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## LOGISTICS BRANCH 50<sup>th</sup> ANNIVERSARY 50<sup>e</sup> ANNIVERSAIRE DU SERVICE DE LA LOGISTIQUE

YEAR OF THE LOGISTICIAN / L'ANNÉE DU LOGISTICIEN

# Canada's veterans commemorated in Trenton



Photos by Makala Chapman

Royal Canadian Legion Branch 110 takes part in the 2018 Remembrance Day ceremony at the Trenton Cenotaph.

By Makala Chapman

While it's been 100 years since the end of the First World War, the community of Trenton is demonstrating they haven't forgotten the price of peace. Hundreds gathered at the Trenton Cenotaph to pay their respects at this year's Remembrance Day ceremony. Royal Canadian Legion Branch 110 president Douglas Duff started things off by thanking the crowd for their attendance. "Today we stand in the midst of veterans, their families, friends and those who are not with

us, but in spirit, and say thank you for our freedom," he said. "They were ordinary people who responded in an extraordinary way during extreme times." He went on to share that giving thanks to Canada's veterans is important, since they endured everything from muddy trenches to loss of life so that future generations could lead a better life. Following his speech, the branch's reverend led the crowd in the singing of hymns. The laying of wreaths soon followed as dozens approached the cenotaph to pay their respects. Amongst those in attendance were representatives from several community

Continued on page 6



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# Padre's Corner



## OPERATION GABRIEL: Recruiting the Next Generation of Chaplains



Dubbed by their instructors as part of the new generation of chaplains, the batch that recently finished the Intermediate Ethics Course 2018. Among them are Padre (Capt) Audrey Brown (middle row, second from right) and Padre (Capt) John Funelas (middle row, first from left) of 8 Wing Trenton.

*By Padre (Captain) John Funelas*

"Life is beautiful but dify cult", said Dr. Scott Peck, author of the timeless book *The Road Less Traveled*. To serve as a chaplain (padre) in the Canadian Armed Forces (CAF) and Department of National Defence (DND) is both challenging and dify cult. From the recruitment process, the educational and pastoral requirements, the necessary training, to the ministry itself, it is a journey that requires persistence, perseverance, and God's grace. Added to that are the other implications that go with the calling of serving in the military milieu. Hence, it is not easy to attract new chaplains. As of now, the average age of all serving chaplains in both regular and reserve forces is 47 years old. Within the next 10 years, 41 per cent of the CAF chaplains will reach Compulsory Retirement Age 60. To ensure continuous fuly llment of "the mission to care for the spiritual well-being of CAF member and their families," the Ofy ce of the Chaplain General recently released a Chaplain General Directive on Recruitment dubbed - OPERATION GABRIEL (OP GA-BRIEL). This initiative is a proactive, intentional, and leadership-driven recruiting strategy of the Royal Canadian Chaplain Service (RCCS). This directive was a topic of discussion at the recent Royal Canadian Air Force (RCAF) chaplains EXERCISE PHOENIX RISING in Winnipeg from October 29 to November 2. My experience as a RCCS Padre is not just dify cult, but beautiful as well. I have broadened my horizon in terms of learning and educating myself on military science and military chaplaincy as a whole. I have tried to live life to the fullest and have served the members and their families to the best that I could possibly do. Most importantly, I feel happy and fuly lled being Padre and knowing I am serving my fellow human beings, my country Canada, and our God. If you feel that you are called to be a military chaplain or if you know someone whom you believe has potentially the vocation, please contact your padres or visit the RCCS website: <https://www.canada.ca/en/departement-national-defence/services/benefits-military/health-support/chaplaincy/chaplain-service.html>

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# Photos of the Week

## CFS Alert: Remembrance Day



Photo by Corporal R. Brunet St-Jean

Content submitted

On November 11, Canadian Forces Station (CFS) Alert personnel gathered to remember the men and women who have served, and continue to serve, Canada during times of war, conflict, and peace. During the Remembrance Day parade, visiting 16 Wing Borden Padre J. Niles spoke of the importance of remembering and reminded those

in attendance of the very real sacrifices made by so many for our freedom. Following the parade, members laid wreaths at the Operation BOXTOP 22 and Lancaster memorial sites in honour of those who lost their lives in service to CFS Alert. Afterwards, Station personnel met for conversation, food, and refreshments at the Wolf's Den Mess.

