eternity.

The squadron was to operate at a "middle" altitude of between 1200 to 1800 meters. The accompanying squadrons would operate above and below this level. The sky was clear of clouds and although there was a slight haze, the Allied airmen had no trouble discerning the chaos below as they approached the French coast. Only the briefest of glances were spared for the combat below as the fighter pilots scanned the skies looking for enemy aircraft. Then suddenly, approximately four kilometers north of Dieppe, the *Luftwaffe* pounced.

Within seconds the sky is full of twisting, darting aircraft. Red Section seemed to take the brunt of the attack.¹ Red One, Squadron Leader (S/A) R.B. Newton had made several head-on passes at German fighters without result when he spotted a Focke-Wulf (FW) 190 diving into the melee. Quickly slamming his Spitfire into a sharp left turn, he closed to within 130 meters of the enemy aircraft and opened fire scoring hits around the cockpit. The German pilot evaded Newton's fire, but another Spitfire got behind him and with a well-aimed burst sent the FW-190 crashing into the sea. Newton would claim ½ a FW destroyed.

Continued on page 3



Photos submitted

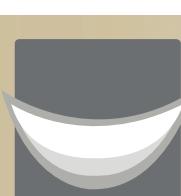
UK-1715 25 June 1942 Welcoming a new member to 411 Squadron, R.C.A.F. Spitfire squadron, overseas "Glad to see you with us", P/O P.R.Eakins from Mimmedosa, Man., wellcomes F/L P.U.K. Tripe from Ottawa, Ont. a newcomer to a Canadian Fighter squadron.



UK-1711 25 June 1942 Squadron Leader R. B. Newton, R.A.F., Commanding Officer of a R.C.A.F. Spitfire fighter squadron. 411 Squadron



P.L. 4988
Pilot Officer R.W. McNaire of Battleford, Saskatoon, who has one enemy aircraft to his credit, is shown on his motorbike. McNaire is a fighter pilot serving with an RCAF Fighter Squadron somewhere in England. 411 Squadron



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In one of the other sections, Flight Lieutenant (F/L) R.W. "Buck" McNair found himself in the middle of a "target rich environment" firing at several enemy aircraft without apparent result. In the midst of avoiding return fire he spied a German fighter closing on Red Three, Pilot Officer P.R. Eakins, and shouted a warning over the wireless, but it was too late. The FW-190 raked the bottom of Eakins' Spitfire with cannon and machinegun fire blowing the radiator off and sending the Canadian aircraft into a dive. Moment's later Eakins made a last radio call informing his squadron mates that "I've had it." Aged 28, P/O Eakins from Minnedosa, Manitoba, is buried in the New Communal Cemetery, Neufchatel-en-Bray, France. Altogether 411 fighter pilots claimed another FW-190 probably destroyed and several damaged, but the squadron paid a heavy price. In addition to Eakins, P/O D. "Tex" Linton, an American serving in the RCAF, was shot down and taken prisoner while Flight Sergeant (F/S) S.A. Mills was wounded slightly when his aircraft was hit. His radio damaged, Mills headed for home dodging two persistent enemy fighters determined to add him to their score. Another 411 Squadron Spitfire, flown by P/O Matt Reid, had been shot up by a FW-190 and was carefully nursed back home.

Returning as best they could to the field at West Malling, 411 Squadron lines were a flurry of activity as ground crew raced to rearm and refuel the Spitfires. Aircraft too badly damaged for speedy repair were replaced from available spares. Flight leaders sent wounded pilots to the base hospital while those too "rattled" or too tired were told to sit out the next sortie. And with unimaginable swiftness orders arrived instructing the squadron to escort three Blenheim bombers back to Dieppe. At 1035 hours the 411 Squadron Spitfires took to the skies for their second mission of the day.

Rendezvousing at an altitude of 610 meters with the 13 Squadron Blenheims over the Selsey Bill headland, the Spit-

fires quickly took up defensive positions before proceeding towards the pillars of smoke that marked Dieppe. The Blenheims had the vital task of laying smoke to cover the withdrawal of allied forces and needed to make a low pass over the beaches to maximize the effect. Descending to just above the wave tops the formation flew towards Dieppe, bomber crews intent on completing their mission while 411 Squadron pilots continuously searched the skies for the enemy.

They flew into a hornet's nest of anti-aircraft fire, attacking Luftwaffe aircraft and defending friendly fighters. The Blenheims successfully laid a ribbon of smoke across the main beach, but suffered greatly from friendly fire with two damaged and one knocked out of the sky. Many of the Canadian Spitfires also sustained damage, but the closest the squadron came to losing one of its own was when one of the aircraft accidentally impacted the ocean forcing a nerve-wracking return to England with a bent propeller.

Twice more 411 Squadron would be sent aloft during the day to provide top-cover for the returning ships. For the most part these two missions were uneventful except for a shared claim by S/L Newton and F/S D.R. Matheson of a Dornier 217 damaged. Even as high as 3000 meters, the pilots paled at the carnage visible around Dieppe. Upon his return McNair wrote in his log bog of the "bags of dead on the beach." By 2000 hours the last of the squadron's aircraft had returned and dog-tired pilots sought out a warm meal or a soft bed. Equally tired ground crew went about their jobs making sure that the aircraft would be ready come the dawn. The Dieppe Raid was over, but the war was not and soon the squadron would be back in the air battling a determined foe in the deadly European skies.

¹To avoid confusion a squadron would operate in sections consisting of a number of aircraft. Each section would be designated by a colour and the pilot within a section by a number. Normally, the number "one" was the section or squadron leader. On this particular sortie, 411 Squadron was divided into Red, Blue and Yellow sections each consisting of four aircraft. Red One was Squadron Leader Newton.



UK-1698 25 June 1942 Americain members of 411 Squadron, R.C.A.F. Spitfire squadron, overseas There were plenty of U.S. lads who anticipated their own country's entry into the war by joining the Royal Canadian Air Force. Here are three who are typical. All are now with a Canadian Spitfire squadron. They are, from left to right. Flt.Sgt. Tex Linton, of Herrin, Ill.; Sgt. R. J. Messenger, of Erie, Penn. and Sgt. G. P. Fraser, of Memphis, Tenn



Dieppe Raid. 19 August 1942. Dive Bombers off Dieppe. Canadians in landing craft off Dieppe underwent a terrific dive bombing barrage. Copy of a German photograph showing the aftermath of the raid.



Dieppe Raid. 19 August 1942. Dive Bombers off Dieppe. Canadians in landing craft off Dieppe underwent a terrific dive bombing barrage. Copy of a German photograph showing the aftermath of the raid.

Photograph taken by an official Canadian military photographer who accompanied the raiding force shows some near misses but what if the bombs had hit one of those tiny craft?

Fire Fighting Training



Photo by Warrant Officer David Wheeler
In this photo Master Corporal (MCpl.) Ryan Cummings is exiting the training area after lighting a fire for Green Crew's training evolution.

By Warrant Officer David Wheeler

Hard work, dangerous environments and back breaking labour is all part of the Fire Fighter trade.

Planning for fire training evolution takes as much preparation and organization as conducting real world fire operations. The plan must be developed with a well-defined emergency scenario and training goals also have to be determined.

During these scenarios a series of obstacles are placed to subconsciously lead the fire team to the various train-

ing objectives. To add real life conditions, live fires are ignited and training mannequins (Rescue Randy) are strategically placed throughout the fire area or immediate danger to life and health area. Smoke can be heavy and with the numerous obstacles it makes finding the training casualties challenging and thought-provoking. The harder the situation during training is, the greater the chance of injury or death can be avoided during real time scenarios.

Although a lot of preparation goes into these exercises, the primary concern is the safety of all involved.



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Cadets meet their regional commander

By Makala Chapman

While Lieutenant-Colonel Gabriel Doré didn't get the chance to be a cadet growing up, the Commanding Officer for the Regional Cadet Support Unit Central says he wishes he did. During a province-wide tour of cadet training centres, Lt.-Col. Doré made a stop at Canadian Forces Base (CFB) Trenton to spend some time with the summer cadets.

