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Taking time to recognize Capt. Ken Hannon



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Canada 150

RCAF'S 93RD ANNIVERSARY

CANADA'S 150TH ANNIVERSARY

The National Air Force Museum of Canada now proudly showcases a Boeing Chinook

Story by Josh Bambrough, Public Relations NAFMC

At 8 Wing Trenton, members from 450 Tactical Helicopter Squadron (THS) of Canadian Forces Base (CFB) Petawawa and 8 Wing members of Air Maintenance Squadron (8 AMS), descended on the National Air Force Museum of Canada (NAFMC) for a few days, to help reassemble our newly acquired CH-147D Chinook.

"It's wonderful having the technicians from the 450 THS and 8 AMS here to lend their expertise and assistance; it would have been a very difficult task to accomplish without their help" says Mike Joly, Restorations Manager at the NAFMC. Originally delivered to the US Army in 1969, the Boeing Chinook (Model 414-100) was first built at its facility in Ridley Park, Pennsylvania as a CH-47C 'C' Model. The



Photos by Josh Bambrough

NAFMC: CAF crew members work together assembling the Chinook at the NAFMC



A close up look at the new Chinook now proudly on display at the NAFMC

helicopter was converted to a 'D' model in 1988 and subsequently re-serialized as 89-00130. It was re-accepted by the United States Army on the 19th of January, 1990 and served with the 7th Battalion, 101st Aviation Regiment at Fort Campbell, Kentucky. On the 28th of December, 2008, it was one of six CH-47D's purchased by the Canadian government for use by the Canadian Forces Joint Task Force - Afghanistan Air Wing at Kandahar Airfield and re-serialized 147201. Chinook 147201 carried the nose art "Miss Behavin" drawn by Master Corporal (MCpl) Robert Bannion while in Theatre in Afghanistan. On the 22nd of September, 2011, 1472014 arrived at the Aerospace Maintenance and Regeneration Center at Davis-Monthan Air Force Base, Tuscon, Arizona where it remained in storage, until Oct 2016, when it was delivered to the NAFMC. Chris Colton the Executive Director of the NAFMC had this to say, "We are always humbled by the support and expertise we receive from the Royal Canadian Air Force (RCAF). This is one of many examples of project collaboration and assistance we've received and we are extremely grateful".

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There is always a reason to smile!

Cuts for Cures raises \$1,750 for the Canadian Cancer Society

By Martin Durkin

The pair looked at one another as they sat on the bar stools and although they had originally agreed upon a number two head shaving, Grandma whispered to her grandson, "let's just make it zero!" Inside the Warrant Officer's and Sergeant's Mess, Canadian Armed Forces (CAF) members from 436 Transport (T) Squadron (Sqn) and two civilians took part in the annual Cuts for Cures.

For Cindy Caron and her grandson Logan Lloyd, being part of Cuts for Cures is now becoming a yearly ritual. For Caron this shave would be her third time while for Lloyd, this would be

his second. "It's for charity," said Caron. "I have friends with cancer, they don't have a choice in losing their hair, but I do, and for me, it will grow back."

The family duo raised \$636.00 for the cause, Lloyd bringing in \$400 on his own.

"It's just something to feel good about," said Lloyd. "I'd like to help find a cure, and since I'm too young to be a doctor person, I like to do this."

Honorary Colonel (HCol.) Julie Lange of 436 (T) Sqn was on hand to watch her unit sit in the chair and said she was happy to watch it all go down.

"I'm giving as much as it takes to see these guys



Photos by Martin Durkin
Check presentation from 436 Transport Squadron to the Canadian Cancer Society in the amount of \$1,750

get their head shaved," said Lange. Three women from Hair Central inside the Canex had the privilege of shaving heads, and were quite thrilled to be part of the afternoon.

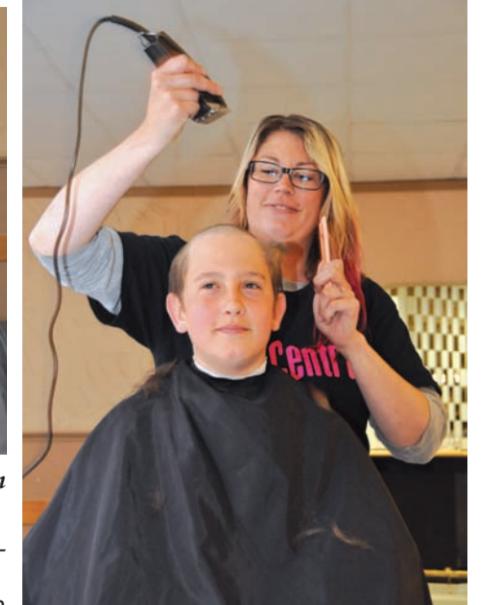
"We've always wanted to do it, and this year we finally got the call," said Melinda Guay of Hair Central.

As each member took the stools and heard the clippers start to buzz, the reaction was generally the same, eyes clinched



Cpl. Salhi feels the hair drop as Sue Blakely, from Hair Central on base, laughs

and mouths tight, while friends, family and unit members stood around taking video clips and laughing but at the same time; making sure not to



Logan Lloyd is rather stoic as he receives the number zero shave from Jordan Hrenyk of Hair Central



Cindy Caron smiles for the camera as she has her head shaved for the third year

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Trenton MFRC gets support from Shannonville Motorsport Park & CSBK

Story Submitted

Current RACE # 1 Plate holder Michael Leon, poses with his BMW Superbike during a break in the racing action at SMP including; Belleville Police Services, Inspector Chris Berry, Trenton MFRC Volunteers Chris Belchevski, Alexandra Belchevski, Pro Racer Michael Leon, CSBK Technical Director, Fred Benjamin, Lukas Belchevski, Stefanie Wolf, Trenton MFRC Special Events, International Student Volunteers, Raquel Valm from Spain, and Clara Grunwald from Austria, Sgt. John Briscoe, 8 Wing, RACE Manager & Superbike Official Chris Chapelle. This coming weekend May 26, 27, 28, 2017 will see Shannonville Motorsport Park host Rd # 1 of the National MOPAR Canadian Superbike Championship. The weekend being organized by CSBK and the RACE Super Series will feature the Trenton Military Family Resource Centre (MFRC) as the title sponsor for the event. The Trenton MFRC is celebrating

25 years of serving Canadian Military Families and its members in Canada and abroad. Spectators and racers will have an opportunity to visit the Trenton MFRC display at the track and help contribute to their fundraising efforts through a 50-50 Charity Raffle in support of military families on both Saturday and Sunday. For information about the Trenton MFRC go to www.trenton-mfrc.ca «Were very proud to host the Trenton MFRC this weekend at SMP» noted RACE Manager and CSBK Official Chris Chapelle. «Canadians support their Troops but there is also the need to help provide services for the families of our military personnel «. As a way of giving back to the Military Community, Shannonville Motorsport Park will not only be offering a 50% discount on the gate admission this coming weekend for Veterans and active Canadian Military Members with official I.D., but will also offer 1/2 off the admission price for First Responders (Police,

Firefighters and Paramedics). Centre will also be holding a 50-50 Trenton Military Family Resource Charity Raffle in support of military families on both Saturday and Sunday.



Photo by Don Empey

Pictured from left is Belleville Police Services, Inspector Chris Berry, Trenton MFRC Volunteers Chris Belchevski, Alexandra Belchevski, Pro Racer Michael Leon, CSBK Technical Director, Fred Benjamin, Lukas Belchevski, Stefanie Wolf, Trenton MFRC Special Events, International Student Volunteers, Raquel Valm from Spain, and Clara Grunwald from Austria, Sgt. John Briscoe, 8 Wing, RACE Manager & Superbike Official Chris Chapelle

Picture of the Week

Story by: Master Corporal Harris, 8 Wing TEME Sqn

This year marks the 73rd anniversary of the Corps of Royal Canadian Electri-



Photo Submitted

In picture, left to right; Corporal (Cpl.) Ferreira (CFJSR Kingston), Cpl. Salsman (TEME Sqn, Trenton), Cpl. Gagne (TEME Sqn, Trenton), Cpl. Lapid (TEME Sqn, Trenton), Mr. Bill Granger (TEME Sqn, Trenton), Sergeant Pilon (TEME Sqn, Trenton), Mr. Kevin Bungay (Nasittuq Corp and 5th Cdn Div HQ Halifax), and Captain Gilbert (TEME Sqn, Trenton).

cal and Mechanical Engineers (RCEME) and what better way to celebrate than to be on top of the world. From the 9th to 25th of May the Annual Technical Inspection (ATI) team from 8 Wing, as part of a recent inspection to oversee and assist Canadian Forces Station (CFS) Alert staff in everyday maintenance life, were tasked to complete a quality assurance check with our northern family.