## Mission Support Squadron



Photo by Sergeant Rick Stanutz

By Warrant Officer Eric Keding

Members of 81 Construction Engineer Flight recently deployed on a training exercise to the Northern Lodge, located on Lake Shabomeka; just outside of Cloyne, Ontario. The Lodge consists of a Main Lodge, six cabins and two trailer sites and is available to all members of 8 Wing. Many necessary repairs were completed at the Northern Lodge during this exercise involving Construction/Electrical/Plumbing. (Left) Aviator Marc-Olivier Buteau, an apprentice Construction Technician, completes repairs of damaged floor joists in the main lodge shower rooms. (Right) With repairs complete, members of the Construction Section installed a new floor drain and ceramic tile.

## Catching up with the Hasty Ps



Photo by Logan Murphy

Content submitted

Members of 2 Platoon Hastings and Prince Edward Regiment march in the Cobourg Remembrance Day parade. Led by 2 Platoon Commander Lt Charlie Fairholme and 2 Platoon Second in Command WO Cory Sanders.



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# Safety



## Offices Are No Haven From Hazards



Offices may appear to be safer places to work over heavy industrial sites, but a surprising number of serious accidents and injuries involve office workers. Falls lead the list, with cuts, foot injuries, electric shocks and burns not far behind.

Here are some pointers for preventing office accidents:

- Keep the clutter cleaned up. Boxes of files and stationery supplies should be placed in storerooms or elsewhere out of traffic areas.
- Do not allow cords and cables to cross

traffic aisles. Fasten them overhead or run them through conduits on the floor. The tangle of cords beside a desk or a printer can also present a tripping hazard. Place cords where they will not accidentally catch on someone's heel.

- Extension cords are only intended for temporary use. Offices should be rewired to accommodate new electric and electronic equipment.
- Report any electrical hazards such as the smell of burning insulation, flickering lights, buzzing sounds in wall switches, plugs and outlets, which are

- hot to the touch and any signs of damage or wear in electrical equipment. Keep drawers and cabinet doors closed. Many serious accidents have occurred as a result of tripping over open filing cabinet and desk drawers.
- Do not overload filing cabinets. Load from the bottom drawer first. If the top drawer is loaded and the lower drawers are empty, the heavy cabinet can tip over.
- Store items safely. Never place heavy items out of sight in overhead locations. Make sure shelves are sturdy enough to handle heavy items.

- Make sure all chairs and stools are sturdy and in good condition. Wheeled chairs should have five legs to provide stability.
- Clean up spills of water and coffee promptly to prevent slipping accidents. Keep entrance areas free of ice and mud.
- Glass doors and windows should have markings at eye level to ensure someone doesn't try to walk through them.
- Maintain good lighting. Report burned out light fixtures in work areas, storerooms, halls and stairways.
- If you have to climb or reach overhead, get a stepstool or ladder. Don't stand on chairs or desks.
- Know what to do in case of a fire. Learn how to operate a fire extinguisher, and make sure extinguishers are maintained regularly. Know at least two exits from your work area, and never obstruct emergency exits. Learn what numbers to call in case of fire or other emergency.
- Take basic training in first aid and CPR (Cardio Pulmonary Resuscitation) so you can help in an emergency.
- Arrange your workstation to require a minimum amount of lifting, bending and stretching as you work. Your desk and chair should be at a comfortable height to allow you to work with your back straight and your feet on the floor. Your hands and arms should be in a straight, relaxed position as you use a computer keyboard or mouse.
- Take frequent short breaks from repetitive computer tasks and deskwork. Stretch your muscles and relax your body. You don't have to stop working; you can use these breaks to do filing or other jobs.

