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INSIDE

BUSY WEEK FOR RCAF RESCUE CREWS



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FLYING UP NORTH WITH THE CANUCKS



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8 WING ATHLETES CELEBRATED



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LOGISTICS BRANCH 50th ANNIVERSARY 50^e ANNIVERSAIRE DU SERVICE DE LA LOGISTIQUE

YEAR OF THE LOGISTICIAN // L'ANNÉE DU LOGISTICIEN

Catching up with Trenton's air cadets

By Makala Chapman

With the arrival of summer comes the return of cadets from across the province to 8 Wing Trenton, their new home away from home. Housed at the Trenton Cadet Training Centre (TCTC), young Canadians ages 12 to 18 are given the opportunity to participate in a variety of training courses where they learn leadership, citizenship, physical fitness and become familiar with the activities of the Canadian Armed Forces. From learning basic survival skills, such as tying knots and building shelters, to learning to play an instrument in a musical ensemble, there's a little something to capture everyone's interests. But it's not just fun and games, as many of the cadets can attest to the fact that a lot of hard work and dedication is needed in order to complete their summer training courses. Senior Air Cadets who have been selected for the Glider Pilot Scholarship course are an excellent example. This is a group of young aviation enthusiasts who are working towards attaining their



Photos by Makala Chapman

Cadets from the Glider Pilot Scholarship Course prepare a Schweizer SGS 2-33A for takeoff at Canadian Forces Detachment Mountain View.

Transport Canada Glider Pilot Licence in six short weeks despite many of them not yet having a driver's license. The Glider Pilot Scholarship is a national course available to only a handful of cadets from across the country each summer. The program runs out of several locations across the country, which includes the Picton Airport and Mountain View Cadet Flying Training Centre (MVCFTC) in Prince Edward County. For cadets like 16-year-old

Tarj Tandel, who has plans of being either a pilot or an aeronautical engineer, being accepted into the glider pilot scholarship program was nothing short of a dream come true and a step in the right direction. "It was really competitive getting into the program," he said, "So I feel really grateful to be here." In order to be accepted into the program, Tandel recalled being interviewed, as well as taking a preliminary preparation course, referred to as

ground school, and writing an entrance exam. But the Mississauga native was quick to note that getting to fly in a glider had been well worth the wait and all the hard work. "It's just so fun to fly," he said. "When you're in the air, it's really calm. Once you start flying, you really appreciate it for what it is."

Continued on page 7



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Photos of the Week

Mission Support Squadron



Photo by Master Corporal Burchell, 8 Wing TEME Flt

By Master Corporal Quinton J.M., 8 Wing TEME Flt

Training continues as Corporal (Cpl.) Andrews stockpiles sand and topsoil during bulldozer training. He is currently a student on his way to receive his 935.05 Airfield Special Purpose Vehicle Operator qualification. The Bulldozer is only one out of several types of equipment Cpl. Andrews and his peers will specialize with during their training.

Tow plane pilots



A tow plane pulls a cadet's glider aircraft into the air at Canadian Forces Detachment Mountain View.

Contact News

Photo by Makala Chapman

Crucial members of the Mountain View Cadet Flying Training Centre are the tow pilots who help assist the cadets by bringing their engineless gliders to altitude. Helping out the cadets this summer is tow pilot Lieutenant Heather Pesto, a member of the Cadet Instructors Cadre. She noted as a tow pilot, she is responsible for ensuring her aircraft is ready for flight, which includes maintaining flight logs and ensuring all instruments on board are working. As for what it's like getting to work with the cadets, she said it was a great experience and a job she was happy to do. "Everything we do here is to make things as good and as easy as possible for the cadets so that they can eventually get their license," she said. "They are incredible and the reason why I'm here."

Overseas in Mali



Contact News

Photo courtesy of Canadian Forces Combat Camera

Pictured here are members of the Tactical Airlift Detachment for Operation PRESENCE-Mali. Operating from Gao, Mali and Ouagadougou, Burkina Faso since late June 2018, the detachment has flown over 150 hours, transported 417,455 lbs of freight and carried 106 passengers. The aircraft is flying in support of Operation PRESENCE-Mali to support theatre activation and the movement of equipment and personnel around west Africa as Canada begins its peacekeeping mission.

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Safety



Learning to Avoid a Major Incident

Close call incidents happen more frequently than you think. Did you catch yourself from slipping any time today? Did you walk over a spill in the lunchroom? Perhaps you got a minor electrical shock from a power tool you were using?

