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INSIDE

8 Wing Trenton plants trees with Scouts Canada



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Globemaster III official artwork unveiled



Story on page 2

SAR makes a daring rescue in Algonquin Park



Story on page 15

Canada 150

RCAF'S 93RD ANNIVERSARY

CANADA'S 150TH ANNIVERSARY

EVEN WITH HER COMBINED
 POWERS, WHILE SLEEPER
 WAS SLEEPING, HER MACE
 WAS RESCUED FROM
 THE PYRE BY
 BENEVOLENT FORCES.
 SUCH VIGILANCE HAS
 A COST & THE
 PRICE WILL BE MADE
 KNOWN IN DUE COURSE.

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 TO 8 AMS
 REGARDING
 THEIR
 MACE!**

A pic has been sent to the Contact providing proof that the 8 AMS mace has indeed been stolen and is now held hostage by unknowns



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It's NEVER just a routine inspection

By: MCpl Aaron Myers

Conducting routine inspections are an important undertaking for all military and civilian members of the Canadian Armed Forces (CAF) and the Department of National Defence (DND).

If overlooked, it could be the difference between life and death for emergency services.

(Corporal) Cpl. Dinis Neves, of 85 Aircraft Rescue Firefighting Flight (ARFF), is seen here conducting a "daily driver inspection", on the triple combination pumper truck at the 8 Wing fire department.

Each shift members ensures that all equipment is serviceable and prepared for any given emergency scenario, no matter the time of day.

Photo by: MCpl Aaron Myers



429 Squadron unveils the artwork on a Globemaster III



Photo By Martin Durkin

(left to right) Cpl. Abusow, Cpl. Leblanc and MCpl. O'Hara, stand inside a scissor lift as they unveil the tail art, which has taken up almost all of their 2017 Spring.

By Martin Durkin

429 Transport (T) Squadron's grand unveiling of the commemorative tail art, in celebration of the squadron's 75th anniversary as well as the 10th anniversary of the CC-177 Globemaster III in Canada, was recently unveiled.

Thanks to the hard work of three Canadian Armed Forces (CAF) members, what started out as an idea on paper is now the talk of 8 Wing Trenton.

After 700 hours, working 14 hour days, seven days a week with only four days off to rest, Master Corporal (MCpl) O'Hara, and Cor-

poral (Cpl) Jacob Abusow of 429 squadron, alongside Cpl. Leblanc from 8 AMS;

can now stand back and look up at their hard work.

"It felt like two months crammed into one," said MCpl. O'Hara. "It became a love hate relationship almost, you hated having to work so many hours, but

you have something you can truly be proud of in the end."

155 hours alone went into sanding, 20 gallons of paint was sprayed over 1100 square feet of surface. But the hard work has been worth it, now that the result is sitting on the tarmac, ready to take flight.



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An awe-inspiring career



Photo by Ross Lees
WCWO Darcy Elder stands beside his collection of coins presented to him over the years

Story from files

While everyone on base at Canadian Forces Base (CFB) Trenton is aware that Wing Chief Warrant Officer (WCWO) Darcy Elder is retiring and has a new civilian career in the works, how many on base know about his accomplishments after 29 years in the service? If you're looking for a little bit of inspiration for your own career, wondering about the different paths you may take while you proudly serve your country, take a small glance at WCWO Elder's - gob smacking and awe inspiring resumé. In 1988, Elder joined the Canadian Armed Forces (CAF). After basic training, the newly minted private (Pte.) entered the Pre-Operational Evaluation of Training POET course at CFB Kingston before realizing he was better suited to be part of the Military Police branch. In 1989 he was posted to CFB Chatham, New Brunswick, and was employed on patrols and investigations. In 1992 he was promoted to Corporal (Cpl.), and posted to the Special Investigation Unit (SIU) in Halifax, Nova Scotia. There Elder worked in the Counter Intelligence Field and completed a Secondment with the Royal Canadian Mount Police (RCMP). In 1996, Cpl. Elder was promoted to Master Corporal (MCpl.) and posted to the SIU Special Operations sec-

tion in Ottawa, Ontario. During this time he was employed as a Mobile Surveillance and Technical Surveillance Specialist as well as being a regular instructor with the Criminal Intelligence Service of Ontario. In 1997 MCpl. Elder was involved with the Canadian Forces National Investigation Service (CFNIS,) and in 1998 was deployed to the former Yugoslavia as an inaugural member of the CFNIS. Following his deployment, he was employed as a drug investigator as well as the development of the CFNIS forensic identification program. In 2000, MCpl. Elder was promoted to Sergeant (Sgt.) and posted to the CFNIS Borden detachment and appointed as the detachment commander. In 2003 he was deployed to southwest Asia as the officer in charge of CFNIS detachment. This would be the start of his 36 months of deployments in Afghanistan. While he did come back to Borden in June of 2003, he would soon be back the following year in Afghanistan as the military security guard unit detachment Commander. Promoted to Master Warrant Officer (MWO) in 2006, he would again be deployed in 2007 as the senior close protection team leader with Joint Task Force (JTF) - Afghanistan, and serve

with the United States forces Combined Security Transition Command (CSTC). By now a Chief Warrant Officer (CWO), Elder would attend French language training and in 2014 was appointed as the 8 Wing Trenton CWO. WCWO Elder has been deployed to 54 countries throughout his 29 year career. He has received a public service award of excellence, a meritorious service medal for his actions in Afghanistan, and has been invested into the order of military merit. CWO Elder has also received the United States meritorious service medal for his actions with CSTC-A. Although retiring in June, if you get the chance to pass WCWO Elder somewhere on base, take a moment to not only acknowledge his service, but perhaps look at yourself and realize how much the CAF has to offer you.

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The National Air Force Museum of Canada Educational Programs is a hit

By Martin Durkin

Gina Heinbockel-Bolik, the education programmer and volunteer coordinator, for the National Air Force Museum is making education programs fun, exciting and more popular than ever.

With five years under her belt at the museum, Bolik originally came to the museum after teaching at Foreign Affairs in Ottawa, working with ambassadors. When her husband, a Canadian Armed Forces (CAF) member was posted to Trenton, she decided to answer a job posting at the museum when work in her field was hard to come by in the surrounding area.

Bolik grew up in Germany and has an undergraduate degree from the University of Germany. When she came to Canada, she continued her education with a Masters in German linguistics from Carleton University and a Masters in medieval studies from the University of Toronto. When it came time to earn her PhD, she decided to hold off since by now, she was also a full time mother of two.