*Offices may not be the most dangerous places in the world, but they do have their share of accidents. Stay alert to the hazards around you.*

### The Contact Newspaper

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

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

The CONTACT is published every Friday with the kind permission of Col. Mark Goulden., 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. Mark Goulden

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**Public Affairs, Internal Comms:** 8 Wing Public Affairs

**PSP Manager:** John Snyder

#### Metroland Media Staff:

**General Manager:** Adam Milligan 705-761-7990

**Advertising Sales:** Orlinda Johnston 613-966-2034 ext: 795015

**News and Feature Content:** Makala Chapman 613-392-2811 ext: 3976

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### ARTICLES AND PHOTOS

The Contact produces news and information about 8 Wing/CFB Trenton at home and around the world. We depend on our military community for articles, personal stories and photos.

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

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

### 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

### A Military Community Newspaper

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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# Pancake breakfast in support of United Way held at 8 Wing Trenton



Photos by Makala Chapman

The winner of the most colourful beard contest.



Members of 8 Wing Trenton serve up a pancake breakfast in support of the GCWCC on Nov. 9.

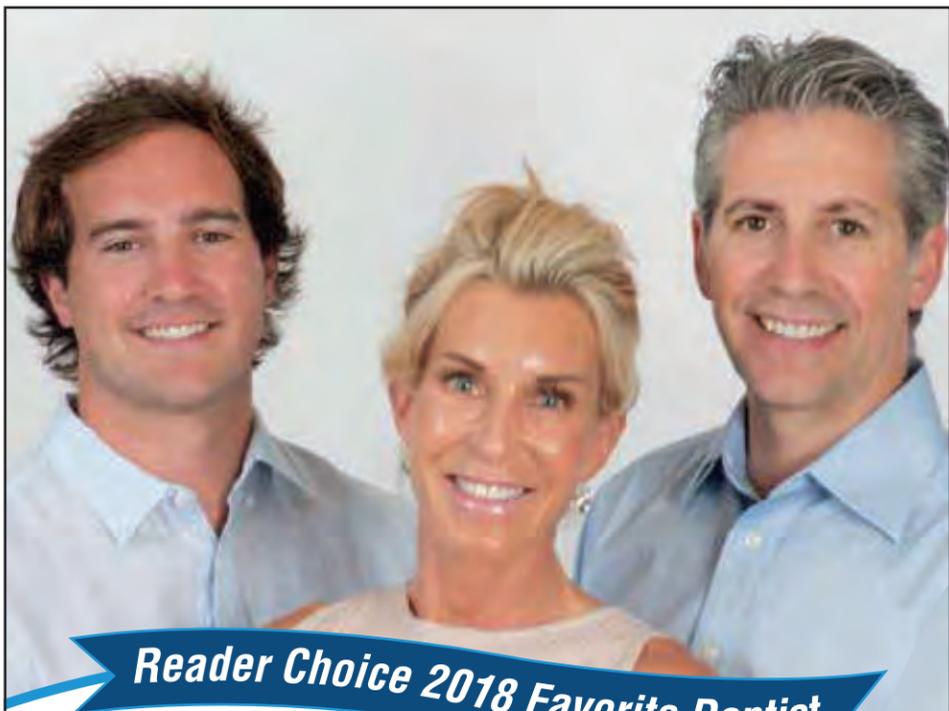
**By Makala Chapman**

Hundreds lined up to grab a bite at this year's annual Government of Canada Workplace Charitable Campaign (GCWCC) breakfast held at 8 Wing Trenton on Nov. 9. As a result, close to \$800 was raised on behalf of the United Way of Hastings Prince Edward. The GCWCC is a yearly initiative created exclusively for federal public servants and federal retirees looking to make charitable con-

tributions in their communities. Benefactors of the campaign include the United Way of Hastings Prince Edward, as well as Health Partners. Speaking to how well the breakfast went was GCWCC co-chair Major (Maj.) Tanya Tebbutt. "The turnout for the breakfast was outstanding," she said. "This is a big event for us and it certainly means a lot to our community and every little bit helps." To date, she noted the Base has raised more than \$64,000 for the GCWCC and is looking forward

to what else will be accomplished in the next month. In addition to the pancake breakfast, the annual beard growing competition was held. Crowds cheered as those with the best beard, the most colourful beard and the worst beard were celebrated. The next GCWCC event open to members of the military and civilian community includes an escape room hosted by 24 Canadian Forces Health

Services Centre. The escape room is designed as a 1920s speakeasy and is open all November on Wednesday and Thursdays from 1 p.m. to 5 p.m. and 6 p.m. to 10 p.m. The cost is \$10 per person and is by appointment only. For more information email Anne-Marie.Gould@forces.gc.ca or Lisa.Lewis@forces.gc.ca. The room is located at Wing Supply, just down the hall from the tailor on the Base's north side.