It may seem a little ridiculous to you to report every little incident you may encounter during the day. Perhaps you are not sure what a close call incident is.

Let's look at examples:

All of these minor incidents can lead to major accidents if they are not reported and the hazard repaired or re-

1. A co-worker is using a ladder. It seems fine, but as he comes down, one of the rungs sags as he steps on

it. He notices a crack. He puts the ladder back without tagging it as needing repairs. The next day you grab the same ladder. As you start to climb you put your foot through the rung, lose your balance and fall, spraining your ankle.

2. You are hurrying into work as you are running late. As you back out of your driveway, you bump the garbage can because your brakes don't seem to respond normally. You think nothing of it, but as you drive home that evening, your brakes fail and you crash into a telephone pole.

3. Your co-worker grabs a cup of coffee and spills some of it on the floor. You see him spill it but you step over it on your way to the coffee pot. The next minute you hear a loud crash. Someone else has gone in the lunchroom with supplies and has fallen on the floor after slipping on the coffee. He has broken his wrist.

All three of these accidents involved a warning signal. That warning is a close call incident. In the case of the cracked ladder rung, all it would have taken was a tag saying [effective] or [not usable] and then reporting it to the right people to have it fixed. With the car brakes, it would have taken a telephone call to a reliable mechanic as soon as you suspected trouble. As for the spilled coffee, you saw it spilled as well. Even if the one who created the spill doesn't clean it up, that doesn't mean you just step over it. You have a responsibility to clean it up as well. Do you report a spilled cup of coffee to your supervisor? Probably not - but leaving it could mean filling out an accident report later.

These close call incidents may seem small, but all little incidents can lead to big accidents. Be on the lookout. With your eyes open you will prevent grief for yourself or a co-worker.



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.

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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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Members of 8 Wing promoted while deployed



Aviator Alex Pepin (right) is presented his Aviator rank slip by Op PRESENCE-Mali Tactical Airlift Detachment Commander, Major James Brown.

Major James Brown, commander of the Tactical Airlift Detachment for Op PRESENCE-Mali (left) presents Corporal ranks to Corporal Laurence Chouinard who was promoted by the 2 Air Movements Squadron Command Team at 8 Wing Trenton via Facetime on July 20.

Contact News

Op PRESENCE-Mali Tactical Airlift Detachment (TAL Det) Mobile Air Movements Section members Corporal (Cpl.) Laurence Chouinard and Aviator (Avr.) Alex Pepin, were promoted via Facetime on July 20. The promotion was done in Senegal by Major James Brown, Op PRESENCE TAL Det commander and was joined by the 2 Air Movements Squadron Command Team, Lieutenant Colonel Teresa Brown and Chief Warrant Officer David Myers from 8 Wing Trenton. Cpl. Chouinard's promotion was a six-month accelerated promotion and Avr. Pepin received his propeller. The FaceTime promotion ceremony was attended by 2 Air Movement Squadron personnel in Trenton and the MAMS Detachment in Senegal.

Photos by Sergeant Thomas Hien

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Sports & Recreation



Golf Tip of The Week

*Courtesy of Roundel Glen Golf Course
at 8 Win G/CFB Trenton*

Course Management

By Lisa Fleming, CGTF Teaching Professional

although most of our success on the course is striking the ball well and sinking putts, there is another factor that can help drop a few strokes over the course of your game. that is knowing what distance the clubs in your bag travel and using that information to map out the course.

example: It's a Par 5, 450 yards from tee to green. If I use my driver and follow the yardage average below, after my drive I would have 220 yards left. My best club to approach the green with is my sand Wedge so I will need to use my 8 iron leaving me 90 yards to approach the green with my most accurate club.

Average distance per club:

Club	Men's Average	Women's Average
Driver	230 yards	200 yards
3-wood	210 yards	180 yards
2-iron	190 yards	Not recommended; 4-wood or hybrid = 170 yards
3-iron	180 yards	Not recommended; 5-wood or hybrid = 160 yards
4-iron	170 yards	150 yards (consider a hybrid, instead)
5-iron	160 yards	140 yards
6-iron	150 yards	130 yards
7-iron	140 yards	120 yards
8-iron	130 yards	110 yards
9-iron	120 yards	100 yards
Pitching wedge	110 yards	90 yards
Sand wedge	90 yards	80 yards
Lob wedge	65 yards	60 yards

till next time, enjoy the sun, the friendships and most of all, the game.

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Flight instructor W. John Charno and cadet Adam Pomirko inside a glider aircraft at Mountain View Cadet Flying Training Centre.