These checks cover all aspects of each piece of equipment including: daily driver checks, reporting defects, cataloging periodic inspections, etc., with one thing in mind; providing the best service we can. Building these relationships and understanding the restraints of operational requirements are paramount to the overall effectiveness and efficiency of support that RCEME continues to surpass.



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Depart with Dignity at the National Air Force Museum of Canada

By Martin Durkin

It was a wet afternoon as Air Traffic Control (ATC) of 8 Wing Operations handed the Canadian flag to Captain (Capt.) Ken Hannon, acknowledging his 37 years of service within the Canadian Armed Forces (CAF). Capt. Hannon who is grateful to have been part of ATC within the CAF, believes that it wouldn't have been possible without the support he received from the

home front. His wife Helen and his children are the ones, he claims, deserve all the medals and recognition.

Retiring from the Regular Force in 2010, Capt. Hannon returned as a Reservist within ATC. Capt. Hannon has enjoyed the past seven years developing new controllers in Trenton and throughout the Royal Canadian Air Force (RCAF).

While the flag lowered, the ATC unit came to attention and salut-

ed. As the skies opened up on the museum grounds, Capt. Russell Oetiker then handed the Canadian flag in thanks to Capt. Hannon. While a very wet ceremony, it was a unique moment for all involved. For young Aviators Timothy May and Benedicte Moke, they were able to perform their first flag lowering and folding for a Depart with Dignity (DWD) ceremony; for Capt. Hannon it was recognition from his Country and fellow CAF members.



ATC Aviators Timothy May and Benedicte Moke lower the flag which will be handed to Capt. Hannon



Capt. Russel Oetiker performs the DWD, handing the Canadian flag to Capt. Hannon with thanks from the CAF

Brain Tumour Walk Saturday June 10th at Zwicks Centennial Park

Story by Elizabeth Gyuk

At June 10th 2017 marks the 17th Annual Brain Tumour Walk (formerly Spring Sprint!) A celebration and an opportunity and time, when we have the privilege to create changes in the lives of those 27 individuals in Canada who hear the words, "You have a Brain Tumour" every day.

The 2.5 or 5km walk/fun run is an opportunity to bring awareness and raise funds through generous donations. These funds aid in research, education and support groups throughout Canada. This support reaches out to families, patients, survivors, and health care providers...as well as Neuroscientists across the country.

Last year's walk boasted 190 participants with donations raising over \$25,000, across Canada, a total of 1.5 million.

The Belleville Brain Tumour Support Group which first began in 1999, has seen many changes and countless members over the years. This compassionate group provides comfort, support, direction to current information through the Brain Tumour Foundation of Canada. It is a safe, non-judgmental environment, and...much like Vegas...Whatever happens at the group...stays with the group!

Anyone who has suffered with a brain tumour, has been newly diagnosed, has a friend or loved one affected in any way, you are invited to visit or join the group.

We meet at 6:30pm on the second Wednesday of every month at Eastminster United on Bridge Street E.

Groups that have formed teams on line and are participating in the June 10 event include... The Brainy Bunch, Lacing up for Lori, The Tumour Trekkers, Ginnis Angels, Team Emily, Jogging for Jacob, Team William, Amy's Pack, Pats Posse, Team Aidan. Generous sponsors include Tim Hortons (The Hanley corp), Culligan Water, Pizza Hut, Metro and Hawkins Cheezies

A huge Thank you to all 1 who make this day such a special one, people who would like to join up or would like further information can contact Elizabeth Gyuk, Belleville Brain Tumour Walk



Photos from Contact files

Brain Tumour Walk 2016, was a major success raising over \$25,000

Coordinator/ Belleville Support at 613 661 7322 . More information is also available at the website: www.braintumour.ca or by phone: lizgyuk@gmail.com

The Contact Newspaper

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

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

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

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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.

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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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The CONTACT newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



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The CFS Alert Quarry

Story by: Lieutenant James Heard, CFS Alert Projects Officer

The Canadian Forces Station (CFS) Alert quarry is staffed by Supervisor Scotty Strickland, Lead Hand Angelina Maurer, Main Operator Michael Butterworth, and operators Chris Cunningham, Jean Tanaka, and Phillipe Leullier. These staff are employed by the Kitnuna Corporation, sub-contracted to operate the station quarry by the general station support contractor Nasittuq. The quarry produces a huge volume of gravel to main-

tain the station roadways, support regular maintenance requirements such as the annual Engineering Works Program, and maintain the station runway so that planes can deliver important supplies to the station. In order to accomplish this, the staff use powerful drills to burrow holes up to six inches in diameter into the rock, insert dynamite, and blast the rock into chunks. An enormous front end loader feeds the broken rock into a Piedmont crushing plant which breaks the rocks down into the desired size. Transport trucks then carry the gravel up to a stor-



Photos by: James Heard, CFS Alert Projects Officer
The Acting Commanding Officer CFS Alert and the Quarry staff: (from left to right) Captain Martin Gilbert, Quarry Supervisor Scotty Strickland, Main Operator Michael Butterworth, Lead Hand Angelina Maurer, and Operators Jean Tanaka, Phillipe Leullier, and Chris Cunningham.

age area alongside the roadway between the main complex and the airfield so that it can be transported wherever required at the station. The environment at CFS Alert presents several challenges to operating the quarry. The isolation of the station results in long delivery times for equipment and supplies and occasionally prolonged delays in repairing equipment. Furthermore, the staff can only work during the summer season when there is daylight, moderate temperatures, and there is no snow blocking access to the rock. In wintertime, the total

darkness, extreme cold, and heavy snow drifts make quarry operations impractical; similarly, in the springtime, melting snow fills the quarry with mud that impedes the movement of machinery. Despite these challenges, the quarry repeatedly fulfills its contractual obligation to produce 10,000 cubic metres of gravel per season. Mr. Strickland and all of his staff enjoy working at the quarry; everyone in the team are looking forward to the rest of their summer working at the station and would happily return for future seasons.

Preparing for the Royal Visit

Story by Martin Durkin

On June 30th, the Bay of Quinte will welcome Their Royal Highnesses The Prince of Wales and Duchess of Cornwall, more commonly known as Charles and Camilla, at CFB Trenton as part of an official Royal Tour celebrating Canada's 150th anniversary of Confederation. Upon learning about the Royal visit, 8 Wing Commander Colonel (Col.) Keiver spoke highly in anticipation of the visit.

"I think I speak on behalf of all of us, I think we are all honoured that they are coming here. I mean this is the

future king, this is a big deal. So the fact that the Prince of Wales and the Duchess of Cornwall want to come here and visit 8 Wing, and see what the men and women of 8 Wing do, and give us the opportunity to talk to them about it, it's a great honour," said Col. Keiver who is proud to have the visit on base during the final leg of his command at 8 Wing. The base will now prepare for the visit, making sure everything is in order.

"The work we are doing is not dissimilar to any other visit we do at the Wing, The RCMP is the lead on security, so as we go through

this process between now and the visit, there are several different groups that will visit the Wing, and talk to the respective people whether it be, the Military Police or the people at the Wing co-ordinating the visit, and all those pieces will come together over the next month in order to make sure the visit goes off as well as we can possibly make it go off," explained Col. Keiver. Still, despite this being a well-oiled machine, Col. Keiver did point out where much of the responsibility lies beforehand.

"We have a single person here at the Wing making

sure it goes of properly, Major Kennedy is sort of the belly button in terms of coordinating across the Wing, as well as Captain Brunet and her gang on the public affairs side," said Col. Keiver. "What you got going on in the background right now is a big ballet of all these people talking and figuring out whose doing what at each specific time and, that's the key in all of this - making sure who is responsible for each particular thing, at each particular time and as long as we got that on the go, I'm happy."