The Commanding Officer took the time to inspect the youth's barracks, joined in on classroom discussion about aviation, and listened in on band practice and more.

"At every turn there's new activities and new things," said Lt.-Col. Doré. "I'm actually pushing my own kids now to try and join the program."

The purpose of his tour was to interact with the staff and cadets, as well as to assess the quality of the program overall said Lt.-Col. Doré.

"In every training establishment that I (have gone) to so far, I've been quite impressed," he said. "The dedication of the staff, their willingness to impart knowledge and to work with the youth to develop their skills and leadership is quite amazing."

He added that he was pleased to see the wide scope of programming available for the cadets from sports to basic aviation.

Lt.-Col. Doré further went on to explain that engaging youth in programs that expand their leadership skills, like the cadets, was a key ingredient in helping them transition into better leaders in their own communities.

Earlier in the visit, Lt.-Col. Doré said he was also able to speak with 8 Wing Commander Col.

Goulden (Col.) Mark Goulden about the cadet program at the base. "We talked about the importance of the skills the cadets learn and how they apply it to the rest of their lives," he said, "but that's not something that was new to the base commander because (Col. Goulden) is quite supportive of the program. I didn't need to convince him about any of this."

Discussions surrounding flight safety were also had as many of the cadets have gotten the chance to take a ride on training aircrafts like the CC-177 *Globe-master III* this summer.

Lt.-Col. Doré also divulged that Col. Goulden would be a reviewing officer at the cadet's final graduation ceremony set for next week.

The Trenton Cadet Training Centre's (TCTC) Unit Public Affairs Representative (UPAR), Second lieutenant (2Lt.) Christopher King, said that having Lt.-Col. Doré visit was especially important because it served as a reminder to the cadets the amount of planning and care that goes into running the program.

"(Lt.-Col. Doré) will see what's working and what (hasn't been) working for the past few years and for the future of this training facility," he said. "It's about how do we need to make this a continually successful training centre. That's what his goal will more likely be."

Heading off base, Lt.-Col. Doré also made a stop at Bayside Secondary School near Belleville to visit the cadets practicing band, as well as the one's studying basic aviation.

In the gymnasium of the school, 16-year-old Sergeant Ali Hammad with Flight 9 of the Basic



Photos by Makala Chapman

(from left) Commanding Officer for the Regional Cadet Support Unit Central Lt.-Col. Gabriel Doré inspects one of the model aircrafts that Warrant Officer Second Class Sophie Chouinard, Sergeant Ali Hammad and Sergeant Matthew Anderson with Flight 9 Basic Aviation Course helped build.



Cadets from the Trenton Cadet Training Centre practice their instruments at Bayside Secondary School.



Sergeant Ali Hammad with Flight 9 of the Basic Aviation Course shows off one of the small wooden aircrafts used to teach the cadets about aerodynamics.

Aviation Course showed off one of the small wooden aircrafts he had been a great stepping-stone to helping him reach his goals of one day being a pilot. He said the purpose of the project was to learn about aircraft aerodynamics and that he has also been spending his time learning about meteorology, air law and navigation. The 16-year-old staff cadet add-

Sgt. Hammad is one of several hundred cadets set to graduate from the TCTC at next week's final graduation of the summer. As for Lt.-Col. Doré, some of his other stops in his tour include visits to Mountain View Cadet Flying Training Centre and flight since I was six years old so I've been pursuing it ever since." (HMCS Ontario).

The Contact Newspaper

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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.
- Do not include clip art, graphics or photos within typed pages. Additional graphics, logos and photos must be sent as separate files.

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The Globemaster celebrates 10 years in the Royal Canadian Air Force

By Captain Steven Alexander, pilot, 429 Transport Squadron

Ten years ago this week, the Canadian Armed Forces (CAF) took delivery of its first CC-177 Globemaster III. The debut of the massive strategic airlifter revolutionized air mobility in Canada; it could fly faster, farther, and carry more than any other transport aircraft in service, and it could land on the same small, unpaved airfields as smaller tactical aircraft. Having our own strategic airlifters also eliminated the CAF's dependence on leasing foreign aircraft to move its heaviest loads, giving the Royal Canadian Air Force (RCAF) reach and flexibility like never before.

429 Transport Squadron, based at 8 Wing Trenton, currently operates a fleet of five C-17s. The aircraft have a maximum range of approximately 5,500 nautical miles (10,186 km), and can carry over 160,000 pounds (72,575 Kg) of cargo. Over the past 10 years, our C-17s have flown hundreds of missions in support of military and humanitarian operations around the globe, and have carried over 100 million pounds (45,359,237 Kg) of cargo and over 30,000 passengers. Since day one it has supported nearly every major CAF operation around the world.

August 11, 2007 was an exciting day at 8 Wing Trenton; aircraft 177701 touched down for the first time at its new home and everybody was keen to get a look at the new aircraft. The fanfare didn't last long though as the brand new jet hit the ground running. Within days of delivery, it had flown a humanitarian mission to Jamaica to deliver aid in the aftermath of Hurricane Dean, and within a few weeks it had begun flying sustainment missions into Afghanistan.

Such a rapid start to operations was only possible because the first C-17 crews, known as the 'initial cadre', had gained experience by spending time flying C-17s with the United States Air Force. That initial cadre of pilots and loadmasters, all experienced aviators, were tasked not only with operating the new airplanes, but also with standing up the newly reactivated squadron and training the next generation of C-17 pilots and loadmasters. Major Bart Harbour, is the last remaining member of the initial cadre to still fly the C-17.

"It was very exciting to be able to know that we were going to be the initial cadre bringing a brand new aircraft with brand new capabilities into the RCAF," said Major Harbour. "We can deploy our units (and equipment) in a much greater range and a lot more of them at once so that they can all arrive there together."

Major Harbour added that some of the most interesting things he has ever transported in the aircraft have included a fire truck and a *Bombay* airplane. There was even a request to airlift an elephant, although he said they never ended up having to do that.

He further went on to explain that the introduction of the *Globemaster* has encouraged lots of changes to 429 Squadron in the past decade.

"We only had eight pilots and now there's five aircrafts and 30-plus pilots," he said, adding that there are also around 25 loadmasters and a complete maintenance section. "In 10 years I've really seen the squadron grow and mature into a unit that is able to respond to any emergency or task that is asked of them."

Major Harbour explained that piloting the *Globemaster* has been one of his greatest pleasures and that he was proud to be a part of its introduction into the RCAF.

In 2010, the C-17 flew its first mission to Canadian Forces Station Alert, just a few hundred kilometers from the North Pole. Putting the massive aircraft down with such precision on the snow-covered runway was a true test of both the aircraft's and the aircrew's capabilities. In the years since, many other remote arctic airfields have been host to C-17 operations, and 429 Squadron has become a leader among C-17 users around the world in operating on icy arctic runways. This capability continues to expand, and this ability to land such a large aircraft in the Arctic allows the CAF to better project its presence in the far north, and protect Canada's Arctic sovereignty.

That same year a massive earthquake struck Haiti, and 429 Squadron and the C-17 stepped up to challenge. C-17s flew non-stop for several weeks to deploy the Disaster Assistance Response Team (DART) and bring humanitarian aid to Port-au-Prince, Haiti. Since then the C-17



has also deployed the DART to disaster zones in the Philippines and Nepal using an 'air bridge', a series of prepositioned crews and precise scheduling which establishes a non-stop flow of aircraft between Canada and any place in the world where help is needed.

It's too easy to forget though that the C-17 is just a machine; it's the people of 429 Squadron who really get the job done. The dedicated team of aircrew, maintainers and support personnel work day and night, everywhere from the frigid arctic to the blistering desert heat, to support military and humanitarian operations around the world.

Over 10 years of operations, the *Globemaster* has truly lived up to its name, and has become the workhorse of the RCAF. With the lessons learned in the past decade, the team at 429 Squadron will continue to provide flexible and reliable airlift for decades to come.

