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INSIDE

13th Annual Invisible Ribbon Gala auction items



Check out the auction items available at this year's Invisible Ribbon Gala!

Story on page 6/7

WW2 Veteran Viktoria Spearin visits 8 Wing Trenton



Viktoria Spearin returns to 8 Wing Trenton 74 years after she served on base

Story on page 8/9

A message from the Wing Commander



Col. Colin Keiver speaks about North American Occupational Safety and Health Week

Story on page 10

Attention to detail

By Martin Durkin

August 31, 2016 is a day that won't soon be forgotten within the Royal Canadian Air Force (RCAF). Thanks to two techs from 429 Transport Squadron at 8 Wing, a major catastrophe was averted.

Corporal (Cpl.) David Gurba and Cpl. Matthew Westhaver had the surprise of their career in Germany while working on a C-17 Globemaster III. Cpl. Gurba, who has 28 years of service under his belt, was going through his normal routine of topping off the oil on the Globemaster when he opened a particular can and knew right away something was wrong. "It was dusk when I was topping off the oil, so I didn't see the colour right away. But I knew by the smell something was off," explained Cpl. Gurba, who says the fluid had a familiar and distinctive burnt toxic smell.

Right away Cpl. Gurba dipped his rag into what he thought was oil only to see that the colour of the fluid was red. Right away he knew he had a can of hydraulic fluid. "At first I thought maybe it was just a loose can accidentally put in with the case of oil, but I opened more cans and saw they were all hydraulic fluid," said Cpl. Gurba. He immediately took the



Photo by Martin Durkin

Cpl. Gurba (left) with a thumbs down and Cpl. Westhaver with a thumbs up as they show off the slight difference between a can of oil and a can of hydraulic fluid

can over to Cpl. Westhaver to show him the confusing problem. After a thorough inspection of the cases, the pair realized that what was labelled as oil was all hydraulic fluid. Had the cans been poured in, it would have been a catastrophe. However, the problem didn't end there. When calling down to Trenton to report the situation and request to have new cases of oil sent to them, it was soon learn that Trenton also had the same problem.

"We got this call in the middle of the air on our way to Kuwait saying there was a contamination, and the entire fleet was to be grounded until further notice," said Cpl. Gurba who, because his aircraft only needed a top off, was able to continue flying for a short period of time. This meant that aircrafts in Germany, Hawaii and Trenton, were brought to a halt until each one could be flushed and filled twice to ensure there would be no further issues.

When it comes to the cases of oil, most cans are labelled differently depending on the manufacturer; the colour can even be different. Hydraulic cans will even come with the same label, which means the technicians always have to be aware of what they are using. The one big difference though, hydraulic fluid can only be one colour, Red.

For Cpl. Westhaver and Cpl. Gurba, they knew that their

Continued on page 5

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14 Alert canteen is open once more

By Martin Durkin

After nearly a year of renovations, the canteen on 14 Alert Road at 8 Wing Trenton is once again open for business.

Renamed the Lighthouse Bistro, a familiar face is back behind the counter. Owner Heather Andrews Davis, once worked the canteen 20 years ago and has been dreaming of coming back ever since.

"It's haunted me for the past 20 years," said Andrews. "I've kicked myself forever for giving it up."

Alongside Andrews is, Doris Arppe. Together the pair plan to serve 3 square meals a day to the base starting at 6 a.m. If enough personnel come forward wanting an earlier breakfast, the pair say they

will adjust the hours to suit the needs of their public.

Monday to Friday, anyone looking for a healthy meal, a cup of coffee or a homemade dessert, can come over to the canteen and know their hunger will be satisfied. Inside, folks will find seating for 24 as well as picnic tables outside. They will also discover a true east coast vibe within the canteen.

"I named the canteen the Lighthouse Bistro, because I lived in Nova Scotia," said Andrews who grew up around the Sandy Point lighthouse in Shelburne.

A packed room filled the canteen for the grand re-opening, cake and coffee was served to those in attendance, all ready to come back on a regularly and taste some home fresh cuisine.



Pic by Martin Durkin

Owner Heather Andrew Davis (black sweater) watches with a smile as the official cake cutting takes place, welcoming customers to the Lighthouse Bistro

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The CFS Alert Orderly Room

By Lieutenant James Heard,
CFS Alert Projects Officer

This week, we visit the Canadian Forces Station (CFS) Alert Orderly Room staffed by the Station Administration Officer (Admin O) Master Warrant Officer (MWO) Chantal Audet, the Station Chief Clerk Corporal (Cpl.) Lesley Hollohan, and the Assistant Clerk Leading Seaman (LS) Audrey Gravel.

The Orderly Room staff are responsible for much of the essential administrative work done at the Station. The Admin O's main role is to ensure that screenings are completed so that station military staff positions can be backfilled during ALTA vacations and at the end of tours. The Admin O also acts as secretary for the Joint Occupational Health and Safety Committee, works with the Projects Officer to update station publications, sends tasking messages, supervises the mess manager and assists with the budgets for the two station messes, submits reports to 8 Wing to track non-public fund earnings at the station, and monitors the financial contract requirements with any lodger organization working out of the Station. The Chief Clerk is responsible for processing claims, managing clearance for all personnel, creating leave passes for station staff going on ALTA, resolving pay problems, booking numerous flights and accommodations, and updating the station emergency response plan. In addition to supporting all of the station staff and ensuring that they



The staff of the CFS Alert Orderly Room: (from left to right) Station Chief Clerk Cpl. Lesley Hollohan, Station Administration Officer MWO Chantal Audet, and Station Assistant Clerk LS Audrey Gravel.