As far as the day of the visit of us, and what I'm and itself, Col. Keiver says he will



Photo from Metroland files

be ready to answer any is any question he has and all questions the about the Wing, any opportunity I get to extol the virtues of this Wing and its people, I will looking forward to most jump on."

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Getting Ready for Surf N Turf 2017

Story by Martin Durkin

Five hundred people are expected to participate in the 8 Wing Trenton 30th Annual Surf N Turf Relay Race on June 9 in Quinte West.

Canadian Forces Base (CFB) Trenton in conjunction with the local community has been working together since January to make sure the event goes off without a hitch. So far 100 volunteers have signed up to help including 35 members on the committee. Another 50 volunteers are needed for the day of.

"A lot of people think the Surf N Turf is a dinner with lobster and steak," laughs Captain (Capt.) Victoria Chatzikirou of Wing Operations. "In fact it's an eight leg race where they're athletically putting themselves to the test."

Participants will take part in the eight leg race which starts with a 7.6 kilometre run, a canoe race, 25 kilometre road biking, another run, a nine kilometre mountain bike challenge, two more run challenges

and swimming. The race will go from the base, to Batawa and back.

"The biggest thing for me is safety so that everyone out there not only has fun but is kept safe throughout the day," said Capt. Chatzikirou.

The Trenton rowing club will have their sail-ability people on the water, the city has agreed to change the traffic lights over to four way stops, and 8 Wing SAR Technicians (Techs) will be on hand.

"They've (SAR Techs) approached us, and we've never in the past been able to cover the whole mountain bike race, now we are going to have that medical coverage with our SAR Techs," explained Capt. Chatzikirou.

In volunteering for the first time for something this large, the captain says her eyes have been opened to the amount of detail which has to go into making an event of this magnitude successful, but it's been special to see the local community work with the base.

Continued on page 7

8 Wing / CFB Trenton
30th Annual
SURF N TURF
RELAY RACE

Race Day:
STARTING:
08:30 HRS
09 June 2017

BBQ
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Teams: (8 Person)
- Open
- All female
- Mixed (min 2 men or women)
- Master (each team member must be a minimum of 35 years of age)
- High School

Tin Person (male or female)
Tin Mate (2 males, 2 females, or mixed)

- Run - 7.6 km
- Canoe/Kayak - 4.7 km
- Road Bike - 25 km
- X-Country Run - 5 km
- Mountain Bike - 9 km
- Run - 7.4 km
- Swim - 500 m
- Run - 3.5 km

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Membres de MDN / forces armées (ouverte, femmes, mixte, maîtres)	\$180.00	\$200.00
Membres du public (ouverte, femmes, mixte, maîtres)	\$300.00	\$320.00
Membres de MDN / forces armées Solo	\$20.00	\$30.00
Membres du public Solo	\$40.00	\$50.00
Membres de MDN / forces armées Duo	\$40.00	\$60.00
Membres du public Duo	\$80.00	\$100.00
Équipe d'école secondaire	\$180.00	\$200.00

Continued from page 6

"I think the most rewarding part will be when it's all over and everyone has crossed that finish line and received their medals, and I've just been thankful to my chain of command that they've been able to allow me to put those hours into helping make this a success," said Capt. Chatzikirou who knows she will be back next year to help again. Always in need of volunteers, she explains that people who are passionate about swimming or biking, or running, should come be part of the event, and help with those portions of the relay race as their expertise will be welcomed. Local businesses are also encouraged to contact the committee if they would like to be part of the sponsorship. "Anyone who wants to register to participate, volunteer or sponsor can reach us via our website at www.surfandturf2017.info or by our email address at surfandturf2017@gmail.com," said the captain. The committee has also made some fun changes to the event to welcome in the local community throughout the day, which also includes a barbeque on Bakers Island. "We are trying to make that finish line a really big part of the race. In the past they've never really had bleachers lining up the finish line so we are going to have that this year in order to bring in the community and the cheering at the end," explained Capt. Chatzikirou. The committee is encouraging more athletes whether civilian or military, to register before June 6, and Capt. Chatzikirou says it's important to get in as early as possible to ensure that military members can reserve a canoe. Those needing an extra push if they are still on the fence about joining the event,

Capt. Chatzikirou jokes, "aside from the challenge? It's a day off work!" All kidding aside, the captain says the challenge and the overall fun are two major factors in participating. The hardest leg of the race is known as, *The Death Run*. Its leg six of the race and a 7.6 kilometre run. "It's termed that way by athletes because there are quite a few hills and not a lot of shade and it's later in the day when the sun is beating down on you," said Capt. Chatzikirou. Capt. Brent McIntyre of Real Property Operations Detachment Trenton (RP Ops) is another committee member volunteer and says that while he originally volunteered only to get a check in the box, his eyes have been opened. "We have a lot of events that we can volunteer for, this had a great community outreach and fitness and triathlon style events are something that I've done before and I was interested to see how we could put it all together," explained Capt. McIntyre who is ready to sign up again for next year as well. Civilian and military volunteers are welcomed to sign up day of, younger volunteers will be paired with an adult and students who need to put towards community hours for high school, can be part of the day as well. "It won't be that much of a burden to you," says Capt. McIntyre. "It's a large committee, your piece is not that big but you will see how all the other pieces work together, but it's not as difficult as you might be concerned about." The event welcomes Tin Person (individual) participants, Tin Mates (2 men, 2 women or mixed), teams up to nine, and both civilian and DND are allowed to form squads. So far three all-female teams have joined, as well as mixed teams and some Masters.

Visit us online: <http://thecontactnewspaper.cfbtrenton.com>



Pour plus d'information @ www.surfandturf2017.info
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Getting ready to celebrate 100 years for the WW1 Royal Flying Corps in Deseronto

Story Submitted

On June 10 2017, a Heritage Celebration to mark the 100th anniversary of Camp Rathbun and the Royal Flying Corps (RFC) is being held to pay an ode of remembrance to all the airmen stationed while in Deseronto between 1917 and

1918/19. Over 3000 WW1 pilots where trained locally between Camp Rathbun and a second training station at Camp Mohawk located on the Mohawks of the Bay of Quinte (MBQ) Reserve. This grassroots event has been designed; say organizers, "to boost an appreciation for our

roots and to remember the sacrifices made by our Canadian military." A heritage plaque, which was donated to Camp Rathbun by the United States Navy in memory of American Camp Rathbun trainee James V. Forrestal, will be displayed by the National Air Force Museum of Canada.



Picture from the Canadian National Archives showing the inside of a Camp Rathbun hanger



Photos submitted Camp Rathbun Guardhouse - picture taken in 2016

The National Air Force Museum of Canada (NAFMC) will be displaying artifacts and will share the story of RFC contributions during WW1. The Lennox & Addington Museum will be displaying an Air Cadet uniform and musical instruments from

Continued on page 9



Picture of Camp Rathbun Headquarters, the Camp Headquarters house burnt down in 2003. The front door and the bannister salvaged from fire. The house was located on Deseronto Road.



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Continued from page 8

the band which performed at the Deseronto camps, will also be displayed.

The Adolphustown Heritage Society will be displaying pictures and sharing stories. The City of Belleville & Hastings County Archives will share pictures and stories in addition to unveiling

(Right) Picture from the Canadian National Archives showing the inside of a Camp Rathbun hanger

a WW1 commemorative plaque at Rathbun Park.

The Department of National Defence is displaying WW1 weapons including a machine

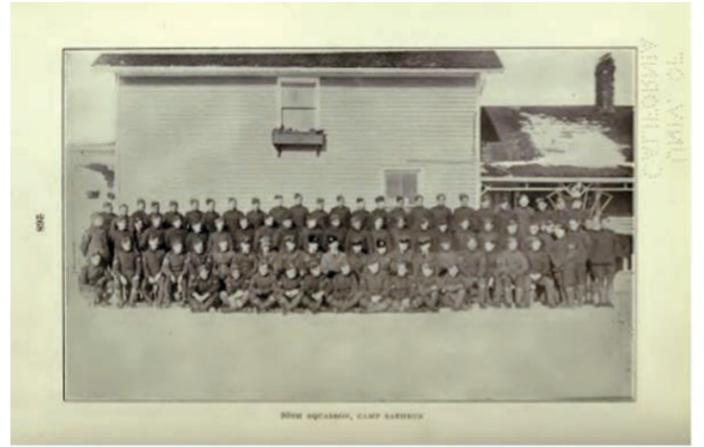


gun. Vintage Aviation Team of Caledon will be displaying controls and items from a JN4 Training Biplane. Gold-Wing Ranch, former site of Camp Rathbun will be dis-

(Left) Reproduction of a postcard showing the barracks at Camp Rathbun in 1917

playing artifacts and pictures.