Continued from page 1

When asked what his favourite part of the course has been to date, he smiled and noted it was learning how to maneuver the glider through spins and spirals. I was a little nervous at first, he laughed, but then you get used to it. I was texting my friend the other day and he didn't believe me at first when I told him I was doing this kind of stuff. As for his advice to future cadets looking to get into the glider program, he said to make sure they had a firm grasp of the materials taught in the preparation course and to always ask questions. Helping manage the cadets on course at MVCFTC was staff cadet Warrant Officer First Class Lexie Stone. As a former glider student at Mountain View, she too expressed her gratitude for having been selected to be a part of the program and explained the rigorous, but rewarding nature of the course. Getting a license in six weeks is not easy to do, she said, but everyone here is

very dedicated to studying and practicing. The group that we have this year are a great group who are all highly motivated and are doing great. She went on to note that since the Schweizer SGS 2-33A glider aircrafts are sans a motorized engine, weigh around 600 pounds, have a wingspan of 51 feet, travel at an average of 50 miles per hour and fly at a maximum altitude of 3,000 feet, safety is the number one priority. Gliders are very safe and maneuverable, she said, but the training is so important and it takes a lot of hard work. A typical day for the air cadets begins with a 5 a.m. wake-up call, followed by breakfast and a full day of learning things such as the theory of flight, meteorology and air law. Cadets will also take part in flight training, as well as conduct personal studying before hitting the hay and doing it all over again the next day. Also speaking to the success of the cadets and helping train them was flight

instructor W. John Charno. When asked what one of the most important lessons he teaches his students, he said it was to have respect for the equipment and for one's self. As a former air cadet, he added it was great getting to share his passion for flight with the future generation of pilots and aviation enthusiasts. They're all great and it's amazing to see the kids out here, he said. I have a lot of respect for them for pushing through. In the end it's all about them and it's quite rewarding to see their smiles because we too were once in their shoes. The cadets graduating from this year's Glider Pilot Scholarship Course will hold a parade at Canadian Forces Detachment Mountain View on August 17.



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Upcoming local events

August 10 - Trenton Legion presents Yuk Yuks Comedy show, three comedians. Show starts at 8 pm. at the Trenton Legion, 19 Quinte St. Advance tickets only, call 613-392-0331 for more information on ticket prices.

August 10 - World Barefoot Championships and car show. This event will see competitors from all over the world competing in events like waterskiing. Open ceremony begins at 5 p.m. at 1632 County Road 11, just east of Selby, which is just north of Napanee. This event runs until August 18. For more information, contact Jeff Brown: 613 661 6868.

August 17 - Smithfield Carman United Church Corn Roast & Live Talent Auction with auctioneer Keith Smith. Corn available from 5:30 p.m. onwards (donations accepted for corn & drinks). To be held at Carman location 854 Carman Road, Brighton Township. For further info call 613-922-1007. All are welcome to attend!

August 20 - The Trenton Military Family Resource Centre will be hosting a youth meet and mingle for children ages 9-12. Register by August 17 and get more information for this event by emailing Kendra.b@trentonmfrcc.ca.

August 25 - Yard sale at the Trenton Curling Club from 8 a.m. - 2 p.m.

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August 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12	13	14	15	16	17 Managing Angry Moments Hogwarts End of Week Feast (Youth Centre)	18
19	20 Youth Meet & Mingle	21	22 Hello Wednesday	23 Mindfulness	24	25
26	27	28 Baby Bootcamp	29	30	31	1

● **Trenton MFRC Summer Hours**

July 3 ± August 31, 2018
Monday ± Friday, 7:30 a.m. ± 5 p.m.

● **Youth Centre Summer Hours**

Tuesdays, 6 ± 9 p.m. : Ages 9 ± 12
Wednesdays, 6 ± 8 p.m. : Ages 6 ± 8
Thursdays, 6 ± 9 p.m. : Ages 10 ± 14
For more information about the MFRC Youth Centre, please contact Rabia Stobbart at 613-392-2811 ext. 2568 and rabia.s@trentonmfr.ca.

● **Managing Angry Moments**

August 17, 8:30 a.m. ± 3:30 p.m.
Managing Angry Moments is a prevention based program based on best practices effective

in helping participants identify personal anger generating situations and applying learned skills. Its purpose is to examine and learn to address issues of anger while they are still manageable: escalation to physical or verbal aggression can then be avoided. Contact Health Promotion at 613-392-2811 ext. 3768 to register.