Photo taken by Pte. Sean Keating, SWO's Assistant CFS Alert

receive all of the proper entitlements, the orderly room staff participate in morale activities. For example, the Chief Clerk oversees the weekly "Plane Day Bingo" in which station staff can predict the exact time that the weekly sustainment flight will land on the station airfield. Working at the most northerly or-

derly room in the world presents several difficulties. The lack of high-speed networks can make routine administrative seem to be an "all day" affair. The pace of work is demanding as the administrative responsibilities at the station are consolidated in two positions; for much of the year, the orderly room is managed only

by the Admin O and Chief Clerk. Fortunately, an Assistant Clerk is staffed to assist the Chief Clerk during the summer months when the station population increases to accommodate Op BOXTOP replenishment, as well as numerous construction projects. All of the orderly room staff appreciate the camaraderie among

the station staff and being able to visit the Canadian Arctic. The Chief Clerk, Cpl. Hollohan, says that most of all she enjoys being surrounded by the people she supports and is grateful for the opportunity to serve as a Chief Clerk as a young Cpl., challenging herself in a fast-paced working environment.

the station staff and being able to visit the Canadian Arctic. The Chief Clerk, Cpl. Hollohan, says that most of all she enjoys being surrounded by the people she supports and is grateful for the opportunity to serve as a Chief Clerk as a young Cpl., challenging herself in a fast-paced working environment.

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

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

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

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

The CONTACT is produced weekly under a Publication Service Agreement with a division of Metroland Media Group.

8 Wing Personnel

Publisher: Col. Colin Keiver.

Proprietor: Her Majesty the Queen, in right of Canada, as represented by the Commander of 8 Wing, Canadian Forces Base Trenton, P.O. Box 1000 Stn. Forces, Astra, ON K0K 3W0 Canada

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Circulation: Melissa Hudgin 613-966-2034 ext: 504

250 Sidney Street, Belleville, Ontario K8P 3Z3, CANADA

SUBSCRIPTIONS: First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

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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.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) unit and phone number.
- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in a jpeg format at a high resolution for quality reproduction.
- Articles must be received by Monday at noon prior to print date.

Letters to the Editor:

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



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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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Get moving in May



Pics by Martin Durkin
Sports Instructor
Heather Courchesne
leads the base in
morning warm ups

By Martin Durkin

The annual Get Moving in May, a national health and wellness challenge to all bases, kicked off at 8 Wing Trenton with a wing wide parade square warm up, followed by a spirit walk throughout the south side of the base. While the first day in May saw a new rain-

fall record of 52.4 millimetres, breaking the old record set in 1953 of only 17.3 millimetres; those participating in the morning exercises were lucky to see a mostly cloudy morning. 8 a.m. exercises were led by sports instructor Heather Courchesne, and the Health Promotion team is encourag-



Jumping jacks before a record rain fall!

ing all units to organize something weekly for their personnel in the theme of staying active during the month of May.



Wing starts their spirit walk challenge



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Attention to detail

Continued from page 1

transport aircraft had no real issues, but at the same time, they didn't have any oil to continue flying.

"We're stuck in Germany on a civilian airfield, with no support, so we had to source out 226 cans from American bases to properly flush out our Globemaster," explained Cpl. Gurba.

While Trenton was back up and running in about 10 days working 14 hours shifts, making sure the aircrafts here were safe to use, it took about 30 days in Germany and Hawaii to have things back to normal.

In the end, both Cpl.'s are pleased that they were able to catch the problem before all aircrafts were completely flushed and refilled. While it may have cost the RCAF man hours, millions of dollars in damages were averted.

"It was a satisfying catch," said Cpl. Gurba who believes that all but one aircraft was affected at a certain level by the contamination.



Photo by Martin Durkin
Cpl. Gurba atop a ladder, topping off the oil while Cpl. Westhaver keeps the ladder steady

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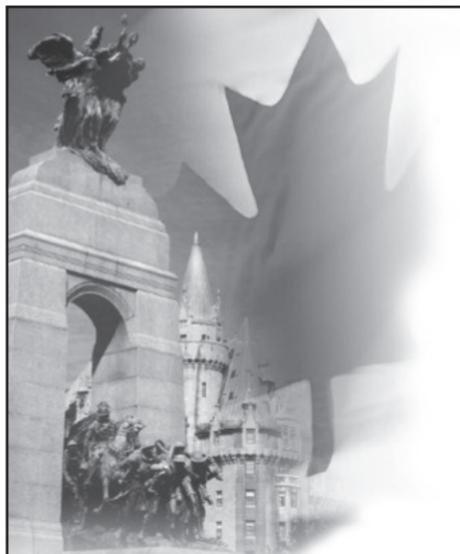
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Check out these auction items for the 13th Annual Invisible Ribbon Gala