"For the most part, I love this job," says Bolik. "I think in the beginning, the challenge was getting to know the volunteers. But I can't run the programs just by myself. I am dependant on volunteer support and of course, when you are new, you have to build trust and you have to know what the volunteers can do as well."

Her educational programs can be adapted for every grade, and some were already created when she arrived, though most she has had to re-vamp or create from scratch.

"All of our programs have to fit in with the mandate of the museum itself," explains Bolik who says the program she is most proud of is, The Great Escape exhibit, which she created from the ground up.

Offering programs for kindergarteners in French, including a French Hercules tour, Bolik says most of the students come in from the local school board, but she is hoping that the Limestone School Board will also want to start sending children. Some of the furthest schools that come in are from west of London Ontario, Brampton and Markham.

"It's very interesting to see that schools want to travel here from that far," explained Bolik.

During the summer months, Bolik is always busy preparing programs for outside summer camps who want to bring their groups in for a day to visit. Usually about eight camps come through during the two months, and naturally never one group a week but rather, in clumps, which means, depending on the camp, Bolik has to have eight separate sessions ready to go, with eight sets of volunteers on hand.

"We also have the summer air cadets in Trenton and about 80 kids from the YMCA," says Bolik.

With camps coming as far away as Bobcaygeon, she has learned to work with maximum flexibility, hoping that each group goes home with a greater interest in museums.

"I hope they get an appreciation for museums in general, understanding the mandate, but I hope they walk away saying, 'this is a fun place to come to,'" says Bolik. "I hope they learn a little bit

about the Canadian Air Force, learning about the science that makes planes fly and have fun."

Bolik also works with camps in the local region as much as possible, though she admits because of changeovers year to year, sometimes it

may take a while for camps from the previous year to return.

"I work with certain organizations, so for example, I had the city of Belleville come for a few years and then all of a sudden they don't come anymore and you have to ask yourself, why is this," says Bolik. "Often camps are run by summer staff and when the staff changes over, I don't necessarily know who they hired for the year or who is in charge, so you don't always get an answer back," Bolik explained hoping communication would soon change.

Yet Quinte West keeps in contact year after year and Bolik works with the city and their own, Backyard Bonanza summer programs. She is also in steady contact with the County and its camps.

While her days are kept busy, Bolik says her position may be an office of one, but there is no way she could do all this work on her own.

"I think it's the support of the volunteers, the staff here is amazing, we are colleagues but we are also friends. If a day comes when someone needs something, everyone will drop stuff and come help you," says a smiling Bolik. Executive Director of the museum Chris Colton, believes Bolik



Photo submitted

Family Day 2017, the NAFMC opens her doors to members of the CAF and their families

holds one of the most crucial positions.

"The educational program is probably the most important side line program we do. It authenticates the fact that we are an outstanding museum that is not just showing off to the public what the Air Force has done," explained Colton. "The education program solidifies the job we have to do which is teaching the public what the Air Force has done, is doing, and might do in the future."

Colton also spoke highly of Bolik.

"Having a vital and viable education program is extremely important for any museum, especially ours. Gina inherited a program that was in its infancy and hadn't been developed to the point where you could just have a school call up and say, 'we are going to arrive in a couple of days with 50 kids, please set up a program,' and BOOM done," said Colton. "Over the time Gina has been here, she has been able to develop special and unique programs for the age group that arrives. That hasn't happened over night, it's taken a long time to develop."

Colton believes that the program is now at a point where either more volunteers will have to be

recruited or the Education office will have to be expanded to keep up. Last year 3000 students came through the door, for Family Day, the numbers also increased from 400 the previous year, to 1200 in 2017.

"It's not so much the number of students, it's more the number of programs and the size of the programs," explained Bolik as she listened to Colton.

Currently, Bolik and the museum are searching high and low for new volunteers to help with the educational programs. While she receives a high volume of emails, the number she can recruit is low due to availability during daytime hours, weekends, and summer vacations. Bolik is hopeful that perhaps retirees, especially retired teachers, will answer the call, and help her move these programs forward.

For now, Bolik is pleased with overall outcome and hopes the future will continue to see an increase in kids wanting to learn about the Royal Canadian Air Force history through the hard work by everyone at the museum.

"I say WE because I couldn't do it by myself. It's the PR, volunteers, graphic design people, it's definitely a team effort at our museum," concluded Bolik.

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.

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- Articles should be typed in upper and lower case (not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.
- Do not include clip art, graphics or photos within typed pages. Additional graphics, logos and photos must be sent as separate files.

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- 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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Operation BOXTOP at CFS Alert

By Projects Officer,
Lieutenant James Heard

Operation (Op) BOXTOP is a two part annual operation, performed in the spring and autumn, which provides CFS Alert with all materiel and supplies required to sustain the Station in the high Arctic. In the spring "wet BOXTOP", provided a CC-177 Globemaster III and a CC-130 Hercules aircraft to deliver ultra low sulphur diesel fuel for all the station vehicles and DF8 fuel for the power plant facility. In the autumn "dry BOXTOP", usually entails a transport ship, sailing from the Canadian Forces Service Depot (CFSD) in Montreal Quebec, to deliver supplies for all of the workshops at the station, such as the Buildings and Infrastructure section and the Vehicle Maintenance section. After arriving at the station and completing mandatory clearance and briefings, the augmentees worked with the station staff to complete numerous preparatory tasks for the two week of "wet BOXTOP"; personnel attended further inbriefings and training, coordinated shift schedules, and verified equipment and flight information. The station staff ensured that sufficient accommodations were available for the visiting crews and that meal hours were adjusted to allow the rotating shifts of personnel to receive hot meals. During the operation, the station airfield remained a hub of activity as numerous flights arrived, were defuelled, and departed. A although maintaining the rigorous replenishment



A handsome polar bear visited CFS Alert during Op BOXTOP, in the spring of 2017. Photo taken by Cpl. Alain-Patrik Poirier, SHAT Technician at CFS Alert