● **Youth Meet & Mingle**

For ages 9 ± 12
Monday, August 20, 5 ± 7 p.m.
This workshop is for youth who are new to the area and interested in meeting new friends! Join a night of fun with games, pizza, snacks and door prizes! Register by August 17 by emailing kendra.b@trentonmfr.ca (please include any dietary restrictions).

● **Mindfulness Group**

This group will help you develop mindfulness practices as a way to reduce stress and anxiety, and improve choice when responding to difficult situations. Experience is not required. The next Mindfulness groups will take place on August 9 and August 23, 2018 from 12 noon until 1 p.m. at the Trenton MFRC. Please register at least one week prior to the workshop. You can register and learn more by contacting Rabia: 613-392-2811 ext. 2568 or rabia.s@trentonmfr.ca.

● **Hello Wednesday**

Every other Wednesday, visit us at the MFRC to meet and mingle with other members of the community. Whether

you're new or a regular to us, everyone is welcome to have a coffee, share resources, and get to know us better!

Any questions or concerns, please contact Rabia at rabia.s@trentonmfr.ca or Helene at helene.cg@trentonmfr.ca. No registration required.

Our next Hello Wednesday is scheduled for **August 22, 2018**.

● **Hogwarts End of Week Feast ± Youth Centre**

Join the Youth Centre for Harry Potter inspired treats and snacks!
Friday, August 17, 6 - 9 p.m.
Ages 6-14
\$5/person
Trenton MFRC Youth Centre

Home of the Week

Your Building Renovation Experts



This charming home offers the prospective homeowner plenty of choice, thanks to an unfinished bonus room over the double garage, as well as an alternative plan for the en-suite in the master bedroom.

Entry is through a covered porch set off by brick pilasters. The foyer includes a coat closet to the left. Directly ahead is the staircase to the second-storey bonus room and beyond is the great room.

The great room features a sloped ceiling, as well as a gas fireplace that will cast its warmth into the dining area and kitchen. French doors open to a partially covered patio and the back garden beyond.

A large window in the dining area looks out to the patio, and natural light will filter through the two narrow windows that look to the side garden.

The kitchen, separated from the dining area and great room by an eating bar, is illuminated by a skylight and includes generous counter space. An eating bar with a double sink on one side separates the kitchen from the dining area, which features a large window overlooking the patio.

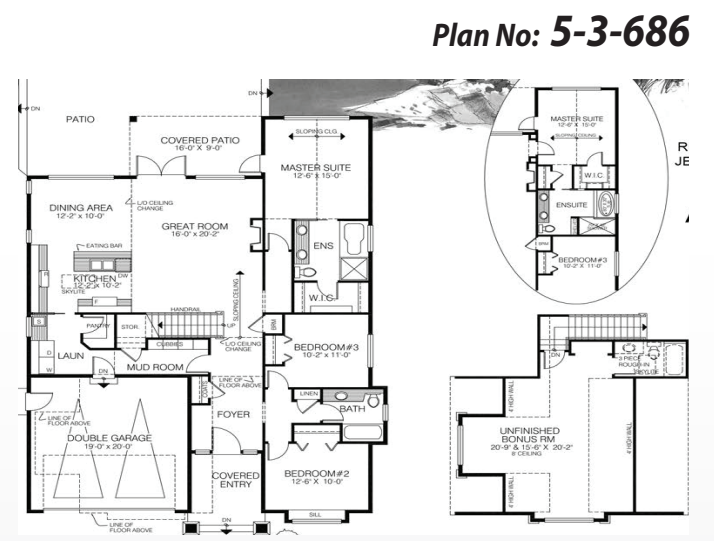
The laundry room has access to the double garage. A mud room with a coat closet is located nearby.

The master suite also has a sloped ceiling, as well as a doorway to the patio. Windows overlook the back garden. Both plans for the en-suite include double basins, a shower stall and a soaker tub with its own window. The walk-in closet is located either in a corner of the suite, or with access from the en-suite.

The second and third bedrooms share a three-piece bathroom, with a linen closet situated at its entrance. The third bedroom has a window with an extra-deep sill, which could double as a window seat.

The unfinished bonus room includes a roughed-in three-piece bathroom, allowing it to serve as a guest room or fourth bedroom. Exterior finishes include horizontal siding with shingle accents around the front windows. Brick pilasters flank the arched front porch, which also features shingle accents.

This home measures 42 feet wide by 63 feet deep, for a total of 1,798 square feet, plus the bonus room of 497 square feet. Ceilings are nine feet high throughout.