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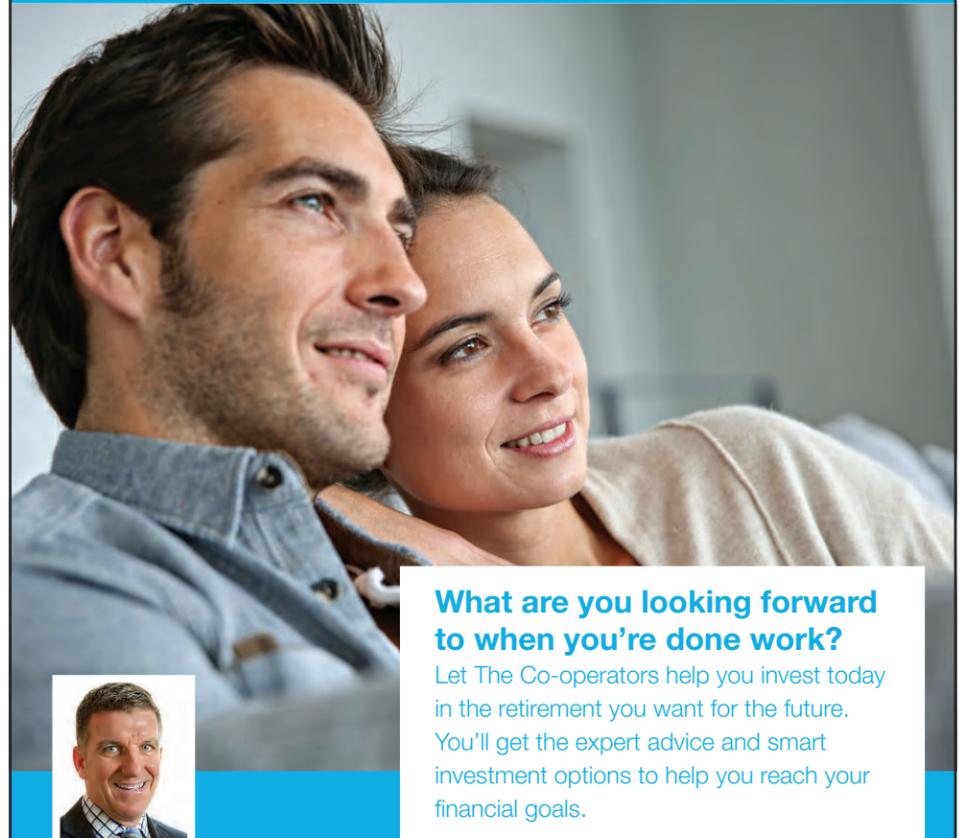
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A member of 8 Wing Trenton pays his respects to Canada's veterans on Nov. 11.

Continued from page 1

service clubs and organizations including the Quinte West Fire Department, the National Air Force Museum of Canada and the Trenton Military Family Resource Centre. A large showing of military members from 8 Wing Trenton were in attendance. Those on parade received a warm round of applause from the crowd. Kneeling down at the foot of the cenotaph inspecting the memorial candles was eight-year-old Christopher Hicks. Carefully scanning each candle, a smile spread across his face when he found the one he was looking for. "This one is for my uncle," he said. "But we also came to honour the soldiers that died at Flanders Field." He then shared that he was proud of his father who is currently serving in the military. When asked why it was so important to remember Canada's veterans, without hesitation, the young boy replied, "We should do it because they fought for us so we could have our freedom." With tears in her eyes,



The Royal Canadian Legion Branch 110's colour party at this year's Remembrance Day ceremony.