Continued on page 6

*Photo by MS Roxanne Wood, 19 Wing Imaging
A CC-177 Globemaster lands at Williams Lake, British Columbia during Operation LENTUS 17-04 on July 15, 2017.*



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Continued from page 5

Captain Jennifer Wotherspoon, 21 Military Police Flight's (21 MP Flt) officer commanding, said she plans to take part in the relay and will ride from Trenton to Ottawa. But before she hits the blacktop, she said she plans to participate in this year's charity baseball tournament in support of the ride, which she also helped organize.

While the fundraiser brings in anywhere from \$3,000 to \$5,000, Captain Wotherspoon said each year the goal is to bring in even more than the previous event. So far she said over seven teams, both non-military and military, have registered including 8 Wing's own 429 Transport (T) Squadron, 436 Transport (T) Squadron, and 424 (Transport and Rescue) Squadron. She added that other military police detachments have also been known to stop in and play.

"It is a fun, all-day tournament," she said. "Typically a civilian baseball team wins every year because they bring out some very good ringers."

Captain Wotherspoon added that the charity game was also another great way to bring the community together and interact with each other.

"The best proactive policing that you can have is relations with your community," she said. "If they feel that they can talk to you on a one-to-one basis when you're outside of your uniform, then they're going to come to you because you're more approachable when you are wearing a uniform."

The baseball tournament is set to get underway on August 11 at 8 a.m., just north of the soccer fields, near the corner of RCAF Road and

Highway 2.

The public is invited to attend this event and partake in things like a draw, an auction and more.

Following Friday's festivities, around 15 to 20 national riders from the MPNRM are expected to arrive at the base shortly before noon on Saturday.

National Chairperson for the MPNRM, Chief Petty Officer Second Class (CPO 2) Tony Brooks, said it is an honour to be leading the rally.

"This is an experience that is unforgettable as a Canadian and a member of the Canadian Armed Forces," said CPO 2 Brooks in a written statement. "I am filled with pride when I think about the work we are all doing to raise funds for visually impaired children everywhere."

Following their arrival at CFB Trenton, the riders will then head to the Royal Canadian Legion in downtown Quinte West for a formal welcome ceremony.

Captain Wotherspoon added that all the proceeds from the previous day's tournament would also be handed over then.

The rally is set to continue on Sunday in the direction of Ottawa, something Captain Wotherspoon said she's been looking forward to participating in.

"I just got my M2, which gives me permission to ride on the highway," she said. "It's so relaxing and it's just fun. You notice so much more when you're riding a motorcycle as opposed to when you're driving a car."

The MPNRM, began last week in Victoria, B.C. and will end in St. John's, N.L. at the end of the month.

Recognizing Alert's Heavy Equipment Operators

By Lieutenant Jack McDonald

Operations at Canadian Forces Station (CFS) Alert rely heavily on resupply through weekly sustainment flights. Thus, it is imperative that the Station's runway be kept in excellent condition at all times. This difficult task is managed by the Station's Transport Supervisor and executed by a dedicated team of heavy equipment operators (HEO) who take great pride in their work. Alert's runway is made of gravel, but from September through March it is covered in snow.

During these months, the runway surface is made of ice and is maintained through constant snow and ice control (SNIC), grading, compacting and constant friction testing to ensure that tires of landing planes will properly grip the ground. During the summer months, it is converted back into a gravel runway and also requires grading, compacting and periodic SNIC. Especially important are the transition periods when the runway changes from gravel to ice, and vice versa.

The first transition period usually happens in April, and sees the HEOs clearing off the 3-5 centimetres of compacted ice to leave the bare gravel runway exposed. The second transition usually occurs around September, when the HEOs take the first big snowfall and compact it, and then spread water across it to freeze and form the ice surface. Both operations require knowledge and experience; the maintenance of an ice runway can be thought of as more of an art than a science.

The runway maintenance team consists of six HEOs who rotate through three permanently filled positions on Station. Recently, three of the HEOs were recognized for their tireless efforts and outstanding performance. Francois Cayouette, Glenwood Storey and Pierre Dubé were awarded with the CFS Alert Commanding Officer's Coin for exceptional dedication and professionalism in runway maintenance. These HEOs take pride in not just meeting the expected standard, but in doing their absolute best to exceed the standard at all times. Their dedication



*Photo by Private Sean Keating
CFS Alert Commanding Officer Major Kevin Rubner presents his coin to Heavy Equipment Operators, Glenwood Storey and Francois Cayouette, on 21 July, 2017.*

to achieving the highest standards of runway maintenance is frequently commented on, with the latest praise coming from a pilot instructor from one of the weekly sustainment flights. Being a heavy equipment operator at CFS Alert is not an easy job. It requires great personal sacrifice to spend such long periods away from home and long hours working on the runway. CFS Alert is lucky to have a crew who is skilled, and who take great pride in their work. Together, they form a team that is essential to the successful operation of the Station, and are well deserving of the recent recognition they have received. Bravo Zulu HEOs!

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Walt's Sugar Shack sweetening relations with military families

By Makala Chapman

Things are getting a little sweeter for military families in the area thanks to one local business. The "Walt's Sugar Shack Shindig" in support of Trenton's Military Family Resource Centre (MFRC) saw over a hundred people come out to the Consecon business for a day of fun over the weekend. Families, both military and civilian, got the chance to enjoy the likes of deep fried maple cookies, fresh sausages on buns, live music, a petting zoo and other activities.

Funds raised from the event went towards supporting the various programs and expansion projects at the MFRC, said the organization's Executive Director Tamara Kleinschmidt.

Some of the supports that the MFRC's Trenton and Belleville location offer include daycare, mental health services, youth programming and transitioning support.

Most recently, the MFRC opened a branch in Belleville and are working on opening a satellite location in Frankford by the middle of September.

While earlier in the day rain had threatened to put a damper on the event, the sun came out and things couldn't have run any smoother, said Kleinschmidt.

She further explained that she was more than thankful for all the volunteers and to Walt's Sugar Shack for hosting the event.

"It's just been a blast and we're having a lot of fun," she said. "It also shows military families that there are amazing people in our community that are supporting them."

Due to the fact that military families often move from place to place, Kleinschmidt noted that it was especially important to "create that sense of home wherever you are."

Helping make sure things were running smoothly was Jane Breakell of Walt's Sugar Shack. Reflecting on the day, she said couldn't have been happier to see all the families enjoying themselves.

"I think it's a great way for the community to get to know one another," she said.

She added that choosing to support the MFRC was a no-brainer since she and owner Brian Walt both have families in the military.

"We just felt this was a good fit for what we wanted to do," said Breakell. "It's just one big community. With everything our military does for us, this is what we need to do for them."

Some of the special guests in attendance included 8



Grace Delhommeau (right) helps her father, 8 Wing Trenton's Deputy Wing Commander Lieutenant-Colonel André Delhommeau (left) create a pink bouquet for the flower arranging competition.



Photos by Makala Chapman
(from left) 8 Wing's Deputy Wing Commander, Lieutenant-Colonel André Delhommeau, Brian Walt and Jane Breakell of Walt's Sugar Shack and the MFRC's Executive Director, Tamara Kleinschmidt, hanging out with the sugar shack's mascot Maple the bear.



8 Wing's Deputy Wing Commander, Lieutenant-Colonel André Delhommeau proudly holds his bouquet he crafted for the flower arranging competition.

Wing's very own Deputy Wing Commander, Lieutenant-Colonel (Lt.-Col.) André Delhommeau and his family.

He noted that he couldn't imagine the community without the MFRC and was glad they were available for military families to rely on.

"(The MFRC) is very important, especially when the operational tempo is high," he said. "It's important that

we have that organization that can help support our members so that they know that their families are being taken care of when they're doing the business that they need to be doing."

As for the Shindig itself, Lt.-Col. Delhommeau said he and his family were enjoying all the activities available. He even took the opportunity to participate in the flower arranging competition to help raise additional funds for the MFRC.

While not much of a green thumb, Lt.-Col. Delhommeau said he opted to take the advice of his young daughter, Grace Delhommeau, and made sure to add lots of pink to his bouquet.

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Story Submitted

The Air Force Intake & Liaison Team (AFI<), which is based in Ottawa, works to identify and staff initiatives aimed at improving the re-enrollment of former skilled personnel into the RCAF. In an effort to reduce waiting times the AFI< is working closely with Canadian Forces Recruiting Group (CFRG) and the career managers to expedite re-enrollment.