Local youth will sing the national anthems of Canada, the USA and Britain at the flag raising, and 8 Wing Trenton will have a full contingent to support the efforts of the Kimmett family to help with the ceremony.



Picture above from the Deseronto Archives showing the inside of a Camp Rathbun hanger a JN4 plane with the Camp Rathbun skull-and-crossbones insignia



Three Pictures taken beside Camp Headquarters with CTS 90 "X Squadron"

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VIA RAIL: NAMED CANADIAN ARMED FORCES' MOST SUPPORTIVE EMPLOYER IN CANADA

Montréal, May 26, 2017 – VIA Rail Canada (VIA Rail) was honoured last night by the Canadian Forces Liaison Council (CFLC). This year's *Most Supportive Employer in Canada* award was presented to the Crown Corporation at a gala held at the Canadian War Museum in Ottawa, which brought together some 100 representatives of the military community. It is the first-ever Federal Crown Corporation and main passenger rail transport company to receive this award.

"VIA Rail accepts this recognition with tremendous pride," declared Yves Desjardins-Siciliano, President and Chief Executive Officer of VIA Rail. "In tribute to the dedication of Canadians who serve our country both here and abroad, we have a duty to create great opportunities for our veterans and reservists within our organizations, which will benefit greatly from their technical know-how, experience, discipline and leadership."



Picture, left to right: Jean Fournier, CFLC Québec Chair; Chief Warrant Officer Charles O'Donnell, Regimental Sergeant-Major, Royal Canadian Hussars (Montréal), and Controller, Yard Movement, Locomotive Maintenance and Train Servicing, VIA Rail Canada; Lieutenant Sébastien Langlais-Freeman, Combat engineer officer, 34 Combat Engineer Regiment and Senior project manager, Rolling stock, VIA Rail Canada; Yves Desjardins-Siciliano, President and Chief Executive Officer, VIA Rail Canada; and Major-General Jean-Marc Lanthier, Chief of programme division, National Defence Headquarters

VIA Rail and the military community
 Over the past few years, VIA Rail has increased its efforts to support Canada's Reserve Forces and to encourage more veterans to join its staff. The Crown Corporation has, among other initiatives, worked with its Reservist employees to implement a new leave policy allowing employees who are in the Reserves to continue their military training or participate in temporary missions during military operations in Canada and abroad.

Maintaining a long and proud tradition of supporting members of the military and veteran communities, VIA Rail has, over the past few years, entered into various partnerships with organizations such as the Canada Company Military Employment Transition Program, as well as the Commissioner's MISSION EMPLOI, both of which help former Canadian military members make the transition to civilian life.

VIA Rail also supports the military community through partnerships with the Royal Canadian Legion's national Poppy Campaign, True Patriot Love, Wounded Warriors Canada, Canadian Forces Morale and Welfare Services, and the Canadian Army Run. VIA Rail has also partnered with the Vimy Foundation, and contributed to building a new Education Centre for First World War History and the 100th anniversary of victory at the Battle of Vimy Ridge in France, which stands near the current Canadian commemorative monument.

VIA Rail also offers members of the Canadian Armed Forces, as well as veterans and their families, a 25% discount on its best fares. Since 2010, more than 180,000 members of the military community have used this offer to travel onboard VIA Rail trains. This discount will increase to 35% off the best fare in all classes of service this summer, for travel between May 1 and September 30, 2017 on regional trains and to destinations on any of the following routes: Montréal - Jonquière, Montréal - Senneterre, Sudbury - White River, Winnipeg - Churchill or Jasper - Prince-Rupert.

For more details on VIA Rail initiatives, visit its military community website at: career.viarail.ca/en/via-chose-les-veterans-program

About VIA Rail Canada
 As Canada's national rail passenger service, VIA Rail (viarail.ca) and its 2,600 employees are mandated to provide safe, efficient and economical passenger transportation service, in both official languages of our country. VIA Rail operates intercity, regional and transcontinental trains linking over 400 communities across Canada, and about 180 more communities through intermodal partnerships, and safely transports nearly four million passengers annually. The Corporation was awarded seven Safety Awards by the Railway Association of Canada over the last eight years. For more information, visit: www.viarail.ca/en/about-via-rail

Information: Marian Dabry
 Media Relations
 VIA Rail Canada
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 VIA - The Blog

VIA RAIL REÇOIT LE PRIX DU MEILLEUR EMPLOYEUR AU CANADA DES FORCES ARMÉES CANADIENNES

Montréal, le 26 mai 2017 – Hier soir, VIA Rail Canada (VIA Rail) s'est vu décerner le prix du meilleur employeur au Canada par le Conseil de liaison des Forces canadiennes (CLFC). Le prix de l'Employeur ayant le plus grand appui au Canada de cette année lui a été remis lors d'un gala rassemblant une centaine de représentants de la communauté militaire, qui a eu lieu au Musée canadien de la guerre à Ottawa. Elle est la première société d'État fédérale et la première compagnie de transport ferroviaire passagers à recevoir cette distinction.

« C'est avec une grande fierté que VIA Rail accepte ce prix, a déclaré Yves Desjardins-Siciliano, le président et chef de la direction de VIA Rail. En reconnaissance du dévouement des Canadiens qui servent quotidiennement notre pays ici comme à l'étranger, il est de notre devoir de réserver une place de choix à ces professionnels au sein de nos entreprises. Ultérieurement, nos organisations bénéficieront grandement du savoir-faire technique, de l'expérience, de la discipline et du leadership des vétérans et réservistes. »



Sur la photo, de gauche à droite : Maître Jean Fournier, Président provincial Québec, CLFC ; Adjudant-chef Charles O'Donnell, Sergeant-Major Régimentaire Royal Canadian Hussars (Montréal), et Contrôleur, Manoeuvre, Entretien locomotives et trains, VIA Rail Canada; Lieutenant Sébastien Langlais, Officier du génie de combat, 34^e Régiment de Génie de Combat, et chef de projet provincial, Matériel roulant, VIA Rail Canada; Yves Desjardins-Siciliano, président et chef de la direction, VIA Rail Canada; et le Major-General Jean-Marc Lanthier, Chef de la Division des programmes, Quartiers généraux de la Défense nationale

VIA Rail et la communauté militaire
 Au cours des dernières années, VIA Rail a redoublé d'effort en vue d'appuyer la Réserve des Forces armées canadiennes, et d'attirer davantage d'anciens combattants au sein de ses effectifs. La société d'État a entre autres travaillé avec ses employés Réservistes et mis en place une nouvelle politique de congé qui permet aux employés qui servent au sein de la Réserve de poursuivre leur formation militaire ou de servir en mission temporaire lors d'opérations militaires au Canada et à l'étranger.

Entretenant une longue et fière tradition de soutien aux communautés de militaires et d'anciens combattants, au cours des dernières années, VIA Rail a conclu divers partenariats, entre autres avec Compagnie Canada et le Programme d'aide à la transition de la carrière militaire, et avec MISSION EMPLOI du Corps canadien des Commissionnaires, deux organismes qui aident les anciens membres des Forces armées canadiennes à effectuer la transition de la vie militaire à la vie civile.

VIA Rail soutient également la communauté militaire dans le cadre de partenariats avec la Campagne nationale du Coquelicot de la Légion royale canadienne, l'organisme True Patriot Love, Wounded Warriors Canada, Services de bien-être et moral des Forces canadiennes et la Course de l'Armée du Canada. VIA Rail est aussi partenaire de la Fondation Vimy et a contribué à l'édification d'un nouveau Centre d'éducation sur l'histoire de la Première Guerre mondiale et le 100^e anniversaire de la victoire de la bataille de la crête de Vimy en France, construit à proximité du monument commémoratif canadien actuel.