Christopher's mother, Cecilia Hicks, added that she couldn't have been more proud to be a military spouse and was grateful her son recognized the sacrifices made by people like his own father. "I am super proud," she said. "Our younger generations need to remember so they can pass it on to their children. Families have suffered for our freedom so we should never forget that." Following the ceremony, members of the public were invited

back to the Legion for a reception and the opportunity to thank both the veterans and the current members for their service. Just shortly before 5 p.m., flurries of bells were also rung throughout the city. Ringing as many as 100 times, the bells were a tribute to the end of the First World War.



A military spouse places a poppy on a wreath and reflects at the Trenton Cenotaph on Nov. 11.

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Continued from page 1



8 Wing Commander, Colonel Mark Goulden lays a wreath at the Trenton Cenotaph.



Major Darren Hicks, Christopher Hicks and Cecilia Hicks honour Canada's servicemen and women at the Trenton cenotaph.



A young military family places poppies on wreaths at the Trenton Cenotaph.

**29 NOV 2018**  
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## Upcoming local events

**November 17** - The Quinte Branch of Ontario Genealogical Society presents: "Great Moments in the search of family history". Bring your best stories. Also AGM 2018 and election of officers to be held at Quinte West Public Library, 7 Creswell Dr, Trenton 1-3 pm.

**November 18** - Quinte Symphony presents "Tribute to the Brave" at the National Air Force Museum of Canada. Also performing will be the 8 Wing Concert Band and 8 Wing Pipes and Drums. Event begins at 2:30 p.m. For more information and tickets visit [www.thequintesymphony.com](http://www.thequintesymphony.com)

**November 25** - The annual Trenton Santa Clause Parade will begin at 4:30 p.m. The parade leaves the Community Gardens (Centennial Park). It then follows Campbell St., turns left on Dundas St. E. and goes over the Veteran Skyway Bridge. It goes through downtown Trenton along Dundas St. W., dispersing at Queen Street.



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# TRENTON Military Family Resource Centre

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## November/December 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18 Belleville Santa Claus Parade	19 Manulife Information Briefing	20	21 Community Connection What About Me	22 Inter-Comm	23	24
25 Creative Sunday Trenton Santa Claus Parade	26	27 Mental Health First Aid Greens to Jeans: Leather Workshop Essential Holiday DIY	28 Mental Health First Aid	29 Mindfulness	30 Young And Skilled (YAS) Workshop – PA Day	1
2	3	4 Christmas Draw begins!	5 Picasso & Pinot	6 Mindfulness	7 Youth Centre Winter Wonderland	8

### ● Holiday Wreath Raffle

As the holiday season approaches, the Trenton MFRC child care program is thrilled to continue its annual tradition of providing gifts to each child care room. Every year, Santa Claus makes a special trip to the MFRC, delivering gifts perfect for learning. Gifts like age appropriate early literacy, gross motor, and educational materials. These items help support our methods of teaching by creating a learning environment founded on new opportunities to explore, discover and inquire about the world through play. In order to support this tradition, the MFRC is hosting its annual raffle of a holiday wreath decorated with gift cards from local businesses. The monies raised will directly support the MFRC's tradition of bring-

ing gifts to each child care room from Santa himself! Tickets are 3 for \$5 and can be purchased at the Trenton MFRC Reception. The wreath includes over \$300 in gift cards from local organizations.

Raffle tickets will be available for purchase from November 17 (at the Trenton MFRC's Christmas Marketplace!) until December 13. The draw will be held on December 14 at 12 p.m. For more information please contact: Kate: kate.b@trentonmfr.ca or Amy: amy.l@trentonmfr.ca.

### ● Manulife Information Briefings

The Veteran Family Program presents a Manulife: Information Briefing Presented by: Gilles Tremblay, Vocational Rehabilitation Counselor November 19, 9 – 11 a.m. At the Trenton MFRC

To register, please email Tanya Bown VFP Facilitator, tanya.b@trentonmfr.ca.

### ● Creative Sundays

November 25, 1 – 4 p.m. Sundays are meant for relaxation and fun projects! Join us to make a different crafty creation every month. You will be guided through a unique project each class with a handmade take home. At the Trenton MFRC \$15 includes Burlap candy cane shaped wreath. Please register and pay at reception by November 21.