A CC-177 Globemaster III aircraft, carrying a payload of fuel, is marshalled into position on the CFS Alert airfield as part of Operation BOXTOP, in the spring of 2017. Photo taken by Cpl. Alain-Patrik Poirier, SHAT Technician at CFS Alert

schedule for those two weeks was challenging, the seamless integration of the station staff and augmentees allowed Op BOXTOP to proceed smoothly, while normal station operations were maintained. For example, the number of firefighters at the station doubled during Op BOXTOP and the new personnel rapidly integrated into crews, with rotating shifts, in order to ensure that each crew had personnel familiar with the Alert airfield and that crews alternated between working nights and days. Although numerous flights slated to carry fuel to the station for the 2017 "wet BOXTOP" were cancelled because of poor weather etc., after the two week operation, the station's stores of ultra low sulphur diesel were completely replenished and sufficient DF8 fuel was provided to sustain the station for the next eight months. Mission accomplished. And, other flights will be able to provide fuel to

the Station over the summer months, in order to compensate for some of the flight cancellations. The Op provided another opportunity to showcase the excellent cooperation between the armed forces of Canada and the United States; many of the aircraft travelling to CFS Alert for Op BOXTOP and general station sustainment pass through United States Thule Air Base, in Greenland, where personnel at both locations liaised effectively throughout the operation. The Thule Air Base Commander Colonel Christopher A. Eagan visited the station on Tuesday, 2 May and was thanked for his continued support to CFS Alert and the CAF. The station staff and Op BOXTOP personnel worked together safely, amicably and effectively throughout the Op, which proved to be altogether a successful "wet BOXTOP".



Colonel Christopher A. Eagan, Commander of the United States Thule Air Base is being greeted by the CFS Alert Commanding Officer Major Erik Rozema-Seaton and the Station Warrant Officer, Master Warrant Officer Barry Crocker at the Alert airfield during Op BOXTOP, 2 May, 2017. Photo taken by Pte. Sean Keating, SWO's Assistant at CFS Alert

Military Police safety advisory

By: Cpl J. Miceli,
21 Military Police Flight

It is that time of year when the weather is warming up and pedestrians and drivers begin to share roadways again. Here are a few things to remember when you are driving and/or walking.

Drivers, be aware of pedestrians and ensure to always stop and yield to pedestrians in marked crosswalks. Always look for pedestrians and drive slowly and cautiously through all areas of the base; this is especially important at all crosswalk intersections and other busy areas such as the Residential Housing Unit (RHU) areas and school zones. As a driver, there are several things to be reminded of:

- Always look for pedestrians, especially when turning;
- Watch for children. Drive slowly and cautiously through school zones, residential areas, or any other area where children could be walking or playing;
- Watch out for Community Safety Zone signs that indicate areas where public safety is a special concern, including the possibility of encountering pedestrians;
- Be patient, especially with seniors or pedestrians with disabilities who need more time to cross the road;
- Always be ready in case pedestrians make sudden or unexpected moves;
- Drivers including cyclists - must stop and yield the whole roadway at pedestrian cross-overs, school crossings and other locations where there is a crossing guard;

- Come to a complete stop at all posted areas;
 - Drive within the posted speed limit;
 - Do not use cell phones/hand-held devices or do anything to distract you while driving and;
 - Do not pass a stopped vehicle at a crosswalk.
- Drivers will be fined \$150 to \$500 and 3 demerit points for offences at pedestrian crossings, school crossings and at crosswalks where there are traffic signals. Fines are **doubled in Community Safety Zones**, near schools and public areas. Again, these areas are clearly marked with signs for public safety. As for pedestrians, they are also reminded of their responsibility to cross roadways safely. As such, when crossing roadways, be mindful of:
- Cross only at marked crosswalks or traffic lights. Don't cross in the middle of the block or between parked cars;

- Make sure drivers see you before you cross. If the driver is stopped, make eye contact before you step into the road;
- At a traffic light:
 - Cross when traffic has come to a complete stop;
 - Begin to cross at the start of the green light or "Walk" signal, where indicated;
 - Do not start to cross if you see a flashing "Do Not Walk" symbol or the light turns yellow. However, if you started to cross then complete your crossing;
 - Never cross on a red light and;
- Watch for traffic turning at intersections or turning into and

leaving driveways. It is up to both the drivers and the pedestrians to keep everyone safe on our roads. Enjoy your summer and be safe

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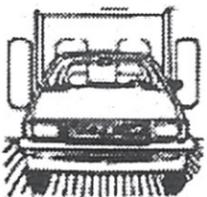
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Director of Flight Safety Col. Steve Charpentier annual visit to 8 Wing

By: Martin Durkin

Director of Flight Safety, Colonel (Col.) Charpentier brought his annual flight safety seminar to 8 Wing Trenton, in the hopes to once again raise awareness on base about the importance of working in an environment that promotes safety first.

"We've been doing this for the last 70 years. The director of flight safety from Ottawa goes across Canada in order to do two things," said Col. Charpentier, "First a briefing, covering the educational part of flight safety and the second part, is a review of the accidents or reviews of the close calls we had last year."

In a packed room at the Astra Lounge, Col. Charpentier took a full afternoon to discuss the principles of safety, and go over accidents which occurred the previous year on bases in Canada, in the hopes that they never occur again.

"I want them to remember things like, keep a safe distance from the intake of a CF-18, and why, because last year we had three close calls where people got pretty close to an engine and almost got sucked in", explained Col. Charpentier.

For the past seven decades the Royal Canadian Armed Forces (RCAF) has made the flight safety seminar, an annual event at each base, and it seems to be working.

"In the early 1980's, we were having a lot of crashes, like 10-15 aircraft crashes per year, now a days, often we have zero for a year, sometimes we have one, unfortunately we had one last November, but the stats are much lower, so this is working", said Col. Charpentier.

With each visit Col. Charpentier makes

it his hope that people are aware and learning from each incident.

"It's all about management control of personal pressure, making sure that demand meets expectation," concluded Col. Charpentier.

Wing Commander Col. Keiver spoke before the seminar, and stated that what people were going to hear is nothing they haven't heard before, but that it was still vital to listen and remember.

"To me safety is really, really, simple. Safety is the result of professionalism, and professionalism is the result of our standards," said Col. Keiver. "Every single one of you is a professional, and I know that, because I go out and talk to you every day and I fly with you and I walk the ramp with you, and we go over all the things we need to do."

In knowing everyone in the room is a professional, Col. Keiver wanted the packed



Photo by Martin Durkin

Wing Commander Col. Keiver addresses a captivated audience inside the Astra Lounge as the yearly Flight Safety Seminar takes place

crowd to listen to the briefing and realize mistakes can still be made, but in seeing some of the snags, they would recognize and relate, and continue to keep themselves safe at 8 Wing Trenton.

Col. Keiver brought up the old but true saying, the road to hell.... and reiterated that every person in the room needed to pay attention and stay alert.

"I as your Wing Commander stand here in front of you and my single biggest concern at this point remains that which I have told you all along, it is leadership and supervision," said Col. Keiver.