By Martin Durkin

The 13th annual Invisible Ribbon Gala on Saturday May 13, 2017 is going to

be a thrilling night as the Military Family Resource Centre (MFRC) celebrates 25 years. This incredible night will be held at The

National Air Force Museum of Canada (NAFMC) in Trenton and tickets are selling fast. During the evening a silent auction will be held. Some of the items will include

a framed and matted picture of Maurice Richard, Jean Beliveau and Guy Lafleur with a puck signed by all three legends. A

Continued on page 7

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Photos by Martin Durkin
A rare Gord Downie setlist autographed from his Secret Path Tour



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Continued from page 6

signed Connor McDavid rookie card framed and matted as well as his NHL jersey.

An autographed set list from Gord Downie's, Secret Path concert at, Roy Thomson Hall will also be available. Downie's set list is autographed by Gord and his brothers Mike and Patrick; and is framed and matted with a Tragically Hip photo, ticket stubs and the Secret Path album.

Other items to bid on include a trip to Montreal trip which will include three nights' accommodation with round trip VIA Rail tickets for four people. Montreal dinner cruise is included. These items were donated by VIA Rail Canada, Williams Hotels Ltd., and Marlin Travel Belleville.

An Iceland Adventure for Two is also up for bids with a round trip airfare from Toronto to Reykjavik, four nights at the Icelandair Hotel and tours that include a

relaxing evening enjoying the uniquely Icelandic combination of local hot springs and the cool northern lights, the incredible Blue Lagoon and the Gullfoss Waterfall.

There are more than 70 items up for bid including an online auction currently underway that includes the infamous photo of Joe Bautista flipping his bat after his playoff homerun. The photo is framed and includes a signed baseball card.

For those interested in the online auction site visit, www.invisibleribbon.ca. Those interested in attending the gala and perhaps coming home with more than just the memories,



Anyone a Connor McDavid fan or want a piece of Montreal Canadiens history?



The infamous Jose Bautista bat flip with autographed card available via online auction

can purchase tickets by calling 613-965-3575 or by going to the same link mentioned above.

The Invisible Ribbon campaign raises awareness about the role of the military family who, wear the invisible uniform, and live the military lifestyle supporting their family members in the Canadian military. All proceeds will be dedicated to phase two of the MFRC expansion project, delivering essential MFRC programs and services in Belleville and Frankford.

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Life is a gift

By Martin Durkin

For 22 months beginning in 1943, 18 year-old, Viktoria Spearin was part of the Canadian Forces Base (CFB) Trenton Air Traffic Control (ATC) Unit.

"I was a WOG which is wireless operator ground. There were 12 girls that were responsible for going up at the tower, two at a time for 12 hour shifts," said Spearin

"We were responsible for telling an airplane, 'Are you ok to land?' (I think that was our favourite expression.) The boys always said yes even though they were wobbly. Some of them were kind of young but it didn't matter. Sometimes they landed on the runway and sometimes.... here or there. There was only one runway," explained Spearin.

Although Spearin did not join out of a sense of pure obligation, she says she joined for the obvious reason, "there was a war on," said Spearin

"I had just graduated from Central High School of Commerce in Toronto on Charles Street. How's that for a memory?" quipped Spearin. She continued, "I walked into the recruiting centre and I said to the chap, 'I want to join the air force and I want to take the longest course that you got'. And he said there was a course that was a little difficult to get in. I said, 'ok, what do I have to do?' And we took some tests, and he said, 'ok I think you might qualify to go to Montreal for a 6 month training course', which included Morse code, flags, lights and the whole bit."

Spearin admits that a big reason for joining the Royal Canadian Air Force (RCAF) was because she wanted to see the world.

"I got to see Ottawa, Montreal and almost got overseas," says Spearin remembering the initial disappointment.

"They said they needed three or four WOGs to go to London, England. So I ran over to the sergeant across the road on base here, and I said, 'so I hear we're going to go to Europe and there's going to be three or four of us allowed, and I want to be one', said Spearin. "He said, 'ok I'll put you on the list.' About three days later the Commanding Officer (CO) came over - I'm not going to tell you what we called him - The CO came over and he said to me, 'how come you're on this list to go to London?! Well I tried to look innocent, but he said, 'you're not even 21, you can't go to London!' Then I had another name for him," smirked Spearin.

Although at the time, she didn't get to see the world, she acknowledges that through the Canadian Armed Forces (CAF) she earned an education which she never could have earned anywhere else.

At the end of the war, Spearin was happy to be discharged and try something new. Something she has repeated throughout her life.

"I think at that time everybody wanted to get out. It was four hours on, four hours off, for 22 months. We slept for four hours at a time. So

we were all anxious to get out," remembers Spearin. While her military career had come to an end, life was just beginning for this young woman.

"I had about 22 jobs after that. One of the important jobs, I went to work for the Toronto Stock Exchange. I'm still not 21 yet and I quit that one because they wanted to put me in charge of 28 girls. I told them, maybe, if I was 21 years-old. So I quit, and then I worked for Dominion Securities for a while," said Spearin.