De plus, VIA Rail offre une réduction de 25 % sur ses meilleurs tarifs aux membres des Forces armées canadiennes, ainsi qu'aux vétérans et à leurs familles. Depuis 2010, plus de 180 000 membres de la communauté militaire ont profité de cette offre et voyagé à bord des trains de VIA Rail. Cet été, ce rabais s'élève à 35 % du meilleur tarif sur toutes les classes de service pour voyager entre le 1^{er} mai et le 30 septembre 2017 sur les trains régionaux et destinations se retrouvant sur l'une ou l'autre des routes Montréal - Jonquière, Montréal - Senneterre, Sudbury - White River, Winnipeg - Churchill ou Jasper - Prince-Rupert.

Pour avoir plus de détails sur les initiatives de VIA Rail, consultez la page Web dédiée à la communauté militaire, accessible à l'adresse career.viarail.ca/fr/via-chose-les-veterans-program

À propos de VIA Rail Canada
 En tant que service ferroviaire voyageur national du Canada, VIA Rail (viarail.ca) et ses 2 600 employés ont pour mandat d'offrir des services de transport voyageurs sûrs, efficaces et économiques, et ce, dans les deux langues officielles du pays. La Société met en service des trains interville, régionaux et transcontinentaux qui relient plus de 400 collectivités sur son réseau pancanadien, et environ 180 collectivités de plus grâce à ses partenariats intermodaux, et même à bon port près de quatre millions de voyageurs chaque année. L'Association des chemins de fer du Canada lui a décerné sept prix d'excellence en sécurité au cours des huit dernières années. Visitez la section À propos de VIA à l'adresse www.viarail.ca/fr/a-propos-de-via

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The Canadian Military Wives Choir

The Canadian Military Wives Choir is a national organization with chapters at bases across Canada. The Trenton chapter is now actively recruiting members. No audition or skill level is needed. We are looking for any ladies who enjoy singing! Who can join: Military wives, female military members, base support staff, retired members or wives of retired members. We even have a few spaces allowed for non-military connected ladies. We meet every Thursday from 6:30 p.m. to 8:30 p.m. at the base chapel. We require a minimum attendance of two rehearsals a month in order to perform at events with the choir, and childcare is available two Thursdays per month. We sing a variety of music like 'O Canada' and traditional songs like 'Sing' and 'Stronger Together'. We also have the opportunity to have fun with contemporary songs. We perform locally as well as travelling to perform collaboratively with other branches of the Military Wives Choir. There is no

travel commitment required from members. If you or someone you know enjoy singing and want to get out and perform with other women in your military community, join us any Thursday at the base chapel or find us on Facebook: 'Canadian Military Wives Choir Trenton'. The only thing better than singing, is more singing.' -Ella Fitzgerald

CFAWC Library Now Open

The Canadian Forces Aerospace Warfare Centre Library is now open to 8 Wing's/CFB Trenton's CAF members and DND employees as well as to veterans. The library's Canadian, RCAF and other military topics are ideal resources for professional development, distance learning, military courses and personal interest. Equipped with DWAN/Internet computers and a photocopier, the library is located at 51 Anson Avenue, Bldg 518 (across from the south-side gym). Hours are Monday to Friday 0800-1600 and Saturday 0900-1500. For more information, email cfawclibrary@forces.gc.ca or call (613) 392-2811 x 5781/5849. The catalogue can be

viewed by visiting the 8 Wing Splash Page.

Bibliothèque du CGAFC maintenant ouverte

La bibliothèque du Centre de guerre aérospatiale des Forces canadiennes est maintenant ouverte aux membres des FAC de la 8e Escadre/BFC Trenton ainsi qu'aux employés du MDN et aux anciens combattants. Les ressources de la bibliothèque, portant sur des sujets relatifs au Canada, à l'ARC et à la culture militaire, sont des outils pratiques qui répondent aux besoins en matière de perfectionnement professionnel, d'apprentissage à distance, d'instruction militaire et d'intérêt personnel. Elle comprend également des postes de travail connectés au RED/Internet et un photocopieur. La bibliothèque est située au 51 Anson Avenue, édifice 518 (en face du gymnase côté sud). Les heures d'ouverture sont du lundi au vendredi, de 0800 à 1600, et le samedi, de 0900 à 1500. Pour plus d'information, communiquez avec nous par courriel à cfawclibrary@forces.gc.ca ou par téléphone au 613-392-2811 postes 5781 ou

5849. Vous pouvez accéder à notre catalogue à partir de la page d'accueil de la 8e Escadre.

May 27 – 50s Dance

50s Dance featuring the live band "The Reasons" Saturday, May 27, at 8 p.m. at The Royal Canadian Legion Br. 110, Trenton. Dress in 50's wear if you like, prizes for best dressed man and woman! Cost for advance tickets is \$8 for Legion members, \$10 for non-Legion members. Tickets are available in the Legion office. For more information, call 613-392-0331 or visit our website www.rclbr110@bellnet.ca

June 9 – Surf 'n Turf

The 2017 Surf 'n Turf race begins early in the morning of June 9 and allows competitors to compete in running, cycling and canoeing and kayaking events covering a lot of ground and water in Quinte West. Volunteers are still being sought for this event, as are competitors. Co-chairs for the event are Capt. Victoria Chatzikirou and Capt. Brent McIntyre.

Wild Parsnip advisory



Wild Parsnip (*Pastinaca sativa*)

Story submitted

Wild Parsnip is an invasive plant that has been found within the boundaries of 8 Wing/CFB Trenton, in roadside ditches, nature trails, as well as on and surrounding rural and residential properties. Of particular note are the wooded area of the Residential Housing Units (RHUs) and the roadway leading to Roundel Glen Golf Course.

Wild Parsnip may pose a health risk to humans. The plant sap contains chemicals that may cause skin and eye irritation and make the skin prone to burning and blistering when exposed to the sun. The blisters typically occur one to two days after contact with the plant. This can result in long-term scarring of the skin.

The best way to avoid contact with Wild Parsnip is to become familiar with what the plant looks like so you do not accidentally come in contact with the plant.

How to Identify Wild Parsnip

- Grows up to 1.5 metres tall.
- The single green stem is two to five centimetres thick and smooth with few hairs.
- Compound leaves are arranged in pairs, with sharply toothed leaflets that are shaped like a mitten.
- Yellowish green flowers form umbrella-shaped clusters 10 to 20 centimetres across.
- Seeds are flat and round.

For more information go to: <http://www.invasivespecies.com/invasers/plants-terrestrial/wild-parsnip/>

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Two-storey homes, square metre for square metre, provide the most living space on a property, and this three-bedroom family home is no exception.

Entry is through a covered porch with a veranda to the left. Once in the foyer, double doors open to a den, with the U-shaped staircase to the second floor beyond. A window above the stairwell will let in lots of natural light.

The great room, separated from the foyer by an archway, has a lofty sloped ceiling that is open to the floor above. A gas fireplace is flanked by entertainment units, and large windows look onto a covered patio at the back of the home.

From the dining area, access to the covered deck is easy, through sliding glass doors. A prep island divides the

kitchen from the dining area, which has large windows overlooking the back garden. Natural light will enter the kitchen through windows over the double sink, which is set into a corner at an angle. The U-shaped counter configuration will provide adequate working space as well as efficiency. A walk-in pantry will offer extra storage space.

Across from the powder room located near the foyer is a handy coat closet. Another closet is included in the laundry room, which has access to the double garage, large enough to include a workshop. Upstairs, the master suite looks out to the back garden. The generous en-suite includes a soaker tub as well as double basins and a shower stall. The walk-in

closet will be roomy enough for a couple's clothing and accessories.

The second and third bedrooms share a three-piece bath. A linen closet is located outside the entrance to the third bedroom.

Part of the second floor is open to the great room below, and is railed for safety. On the outside, the home is clad in horizontal siding, with wooden shingles and

decorative woodwork in the gables. Pilasters with brick bases mark the entry and veranda, and brick accents flank the two garage doors. This home measures 42 feet wide by 58 feet deep, for a total of 2,079 square feet of living space, not counting the unfinished basement included with the plans. Ceilings rise to nine feet throughout the main floor, except where otherwise indicated.