At the end of the day, Col. Keiver concluded that in order to stay safe in a unique environment such as the air force, everyone on base must stay vigilant in their duties.

Said Keiver, "we are losing experience in great numbers, we've got lots of young and motivated and intelligent people who want to do the right thing, and at the end of the day it's about ensuring those people working the lines are properly trained, and are accepting the right levels of risk, and not assuming more risk than they should to get the job done."

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C&C

Setting it Straight for MCpl. O'Hara

*In issue 20, May 19 2017 edition of The Contact, I made a serious error on the front page regarding the story, 429 TRANSPORT SQUADRON PREPARES TO UNVEIL THE ARTWORK OF A GLOBEMASTER III.

In the article I refer to MCpl. O'Hara, as MCpl. Chara. Later in the story, I even demoted him to Cpl. My sin-

cere apologies to MCpl. O'Hara of 429 Transport Squadron.

In this week's edition, The Contact unveils the artwork of the Globemaster III on page two, there I assure, the name is correct.

Once again my apologies,

Martin Durkin
Editor/Reporter
The Contact



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Catch the Ace with Legion Branch 110 in Trenton!

Photo By Martin Durkin
Lee Collins stands with Albert Plume and Tom Carr at the Trenton Legion, ready to cash in his fortune from the Catch the Ace lottery



By Martin Durkin

The Ace was officially caught at legion branch 110 in Trenton and lucky winner Lee Collins walked

away with \$5,455.80. "The funds raised by our Catch the Ace lottery are used for funding Remembrance Day events at home to 8 Wing, as well as Christ-

mas Meal Day for those away from families, the Poppy Fund and building maintenance costs to keep our doors open to our vets and in house programs,"

said Debbie Holmes office manager at branch 110. Their house programs include offering a branch service officer on site to help assist vets, a provincial servicer officer that comes once a month to assist vets getting services they need and space for PTSD dog training. The monies

raised will also fund senior lunches for singles, widows, and widowers, as well as driving vets and their spouses to doctor appointments. For Collins, the money he says is going to the usual things, most winners talk about. "I'm going to pay some

bills and put the rest towards a vehicle," said Collins. This progressive Alcohol and Gaming Commission of Ontario (AGCO) lottery will once again be up in running in roughly two weeks, those interested can head to the Trenton legion and test their luck.

8 Wing Commander's Commendation to Captain



Colonel Henrik Smith (left), 22 Wing Commander, and Chief Warrant Officer John Short (right), Wing Chief, presented Captain Dionysios "Gabe" Gosselin with the 8 Wing Commander's Commendation
Photo by Corporal Rob Ouellette, Image Tech, 22 Wing/CFB North Bay

Story Submitted

During the Honours and Awards ceremony held at 22 Wing/Canadian Forces Base North Bay, Colonel (Col.) Henrik Smith 22 Wing Commander, and Chief Warrant Officer (CWO) John Short, presented Captain (Capt.) Dionysios "Gabe" Gosselin with the 8 Wing Commander's Commendation. The Commendation reads: Captain Gosselin was responsible for meeting over sixty different requirements for forty-two sponsors at six different levels for the QIAS 2016. Captain Gosselin's leadership, communication skills

and ability to adopt to short notice changes were noted by many sponsors throughout the campaign and brought to 8 Wing and the Royal Canadian Air Force.

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Quinte Conservation joins forces with 8 Wing and local members of Scouts Canada



By Martin Durkin

It was an evening of jovial fun as Quinte Conservation and CFB Trenton joined with local members of Scouts Canada in planting trees on Wilson Road in Foxboro.

To assist in offsetting the carbon footprint created by the Quinte International Air Show (QIAS), 8 Wing Trenton purchased 2,000 trees to be planted in the Quinte Conservation watersheds. The funds covered the cost for this year's Seedlings

for Shorelines program and will pay for two other separate planting events.

Despite blackflies, and a half flooded field, the Scouts along with Colonel (Col.) Keiver, Lieutenant Colonel (Lt.-Col) Blue, and Chief Warrant Officer (WCWO) Darcy Elder; trudged in rubber boots between the tractor tracks and began digging holes.

Before the tree planting took place, Col. Keiver and WCWO Elder joked around about the nick names given to

Photos by Martin Durkin

Col. Keiver, WCWO Elder and Lt.-Col. Cathy Blue pose with cub scout and birthday boy, Owen Clarence

them by the Scouts.

"I was a Beaver leader," said Col. Keiver, "I was called, Grey Wolf."

"Why am I named, Stink Bug?" asked WCWO Elder. Call me Shrek instead."

As the early evening wore on, 2,000 trees found new homes, the laughter continued as kids and 8 Wing personnel swarmed together dropping trees into holes.

Continued on page 9



Col. Keiver starts digging a hole for the Scouts of Canada

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96 Division Street Trenton, ON K8V 4W8
Event Hours: 8:00 am to 4:00 pm

Continued from page 8



WCWO Elder plants a shovel alongside a young man from Scouts Canada, as together they start digging out homes for trees



WCWO Elder gets down and dirty with the Scouts



“Hey how many people does it take to plant one tree?” Asks a Scout leader in the crowd. “Three officers and one pilot!” Joked Lt.-Col. Blue. However a young scout joined in and responded, “Three officers, a pilot, and a Scout!” During the tail end of the planting, WCWO Elder and Cub Scout, Owen Clarence worked together planting one of the final trees. During the planting, Clarence told WCWO Elder that it was birth-

day and he was turning nine. WCWO Elder pulled a Canadian flag patch off his shoulder and plied to Clarence’s arm. “Here’s a present for you, get your Mom to sew that on and make it permanent,” said WCWO Elder who then asked Clarence who was beside himself with admiration looked at his mom saying, “This is a day I will remember my whole life.”

Col. Keiver and WCWO Elder work with a young man from Scouts Canada, ensuring these baby trees are planted properly

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BeneFIT...

CANEX and DFIT – Collaborating to provide a healthier food environment for the Canadian Armed Forces community! In 2016, representatives from DFIT Health Promotion and CANEX began working together to develop a program which identifies and promotes healthier food options (includes beverages and snacks) customized to the nutritional and lifestyle needs of the Canadian Armed Forces (CAF) community.