Her next change in life would take her in a completely new direction. "By accident I ended up in a training class at the Arthur Murray Studios on Yonge Street in Toronto. That was an 11 week course - I like these long courses - I ended up as a dancing teacher. I ended up managing two studios and opening two studios, one in Hamilton, one in London, Ontario. Then I went down to Atlanta, Georgia, and ended up with three more studios in Pennsylvania. Then I quit that and had seven jobs in two years that I counted after that," explained Spearin. "I couldn't find anything I wanted to stick with."

With photographs in front of her, documenting her different stages in life, Spearin took everyone back in time as she waved her hands and drew memories on the table top, remembering everything and forgetting nothing.

"The last three jobs I had are the ones that made me settle down. Arthur Murray was one, after that, I opened a retail record store in Richmond Hill, then I opened two other stores, one in Richmond Hill, one in Newmarket. Then I retired....and here I am," shrugged Spearin with a smile, ready to move into her next story.

"I'm noted for two or three famous things," said Spearin. "You know the signs on the back of busses? I was a promotion manager at one time for a station called CKCL. This was in the '60's. I'm almost afraid to mention it to some people because they're sick of seeing signs all over, but on the back of busses, I put the signs saying, 'the sweet sound of the 60's.' About three months later, every company had a sign somewhere on a bus."

As C-17's roar past the second floor of tower window, Spearin stops and looks at everyone, she's soaking in the moment to add to her collection. A new memory from her days in the tower comes to mind. "One of the pilots said he would take me up on one of these little planes, I've never been up and I said ok. So I'm in the front and he's in the back. I saw Ontario," and Spearin smiles picturing the scene, relaying it to a captivated room.

"I said, 'WOW THIS IS FUN!' and he said, 'LETS HAVE SOME MORE FUN!', so he started going past the creeks and did one of these (she rolls her hands through the air) and basically does a loop in a circle trying to see how I would handle it, and I just loved it. I guess that's why I went into the air force," smiles Spearin, although she admits that once out of the plane, her stomach said hello to the ground.

Wing Air Traffic Control Officer (WATCO) Major James Falldien, who was probably the most excited person in the room to meet Spearin, had been spellbound since the beginning of this special visit. At times when wanting to properly introduce Spearin, he would fidget with his wedding ring, and tell everyone his wife wanted pictures of the day as well, the biggest smile of the afternoon came when Spearin was asked if she would want to come to work at the Tower for the Major.

"Oh yes definitely, but I guess it would depend on what kind of job he would give me, if you have a job I've never had, I'll try it," said Spearin.

As Spearin looks back on her professional career, it's more than obvious it melded with her personal life.

"Some people can stay for years and enjoy one job and I was never satisfied, well, I guess I was satisfied...was I?" A curious question put forth by Spearin.

Now a retiree, though that would be a term used loosely, Spearin enjoys playing cards, more specifically bridge. Seated around the board room she asks if anyone would like to play while her life story rolls out unabashed. Spearin has earned the title of Silver Life Master, in bridge, so if you're thinking she's settled down, and just hanging out at a kitchen table, think again.

"I go to all the different cities where the bridge tournaments are. I go to cities now that I like, I just came back from Gatlinburg Tennessee, which is the biggest regional bridge tournament in the States. Las Vegas I go there, that's the second biggest. I just came back from Hawaii playing in a tournament," explains Spearin.

In June, Spearin plans to attend an air force ladies reunion in Moncton, New Brunswick, before heading back to Vegas for another card tournament.

"Last year I was a bridge assistant on a cruise, I never wanted to be a teacher or a director because I spent my life doing that, I just wanted to play," said Spearin. "I spent 50 days in the spring on board a ship touring all over Europe, then in the fall, 77 days on another ship touring the Pacific all the way down to Australia and Tasmania. You remember? I couldn't travel in the air force, so I travelled a few times around the world afterwards now."

As an afternoon of storytelling comes to an end, Spearin says that some people like to experiment, travel, and have an adventure. However if they want a real education they should join the CAF. Then, when retirement comes creeping up to remember, it's just a fancy word that should mean very little.

Spearin said, "You know what I found when you retired? I found I don't know how I ever found time to work. Retiring is just a word because you don't stop, it's not, 'I don't feel like getting dressed and stay home', if I'm lucky, I get to do that once a week. There's always something to do."



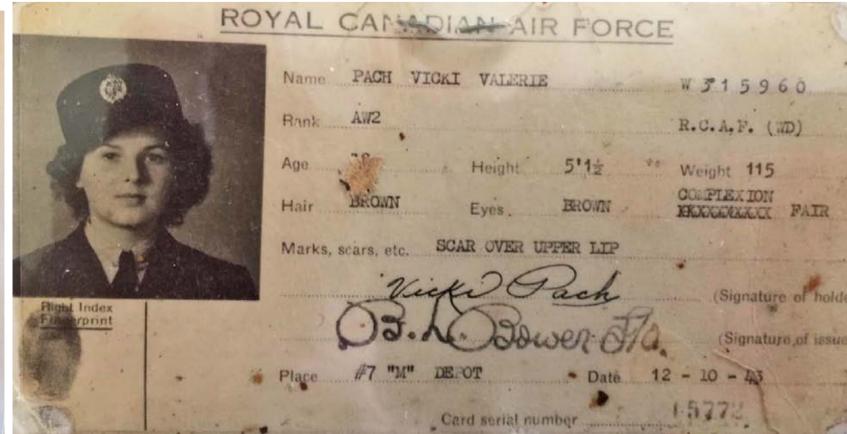
From behind the glass: MWO Tony Savard stands with a smile as Viktoria tries on the headsets similar to the ones she once wore in 1943