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Flying operations up North with the @Canucks@



A CC-130J Hercules at CFS Alert.



A pilot looks out at the terrain as he flies to CFS Alert.

Photos submitted

By Second-Lieutenant Kathleen Soucy

The challenges of operating an aircraft in the North are numerous.

"The first challenge is, without a doubt, weather," said Captain (Capt.) Colin Wilkins, a CC-130J pilot with 436 (Transport) Squadron, during a planned flight to Canadian Forces Station (CFS) Alert. "Weather can be very unpredictable up North and change rapidly."

Located just 817 kilometers from the North Pole and 1,834 kilometers north of the Arctic Circle, CFS Alert is the most northerly, permanently inhabited location in the world.

The main role of the station is to maintain a geo-location capability to support search and rescue and other operations, and provide support to Environment and Climate Change Canada and Arctic researchers.

Alert also plays a key role in projecting Canadian sovereignty in the Arctic.

436 Squadron is the primary unit, from 8 Wing Trenton, that provides sustainment supplies to CFS Alert.

The squadron is tasked with one flight every week to bring fresh and frozen fruits and vegetables to personnel stationed there, as well as two BOXTOP missions a year, during which they provide the station with fuel and dry goods.

While the Royal Canadian Air Force has been operating flights to Alert since the mid-1950s, new technology and more advanced aircraft has not removed all of the inherent challenges when flying in the cold.

Because of the unpredictability of the weather, rerouting to avoid it can be more frequent, which poses an additional challenge.

In order to mitigate risks associated with extreme weather conditions, the aircrew follows a "plan procedure for cold weather operations," said Corporal Yassabi Siwakoti, an Aviation Technician.

This even includes a special procedure to start and shut down the aircraft when it is extremely cold, involving the removal and storage of batteries inside the aircraft.

"As you go up North of Iqaluit, the number of airports equipped to welcome a CC-130 Hercules get fewer and fewer and further away from each other," said Capt. Wilkins. As a result, the aircrew needs to take a greater amount of fuel with them.

With eight trips to CFS Alert, Sergeant Patrick Johnson, a loadmaster, said that "operating in the North demands more preparation and monitoring."

As part of his tasks, he is to ensure the general security of the aircraft by closely monitoring the cargo compartment, the hydraulic level, and the chaining of cargo.

"The cold weather makes our job more arduous as it generally takes longer to not only start, but also load and unload the air-

craft," he explained. "For this reason, preparation is key."

When operating in the North, the aircrew is also conscious of the likelihood of being delayed. In addition to delays caused by the additional time to warm-up, load and unload the aircraft, are also delays related to maintenance as the temperature drops. As personnel need to be warmly dressed to operate outside, it makes it more difficult for them to move freely.

The extreme cold conditions also make it necessary for personnel to take regular breaks to warm-up inside.

Fortunately, the CC-130J Hercules is well suited to operate in the North.

The main reason is its ability to operate in cold weather with limited support, at austere fields and in marginal conditions.

Indeed, much of the equipment used at CFS Alert is designed to fit inside the car-

go compartment of the aircraft.

But even though cold weather is the main challenge, warming weather in the north also poses a challenge.

"In the summertime, you worry about the ground being able to support you," said Capt. Wilkins. "Based on how the runways are built, we sometimes have a weight limitation."

Austere fields are usually made of dirt, sand, and/or gravel. During the winter months, the gravel runways will freeze, which support more than the maximum weight capacity of the aircraft.

But in the warmer months, some of these runways become too soft for the aircrew to operate out of.

Be it summer or winter, the north will always prove a challenging place to fly. But adaptability, preparation and maintenance will remain key to success in operations.

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(Subject to change without notice)

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8 Wing Trenton athletes celebrated at annual sports banquet

By Makala Chapman

Examples of athleticism, teamwork and determination once again shone through at the 16th Annual 8 Wing/CFB Trenton Sports Awards Ceremony.

Hosted at the Roundel Glen Golf Course, dozens gathered for the award presentations and to play a round of celebratory golf on July 23.

Several athletes from the Base/Wing sports, regional and national teams, as well International Military Sports Council competitors (CISM) were amongst those to receive recognition for their accomplishments in the 2016-2017 year.

Amongst the first to be acknowledged were teams from the various Wing/Base intersection leagues. More than 700 participants from across the base participate in the various leagues ranging from curling to hockey. On hand to present the awards to the different team coaches and representatives was 8 Wing Commander Colonel (Col.) Mark Goulden and Wing Chief Warrant Officer Troy Zuorro.