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				1 Junior High Night WIBIT 7:00 - 8:00pm At the RecPlex FREE Strength and Cardio 5:30-6:30 pm At the RecPlex	2 FREE Tyke Terrain 10:00 - 11:30am At the RecPlex	3 Parent Time Out! Drop off and workout 9:00-11:30am South Side Gym Can Bike Kidz 2
4 FREE Canex Bicycle Rodeo! FREE lunch, bicy- cle inspection, bicycle raffle and much more! 11:00am - 2:00pm	5 FREE Adult Lane Swim 3:30 - 5:30pm Commuter Challenge Bike-Walk-Roll	6	7 FREE F&S Noon Hour Fitness Class At the RecPlex	8 FREE Strength and Cardio 5:30-6:30 pm At the RecPlex WIBIT Sport Ages 9 to 12 yrs 6:30-7:00pm 7:00-7:30pm 7:30-8:00pm	9 Surf n Turf FREE Ride & Maintenance Mingle At Doug's Bicycle	10 Parent Time Out! Drop off and workout 9:00-11:30am South Side Gym
11 FREE Family Rec Swim 1:00 - 3:00pm	12 Bike Safety Basics At the Break Room	13 WIBIT Sport Ages 9 to 12 yrs 6:30-7:00pm 7:00-7:30pm 7:30-8:00pm	14 FREE F&S Noon Hour Fitness Class At the RecPlex FREE Belleville on Bikes Social Ride	15 FREE Strength and Cardio 5:30-6:30pm At the RecPlex WIBIT Sport Ages 9 to 12 yrs 6:30-7:00pm 7:00-7:30pm 7:30-8:00pm	16 FREE Tyke Terrain 10:00 - 11:30am At the RecPlex FREE Belleville on Bikes Glow Ride	17 Parent Time Out! Drop off and workout 9:00-11:30am South Side Gym Trent Athletics FREE Boot Camp 10:00-11:00am AND 11:30-12:30pm WIBIT swim for
18 Father's Day Event Fishing with OPP, FREE demos SUP, rowing and much more 1:00 - 3:00pm At Trenton Rowing and Paddling Club	19	20 WIBIT Sport Ages 9 to 12 yrs 6:30-7:00pm 7:00-7:30pm 7:30-8:00pm	21 FREE F&S Noon Hour Fitness Class At the RecPlex FREE Belleville on Bikes Social Ride	22 FREE Strength and Cardio 5:30-6:30pm At the RecPlex WIBIT Sport Ages 9 to 12 yrs 6:30-7:00pm 7:00-7:30pm 7:30-8:00pm	23 FREE Tyke Terrain 10:00 - 11:30am At the RecPlex	24 Parent Time Out! Drop off and workout 9:00-11:30am South Side Gym Trent Athletics FREE Boot Camp 10:00-11:00am AND 11:30-12:30pm WIBIT swim for
25 FREE Stand-Up Paddle Boarding 12:30 - 1:30pm At the RecPlex Pool	26	27 FREE Soccer Night Ages 3 to 5 5:30-6:15pm Ages 6 to 9 6:30-7:30pm At the RecPlex	28 FREE F&S Noon Hour Fitness Class At the RecPlex	29 FREE Strength and Cardio 5:30-6:30pm At the RecPlex FREE Swim and Movie Night 5:30 - 8:30pm At RecPlex	30 FREE Family Day FREE Diaperfit, parented fitness classes, Tyke Terrain, much more 9:00 - 11:00am At the RecPlex	

Junior High Night + WIBIT swim
WIBIT challenges, aquatic sports and games.
Thursday, June 1st 7:00 to 8:00pm
Military Community \$3.00
General Public \$4.00
At the RecPlex

Maximum 8 participants, so please preregister with Tara Colton in advance.

Soccer Night
FREE trial class. This is a skills and drills youth soccer pro-gram, designed to introduce kids to soccer and have fun!
Tuesday, June 27th
Ages 3 - 5 5:30 to 6:15pm
Ages 6 - 9 6:30 to 7:30 pm
At the RecPlex

Tyke Terrain
Ages 5 and under. Come make use of our indoor toys and slides! This is a great opportunity to get the kids out of the house and socialize in an active environment.
Fridays, June 2nd to June 30th 10:30 to 11:00am
At the RecPlex Gym

Father's Day Event
Fishing with OPP, FREE demos of SUP, rowing and much more!
Sunday, June 18th 1:00 to 3:00pm
At Trenton Rowing and Paddling Club

Parent Time Out!
Bring your children to the South Side Gym for some playtime in the gym while you enjoy a workout by yourself!
All ages are welcome!
Saturdays, June 3rd to June 24th 9:00 to 11:30am

Trent Athletics Promo Event
Join us for a FREE Boot Camp class, followed by an adult WIBIT swim (optional).
Saturday, June 24th
Boot Camp Class 10:30 to 11:30am
Adult WIBIT swim 11:30 to 12:30pm
At the RecPlex

Canex Bicycle Rodeo
Join us in the Canex parking lot and take part in all of the exciting activities. There will be a Doug's Bicycle Inspection clinic, Skill Testing Stations, FREE youth helmets, PRIZES, FREE lunch and much more!
Sunday, June 4th 11:00am to 2:00pm

Stand-Up Paddle Boarding
FREE Stand Up Paddle Boarding fitness class in the pool!
Maximum 8 spots
Sunday, June 25th 12:30 to 1:00pm
OR
1:00 to 1:30pm
Maximum 6 spots per class.
Pre-register by Thursday, June 22nd
At the RecPlex Pool

Noon Hour Classes
FREE noon hour Cardio and Core Classes with our Fitness and Sports Instructors. Open to the public!
Wednesdays, June 7th to 28th 12:00 to 12:45pm
At the RecPlex Gym

Swim and Movie
This is a family night out. Swimming will take place from 6 to 7pm and then we will play a movie in the gym. All ages are welcome!
Thursday, June 29th 6:00 to 8:30pm
At the RecPlex

Strength and Cardio
Increase your strength, build your confidence and improve your general fitness with Trent Athletics!
Thursdays, June 1st to 29th 5:30 to 6:30pm
At the Recplex

Family Day
FREE parent and baby/toddler classes all morning! Diaperfit, Fitness Classes, Tyke Terrain, Parent Time Out program and much more!
Friday, June 30th 9:00 to 11:30am
Maximum 8 participants for Diaperfit class, so please preregister with Tara Colton in advance.
At the RecPlex

FREE Lane Swim
Monday, June 5th 3:30 to 4:30pm
At the RecPlex

FREE Family Rec Swim
Sunday, June 11th 1:00 to 3:00pm
At the RecPlex

WIBIT Sport
Ages 9 to 12 years
WIBIT challenges, aquatic sports and games.
Tuesdays and Thursdays, June 13th to 22nd
6:30 - 7:00 pm
7:00 - 7:30 pm
7:30 - 8:00 pm
\$2.00 registration fee

For information, please contact the front desk at (613) 392-2811 ext. 3361/7138 or <https://www.cafconnection.ca/Trenton/Adults/Recreation-and-Leisure.aspx>



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Sports & Recreation



Steve Nash Youth Basketball Program

Thursdays, April 6 to June 8, for ages 6 to 12 from 6 p.m. to 7 p.m. Community Recreation has partnered with Steve Nash Youth Basketball. Basketball is one of the few sports that you can practice individually, and in many different places. This sport increases cardiovascular endurance due to the high speed maintained throughout game play. The SNYB curriculum is based on Sport Canada's Long-Term Athlete Development Model, a researched approach to optimal sport development. This is 10-week session of an environment of fun and learning over competition and drills at the South Side gymnasium. Cost for the military community is \$55 and for the general public is \$65. Register at the RecPlex. Player Package – reversible jersey, basketball, drawstring bag, water bottle, parent guide, poster, certificate (received at end of 10 week session).

Tyke Terrain Drop-in Program

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).

Bootcamp

Experience high-intensity, full-body workouts that target the major muscle groups of the upper and lower body. From circuit-style routines that jump-start cardio fitness, to creative muscle-toning exercises, each class brings its own unique challenges. No two classes are the same! Athletes will work the cycle to improve cardiovascular stamina, core strength and flexibility. Where: RecPlex gymnasium. When: Fridays, March 31 to May 19 from 4:30 p.m. to 5:30 p.m. Costs: Military community \$72, general public \$90, Drop-in military community \$10, general public \$12 (Drop-in only available if class is running).