Viktoria old equipment. The same microphone and headset which Viktoria used during her 22 months on base, are brought out once again



Press the Button! Major Jimmy Falldien opens the memorabilia case



Original RCAF ID card from 1943



Viktoria thinks twice about handling this 'gentle' bird



Viktoria sits down and overlooks the 8 Wing runway



While a Globemaster lands behind them, Major Falldien and Viktoria smile for the camera



Viktoria shares more memories going through another photo book



Maj. Jimmy Falldien goes over some of the newer equipment with Viktoria



Viktoria presents propellers - as part of her tour, Viktoria was asked to be part of a promotions ceremony. Alongside Maj. Falldien she presented Air. Kimber Castillo with her propeller appllet



Viktoria signs the log book - Before leaving the tower, Viktoria is asked to sign the log book making her visit official at CFB Trenton



Where past meets the future, Viktoria shares her memories via photographs with 8 Wing personnel

NORTH AMERICAN OCCUPATIONAL SAFETY AND HEALTH WEEK A MESSAGE FROM THE WING COMMANDER “Make Safety a Habit”



The week of 7 - 13 May 2017, has been designated as “North American Occupational Safety and Health Week”. While we strive for workplace safety 365 days a year, NAOSH week is a special opportunity to focus our attention on the importance of preventing injury and illness in the workplace, at home and in the community. The NAOSH Week logo symbolizes joint venture, cooperation and the commitment to common goals shared by all occupational safety and health partners. We will continue to build upon the

already exceptional relationship with our local communities enabling our ability to provide support to our members and their families. Our response and support to domestic and deployed operations remains high and personnel will continue to be engaged in a demanding operational tempo. Our ability to execute various missions often at a moment’s notice necessitates a high level of physical and mental preparedness. This key factor requires personal readiness and it also include family readiness. The

achievement of this goal cannot be accomplished unless safety and health considerations are at the forefront. Leadership is something I expect of all members of 8 Wing regardless of position. I want to thank those people who, at every level of our organization, have contributed their efforts and their leadership for the benefit of all. These contributions have likely prevented an injury or eliminated a hazard and this is, after all, our shared goal. During NAOSH Week; reinforce and strengthen your commit-

ment to safety. Challenge that which needs to be challenged and at all times be flexible and resourceful. Safety is derived from professionalism, high standards lead to professionalism and professionalism shall continue to be the hallmark of 8 Wing. I encourage your continued interest and active involvement in developing and implementing a safe and healthy environment for all. I believe that striving for our safety goals will ensure 8 Wing will continue to live up to its motto “In Omnia Partus” or “Ready for all Things” and

reflects an attitude that will help us to achieve excellence in all our endeavors. This year take the time to “Make Safety a Habit” and take advantage of the training opportunities offered during NAOSH Week.

C.R. Keiver
Colonel
Wing Commander

SEMAINE NORD-AMÉRICAINNE DE LA SÉCURITÉ ET DE LA SANTÉ AU TRAVAIL UN MESSAGE DU COMMANDANT DE L’ESCADRE La sécurité, une question d’habitude

La semaine du 7 au 13 mai 2017 a été désignée Semaine nord-américaine de la sécurité et de la santé au travail (SNASST). Bien que nous cherchions à assurer la sécurité en milieu de travail 365 jours par année, la SNASST est une occasion spéciale de centrer notre attention sur l’importance de la prévention des blessures et des maladies en milieu de travail, à la maison et dans la communauté. L’emblème de la SNASST symbolise l’action concertée, la coopération et l’engagement entre tous les

partenaires dans le domaine de la santé et de la sécurité au travail à atteindre leurs objectifs communs. Nous allons continuer de miser sur nos relations déjà exceptionnelles avec nos communautés locales pour offrir du soutien à nos membres et à leur famille. Notre engagement dans les interventions et dans le soutien aux opérations nationales et déployées demeure élevé; le personnel continuera d’être occupé par une cadence opérationnelle très exigeante. Notre capacité d’accomplir différentes missions,

souvent avec peu de préavis, nécessite un niveau élevé de préparation physique et mentale. Et pour ce faire, les militaires doivent être prêts, de même que leurs familles. Impossible d’atteindre ce but sans mettre les considérations de santé et de sécurité à l’avant-plan. Le leadership est une qualité que j’attends de tous les membres de la 8e Escadre, peu importe le poste. Je tiens à remercier les gens qui, à tous les niveaux de notre organisation, ont mis à contribution leurs efforts et leur leadership pour le bien de tous.