### ● Essential Holiday DIY with essential oils

November 27, 2018, 6:30 - 8 p.m. \$15 includes a free take home massage bar At the Trenton MFRC

Register and pay at reception by November 23, 2018 Did you fall in love with a certain oil? Essential oil rollers can be purchased in class for \$5 each.

### ● Mental Health First Aid for the Veteran Community

Join us to become certified in Mental Health First Aid for the Veteran Community. This course is in support of the Veteran Community and in partnership with Veteran Affairs Canada and is a customized version of Mental Health First Aid for members of the Veteran Community.

When: Nov 27-28, 8:30 a.m. to 4:30 p.m. Where: Our Lady of Peace Chapel, 91 Namoo Drive East, Trenton Register by emailing Tanya Bown at tanya.b@trentonmfr.ca by November 13, 2018.

# Home of the Week

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In this attractive two-bedroom bungalow, compact size doesn't matter, because the plans feature all the amenities that a contemporary family would wish for.

Entry is via a covered porch and through a door with a window and side-light. The foyer includes a coat closet to the immediate right. Just beyond is the open-plan great-room complex.

Natural light will stream into the dining area, which occupies its own niche and boasts windows on three sides. The great room boasts a gas fireplace, as well as a doorway to the partly-covered deck overlooking the back garden, where year-round grilling will be an easy option.

The kitchen is separated from the dining area by an L-shaped island and four-seat eating bar, and the kitchen sink faces the dining room windows. A pantry is located near the entrance to the laundry room, which includes a useful storage space.

To the left of the great-room entrance is a stairwell, protected by railings, to an optional basement.

The sleeping wing is separated from the foyer by an archway. The master bedroom boasts French doors that open onto a sun deck, a continuation of the covered deck beyond the great room.

The en-suite includes a soaker tub, set in a corner with two windows to let in natural light, as well as double basins and a shower stall. A commodious walk-in closet with built-in shelving completes the layout.

The second bedroom, well-separated for noise from the master suite, features a bay window with an extra-wide sill that overlooks the front garden. A three-piece bathroom is situated nearby, together with a linen closet.

Exterior finishes include horizontal siding that contrasts with the vertical board-and-batten siding in the gables. Brick accents and painted woodwork lend the facade character.

PlanNo:8-3-248



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# Trees planted as living tribute to Canada's heroes

By Makala Chapman

A tree planting campaign aimed at honouring Canada's heroes is 50 trees and shrubs closer to its goal following an event at the Trenton Greenbelt Conservation Area on Water St. on Nov. 9. With shovels and spades in hand, members of the public and local dignitaries got right to work in the dirt, despite a steady drizzle and chilling wind. The initiative, run by the Highway of Heroes Tree Campaign, aims to plant 2 million trees along and within communities adjacent to Highway 401 by 2022. The trees are in honour of all those who have fought for Canada's freedom and will serve as a living memorial to the 117,000 who made the ultimate sacrifice since the War of 1812. Mark Cullen, the chairman of the Highway of Heroes Tree Campaign, noted that more than 90,000 trees have been planted since the start of the project in 2014. In addition, he shared that more than \$3.8 million of the \$10 million needed to complete the project has been collected. "It means everything to us to have the support of the communities," he said. "We're only going to accomplish this campaign one tree at a time and by engaging one Canadian at a time. We're very grateful for all of the ways that Canadians have chosen to give." During the ceremony, Quinte West Mayor Jim Harrison also pledged his support for the campaign and noted he would do whatever he could to help the group reach their goal. Cullen noted that partners like Tree Canada and Canadian National Railway (CN) had also been instrumental in helping push the project forward in the Bay of Quinte and Northumberland region. Speaking to how grateful they were for their corporate sponsors was the Highway of Heroes Tree Campaign manager of fundraising and communications