Intersectional Sports

I/S Golf- just begun last week- it runs on Tuesdays at 1300

I/S Slo-Pitch- begins this week- it runs Wednesdays in the 16:30 & 18:00 time slots

Base Sports

Regionals- Ball Hockey- At CFB Borden from June 26-30

Nationals- Triathlon- July 7-9 in Gatineau

June is Bike Month!



Look at all that's happening at 8 Wing/CFB Trenton

Bike Rodeo for 8 Wing Families on Sunday June 4

Commuter Challenge/Quinte June 4-11

Surf n Turf June 9

Bike to Work Breakfast at Smylie's June 16

8 Wing – Unit Commute Challenge June 20

For more information on any of these events contact us at Health Promotion at local 3768 or on the DIN at +Health Promotion

Canadian Forces Chaplaincy seeks increased diversity

Story by: Steven Fouchard, Army Public Affairs

The Canadian Forces Chaplaincy Branch is seeking to hire religious leaders from faiths that are not yet represented to embrace Canada's diverse faith community. Brigadier-General Guy Chapdelaine, Canadian Armed Forces (CAF) Chaplain General, said he has already seen a great deal of change in the branch since he joined in 1979, but that there is still some way to go before it is fully representative of Canada's multicultural mosaic.

"We see more women, we see more people from different religious backgrounds. We had our first Muslim Chaplains in 2003 and our first Rabbi a couple of years later. And now we are looking for chaplains from other religious groups, such as the Hindu and Sikh faiths. We would like to provide more representation in the chaplaincy of the diversity of Canada."

Lieutenant-Colonel Lisa Pacarynuk, who currently serves in the Chaplain General's office, said personal contact is often the most effective recruiting tool. And, she added, it is hoped the branch's increasing diversity will be a multiplier.

"Now that we have Jewish and Muslim members among us, we encourage them to do the same activities that Christian chaplains have traditionally done by asking them, 'Who are your friends, who are your contacts?' Because we don't yet have all the diverse representation we would like, we have to do a bit of outreach."

Captain Suleyman Demiray was the first non-Christian and Muslim Imam to join the Chaplaincy. He said the role of a Chaplain is best summed up as a matter of caring for soldiers and their loved ones.

"We care for our troops by listening to their problems, doing coun-



Photo by: Ordinary Seaman Albert Domingo, 4th Canadian Division Public Affairs. 4th Canadian Division Chaplains Captain Lazer Danzinger and Lieutenant Colonel Christopher Ryan assemble food and gift packages for Jewish soldiers, public service employees and veterans for the holiday of Purim which was celebrated on Sunday, March 12th, 2017. The Canadian Forces Chaplaincy is seeking to diversify its ranks with members of religious faiths that are not currently represented

selling and a lot of ministry of presence wherever they are deployed," he explained. "On a national or international level, we visit them and stay with them and we provide support as much as we can in all circumstances."

Capt Demiray's international experience includes a deployment to Afghanistan, where he assisted in engaging local religious leaders as part of the Kandahar Provincial Reconstruction Team.

"Chaplain services is embed-

ded with troops wherever they go. It's a challenging environment but we are there to help and support our troops," he said. "We provide pastoral care in difficult situations and support our deployed troops and our rear party supports their families."

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8 Wing Chapel / Chapelle de la 8e Escadre

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 91 Namao Drive East
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Office hours/ Heures de bureau:
 Monday to Friday 0800 - 1600 hrs
 Du lundi au vendredi 08h00 à 16h00

Services Times/ Heures des services religieux
 Protestant Service: 1115 hrs
 Service protestant: 11h15

RC Sunday Mass (English) at 0900 hrs
 RC Sunday Mass (French) at 1010 hrs
 RC Sunday Mass (Bilingual every 4th Sunday of the month) at 0900 hrs

Messe CR du dimanche en anglais à 9h00
 Messe CR du dimanche an français à 10h10
 Messe CR du dimanche bilingue le 4ième 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, divers services, appelez pur plus de détails

Wing Chaplain/Aumônier de la 8e Escadre:
 Maj (Fr/Pére) Roy Laudenorio



Unit Chaplains/Aumôniers des unités:
 Capt (Rabbi/Rabbin) Bryan Bowley
 Capt (Fr/Pére) Eric Davis
 Capt (Fr/Pére) John Funelas
 Lt(N)(Fr/Pére) Félix Roberge
 Lt(N)(the Rev./Rév.) Mary Anne VanHeuvelen
 Capt (the Rev./Rév.) Daniel Walton

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 Brigitte Gamache, (613) 392-2811 ext/poste 2490/4593



Inter-COMM!

Improve Communication in Personal Relationships is an innovative program providing training in interpersonal communication and conflict management.

This 12-hour course is comprised of 4 modules and offers participants instruction on conflict management concepts as well as strategies that may help when facing difficult situations or conversations with family and friends. Through experience learning, exercises and coaching, participants will learn skills in conflict management, effective communication, and how to nurture collaboration, both at home and in the community.

6, 13, June 2017
 0830 – 1600 hrs
 Sign up today at
 613-392-2811 x3768

Le programme d'amélioration des communications dans les relations personnelles offre une formation innovatrice dans le domaine des communications interpersonnelles et la gestion des conflits.

D'une durée de douze heures, ce cours comporte quatre modules et offre aux participants une formation sur les concepts de gestion des conflits ainsi que des stratégies qui pourraient être utiles dans des situations ou des conversations difficiles avec des amis ou des membres de la famille. Grâce à des activités d'apprentissage, des exercices et de l'encadrement, les participants acquerront des compétences en gestion de conflits, apprendront à communiquer efficacement et à favoriser la collaboration tant à la maison que dans la collectivité.

6,13, juin 2017
 08h30 – 16h00
 Inscrivez-vous dès aujourd'hui
 613-392-2811 x3768



Camp Day at Timmies



Photo by Martin Durkin

MCpl Jayme Dennis helps the early morning shift at Tim Hortons at the drive thru with coffee orders for the 25th annual Camp Day

Story by Martin Durkin

It's the 25th anniversary for Camp Day at Tim Hortons and for assistant manager Tammy Boyko, it's her seventh at the Glen Miller road location beside the 401 in Quinte West. "I expect 1,000 people easily throughout the day easily," said Boyko at 6:30 in the morning, as she helped her crew set up for the day's events.

Canadian Armed Forces (CAF) members from 8 Wing Trenton. "Today is so great, word got out that we were looking for help, we sent out some letters and Matt Richardson (constituency manager for MP Neil Ellis) really got the ball rolling, and before we knew it, the base reached out saying they could help," explained Boyko.

As 7 a.m. rolled in, CAF members from 8 Wing began

to fill the coffee shop ready to roll up their sleeves. Master Corporal (MCpl) Jayme Dennis with 8 Air Maintenance Squadron (AMS), jumped behind the counter and began helping the drive through employees complete orders.

"We're going to raise as much money as we can today, the more we raise, the more kids get to go to camp, and that's the heart of all this," said Boyko.



TRENTON Military Family Resource Centre

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TOGETHER WE ARE STRONGER

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 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!

Home Alone Course

This program prepares children ages 9-12 to be responsible when home alone.

Saturday, June 24

9 a.m. to 4 p.m. at the Trenton MFRC \$50 per child; Lunch is not provided To register please contact MFRC Reception or email rabia.s@trentonmfr.ca with your questions.

Seul à la maison- Le cours

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

Samedi le 24 juin

9h à 16h au CRFM de Trenton 50\$ par enfant- Le dîner n'est pas fourni

Pour vous inscrire, veuillez contacter la réception du CRFM ou par courriel rabia.s@trentonmfr.ca avec vos 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 June 15 & 29 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@trentonmfr.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 du mois, de midi à 13h00 ou de 13h00 à 14h00 (le 15 et 29 juin) 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@trentonmfr.ca.

Healthy Living for Transition Mindfulness Yoga

June 25th, from 2 - 4 p.m., at the Trenton MFRC Youth Centre

Join the 8 Wing Health Promotions team and the Trenton MFRC Veteran Family Program for a self-care afternoon.