Building on the successes of a similar program at Canadian Forces Leadership and Recruit School in Saint-Jean, Registered Dietitians and other PSP Health Promotion specialists performed extensive research on existing programs, to come up with the best possible program for the CAF community. The result of this work was the development of a point system and calculator that takes into consideration fats, cholesterol, sodium,

sugars, fibre and proteins for each of the 27 different food categories. Based on the nutrient content, food items either loose or gain points and the final total numbers of points is what determines whether these foods meet the threshold for its category and are considered to be a Healthier Choice. Now the CAF community can simply seek out the BeneFIT logo which will appear alongside food items in-store and online

BeneFit

Healthier Choice

at CANEX/CANEX.ca and enable informed choices style. for CANEX customers – there's certainly nothing wrong with an occasional "treat" in the context of a healthy and balanced life-

Michael Spivock, PhD
Senior Manager Health Promotion Delivery, Directorate of Fitness, CFMWS

Alimentation...

CANEX et la DCP unissent leurs efforts pour offrir un environnement alimentaire plus sain à la communauté des Forces armées canadiennes! En 2016, des représentants de la promotion de la santé de la Direction du conditionnement physique (DCP) et de CANEX ont entamé une collaboration pour créer un programme mettant en vedette les choix alimentaires plus sains (y compris les boissons et les collations) en fonction des besoins nutritifs et du mode de vie de la communauté des Forces armées canadiennes (FAC). Ce travail a permis d'établir un système de points et un calculateur qui tient compte de la teneur en matières

grassées, en cholestérol, en sodium, en sucre, en fibres et en protéines pour chacune des 27 différentes catégories alimentaires. Les aliments perdent ou gagnent des points selon leur teneur nutritive, et le nombre total de points détermine si ces aliments correspondent au seuil pour leur catégorie et sont considérés comme un choix plus sain. Désormais, il suffit à la communauté des FAC de chercher le logo Alimentation qui accompagnera les aliments vendus dans les magasins CANEX et en ligne à CANEX.ca pour

grasses, en cholestérol, en sodium, en sucre, en fibres et en protéines pour chacune des 27 différentes catégories alimentaires. Les aliments perdent ou gagnent des points selon leur teneur nutritive, et le nombre total de points détermine si ces aliments correspondent au seuil pour leur catégorie et sont considérés comme un choix plus sain. Désormais, il suffit à la communauté des FAC de chercher le logo Alimentation qui accompagnera les aliments vendus dans les magasins CANEX et en ligne à CANEX.ca pour

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savoir qu'elle fait un choix alimentaire plus sain. Le but n'est pas d'éliminer complètement la malbouffe, mais simplement d'offrir des options et de renseigner les clients de CANEX pour qu'ils fassent des choix éclairés. Dans le contexte d'un mode de vie

sain et équilibré, il n'y a certainement rien de mal à se gâter à l'occasion.

Michael Spivock, Ph. D., gestionnaire supérieur de la prestation des programmes de promotion de la santé, Direction du conditionnement physique, SBMFC

Alimentation

Choix sensé

Safety

Check Before You Dig

Every year many people die from electrical shocks. Some of these deaths are caused by contact with underground power cables. Workers who are involved with trenching, backhoeing, fence post digging, wa-

ter well drilling, pile driving, pole erecting or excavating are most at risk. To protect yourself follow proper procedures and review the following safety suggestions:

workers before you start digging and mark on your blueprints, plans or maps the exact location of the cables. Then place warning signs along the route. Usually they will already be posted by the power authority but do a double check. Protect yourself by working with another person who can be a spotter and signaler, and can call for assistance in an emergency. Always keep your work area to ask for the location and voltage of underground cables and tell them where they are working in that area. Advise co-

on fire and your life is in immediate danger. Move the equipment away from the power source if it is at all possible. Warn others away from the accident, don't let anyone attempt to attach a winch line or approach the machinery in any way.

First aid for high-voltage electrical injuries: Call 9-1-1, if it is available in your area, or other emergency response numbers for medical assistance.

Don't attempt to assist the person until the power is guaranteed to be off. Never touch a victim while he is still in contact with a live power cable or line.

Treat the injuries by priority -- get him breathing, stop the bleeding, keep warm and treat



for shock, then attempt to stabilize any fractures. Stay with the victim. Don't leave him untreated as he may stop breathing again.

Remember, with electrical accidents your first accident could be your last. Check before you

dig, and work safely around electricity. Remember to avoid underground cables and overhead lines when doing construction and landscaping at home, too.

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If an underground cable is struck: Have someone call the power company immediately to shut off the electricity. Stay on the equipment – don't attempt to jump off unless the machine is

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Dirty Job Heroes

By Martin Durkin

While May is usually famous for the Victoria Day long weekend, May 5, 6, 7 was truly three of the longest and wettest days on calendar. If you were near water, you watched to see how close the shoreline was coming towards your home, if you owned a sub-pump, you were likely crossing your fingers that it would do its job.

For those living in the Residential Housing Units (RHU), also known as PMQ's on base, the threat of basement flooding was becoming a reality on Friday afternoon, and at 4 p.m. a door-to-door dispatch from Real Property Operations (RP OPS) Det Trenton was sent out, requesting people to stop using water in their homes.

Out of the hundreds of homes on base, all but one was kept dry, and it's all thanks to four men. William Haddock, waste water treatment plant supervisor, Wayne Holbrook waste water

treatment plant operator/maintainer Darryl Bryden lead electrician and Brad Scholten duty electrician; worked 20 hours round the clock at the Lawrence Drive Lift Station.

By 7 p.m. on Friday evening, a complete pump failure occurred due to high waters pushing through debris and clogging the pump inlets through the sanitary system. Waste water levels exceeded 3.68 metres.

While debris was not a direct cause of the pump failure, it became a factor combined with the rising waters from the rain, backing up the systems in the RHU neighbourhood.

By 3 a.m., the crew had things up and running. But it was a messy job. At 11 p.m. pumper trucks were brought on location and were used to clean the debris and then transported to Wing WWTP. Working as a team, the men brought power back to the lift station and the neighbourhood was once again in working order.

Returning to the lift station to check on things, the men joked about their long weekend joy saying that 20 hours was actually one of their shorter emergency jobs, but definitely it was one of the nastiest.

"I stripped down as soon as I got home," joked Boyden.

"I've never used so much antiseptic to clean myself in all my life," mused Scholten.

Photo by Martin Durkin

RP-OPS stand with the four member team that brought the pumps back under control, William Haddock, waste water treatment plant supervisor, Wayne Holbrook waste water treatment plant operator/maintainer Darryl Bryden lead electrician and Brad Scholten duty electrician



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Home of the Week

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This attractive two-storey home features an unfinished basement with space for two bedrooms and a roughed in bathroom, making this the ideal choice for a growing family.