In his address to the athletes, Col. Goulden noted how proud he was of their results and stressed the importance of keeping active. He also went on to thank all the staff that helped make this past year's sporting season a success. "The PSP staff we have here in Trenton, I believe, is the best across the country," he said. "They are very dedicated to making sure we have great programs. I believe very strongly that sports is a key enabler to operations and provides that work-life balance."

Col. Goulden also revealed that with the help of PSP, plans to start a rugby program on base were on the horizon.

Also speaking on how proud she was of the athletes at 8 Wing Trenton was manager of fitness and sports Kendra Lafleur.

"It's an (astounding) amount of hardware (medals and awards) that we've had in the 2017 year, so we're super excited," she said. "A lot of the success needs to be reflected back to the wing leadership. I would also be remiss if I didn't recognize my team at PSP and the countless hours they put in to make these programs run."

As for the importance of recognizing the athletes and promoting a community of healthy, active living, Lafleur noted it was critical.

"Sports brings a level of teamwork and cohesion into play, which really aligns with the military ethos," she said. "It's phenomenal."

Taking home the top spot for the Noon Hour Hockey League were the Habs, with 436 Transport Squadron taking home the win for the Wing Hockey League (WHL) A Division. The B Division winners for the

WHL were members of the Canadian Army Advanced Warfare Centre (CAAWC), with team CANSOFCOM#2 taking home first place for the WHL C Division.

Top spots for the intersection golf and intersection slow pitch league were also handed to members of the CANSOFCOM unit.

The next group of athletes recognized for their efforts were those who competed at the regional level in various championships. There are currently 15 sports played at the regional level in the CAF, which include squash, badminton, soccer and more.

Taking home a silver medal at the regional championship for squash was Maj. Jean-Francois Moreau, who also took home gold at the national level.

Next to be credited for taking home regional gold on behalf of 8 Wing Trenton were the men's, women's and Old Timer's Hockey team.

The men's basketball team, as well as soccer team, also received praised for their efforts in bringing home gold during last year's sports season.

Moving onto the CAF National Sports Champions, the women's hockey team brought home a silver medal.

Old Timer's Hockey team and the men's basketball team won gold medals.

Participants who competed as individuals in sports such as running, triathlon, squash and badminton were also given credit for their efforts and thanked by the wing commander for their dedication to their sport.

In running, taking home second place in the under 40 category for her performance in the half marathon was Captain Amanda Whelan.

Next up for recognition were the CISM athletes, who represented in basketball, women's soccer, men's volleyball, triathlon, shooting, as well as life saving and swimming.

"The CISM organization comprises 127 countries," said Lafleur. "To be named to such a team is the highest honour that a member can receive in the CAF Sports Program. We have here in Trenton, 12 athletes, manag-

ers, trainers or coaches who have represented Canada and the CAF in International Military Sports Competitions this past year.]

Athletes who competed in out of service competitions were also recognized for their efforts and dedication to athleticism.

Amongst those who competed, Corporal (Cpl.) Gillis of 8 Air Maintenance Squadron was a provincial champion in a body building competition. Sergeant (Sgt.) Eric Deroy from Aerospace and Telecommunications Engineering Support Squadron (ATESS) came in second in Canada and 28th in the World in the Federation Aeronautic International (FAI) World Cup of Canopy Piloting Championship. Master Warrant Officer Ian St. Laurent was also celebrated as he came 120 out of 440 participants in the World Spartan Championship, which placed him 13th in his age category in the world.

Taking home the 2017 male athlete of the year award was Sgt. Deroy, while Captain Samantha Behm of 436 Transport Squadron was selected as the 2017 female athlete of the year. Capt. Behm was a member of the CISM women's soccer team, as well as a member of the 8 Wing women's volleyball team.

Taking home the award for 2017 military coach of the year was Master Corporal Derek Brown, who coached the 2017 8 Wing Flyer's Women's Hockey team to victory. The women's hockey team was also the recipients of the CFB Trenton team of the year award for their successful results at both regional and national

championships.

As for Lafleur's advice to all the 2018 athletes, she said it was important to "get out, have fun, hone your skills, represent the wing and meet new people."



Wing Chief Warrant Officer Troy Zuorro (left) and 8 Wing Commander Colonel Mark Goulden (right) congratulate Major Jean-Francois Moreau on his gold medal at the Canadian Armed Forces 2017 squash national championship.

Photos by Makala Chapman

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