Michael Hurley. He explained that this year's tree planting season was largely in thanks to the CN's EcoConnexions program, which consisted of a grant of \$25,000. "Without those contributions, we quite simply can't get the trees in the ground," he shared. "Most of that funding will actually go towards supporting planting trees a little further down the highway near Brighton. As a result, up to 5,000 trees will have been planted in the ground by the end of this season." As for why the organization chose trees as a way to pay tribute to Canada's heroes, Cullen said it came down wanting to also benefit the environment. "Trees are an essential part of our green infrastructure," he said. "The impact is going to be substantial as they will cool the environment, filter toxins out of rain water, produce oxygen and the trees are going to absorb CO2 (carbon dioxide) produced by vehicles. Sometimes that plays second to the remembrance piece, which is fine, because both are important." On hand at the event planting trees with her family was Jennifer Feschuk. She noted the event had been the perfect way to demonstrate their commitment to helping the environment, as well as to honour Canada's servicemen and women ahead of Remembrance Day. Since her husband is ex-military, she noted the event was that much more special. "We wanted to show the kids the legacy of planting trees and to teach them about the sacrifice of the fallen soldiers and importance of remembering them," she said. "This event really brings me and my husband's passions together. In the end, a military member's contribution goes on forever, just like a tree grows in the ground." Also during the event, a special Vimy oak tree was planted from propagated acorns that had originally been collected from Vimy Ridge in 1917.



8 Wing Trenton's Lieutenant-Colonel Steve Camps thanks the Highway of Heroes Tree Campaign and volunteers for their contribution to keeping the memories of Canada's heroes alive.



Jennifer Feschuk and Major (retired) Radek Chlistovsky and their family plant a tree.



Photos by Makala Chapman

Members of the City of Quinte West, 8 Wing Trenton, Lower Trent Conservation, The Royal Canadian Legion, Highway of Heroes Tree Campaign and local politicians celebrated the addition of 50 new memorial trees in Trenton on Nov. 9



Members of the community plant a tree on Nov. 9.

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# Candlelight service in honour of veterans held by local cadets



A young cadet stands on one of the corners of the Trenton Cenotaph on the night of Nov. 10.



Members of the public lay memorial candles at the foot of the Trenton Cenotaph on Nov. 10.



A group of cadets hold memorial candles in honour of Canada's veterans and military personnel.

By Makala Chapman

Local cadets are demonstrating that they won't soon forget the sacrifices made by Canada's veterans. Like they have for the past 24 years, cadets from 173 Royal Tiger Squadron and 704 Air Force City Squadron took turns standing guard on the four corners of the Trenton Cenotaph during their annual candlelight service on Nov. 10. But, despite the bitter cold, the cadets watched over the cenotaph for a full 24-hour period. Members of the public joined the cadets in the evening as they lined the steps of the monument with red memorial candles. Beaming in anticipation for her first shift of the night was 16-year-old Gabrielle Watts from 704 Air Force City Squadron. Having been a part of the candlelight service for the past five years, the young cadet said she always looks forward to the event each year. "I have a lot of people in my family who have been in the military," she said. "I feel like it's really important that we as a country recognize those people who have made sacrifices to keep us safe." When asked what a thirty-minute shift on guard was like, Watts smiled and noted it could get quite cold. But, overall, she said it was a humbling experience. "It's really calming being up there," she explained. "I always notice

people walking around and looking at us and it's nice that they are recognizing why we are doing this and how we want to honour all those who have served our country." Also sharing his thoughts on the candlelight service and Remembrance Day was 18-year-old Joshua Kanaar from 173 Royal Tiger Squadron. He added it was important to not take the sacrifices of Canada's veterans for granted and was honoured to do his part in remembering them. "Without the veterans, we wouldn't have everything we have nowadays, like freedom," he shared. Now in his

last year of cadets, Kanaar said he plans to keep up the family tradition and join the military. While unsure of what his exact plans are, he said he's interested in becoming a traffic technician or an aviation systems technician. Watching over her cadets and noting how proud she was of them was Lieutenant-Navy Melody Anderson, the commanding officer of 173 Royal Tiger Squad-

ron. "No matter the weather and no matter the temperature, our cadets have taken their shifts on the cenotaph," she said. "It's important for the adults in the area to see our youth are serving and getting involved in their community."

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