For more information on re-enrollment or to re-enroll
Please contact the AFI< team:

Email: AFILT-EALFA@forces.gc.ca

Phone: 1-877-877-2741



Health Promotion



Alcohol, Other Drugs, Gambling and Gaming: Supervisor Training 16, 17 August 2017 0830-1600hrs

Course Coded

AODG Supervisor Training provides mandatory supervisor training outlined in CANFORGEN 043/09 for all CAF members in leadership positions. Topics discussed include understanding risks and benefits of alcohol use; recognizing the early warning signs; developing effective interviewing skills; and understanding and changing the culture of an organization.

Space is limited. 613-392-2811 x3768
hp.cfbtrenton.com

Formation des superviseurs – Problèmes liés à l'alcool, aux drogues et au jeu excessif

16, 17 aout de 8 h 30 à 16 h

Le service de Promotion de la santé offre une séance de formation à l'intention des superviseurs, sur les problèmes liés à l'alcool, aux drogues et au jeu excessif. Au cours de cette séance, les superviseurs recevront la formation décrite dans le CANFORGEN 043/09, qui est obligatoire pour tous les membres des FAC qui exercent des fonctions de leadership. Les sujets suivants seront abordés : comprendre les risques et les bienfaits de la consommation d'alcool; reconnaître les signaux d'alarme; développer des techniques d'entrevue efficaces; comprendre et changer la culture d'une organisation.

Le nombre de places est limité. 613-392-2811 x3768hp.cfbtrenton.com

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COMMUNITY PLANNING & FACILITY PARTNERSHIPS MEETINGS

Public Confidence is identified as a priority in the school board 2015-2020 Strategic Plan: Possibilities Today and Tomorrow. Part of our commitment to ensuring effective management of all resources and to being leaders in public education at Hastings and Prince Edward District School Board is to explore opportunities for community planning and facility partnerships with community partners.

Public meetings are being held in August for potential partners to identify themselves for possible consideration as future tenants in facility partnerships, such as in existing schools which have surplus space, in vacant/closed schools, or as part of future school closure processes. Two meetings are scheduled, where the same information will be presented.

Community Planning & Facility Partnerships Meetings (choose the date/location that works for you)

Date
Location
Time

Meeting 1
Tuesday, August 29, 2017
Centennial Secondary School
160 Palmer Road, Belleville
6:30 - 8:00 p.m.

Meeting 2
Wednesday, August 30, 2017
North Hastings High School
14 Monck Street, Bancroft
6:30 - 8:00 p.m.

Prior to the meeting, interested parties are requested to read the Ministry of Education *Community Planning and Partnerships Guideline*, and review HPEDSB Procedure 570: Community Planning and Partnerships online at www.HPEschools.ca > Board > Resources > Policies and Procedures. Interested parties are encouraged to review the list of schools online at www.HPEschools.ca > Schools.

Please RSVP online at <http://bit.ly/HPEmeeting> by Monday, August 21, 2017.

Contact: Kim Horrigan, Manager of Planning
ext. 2129 or by email at khorrigan@hpedsb.on.ca

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Until Next Time

By Martin Durkin

It's been a short tenure here at CFB Trenton as Editor for the Contact, but what a lot of fun. In the short time I was here, I soaked up every minute of it and had the privilege to meet many great people. I'd be lying if I said I am not disappointed that the run could not have been longer. I would have really loved to put my own stamp on this paper much the way Ross Lees did before me. Still, I'm glad to have been able to tell some stories showcasing the military life and the dedication put forth by all members of the Canadian Armed Forces (CAF).

My wife, who is a member of the forces, has been transferred to North Bay. It's our first move in the military and we're both excited (nervous) to experience every aspect that will come with our short travel and settling into a new community. Life at 22 Wing is going to be equally as rewarding I'm sure, as 8 Wing has been. I know there will be a story or two to tell once situated. Hopefully another civilian job on base will come up where I can be part of your military community and contribute in my own small way.

I suppose, I could complain and say, "I don't wanna go!" But I've learned some great lessons here in Trenton. Whether

it's from military personnel or their families, obviously moves are inevitable, you go with it, and you get ready for what's next in store, as a family unit...as a team. I plan to take advantage of everything the air force has to offer to a military spouse. I had a shirt made up when my wife first graduated from St. Jean, it reads, "Proud to be a Canadian Air Force Husband," and indeed I am. It's tough to find a shirt that doesn't read, Military Wife, Brat, Dad, Mom. Somebody needs to sell a shirt that reads Military Husband; there are many of us out there.

I would like to thank everyone on base who shown me the ropes and welcomed me from the word GO. From headquarters to the MFRC, everyone on this base have been great people to meet.

I would also like to thank Chris Malette at Metroland for giving me this opportunity, knowing that it may be a short one. I will always be grateful to him. If our travels bring us back to Trenton, and if an editor is once again needed, I look forward to rejoining the 8 Wing family through the Contact which I have dearly loved from a distance since College.

To everyone else.....I'm sure we'll bump into one another on another base or two down the road.....until then, 8:30 NFLD....Cheers!



Photo by Makala Chapman
8 Wing Commander Colonel (Col.) Mark Goulet hands out his first Wing Commander/Wing Chief Coin for Excellence to the Contact's editor Martin Durkin for his commitment to sharing the base's stories during his time at the paper.

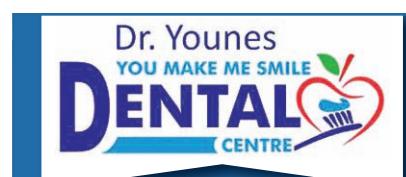
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Nice to meet you

By Makala Chapman

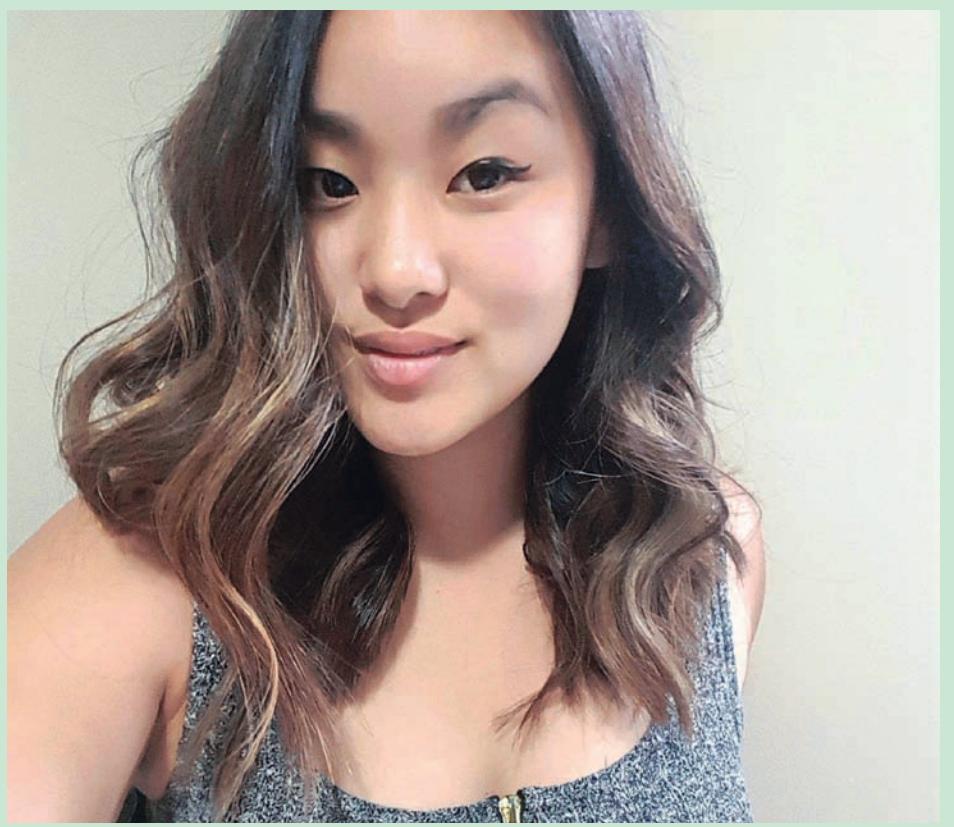
While I've already had the pleasure of meeting some of the members of the 8 Wing family, I still have many more faces and names to learn. For those of you who are wondering who I am and what I do, I'll keep it simple. I am the new editor of the Contact.