Entry is on the ground level, into a foyer with a den on the left. Ahead is the stairway to the upper floor and into the great room.

The great room's fireplace will ensure a cozy space during the winter months. The dining room and kitchen overlook at covered deck. Stairs from the deck lead to the back garden.

The kitchen includes a prep island that separates it from the dining area. The U-shaped counter configuration means plenty of work space for the cook, and the window over the double

sinks has a view to the covered deck. The corner pantry will provide welcome storage space.

A doorway between the kitchen and dining room gives access to the covered deck, making al fresco meals a breeze.

The master bedroom overlooks the front garden, and the window boasts an extra-wide sill. The luxurious ensuite includes an oval soaker tub, as well as a shower stall and a handy towel cupboard. Double basins occupy a bayed-out area. The walk-in closet is spacious enough for a couple's clothing and accessories.

The two secondary bedrooms look out to the back garden and share a three-piece bathroom. The linen closet is located in the corri-

dor opposite the master suite.

On the ground floor, the den features a bayed-out corner window with an extra-deep sill. The unfinished basement, with its two bedrooms and roughed-in bath, has a large covered patio and could serve as a mortgage-helper or in-law suite.

The laundry room includes a row of cubbies. Access to the double garage will al-

low it to double as a mud room.

Exterior finishes include stucco with wood accents around the great-room window. Brick accents on the lower storey, and a decorative garage door, add character.

This home measures 47 feet wide and 46 feet deep, for a total of 1,546 square feet.

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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.

8 Wing / CFB Trenton
30th Annual

SURF N TURF

RELAY RACE

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

- BBQ
- Prizes
- T-Shirts
- Medals

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

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
Civilian Tin Person	\$40.00	\$50.00
DND/Armed Forces Tin Mate	\$40.00	\$60.00
Civilian Tin Mate	\$80.00	\$100.00
High School	\$180.00	\$200.00

8 WING/CFB TRENTON



30TH ANNUAL SURF & TURF RELAY RACE 2017

MORE INFO @
www.surfandturf2017.info
Register by 28 May 2017.

Entry Fees include:
Race entry, Race T-shirt, post race BBQ and on-course refreshments.

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

- BBQ
- Prix
- T Shirts
- médailles

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	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

8E ESCADRE / BFC TRENTON



La 30e édition de la course d'endurance Surf & Turf 2017

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.



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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!

Afternoon Chatter

Energy Healing
Sunday, June 4 at the Trenton MFRC from 1 - 4 p.m.
Come join us for some fun with Melanie, she's a certified angelic medium and certified intuitive fairy card reader. She will relay messages from past loved ones.

Energy Healing
Sunday, June 4 at the Trenton MFRC from 1 - 4 p.m.
Come join us for some fun with Melanie, she's a certified angelic medium and certified intuitive fairy card reader. She will relay messages from past loved ones.

Rencontre sociale mensuelle- Jasette de l'après-midi mensuelle

Guérison par énergie
Le dimanche 4 juin, 2017 au CRFM de Trenton, 13h à 16h
Venez passer du bon temps avec Melanie, elle est une médium angélique certifiée, ainsi que dans l'étude des cartes de fées, et peut transmettre des messages d'un être cher disparu.
Du gardiennage sur place subventionné (0 à 12 ans) est offert, les inscriptions et paiements doivent être faits à la réception du CRFM au plus tard, le 29 mai à 16h.
Vous devez RSVP pour participer à cette session d'ici le 27 mai, par texte ou téléphone: 343-263-3388.

Bellydancing with Amara

Learn the timeless art form from the Middle East
Mondays starting May 29th, 2017
From 7 p.m. to 8:30 p.m.
\$55.00 for 8 classes
To register visit the MFRC Reception. Payment to be made in cash at first class.

For more information call 613-392-2811 ext 3265.

Bellydancing avec Amara

Apprenez l'art éternel du Moyen-Orient
lundi à partir du 29 mai, 2017
19h - 20h30
55\$ pour 8 classes
Inscrivez-vous à la réception du CRFM. Vous pouvez payer en argent comptant au premier cours
Pour plus d'information, appelez 613-392-2811 poste 3265

Dance with France- Salsa for Beginners

Learn to salsa with France's fun choreography!
Mondays starting May 29th at 7 p.m. - 8 p.m.
\$45 for 4 weeks
At 8 Wing Officer's Mess (Upper Lounge)
To register please contact MFRC reception at 613-965-3575.
Deadline is May 26. Payment can be made by cash, debit or cheque

Dance with France- Salsa for Beginners

Apprenez la salsa avec la chorégraphie amusante de France!
Les lundis débutant le 29 mai à 19h à 20 h.
45\$ par personne pour 8 semaines
Au Mess des officiers 8 Wing
Pour vous inscrire, veuillez contacter la réception du CRFM au 613-965-3575
Paiement en cash, débit ou chèque; Date Limite: le 26 mai

Mental Health First Aid - Veteran Community

in Mental Health First Aid Veteran Community. It is the help provided to members of the Veteran Community developing a mental health problem or experiencing a mental health crisis. Members of the Veteran Community will receive this training at no cost. Seats are limited and registration will be on a first come first serve basis.
Date: June 16th and June 23rd, 2017
Register deadline: June 6th
Time: 8:30 a.m. - 4:30 p.m.
Location: 8 Wing Chapel, 91 Namao Drive
For more information and to register, contact:
Kelly Briggs
kelly.b@trentonmfr.ca
613-392-2811 ext. 7917

Premier soins en santé mentale- Anciens combattants

Premier soins en santé mentale- Anciens combattants
Aimeriez-vous obtenir une formation certifiée de premiers soins en santé mentale(PSSM)? Cette formation est offerte gratuitement, afin d'apporter de l'aide aux anciens combattants qui commencent à manifester un problème de santé mentale ou qui traversent une crise psychologique.
Les places sont limitées et seront attribuées selon l'ordre des inscriptions.
Pour de plus amples renseignements ou pour vous inscrire veuillez communiquer avec Kelly Briggs kelly.b@trentonmfr.ca ou le 613 392-2811 poste 7917
Date : Les 16 et 23 juin 2017
Date limite pour l'inscription: Le 6 juin, 2017
Time : De 8h30 à 16h30
Location : Chapelle de la base, 9 Namao Dr Trenton
* Veuillez noter que le cours est offert en anglais seulement.

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 moare 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 plait, 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.