Transition can be stressful so why not take some time to care of yourself. Preregister by June 21st by emailing kelly.b@trentonmfr.ca.

Vivre sainement durant la transition Pleine conscience- Yoga

Le lundi 25 juin au centre des jeunes du CRFM de Trenton de 14h à 16h.

Joignez-vous à l'équipe de la Promotion de la Santé de la 8e Escadre et le Programme pour les Vétérans et leurs familles du CRFM de Trenton pour un après-midi de bien-être.

La transition peut vous sembler difficile alors prenez le temps de prendre soin de vous.

Inscription requise au plus tard le 21 juin par courriel à kelly.b@trentonmfr.ca.

Boutonniere and Corsage Creations

Boys and girls - don't miss this great opportunity to learn how to make your very own boutonniere and corsage for the next special occasion in your life! Get creative and make it your own! Pin style and bracelet styles will be available. Saturday, June 24, 1 p.m. to 3 p.m. Ages 10-16. Must register in the Youth Centre or call 613-392-2811 ext. 3265

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0 DOWN + HST



16 DODGE CHARGER SXT
30338 Auto, 3.6 6cyl, AWD, fact remote start, alloys, pwr roof/seats, push btn start, heat seats/mirrors, AC, dual climate, nav, rev cam, 30,207 km
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15 VW GOLF COMFORTLINE
30258 Auto, 2.0 4cyl TSI, hatchback, keyless entry, alloys, pwr roof, leatherette, pwr seats, heat seats, AC, dual climate, CD, MP3, sat radio, rev cam, Bluetooth, pwr group, 3,804 km

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\$148
bi-weekly
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13 CADILLAC ATS
30174 Auto, 3.6 6cyl, AWD, fact remote start, alloys, pwr roof/seats, push btn start, leather, memory seat, heat seat/steer, AC, dual climate, nav, rev cam, park aid, Bluetooth, OnStar, 48,248 km

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14 ACURA ILX
30231 Manual 6spd, 2.4 4cyl, alloys, pwr roof/seats, push btn start, leather, heat seats, AC, dual climate, DVD, nav, rev cam, Bluetooth, pwr group, cruise, 64,021 km

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16 NISSAN SENTRA S
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17 HYUNDAI SONATA
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16 JEEP PATRIOT HIGH ALTITUDE
30282 Auto, 2.4 4cyl, 4x4, alloys, pwr roof/seats, leather, heat seats/mirrors, AC, CD, MP3, sat radio, U-connect, pwr group, cruise, 24,194 km
PREVIOUS DAILY RENTAL

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



16 JEEP COMPASS HIGH ALTITUDE
30340 Auto, 2.4 4cyl, 4x4, keyless entry, roof rack, alloys, pwr roof/seats, leather, heat seats/mirrors, AC, CD, MP3, sat radio, U-connect, pwr group, 19,402 km
PREVIOUS DAILY RENTAL

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



16 JEEP CHEROKEE LTD
30319 Auto, 3.2 V6, fact remote start, alloys, push btn start, leather, pwr seats, heat seats/steer, AC, dual climate, MP3, sat radio, nav, rev cam, park aid, U-connect, cruise, BSA, 14,236 km

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



16 DODGE JOURNEY LTD
30339 Auto, 3.6 V6, 7pass, fact remote start, flex fuel, alloys, pwr roof/seats, push btn start, heat seats/mirrors/steer, AC, dual climate, MP3, 32,005 km
PREVIOUS DAILY RENTAL

\$22,995
\$139
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 CHEVROLET TRAX LT
29620A Auto, 1.4 4cyl turbo ecotec, AWD, fact remote start, roof rack, alloys, pwr roof, leather trim seats, pwr seats, AC, rev cam, park aid, Bluetooth, OnStar, pwr group, cruise, 40,333 km

\$18,495
\$112
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



17 CHRYSLER PACIFICA TRG-L
30354 Auto, 3.6 4cyl, fact remote start, alloys, push btn start, leather, pwr assisted Sto'n'go, pwr seats, heat seats/mirrors, 3 zone climate, rev cam, U-connect, pwr group, 6,926 km

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



16 DODGE GRAND CARAVAN CREW
30186 Auto, 3.6 6cyl, alloys, leather, Sto'n'Go, heat seats/steer, 3 zone climate, rev cam, cruise, pwr liftgate/doors, touchscreen, 30,921 km
PREVIOUS DAILY RENTAL

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



16 DODGE GRAND CARAVAN CREW
30146 Auto, 3.6 6cyl, flex fuel, alloys, Sto'n'Go, econo mode, pwr seats, heat seats/mirrors/steer, 3 zone climate, rev cam, park aid, U-connect, 29,330 km
PREVIOUS DAILY RENTAL

\$22,995
\$139
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 DODGE GRAND CARAVAN CREW
30139 Auto, 3.6 6cyl, flex fuel, alloys, leather, Sto'n'Go, econo mode, pwr seats, heat seats/mirrors/steer, 3 zone climate, rev cam, park aid, 30,846 km
PREVIOUS DAILY RENTAL

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



16 DODGE GRAND CARAVAN CREW
30309 Auto, 3.6 6cyl, roof rack, alloys, Sto'n'Go, econo mode, pwr seats, 3 zone climate, CD, MP3, compass, ext temp gauge, pwr group, heat mirrors, cruise, steer ctrl, 13,487 km

\$23,495
\$142
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



11 FORD F-350 XL
30092 Auto, 6.7 V8 Turbo, Diesel, 4x4, chrome wheels, tract ctrl, vinyl floor, AC, CD, MP3, ext temp gauge, crank window, cruise, steer ctrl, curb side mirrors, 8'6" XTREME V, 50,636 km

\$38,495
\$342
bi-weekly
60 mths @ 5.9%
0 DOWN + HST



17 DODGE RAM 1500 SPORT
30232 Auto, 5.7 V8 Hemi, 4x4, keyless entry, crew cab, short box, alloys, leather trim seats, pwr seats, AC, U-connect, pwr slide rear window, pwr group, heat mirrors, cruise, 1,112 km

\$41,995
\$254
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 DODGE RAM 1500 REBEL
30359 Auto, 5.7 V8 Hemi, 4x4, fact remote start, crew cab, alloys, pwr roof/seats, push btn start, leather trim seats, heat seats, AC, dual climate, nav, rev cam, park aid, U-connect, 23,397 km

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



15 GMC SAVANA
30292 Auto, 4.8 V8, 3door, 2pass, RWD, running boards, tract ctrl, vinyl floor, leather trim seats, AC, AM-FM, pwr windows/locks, cruise, 16,619 km
PREVIOUS DAILY RENTAL

\$24,195
\$163
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



16 FORD TRANSIT 250
30015 Auto, 3door, 2pass, 3.7 V6, RWD, keyless/keypad entry, tract ctrl, vinyl floor, leatherette, AC, MP3, rev cam, park aid, pwr group, 63,814 km
PREVIOUS DAILY RENTAL

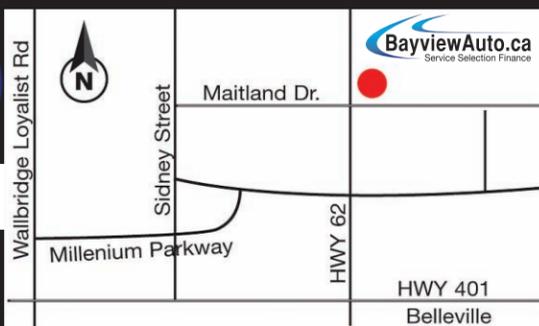
\$23,995
\$145
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

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Deferred payments subject to financing. All payments are based on bi-weekly payments. All 2011-2012: 60 mths, 2013: 72 mths, 2014-2015: 84 mths, 2016-2017: 96 mths: P.P.S.A, License and taxes extra. EG: \$10,000 + Taxes \$1,300 + P.P.S.A. \$65 = \$11,365 financed over 60 mths at 5.9% = \$117.34 Bi-Weekly with a cost of borrowing of \$1,962.47 on approved credit. All cash deals are price of vehicle + taxes. Terms & rates are current at time of print. 0 Down + HST. Most 2016 & 2017 vehicles are former daily rentals. Bayview Auto is not responsible for pricing, vehicle option or mileage errors printed in this flyer. Contact dealership for more information.