Leur contribution a probablement permis d’éviter des blessures ou d’éliminer des risques – ce qui est après tout, notre objectif commun. Pendant la SNASST, réitérons et renforçons notre engagement à l’égard de la sécurité. N’ayez pas peur de contester le niveau de sécurité quand il le faut, et en tout temps, soyez flexible et débrouillard. Le professionnalisme donne lieu à la sécurité, et des normes élevées donnent lieu au professionnalisme. Le professionnalisme continuera d’être la marque distinctive de la 8e Escadre. Je vous encourage à maintenir votre intérêt et à continuer votre

participation active pour instaurer et maintenir un milieu sain et sécuritaire pour tous. Je crois qu’en nous efforçant d’atteindre nos objectifs de sécurité, la 8e Escadre continuera d’être à la hauteur de sa devise « In Omnia Partus » ou « Prêt à tout ». Et nous aurons une attitude qui nous aidera à atteindre l’excellence dans toutes nos entreprises. Cette année, prenez le temps de « faire de la sécurité une habitude » et profitez des occasions de formation offertes durant la SNASST. Le commandant d’escadre.

Colonel C.R. Keiver

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New Programs at the Trenton MFRC

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

Nouveaux programmes 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!

13th Annual Invisible Ribbon Gala - Gift Card Draw!

Enter for the chance to win a \$500 gift card to the Quinte mall! Tickets: \$10

*Winner will be notified May 15

Purchase your ticket before May 12th for your chance to win a \$500 shopping spree at the Quinte Mall in support of our Invisible Ribbon Gala. Tickets can be purchased at the front desk of Trenton MFRC.

Tirage d'une carte cadeau pour le 13e gala annuel du Ruban invisible!

Participez au tirage d'une carte cadeau d'une valeur de 500\$ du Quinte Mall. Billet: 10\$

*Le gagnant sera informé le 15 mai

Achetez votre billet avant le 12 mai et courrez la chance de gagner 500\$ de magasinage au Quinte Mall au profit du Gala du Ruban invisible. Les billets sont en vente à la réception du CRFM.

Oh, The Places You'll Go

Tips & tricks for travelling solo or with a group. Karen from 'Marlin Travel Belleville' & Lori from 'The Dressing Room' will share their tips & tricks for travelling & packing! Wednesday, May 24, 6:30 - 8:30 p. m. at the Trenton MFRC. A free workshop! Please register at reception - 613-965-3575.

Oh, les places à visiter

Trucs & astuces pour voyager seul ou en groupe. Karen de 'Marlin Travel Belleville' & Lori de 'The Dressing Room' partageront trucs et conseils pour voyager et les bagages! Le mercredi 24 mai de 18h30 à 20h30. Atelier gratuit ! Les places sont limitées, inscription à la réception - 613-965-3575.

Yoga - Veteran Family Program

Get Yoga Studio is offering self-care yoga classes for spouses of active or retired military personnel. Dates: May 14 and June 11 at 11 a.m. Four classes for \$20, register at MFRC reception. For more information, contact Kelly at kelly.b@trentonmfr.ca

Yoga - Programme pour les familles des vétérans

Get Yoga Studio offre des cours de yoga pour les conjoints du personnel militaire ou à la retraite! Quatre sessions pour 20 \$ inscription à la réception du CRFM. Les 14 mai, 11 juin à 11h00. Pour information, contactez Kelly : kelly.b@trentonmfr.ca

Family Focus Speaker Series

The Trenton MFRC is hosting a free speaker series covering the topics of marriage and family over the next 12 months, funded by True Patriot Love and Bell Let's Talk. Three seminars have been scheduled for spring 2017. Saturday, May 27: Fostering Kids' Confidence, presented by Shyamala Kiru Solutions for overcoming fear and anxiety. All seminars will be free for the military family community, however registration is required. Please register by visiting or calling Trenton MFRC reception:

613-965-3575. Please note that these seminars will be offered in English only. More details on the scheduled and future seminars will be released as they become available.

Série de séminaires axés sur la famille

Le CRFM de Trenton offrira une série gratuite de séminaires, durant les prochains 12 mois, couvrant les sujets tels que le mariage et la famille, et financée par True Patriot Love et Bell Cause pour la cause. Nous avons trois séminaires planifiés pour le printemps 2017. Le samedi 27 mai: Encourager la confiance chez les enfants, présentation par Shyamala Kiru. Des solutions pour surmonter la peur et l'anxiété. Les séminaires seront offerts gratuitement aux familles de la communauté militaire, cependant les inscriptions sont requises. Inscrivez-vous, s'il vous plaît, en visitant ou en téléphonant la réception du CRFM : 613-965-3575. Veuillez noter que ces séminaires sont offerts en anglais seulement.

Plus de détails sur l'horaire des futurs séminaires seront publiés à mesure qu'ils deviendront disponibles.

Picasso & Pinot

Canvas, Brushes and Spirits. Are you and your friends looking for a fun different night out? *No artistic experience required. Sip wine, beer or non-alcoholic beverages as you and your classmates get step-by-step instruction of that evening's painting that you will take home.

When: Thursday, May 25 Time: 6:30 p.m. to 8:30 p.m. Where: Astra Lounge. Cost: \$30/class, includes the canvas, brushes and paint. Register and pay at MFRC reception by May 19 (no refunds after this date).