If you so happen to see me out and around the base with a bewildered look on my face, that can only mean one of two things: I'm either lost or I haven't had my morning coffee yet. In such events, please help direct me back to my office or join me for a cup of Joe. While I'm not qualified to tell you what the meaning of life is or whether you should be investing in the stock market, I am able to listen to your stories and give you a platform so that you can share them.

I now want to take this time to give you all a sneak peak at the woman you're stuck with for the next while! Firstly, I am a proud Loyalist College graduate

who studied Journalism and has called the Quinte region home for the past four years. I come from a family of 14 and while I am not from a military family, some could argue that there are certainly enough of us to make up our own squadron. My hobbies include cooking, travelling and photography.

Like those before me, Ross Lees and Martin Durkin, my goal is to put a spotlight on that community spirit that is very much alive and well here at Canadian Forces Base (CFB) Trenton. One of the many initiatives I hope to be working on during my time here is a weekly feature showcasing the people that make up this amazing community. I've been told several times that this place doesn't run without teamwork and that everyone, both military and civilian, matters. I believe that to be true, so let's put our money where our mouths are and start sharing the awesome stories of our co-workers, friends and family here at 8 Wing. That's all for now, cheers and see you soon.



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When lightning strikes



Lightning is an electrical discharge which results from a buildup of static electricity between the ground and the clouds, or between two clouds. Lightning kills nearly 100 people every year in North America. Injuries caused by lightning are many times that number. Eighty-five percent of lightning victims were children and young men between the ages of 10-35 years. They were usually engaged in recreational or work activities. Twenty percent of strike victims die, while 70% will suffer serious burns.

When a thunderstorm threatens, take these precautions to reduce the likelihood of being struck by lightning.

Indoors

- Avoid using the landline telephone except for emergencies. Lightning may strike electric and phone lines and induce shocks.
- Don't use electrical appliances, computers, television sets, etc. Disconnect them.
- Remain indoors until the storm has passed.
- Stay away from windows, doors, fireplaces, metal pipes and sinks. Don't use the water during a storm.

Outdoors

If you're caught outdoors:

- Try to get into a house, large building, or all-metal (not a convertible) car.
- Don't stand underneath a natural lightning rod such as a tall isolated tree.
- Avoid hilltops and open spaces.
- Stay away from metal objects such as antennas, electric wires, fences, and train tracks. The rails can carry lightning to you from some distance away.
- Get off and away from machinery, golf carts, and bicycles. Put golf clubs and fishing rods down.
- Avoid standing in small isolated sheds or other small structures in open areas.
- In a forest, seek shelter in a low area under a thick growth of small trees.
- If you're in an open area, go to a place as low as possible, like a ravine or a valley.
- In low-lying areas, be aware of the danger of flash floods.
- If you're in your car, stay there; it will give you protection.
- Don't park by trees that might fall on you.
- If you're caught in a flat area such as a level field or prairie and you feel your hair standing on end, this is an indication that lightning is about to strike. Avoid contact with other people, remove all metal objects from your body and clothes, crouch down with your feet together and hands on your knees.
- You can estimate the distance a lightning strike is away from you by counting the seconds between the flash and the thunderclap. For each five-second count, the lightning is approximately one mile (1600 meters) away.



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Nouveaux programmes au CRFM de Trenton

Visitez notre site internet - www.trentonmfrca.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!

Summer Hours at the Trenton MFRC

Tuesday, July 4 - Monday, September 11
The MFRC will be open from Monday - Friday from 7:30 a.m. to 5 p.m. Please note that this does not affect the daycare or Youth Centre hours.

Heures estivales du CRFM de Trenton

Mardi 4 juillet - lundi 11 septembre
Le CRFM sera ouvert du lundi au vendredi de 7h30 à 17h. Ces heures n'affectent pas la Garderie.

Summer Kidz Kamp Registration

Our Summer Kidz Kamp has a wide range of activities and experiences that you will not find anywhere else such as rock climbing, parachute packing, outdoor swimming, the WIBIT and weekly excursions. For children 6 - 12 years of age.

At the RecPlex Monday to Friday: July 3 - September 1 8 a.m. - 4 p.m.

Before & After Care is available from 7 - 8 a.m. and 4 - 5 p.m. for no additional cost.

Inscription Au Camp D'été Pour Les Enfants

Notre camp d'été pour les enfants propose un large éventail d'activités et d'expériences qu'on ne trouve nulle part ailleurs, telles que l'escalade de rochers, le pliage de parachute, la baignade extérieure et le WIBIT, en plus de proposer des excursions toutes les semaines. Le camp d'été s'adresse aux enfants de 6 à 12 ans.

RecPlex de 8 h à 16 h, du lundi au vendredi, du 3 juillet au 1er septembre

Un service de garde avant et après le camp est offert de 7 h à 8 h et de 16 h à 17 h sans frais supplémentaire.

Bellydancing with Amara

Learn the timeless art form from the Middle

East

Mondays starting August 14, 2017

7p.m. to 8:30p.m.

\$55.00 for 8 classes

To register visit the MFRC Reception. Payment to be made in cash at first class.

For more information call 613-392-2811 ext 3265

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Mystical Afternoon with Essential Oils

Join Anna, our essential oils instructor, and Melanie, a medium and empath whose business is Healing Energy with Melanie. Spend the afternoon exploring the mystic and have all your sense heightened with healing essential oils.

Sunday, August 13

1:30 to 3:30 p.m.

Free workshop

At the MFRC

Register at reception or email rabia.s@trentonmfrca.ca.

Expérience mystique et huiles essentielles

Venez au centre de la famille pour un atelier d'information sur les huiles essentielles avec Anna. Vous pourrez aussi rencontrer Melanie, une médium avec une approche empathique, possédant sa propre entreprise 'Healing Energy with Melanie'. Venez vivre une expérience mystique et intensifier vos sens avec les huiles essentielles bienfaisantes, pour toute une après-midi.

Le dimanche, 13 août

de 13h30 à 15h30

Gratuit

Au CRFM de Trenton

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Essential Oils & the Heart's Electromagnetic Field

Join Anna and learn about the heart's electromagnetic field. An Itovi is a biofeedback scanner. It will scan your body to know and produce a report of which essential oils your body best reacts.

Wednesday, August 23, 6:30 p.m.

\$10/person

At the MFRC

Register at reception or email rabia.s@trentonmfrca.ca for more information.

Home of the Week

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The morning room/breakfast nook fits into a bay window and a french door opens on to the partially covered terrace, where steps lead down to the back garden.

French doors from the foyer open into the den - a bonus room that could be used as a home office or hobby space, depending on the family's needs.

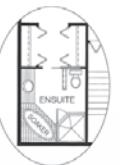
The laundry room includes access to and from the garage. A two-piece powder room and a coat cupboard complete the main floor layout.

Up the U-shaped staircase, the master bedroom boasts a bay window with a built-in seat, as well as a good-sized walk-in clothes closet. Two en-suite plans are offered: A five-piece en-suite bathroom, with a tub as well as a shower stall, or one with a larger soaker tub with a tiled surround and a single rather than a double vanity.

The second and third bedrooms share a three-piece bath. A linen closet is located nearby.

On the exterior, decorative window shutters, wooden shakes in the gables, a covered porch and stone accents combine for an exceptionally attractive facade.

Plan No: 7-3-891



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An impressive great room spanning the width of this three-bedroom home is a stand-out feature of this two-storey design.

Framing the entrance to the great room is an archway with decorative posts. The nine-foot ceiling emphasizes the feeling of spaciousness.

Optional entertainment units are indicated on either side of the gas fireplace for those who would like a place for their stereo, books and other media accessories.