The Power of Essential Oils

Classes are Tuesday evening from 6:30 p.m. to 8 p.m. Learn about the many benefits of having essential oils in your life. Whether you're struggling with the discomfort of hot flashes, lack of sleep, aches and pains or if you simply want to shift into a natural lifestyle, this class could be right for you! Come out with a friend or give it as a gift. Each class includes an essential oil take-home product. In this 10-class series, featuring DoTerra products, you will learn about the following uses: Essential oils and hormones - April 25. Sign up for one or join all classes! One class: \$20. Register and pay at Trenton MFRC reception. For more information email rabia.s@trentonmfr.ca.

Al Anon meetings

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

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 gym-

nasium. 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).

Classifieds

To Place an Ad: **613-392-2811** or **613-966-2034**
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 91 Promenade Namao Est

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 en 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

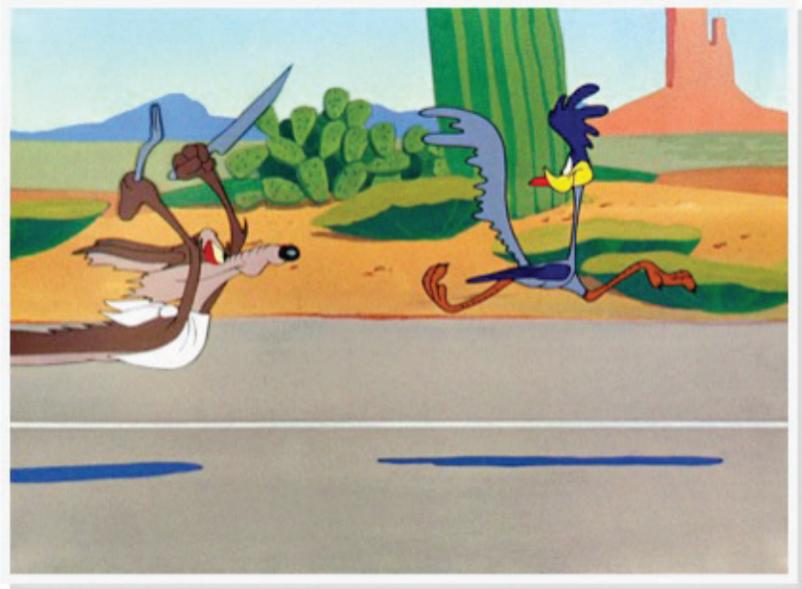
Wing Chaplain/Aumônier de la 8e Escadre:
 Maj (Fr/Pére) Roy Laudenorio



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

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HEALTH PROMOTION IS OFFERING A MANAGING ANGRY MOMENTS (MAM)

Date: May 31st, June 1st – 1 ½ day format
Location: 177 Hercules (HP Classroom)
Time: 0830 – 1600 hrs and 0830-1200 hrs
To register: contact Amy 3768 or +Healthpromotion on the DIN

3M Safety Roadshow
 Creating a Safer Canada



Join Us for the 3M Safety Roadshow

Location: CFB Trenton
 Parking lot of National Air Force Museum of Canada

Time: Friday, June 16th, 2017 9 am – 4 pm

Seminars and demos on awareness of injury prevention for:

- Eye Injuries/Foreign Objects
- Working at Heights & Fall Protection for Tools
- Noise Induced Hearing Loss (NIHL)
- Respiratory Hazards

The Safety Roadshow is a 48-foot, fully equipped, mobile training centre to showcase industrial safety expertise. The Safety Roadshow will provide in-person safety training, education and demonstrations. Supported by 3M's highly credentialed technical service staff, the Safety Roadshow will partner with industrial facilities across Canada to drive safety and build confidence.

Visit www.3m.ca/safetyroadshow for more information.

Contact the following to register:

Your Unit General Safety Officer or Unit Training Coordinator

3M
 3M Personal Safety Division
 3M Canada
 P.O. Box 5757
 London, ON N6A 4T1
 Phone 1-800-364-3577
 Web www.3m.ca/safety



Trenton SAR team rescues a man from a remote island in Algonquin Park

By: Lucy Ellis, Canadian Joint Operations Command Public Affairs

A fifty year old man lies on a remote island in Algonquin Park. His back is injured from a fall, and he has trouble breathing. Snow showers cloud the sky. The situation is worrisome until a loud, welcome sound breaks through the air: the whir of a CH-146 Griffon helicopter.

On May 8, 2017, Joint Rescue Co-ordination Centre Trenton was called to help the Ontario Provincial Police with a medical evacuation. The patient was stuck on an island with his brother and needed help.

A Griffon crew from 424 Transport and Rescue (T&R) Squadron was tasked with the rescue mission.

The first challenge was a matter of fuel and distance. "We took off from Trenton in the Griffon helicopter with enough gas to get us there and insert the search and rescue (SAR) technicians," said Warrant Officer Bygrove, the senior SAR technician on the mission. "Based on the range of the aircraft, versus the distance to Algonquin Park and then out to the next gas stop or hospital, the time was very tight."

The Griffon hovered over the island so that Master Corporal Eve Boyce, also a SAR technician, could be lowered down through the trees. She quickly assessed the patient. Meanwhile, Warrant Officer Bygrove was in a confined area just off to the side of the island, bringing down equipment. Therein lay the second major obstacle: the trees. There was nowhere for the helicopter to land, so it had to leave to get more fuel. There were two main tasks at hand: take care of the patient, and find a way to get him out.

Master Corporal Boyce stabilized the patient, which helped improve his breathing. Meanwhile, Warrant Officer Bygrove took on the second challenge. Using a chainsaw that he had deployed with, he cut down some of the trees so that there would be space to hoist a stretcher back up to the helicopter.

Due to the weather conditions,



The crew of Rescue 493 that recovered and medically evacuated the casualty to Pembroke Regional Hospital 9 May, 2017: (left to right) Aircraft Commander Captain Rich Gough, SAR Team Lead Sergeant Phil Friolet, Flight Engineer Corporal Art Mason, First Officer Captain Rhett Vernon-Jarvis, and SAR Team Member Master Corporal Jon Wall.

they had to wait for first light to evacuate the patient. They took turns taking watch for the night.

"I'm confident in my and my team members' skills," said Warrant Officer Bygrove. "We're well trained to stay in any environment in Canada. It's part of our job to exit that aircraft and operate on the ground. I was happy to be able to render that type of assistance and stay there."

While the two SAR technicians were on the island, the Griffon crew faced weather trouble. They had to wait out the

night, and, as a result, the rotors iced over. A second helicopter from 424 T&R Squadron was sent in to extract the patient in the morning.