8 WING BANDS SALUTE CANADA 150

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A 16-foot-high ceiling in the foyer makes a grand entry to this contemporary three-bedroom plan. Nine-foot ceilings throughout the rest of the home create a lofty sense of openness.

On one side of the foyer, are two smaller bedrooms, separated by a three-piece bath. On the other, is the staircase leading to the basement below. The master bedroom suite is privately situated beyond the stairs, in an exclusive wing with views to the back yard garden.

An arched entry leads to the hub of the home, a huge combined kitchen and great room surrounded by floor-to-ceiling windows. A gas fireplace is centered on the exterior wall of the great

room.

The adjoining kitchen with its massive work island makes informal entertaining a breeze. The island has a small sink, placed next to the refrigerator so guests can easily help themselves to beverages.

A gas range is the only interruption in an impressive length of countertop that is perfect for preparing food. The rectangular dining area can easily accommodate a full-sized table and chairs. A sliding glass door in this space leads to a covered outdoor deck.

A hall leading from the kitchen to the laundry room has room for a broom closet and a walk-in pantry. The laundry includes a coat closet and has ac-

cess to the double garage. Further along the hall is the door to the master suite. Here, an en-suite with dual sinks will delight the busy career couple.

Just beyond the en-suite, a large walk-in closet has plenty of room for his and hers clothing. The exterior is accented by river rock trim and a combination

of vertical and horizontal wood siding.

This house is 48 feet wide by 59 feet, 6 inches deep and has 1,885 square feet of finished living space. Plans include an unfinished basement.

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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 7 – Belleville Ostomy Support Group Monthly Meeting

The Ostomy group of Belleville and area will be holding its monthly meeting on Sunday, May 7 at 2 p.m. in Room P21 in the Quinte Business Centre, Loyalist College.

Remember you might not need us now, but others in the group can learn from your experiences. Please come and share your expert advice with other Ostomates.

May 13 – 13th Annual Invisible Ribbon Gala

The Trenton MFRC is honoured to have the Chief of Defence Staff, General Jonathan Vance attending the 13th annual Invisible Ribbon Gala, along with his wife, Mrs. Kerry Vance. The MFRC is thrilled to have Mrs. Vance as the Gala's guest speaker. She will be speaking about her experiences as a military spouse and the strengths and successes of military families. The 13th annual Invisible Ribbon Gala will be held on May 13 at the National Air Force Museum of Canada with a them of 90s to Now. The MFRC will be celebrating 25 years of service and sponsorship opportunities are still available. Buy your tickets early as this event sold out three weeks prior to the event last year. For more information about the Invisible Ribbon Gala, visit InvisibleRibbon.ca

May 25 – Cut for the Cure

Cpl. Mohammed Salhi of 436 (Transport) Squadron is taking over the Cut for the Cure event this year,

which will be held on May 25 at 1 p.m. at the Warrant Officers' and Sergeants' Mess. Those wishing to volunteer to have their hair cut for this worthwhile event can contact Cpl. Salhi for more information or pledge sheets at Loc. 3988 or on his cell at 613-848-9091.

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.

8E Escadre / BFC Trenton
30E édition de la course annuelle
SURF N TURF
course de relais

Date:
le 09 de juin 2017
à compter de 8h30

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Équipes:(Huit personnes)
- Ouverte
- Femmes
- Mixte (minimum de deux hommes ou femmes)
- Maîtres (chaque membre de l'équipe ne doit pas avoir moins de 35 ans)
- Équipe d'école secondaire

Solo (homme ou femme)
Duo (deux hommes ou femmes, ou bien mixte)

Course à pied - 7.6 km
Canot/Kayak - 4.7 km
Vélo sur route - 25 km
Course cross-country - 5 km
Vélo de montagne - 9 km
Course à pied - 7.4 km
Natation - 500 m
Course à pied - 3.5 km

Les frais d'inscription	avant le 6 de mai	
	avant le 6 de mai	après le 6 de mai
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



Pour plus d'information @ www.surfandturf2017.info
Vous devez vous inscrire avant le 28 mai 2017.

Les frais d'inscription comprennent:
La participation à la course, un T shirt souvenir, BBQ après la course, et rafraîchissements pendant la course.

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).

Yoga

Come join a relaxing environment with an experienced, certified yoga teacher. Practice breath control, simple meditation and specific bodily postures for health and relaxation.

Where: South Side Gym Studio. When: Tuesday, March 28 to May 16 from 4:15 p.m. to 5:15 p.m. Costs: Military Community \$45; general public \$52, drop-in military community \$7, drop-in general public \$8.

Adult and infant yoga

Join our nurturing environment with an experienced certified yoga teacher. Come practice yoga with your baby in a supportive environment. This is a great way to get out of the house with your little one and enjoy exercise and connect with your baby. Where: RecPlex Observation Room. When: Tuesday, March 28 to May 16 from 9:15 a.m. to 10:15 a.m. Costs: Military community \$45, general

public \$52,(six months to four years old) *No drop-in.

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).