The large kitchen has plenty of features to satisfy the cooks in the family. A corner pantry and a central island with a raised eating bar add to the work area and storage space. Corner windows brighten the sink area.

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Screening of A SMALL ACT

Quinte Grannies for Africa a school teacher in far- will host a screening of the off Sweden becomes his award-winning documen- sponsor. Her sponsorship documentary, "A Small Act", at St. Thomas Anglican Church, ally earn a law degree and Belleville on Friday, October 20th at 7:30 p.m. Ad- mission is \$10.00.

The film illustrates how a small contribution can have an impact on countless lives and argues that each of us has the ability and responsibility to effect change. Chris Mburu is a bright but poor schoolboy in a village in Kenya. His life is changed when

Funds raised at the screening will be donated to the Grandmothers to Grandmothers Campaign of the Stephen Lewis Foundation and The Hilde Back Education Fund. The screening of the film we see the ripple effect of "a small act" as we meet and hear the story of Chris' benefactor, Hilde Back, and learn about the education fund created by Chris in her name. Chris believes in the transformative power of education because that is what changed his life.

Tickets available at the door or call 613-968-9659 or 613-962-5507.

Sports & Recreation

Tyke Terrain Drop-in Program

August Events

Tyke Terrain is the place for parents and children birth to three years to be! Come enjoy our play group in the gymnasium and enjoy our wonderful toys for little ones! Where: At the RecPlex gymnasium. When: Starting Fridays, March 31 from 10 a.m. to 11:30 a.m.

Costs: Free drop-in (six months to three years old).

Intersectional Sports

Aug 17-20 (Ontario Regional Slo-Pitch Championship at CFB Borden)

September Events

- September 9-14 (National Soccer Championship at CFB Borden)
- September 19-22 (Ontario Regional Golf Championship- CFB Petawawa)
- September 21-22 (GCWCC 2nd Annual Slo-Pitch Tournament- RCAF Diamonds – Trenton)

I/S Golf- runs on Tuesdays at 1300
I/S Slo-Pitch- runs Wednesdays in the 16:30 & 18:00 time slots

MFRC Belleville
Licensed Child Care
Garderie agréée

The MFRC Belleville branch supports military families by offering the same resources available at our Trenton location, including licensed child care.

Child care spaces are available for infant, toddler and preschool children.
Flexible hours: 0600 - 2300

Le site du CRFM de Belleville offre de l'appui aux familles militaires en mettant à leur disposition les mêmes ressources qu'au site de Trenton, incluant la garderie agréée pour enfants.

La Garderie a de l'espace pour les bébés, les bambins et les enfants d'âge préscolaire.
Horaire souple: 06h00 - 23h00

610 Dundas Street East, Belleville, ON

Book a tour or for more information contact us: | Pour une visite ou de l'information, contactez:
613-779-6115 | bellevillechildcare@trentonmfc.ca

CANADIAN MILITARY Wives Choirs TRENTON

Canadian Military Wives Choirs Trenton

Photo taken by Gisele LeBlanc-Turner
www.facebook.com/artbyglt/

Come and enjoy the sounds of the Canadian Military Wives Choirs (Trenton) as they perform in their first official debut.

FUNDRAISER

Date: Sept 9th 2017
Time: 6:30pm
Place: CFB Trenton Chapel, 91 Namao Dr.

Funds raised will assist the CMWC Trenton with travel to the Invictus Games, being held in Toronto, to perform at the opening ceremonies with 250 choristers from 10 other CMW Choirs across Canada along with British soprano Laura Wright.

Cost: \$10 per person
\$20 per family

Donations can also be made at, "GoFundMe" CMWC Trenton to Invictus Games



Every home in Ontario must have a working smoke alarm on every storey and outside all sleeping areas.

INSTALL SMOKE ALARMS IT'S THE LAW



TRENTON Military Family Resource Centre

www.trentonmfrca.ca • 613-965-3575 • 50 Rivers Drive East, Siskin Centre



TOGETHER WE ARE STRONGER

Les huiles essentielles et l'électromagnétisme du cœur

Anna vous offre un atelier pour apprendre ce qu'est l'électromagnétisme du cœur. Avec son "Itovi", un lecteur optique de rétroaction biologique, elle fera une analyse de votre corps et produira un rapport expliquant quelles huiles essentielles réagissent le mieux avec votre corps.

Le mercredi, 23 août
18h30 au CRFM

10 \$ par personne
Inscrivez-vous à la réception ou

rabia.s@trentonmfrca.ca pour plus d'information.

Cake Decorating

Have a sweet tooth? Want to learn a new skill? Join us for our cake decorating class! Learn how to make a beautiful cake for any special occasion! Each participant decorates and takes home a 6" round cake. No experience or tools necessary.

July 25th at the MFRC

\$20.00 per person

Register at the Trenton MFRC reception by Friday, July 21
Contact Rabia at rabia.s@trentonmfrca.ca with questions.

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 August 17 and August 31 from 12 noon until 1 p.m. or 1 p.m. until 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. 2568 or rabia.s@trentonmfrca.ca.

Groupe de pleine conscience

Êtes-vous intéressés à développer votre pleine conscience pour réduire le stress et l'anxiété et vous aider à mieux réagir aux situations difficiles? Aucune expérience préalable n'est nécessaire pour participer à ce

programme. Le dernier jeudi 9 - 10:30 a.m. du mois, de midi à 13h00 ou de 13h00 à 14h00 (**le 17 et 31 aout**) Participants will be accepted on a first come, first serve basis as au CRFM de Trenton. Veuillez vous inscrire au moins une semaine avant l'atelier auquel vous désirez assister. Pour information ou pour vous inscrire contactez Rabia 613-392-2811 au poste 2568 ou rabia.s@trentonmfrca.ca.

Décoration de gâteaux

Aimez-vous les sucreries? Venez découvrir une nouvelle compétence en participant à nos cours de décoration de gâteaux! Apprenez à faire des gâteaux magnifiques pour les occasions spéciales! Chaque participant décorera un gâteau de 6" et l'apportera à la maison. Aucune expérience ou outils ne sont nécessaires.

Le 25 juillet au CRFM
20.00\$ chacun

Inscrivez-vous à la réception du CRFM d'ici le vendredi 21 juillet. Si vous avez des questions, contactez Rabia à rabia.s@trentonmfrca.ca.

Employment Café - Is online learning for you?

Join Petra Blain from Contact North as she makes upgrading basic literacy/workplace skills, completing high school, learning a new trade, or earning your college diploma or university degree without leaving the community possible.

This session will provide an overview of various online offerings with the main focus on free or inexpensive online courses and workshops.

Thursday, August 24, 2017 from

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L'apprentissage en ligne, est-ce pour vous?

Joignez-vous à Petra Blain de Contact Nord qui offre la possibilité d'améliorer ses compétences de base littératie/ milieu de travail, de compléter son secondaire, d'apprendre une nouvelle profession, ou d'obtenir son diplôme d'études collégiales. ou universitaires tout en restant à la maison.

Cette session vous donnera un aperçu de la variété des cours offerts en ligne tout en mettant un accent sur les ateliers et les cours gratuits ou peu coûteux.

Le 24 août - 9h à 10h30
Date limite d'inscription: 22 août
Premiers arrivés, premiers servis car les places sont limitées. Faites vite! L'inscription est requise.
Pour vous inscrire ou pour plus d'information, veuillez contacter Elizabeth.Nicholas@forces.gc.ca ou Priscilla.t@trentonmfrca.ca, 613-392-2811 poste 3852/4655.

Cook with Grace- Energy & Beauty Foods

Learn how to make foods that make you feel good inside and out. Grace will show you ingredients traditionally used in Asian cuisines to help you feel younger and healthier than ever!

Le 30 septembre

Ce programme prépare les enfants âgés de 9-12 à être responsables lorsqu'ils sont seuls à la maison.

9h à 15h30 au CRFM de Trenton
50\$ par enfant- Le dîner n'est pas fourni

Pour vous inscrire, veuillez contacter la réception du CRFM ou

HILLCREST ANIMAL HOSPITAL
Dr. Mike Steen
Dr. Arin Por
Dr. Ashley Kirkham
Dr. Maarje Armstrong

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September 27 6 p.m. to 8 p.m.
\$25 per person
At the Trenton MFRC

par courriel rabia.s@trentonmfrca.ca avec vos questions.