The patient was taken to Pembroke Regional Hospital, and then the SAR crews returned to Trenton, happy with a job well done.

"It took a lot of great hoisting from the flight engineer, great flying from the pilot, and a lot of coordination from the Joint Rescue Co-ordination Centre to pull this off," said Warrant Officer Bygrove. "We're really happy to be able to assist."

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30138 Auto, 3.6 6cyl, RWD, fact remote start, alloys, pwr roof/seats/steer, push btn start, leather, memory seats, heat/cool seats, nav, rev cam, 17,375 km
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16 DODGE CHALLENGER R/T
30188 Auto, 5.7 V8 Hemi, RWD, fact remote start, chrome wheels, pwr roof/seats, push btn start, heat/cool seats, nav, rev cam, park aid, 18,836 km
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13 VW JETTA COMFORTLINE
30087 Auto, 2.5 5cyl, alloys, heat seats, AC, CD, MP3, Bluetooth, ext temp gauge, pwr group, cruise, steer ctrl, 51,277 km

\$13,195
\$101
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16 MAZDA 6 GT
30317 Auto, 2.5 4cyl, alloys, pwr roof/seats, push btn start, leather, memory seats, heat seats, AC, dual climate, nav, rev cam, Bluetooth, pwr group, heat Bose snd, BSA, 16,088 km

\$25,995
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14 HONDA CIVIC EX
30223 Auto, 1.8 4cyl, keyless entry, alloys, pwr roof, econo mode, heat seats, CD, MP3, rev cam, Bluetooth, pwr group, cruise, 81,774 km

\$13,995
\$107
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



13 KIA RIO
30159 Manual 6spd, 1.6 4cyl GDI, keyless entry, alloys, tract ctrl, heat seats, AC, CD, MP3, sat radio, Bluetooth, ext temp gauge, pwr group, cruise, 43,750 km

\$8,995
\$69
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72 mths @ 5.9%
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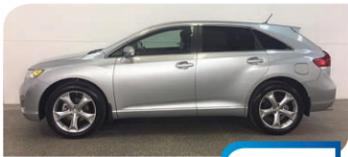
17 BUICK REGAL
30039E Auto, 2.0 4cyl turbo, alloys, leather, pwr seats, heat seats, AC, dual climate, nav, rev cam, OnStar, pwr group, cruise, touchscreen, 23,883 km
PREVIOUS DAILY RENTAL

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16 DODGE JOURNEY LTD
30318 Auto, 3.6 V6, 7pass, fact remote start, alloys, pwr roof/seats, push btn start, heat seats/steer, 3 zone climate, DVD, rev cam, park aid, 32,068 km
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16 TOYOTA VENZA LE
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17 FORD ESCAPE TITANIUM
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16 JEEP CHEROKEE LTD
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bi-weekly
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16 DODGE JOURNEY LTD
30313 Auto, 3.6 V6, 7pass, fact remote start, alloys, pwr roof/seats, push btn start, heat seats/mirrors/steer, 3 zone climate, rev cam, park aid, 30,881 km
PREVIOUS DAILY RENTAL

\$23,195
\$140
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



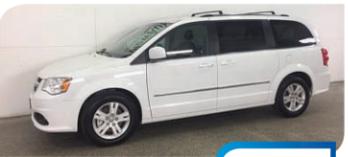
14 DODGE GRAND CARAVAN SE
30098A Auto, 3.6 6cyl, keyless entry, roof rack, alloys, Sto'n'Go, econo mode, AC, dual climate, CD, MP3, ext temp gauge, pwr group, cruise, 39,167 km

\$16,995
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84 mths @ 5.9%
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16 DODGE GRAND CARAVAN CREW
30167 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, pwr group, 32,840 km
PREVIOUS DAILY RENTAL

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



16 DODGE GRAND CARAVAN CREW
30154 Auto, 3.6 6cyl, flex fuel, alloys, leather, Sto'n'Go, pwr seats, heat seats/mirrors/steer, 3 zone climate, rev cam, U-connect, pwr group, 28,804 km
PREVIOUS DAILY RENTAL

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



16 DODGE GRAND CARAVAN SXT
30275 Auto, 3.6 6cyl, flex fuel, alloys, Sto'n'Go, econo mode, pwr seats, 3 zone climate, DVD, rev cam, U-connect, cruise, touchscreen, 32,403 km
PREVIOUS DAILY RENTAL

\$23,495
\$142
bi-weekly
96 mths @ 5.9%
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16 DODGE GRAND CARAVAN CREW
30298E Auto, 3.6 6cyl, flex fuel, alloys, leather, Sto'n'Go, pwr seats, heat seats/mirrors/steer, 3 zone climate, rev cam, Bluetooth, cruise, 52,849 km
PREVIOUS DAILY RENTAL

\$23,195
\$140
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



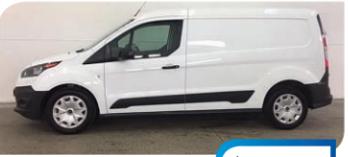
16 CHEVROLET EXPRESS LT
30289 Auto, 6.0 8cyl Vortec, 15 pass, 3door, RWD, keyless entry, trailer hitch, tract ctrl, AC, rear air ctrl, AM-FM, CD, MP3, sat radio, OnStar, 40,084 km
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16 FORD TRANSIT XLT
30225 Auto, 3.5 6cyl, 3door, 10pass, keyless entry, AC, rear air ctrl, CD, MP3, rev cam, park aid, Sync, compass, ext temp gauge, pwr group, 31,103 km
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16 FORD TRANSIT CONNECT XL
30012 Auto, 3door, 2pass, 2.5 4cyl, keyless entry, AC, CD, MP3, rev cam, compass, ext temp gauge, pwr window/locks, steer ctrl, 15,042 km
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\$22,495
\$136
bi-weekly
96 mths @ 5.9%
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16 NISSAN TITAN XB PRO 4X
30083 Auto, 5.0 8cyl cummins turbo, 4x4, fact remote start, crew cab, tonneau cover, box liner, step bars, alloys, leather trim seats, pwr seats, heat seats/mirrors, 4,214 km

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\$314
bi-weekly
96 mths @ 5.9%
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17 DODGE RAM 1500 LARAMIE
30026 Auto, 5.7 V8 Hemi, 4x4, crew cab, short box, chrome wheels, leather, pwr seats, heat/cool seats, AC, dual climate, nav, rev cam, park aid, U-connect, heat mirrors, 1,154 km

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