Spin

Spin class is a group exercise class performed on stationary bikes. The instructor simulates hill-climbing, sprints, and races. Get prepared for the workout of your life! Water and towels are a must. Where: South Side gymnasium. When - Option 1: Tuesdays, March 28 to May 16 from 5 p.m. to 6 p.m. Option 2: Thursdays, March 30 to May 18 from 5 p.m. to 6 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).

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).

- 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

- 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)

REGISTRATION FEES	BEFORE MAY 6	AFTER MAY 6
DND/Armed Forces Team (open, all female, mixed, master)	\$180.00	\$200.00
Civilian Team (open, all female, mixed, master)	\$300.00	\$320.00
DND/Armed Forces Tin Person	\$20.00	\$30.00
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DND/Armed Forces Tin Mate	\$40.00	\$60.00
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 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 en français à 10h10
 Messe CR du dimanche bilingue le 4ième dimanche du mois à 9h00

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 Messes CR quotidiennes à 12h00

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 Maj (Fr./Père) Roy Laudenorio



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 Capt (Fr./Père) Eric Davis
 Capt (Fr./Père) John Funelas
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20 Pack of 18 Hole Greens Fees	\$540.00	\$27.00 per game
50 Pack of 18 Hole Greens Fees	\$1262.50	\$25.25 per game
Yearly Cart Fee 3 days/wk	\$775.00	4+days/wk \$975.00

Multi Game Packages Available for Greens Fees		
12 Pack of 9 Hole Greens Fees	\$243.60	\$20.30 per game
20 Pack of 9 Hole Greens Fees	\$360.00	\$18.00 per game
50 Pack of 9 Hole Greens Fees	\$795.00	\$15.90 per game
12 Pack of 18 Hole Green Fees	\$387.60	\$35.00 per game
20 Pack of 18 Hole Greens Fees	\$540.00	\$27.00 per game
50 Pack of 18 Hole Greens Fees	\$1262.50	\$25.25 per game

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PEC Memorial Hospital Foundation receives \$3,000 from the Royal Canadian Legion Branch 78



Photo: Briar Boyce
 In front of PECMH is Diane Kennedy, first vice president of the Legion, Penny Rolinski, executive director of the PECMH Foundation, Monica Alyea, chair of the Foundation and Tom McCaw, second vice president of the Legion.

Story Submitted

The Prince Edward County Memorial Hospital (PECMH) Foundation recently received \$3,000 from the Royal Canadian Legion Branch 78. The funds were collected through the 2016 Poppy Fund campaign, which raised approximately \$18,000 from 50 poppy boxes in our community. The donation will be directed toward the Foundation's current \$250,000 Picture of Health campaign for medical equipment for a Heartstart defibrillator for the inpatient unit at PECMH at a cost of \$14,265. This donation will help offset that purchase. A defibrillator delivers a dose of electric current to restart a heart. Defibrillation is often an important step in cardiopulmonary resuscitation (CPR). This life saving equipment for the County hospital can only be purchased through community

donations as the government does not purchase medical equipment. With this contribution, the Royal Canadian Legion Branch 78's cumulative giving total to the hospital since 1999 is \$14,450, with the majority of this amount being raised through the poppy fund. "We are especially grateful to the Poppy Fund Committee for helping us replace a defibrillator for our hospital's inpatient unit," said Monica Alyea, chair of the Foundation. "It's vital for our community to continue to ensure our County hospital is equipped with the latest technology to keep it relevant. The government does not pay for medical equipment. It has always been the responsibility of the community to fund medical equipment needs. We hope the community will see this as another sign that we are all committed to building a vibrant future for Prince Edward County Memorial Hospital and give generously."

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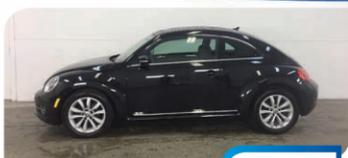
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17 HYUNDAI ACCENT
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16 CHRYSLER 300 S
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PREVIOUS DAILY RENTAL



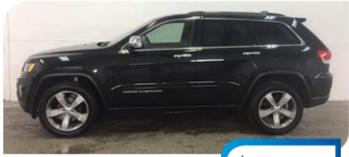
14 CADILLAC ATS LUXURY
30107 Auto, 2.0 4cyl turbo, AWD, fact remote start, alloys, leather, pwr seats, memory seats, heat seats, AC, dual climate, nav, rev cam, park aid, OnStar, pwr group, cruise. 18,005 km
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16 DODGE JOURNEY SXT
29723EA Auto, 3.6 V6, 7pass, flex fuel, alloys, push btn start, AC, rear air ctrl, CD, MP3, U-connect, compass, ext temp gauge, pwr group, heat mirrors, cruise. 44,871 km
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16 JEEP PATRIOT HIGH ALTITUDE
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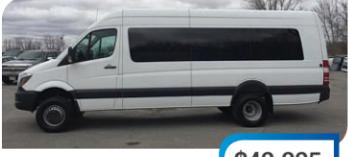
16 DODGE GRAND CARAVAN CREW
30158 Auto, 3.6 6cyl, flex fuel, alloys, Sto'n'Go, pwr seats, heat seats/mirrors, 3 zone climate, MP3, sat radio, rev cam, park aid, U-connect. 32,913 km
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