Al Anon meetings

The Hope & Serenity Group Al Anon meeting meets on Sundays from 7:30 to 8:30 p.m. at the Trenton MFRC. Friends and families of problem drinkers will find understanding and support at Al-Anon meetings open to the general public. For more information, please contact Linda Reade 613-392-2811 ext. 4583 or linda.r@trentonmfrca.ca.

Rencontre Al Anon

Les rencontres de groupe Al Anon Espoir et Sérénité ont lieu au CRFM de Trenton les dimanches de 19h30 à 20h30. Le groupe offre du soutien et de la compréhension aux familles de la communauté dont un membre souffre de problème de consommation d'alcool.
Pour information, contactez Linda Reade 613-392-2811 poste 4583 ou linda.r@trentonmfrca.ca.

Trenton MFRC and ADHD : A Family Matter Presents : Raising Great Parents Workshop

Strategies for parents from infants to teens.
Saturday, September 23, 2017
10:00 am to 2:30 pm at the Trento Port Marina in Trenton or via Webinar
Sponsored by Kay Stafford
For more information please contact Orlana at orlana.b@trentonmfrca.ca or 392-2811 ext. 3953

Seul à la maison- Le cours

Le 30 septembre
Ce programme prépare les enfants âgés de 9-12 à être responsables lorsqu'ils sont seuls à la maison.
9h à 15h30 au CRFM de Trenton
50\$ par enfant- Le dîner n'est pas fourni
Pour vous inscrire, veuillez contacter la réception du CRFM ou

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LOCALLY OWNED AFTER RETIRING FROM THE CANADIAN FORCES IN 2013



- Chicken & Beef Shawarmas
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- Garlic potatoes

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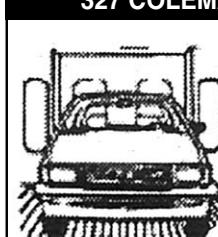
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Du lundi au vendredi 08h00 à 16h00

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Protestant Service: 1100 hrs

Service protestant: 11h00

RC Sunday Mass (Bilingual) at 0900 hrs

Messe CR du dimanche en anglais à 9h00

Messe CR du dimanche an français à 9h00

Messe CR du dimanche bilingue le 4^{ème} dimanche du mois à 9h00

RC Weekday Masses at noon

Messes CR quotidiennes à 12h00

Quinte West Jewish Community at

8 Wing, various services, call for details.

Communauté juive de Quinte West à la 8e Escadre,
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To Place an Ad: **613-392-2811** or **613-966-2034**

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www.thecontactnewspaper.cfbtrenton.com



PREPARING THE RCAF LEADERS OF 2030

“ My most important role is to build the RCAF of 2030. Setting the conditions now for what we're going to need to be successful in 2030. **”**

LGen Michael Hood, Commander RCAF

ATTENTION JUNIOR OFFICERS

In order to successfully lead the RCAF into and beyond 2030, you must have an Airpower mindset, pursue air power mastery and understand as much about the RCAF as possible. The challenge is balancing operational requirements with your responsibility to study and prepare for these demands. To ease the burden, there have been some significant improvements to help you get ready to lead the RCAF of 2030. Here are a couple of examples.

AIR FORCE OFFICER DEVELOPMENT PROGRAM

Broadens your knowledge of RCAF Officer roles at the tactical, operational and strategic levels.

- ▶ Broken into 5 manageable blocks.
- ▶ Blocks 1-4 reduced from 240 to 135 hours to complete.
- ▶ Self-enroll and take Blocks 1, 2 and 4 online.
- ▶ Block 5: 2-week in-house course at Canadian Forces School of Aerospace Studies.

CANAIRGEN 015/17 announced that completion of AFOD is mandatory for promotion to Major for most Air Force trades starting with the Fall 2018 selection merit boards.

AIRPOWER OPERATIONS COURSE

After completing AFOD Block 5, you could be nominated to this new and demanding six-week residential course delivered by the Canadian Forces Aerospace Warfare Centre in Trenton to develop:

- ▶ airpower mindedness;
- ▶ integrated air operations;
- ▶ staff officer duties;
- ▶ tasking air power to conduct integrated air operations;
- ▶ executing integrated air operations; and
- ▶ assessing operational effectiveness.

CANAIRGEN 015/17 announced that APOC grads in most Air Force trades will be awarded section criteria (SCRIT) points starting with Fall 2018 selection merit boards.

For more information on AFOD and APOC, talk to your supervisor and visit the Canadian Forces School of Aerospace Studies and Canadian Forces Aerospace Warfare Centre homepages.

STAY TUNED - MORE IMPROVEMENTS COMING FOR RCAF OFFICER AND NCM PROFESSIONAL DEVELOPMENT.

Are you considering quitting smoking this summer?

Health Promotion 8 Wing, offers a self-help smoking cessation program. Offered in a one on one, or group format we will work with you, along with Pharmacy to help the 'quit' be as easy as possible. Meet with HP first, and then onto Health Services who will work with you on starting your replacement therapy medication.



What to Expect?

- Behaviour modification is the basis of this program.
- Learn proven strategies to reinforce your decision to quit using.
 - Discover and apply techniques to cut back then quit.
 - Find out about tobacco cessation medications and if they might work for you.
 - Analyze your pattern of use.
 - Pinpoint your triggers for using.
 - Plan and map out different actions you can take instead of using.
 - Choose and practice coping strategies that have been proven to work.
 - Learn how to manage the stress of quitting.
 - Prepare for high-risk situations to avoid relapse.
 - Address concerns about weight gain.

We offer a **Coffee and Quitting** program, and walk in appointments as well. Contact us at +HealthPromotion on the DIN or local 3768 or visit us online at hp.cfbtrenton.com

PRÉPARONS LES DIRIGEANTS DE L'ARC DE 2030



“ Mon rôle le plus important est de préparer l'Aviation royale du Canada de 2030, en établissant aujourd'hui les conditions de notre succès en 2030. **”**

Lgen Michael Hood, commandant de l'ARC

ATTENTION OFFICIERS SUBALTERNS

Afin de mener avec succès l'ARC jusqu'en 2030 et au-delà, il nous faut adopter une culture de puissance aérienne, chercher à maîtriser cette puissance et acquérir la meilleure compréhension possible de l'organisation. La difficulté consiste à trouver l'équilibre entre la satisfaction des besoins opérationnels et la responsabilité que nous avons d'examiner ces derniers et de nous y préparer. Pour alléger le fardeau, nous avons apporté d'importantes améliorations au perfectionnement professionnel pour vous préparer à mener l'ARC vers 2030. En voici quelques exemples.

PROGRAMME DE PERFECTIONNEMENT DES OFFICIERS DE LA FORCE AÉRIENNE (PPOFC) :

Vous permet d'améliorer votre connaissance des rôles des officiers de l'ARC aux niveaux tactique, opérationnel et stratégique.

- ▶ Divisé en 5 segments faciles à gérer.
- ▶ Les segments 1 à 4 sont passés de 240 à 135 heures d'instruction.
- ▶ Il suffit de s'inscrire soi-même et de suivre les segments 1, 2 et 4 en ligne.
- ▶ Segment 5 : cours de deux semaines sur place à l'École d'études aérospatiales des Forces canadiennes.

Dans le CANAIRGEN 015/17, on annonçait que le PPOFC serait dorénavant préalable à la promotion au grade de major pour la plupart des groupes professionnels de l'Aviation, dès la tenue des conseils de promotion à l'automne 2018.

COURS DE CULTURE DE LA PUISSANCE AÉRIENNE DANS LES OPÉRATIONS (CCPAO)

Après avoir terminé le segment 5 du PPOFC, votre nom pourrait être retenu pour ce nouveau cours exigeant de six semaines à temps plein donné au Centre de guerre aérospatiale des Forces canadiennes, à Trenton, dans le but de développer vos aptitudes dans les domaines suivants :

- ▶ adoption de la culture de la puissance aérienne;
- ▶ planification d'opérations aériennes intégrées;
- ▶ exécution des fonctions d'officier d'état-major;
- ▶ attribution de tâches aux ressources de puissance aérienne en vue d'opérations aériennes intégrées;
- ▶ exécution d'opérations aériennes intégrées;
- ▶ évaluation de l'efficacité opérationnelle.

Dans le CANAIRGEN 015/17, on annonçait que les diplômés du CCPAO commenceront à obtenir des points en vue des critères de sélection pour la plupart des groupes professionnels de l'Aviation, dès la tenue des conseils de promotion à l'automne 2018.

Pour obtenir d'autres renseignements au sujet du PPOFA et du CCPAO, adressez-vous à votre superviseur et visitez les pages d'accueil de l'École d'études aérospatiales des Forces canadiennes et du Centre de guerre aérospatiale des Forces canadiennes.

GARDEZ L'ŒIL OUVERT - DE NOUVELLES AMÉLIORATIONS SERONT APPORTÉES AU PERFECTIONNEMENT PROFESSIONNEL DES OFFICIERS ET DES MR DE L'ARC.

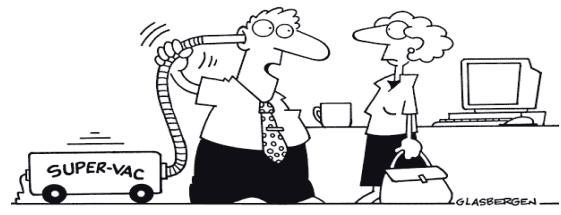
Can you relate to these cartoons?

Health Promotion offers a great course called Stress Take Charge. This course helps you work on managing your stress which ultimately can improve your mental fitness!

STC July 20, 0830 hrs – 1600 hrs.

To register call 3768 or visit hp.cfbtrenton.com

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"It's just something I do every day at 5:00 to get rid of stress before I go home."



"When you're feeling overworked, stop and smell the roses that we installed as an app on your BlackBerry."

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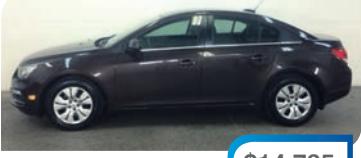
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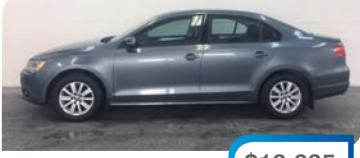
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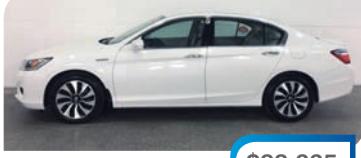
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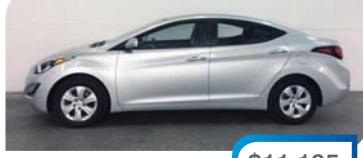
15 CHEVROLET CRUZE LT
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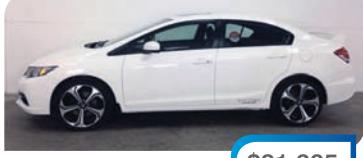
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\$13,695
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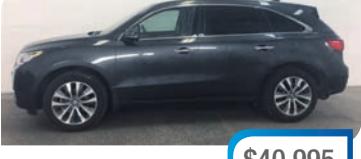
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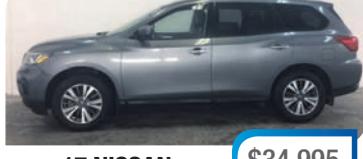
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\$40,995
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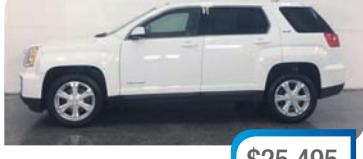
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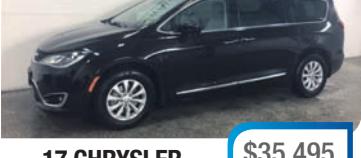
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96 mths @ 5.9%
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17 NISSAN PATHFINDER SL
\$34,995
\$211
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



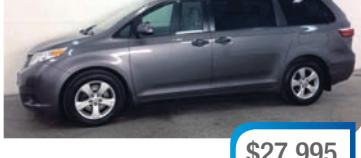
17 GMC TERRAIN SLE
\$25,495
\$154
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



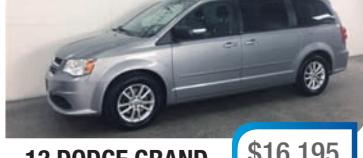
17 CHRYSLER PACIFICA TRG
\$35,495
\$214
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



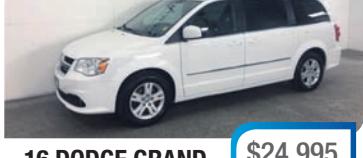
16 HONDA ODYSSEY TOURING
\$39,495
\$239
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



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



13 DODGE GRAND CARAVAN SE
\$16,195
\$123
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



16 DODGE GRAND CARAVAN CREW
\$24,995
\$151
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



17 DODGE RAM 1500 REBEL
\$46,995
\$284
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



17 DODGE RAM 1500 REBEL
\$45,995
\$278
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 DODGE RAM 1500 SLT
\$38,195
\$231
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 DODGE RAM 1500 LTD
\$51,995
\$314
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 DODGE RAM 1500 SPORT
\$39,995
\$241
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

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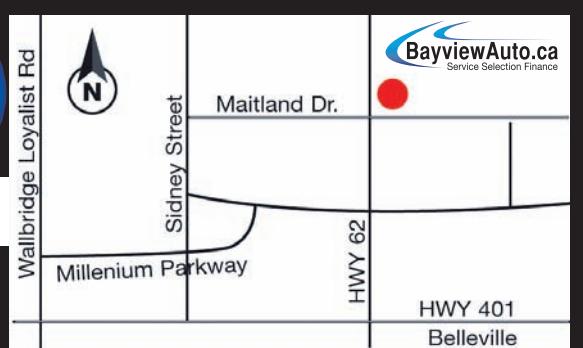
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2017 Outlander GT S-AWC/2017 RVR GT/2017 RVR SE Black Edition AWC/2017 Lancer GTS AWC/2017 Lancer SE Black Edition AWC/2017 Mirage G4 SEL/2017 Mirage SEL model shown has an MSRP of \$37,998/\$29,898/\$28,698/\$26,298/\$25,198/\$18,298/\$18,298. Offer available from July 1, 2017 to July 31, 2017 for eligible and qualified customers on the purchase/finance (Mechanical Breakdown Protection) or lease (Appearance Protection) of a 2017 Mirage/Mirage G4/Lancer/Lancer Sportback/RVR/Outlander (Evolution Final Edition and i-MiEV excluded), valued at up to \$2,430/\$2,430/\$2,430/\$2,600/\$2,600. Limited-time extended warranty coverage is offered through Mitsubishi Motors Diamond Care ancillary product suite. Mechanical Breakdown Protection (purchase and finance only) covers air conditioning, electrical systems, fuel delivery, trip interruption roadside assistance and more for up to 120 months/160,000 km, whichever comes first. Appearance Protection (lease only) covers car rental, front windshield repair, interior protection, paint repair and painless dent removal for up to 48 months. Other warranty term options may be available. Certain terms and conditions apply. Extended warranty is transferable to the next private purchaser (fees apply). Roadside assistance within the extended warranty coverage has a \$100 tow maximum per event. Visit www.mitsubishi-motors.ca or your local dealer for complete offer and coverage details. **Whichever comes first. Regular maintenance not included. New Vehicle Limited Warranty covers most vehicle parts (excluding batteries, entertainment systems and other items excluded under the warranty's terms and conditions) under normal use and maintenance. Roadside Assistance covers services including free towing, battery boosts, flat-tire service and more. Best Backed claim based on published OEM warranty information for Model Year 2005 light-duty vehicles sold in Canada. Limited-time extended warranty coverage is offered through Mitsubishi Motors Diamond Care ancillary product suite. See dealer for warranty and roadside assistance terms and conditions and other details. Some conditions apply.

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