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INSIDE

CANAL PURSUIT CRUSHING MENTAL ILLNESS



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'STEPS FOR VETS' COMING TO QUINTE WEST



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LOGISTICS BRANCH 50th ANNIVERSARY

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Third annual Highway of Heroes Bike Ride bigger than ever



Len Milligan (left), Susan Heribson (middle) and Ruth Milligan (front-right) begin their 170-Kilometre trek from Quinte West to Toronto on Aug. 25.



Photos by Makala Chapman

Cyclists participating in the Highway of Heroes Bike Ride 2018 lay wreaths at the Afghanistan Repatriation Memorial on Aug. 25.



Acting Wing Commander Lt.-Col. Adam Carlson wishes cyclists a safe journey at this year's Highway of Heroes Bike Ride on Aug. 25.

By Makala Chapman

Cyclists from all across the country are once again doing their part to honour those that made "the ultimate sacrifice" at this year's Highway of Heroes Bike Ride.

The charity event, now in its third year, saw more than 100 riders embark on a two-day bike ride departing from Quinte West's Bain Park on August 25.

The memorial ride serves as a chance for cyclists to honour Canada's fallen soldiers, sailors and airwomen and airmen, while raising funds and awareness for ill or injured

members of the Canadian Armed Forces (CAF), veterans and first responders.

All proceeds raised from the event go to support Wounded Warriors Canada, a privately funded organization that offers mental health programs

and support for Canada's heroes and their families in need.

Prior to the cyclist's departure, a special ceremony was held at the Afghanistan Repatriation Memorial to commemorate the fallen and to reflect on their sacrifices.

Silence washed over the park as wreaths were laid at the foot of the granite memorial, forever etched with the names of 159 Canadian soldiers.

Taking the time to share a few words of encouragement with the riders during the ceremony was 8 Wing Trenton's Acting Wing Commander Lieutenant-Colonel (Lt.-Col.) Adam Carlson.

He noted he couldn't have been more thankful to those who took the time out of their lives to advocate for Canada's service members.

Continued on page 3



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Sports & Recreation



Golf Tip of The Week

*Courtesy of Roundel Glen Golf Course
at 8 Wing G/Cf B Trenton*

The bump and run

Content submitted

This type of shot is great for around the green when you are unsure if you should putt or chip, and there's no obstacle — a bunker, pond or whatever — between you and the target to force a more lofted shot. Take out an 8 iron and hit this shot just like a putt. Keeping the weight on your left side will help get the club just enough under the ball to bump it onto the green and let it roll to the pin.

1: Weight forward when setting up — this will help lead the ball towards your target and for you to hit down on the ball and not fall behind during impact.

2: Take the club back a short distance and keep the clubhead close to the ground by removing any wrist break.

3: Follow through with club facing towards target while keeping the back of your left hand (or right hand for lefties) toward the target.



The 8 Wing Sport program is looking for CAF members and/or full-time DND/NPF employees to coach during our 2018-2019 winter season in the following sports:

Le Programme Sportif de la 8e Escadre est à la recherche de membres de la FAC et/ou d'employés à temps plein du MDN/FNP pour être entraîneur pour notre saison d'hiver 2018-2019 dans les sports suivants:

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- Women's Hockey
- Old Timer's Hockey
- Curling
- Badminton
- Squash
- Basketball
- Men's Volleyball
- Women's Volleyball

Interested members are to fill out the Coaching Application Form and send it to the undersigned NLT Aug 31st

Les membres intéressés doivent remplir le formulaire d'enregistrement pour entraîneur(es) et le renvoyer au sous-signé au plus tard le 31 Aout

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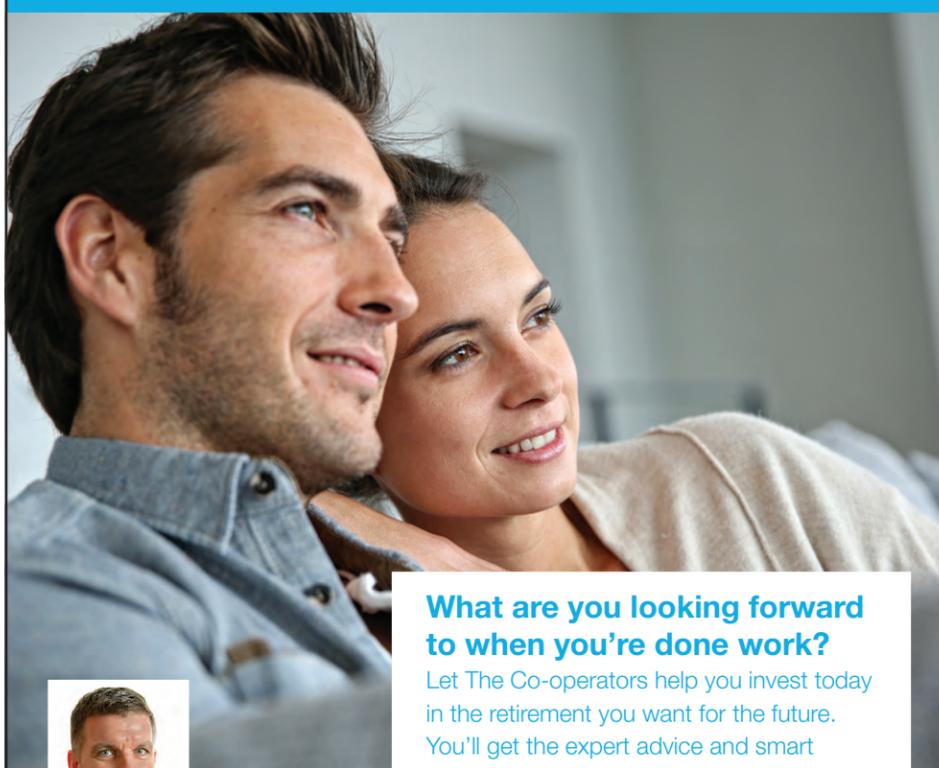
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Continued from page 1

"I've met people that have suffered through operational stress injuries and PTSD," he said. "Trust me, your work is greatly appreciated by anyone who receives support. Your efforts do actually make a difference for a lot of people."

Lt.-Col. Carlson then wished the cyclists the best of luck on their ride and his hopes for a safe "tailwind and downhill" journey.

Participating in this year's event for her third year in a row was Susan Herbison, a merchandiser from Dundas, Ont.

Overwhelmed with emotions, Herbison held back tears as she explained the personal importance of the ride.

"I'm an army brat and I grew up with everything military," she said, "so I developed a deep, deep respect for our military personnel. This is my way of giving back for all the good."

Like her fellow cyclists, Herbison's journey would have her trekking from Bain Park to Queen's Park in Toronto along the 170-Kilometre stretch of Highway 401 known as the Highway of Heroes.

The route, which was named in 2007, is the



Susan Herbison (left), Len Milligan (middle) and Ruth Milligan (right) prepare for their third annual Highway of Heroes Bike Ride at Bain Park in Quinte West.

portion of highway from Trenton to Toronto to that funeral convoys carrying fallen Canadian service members take from 8 Wing Trenton to the coroner's office. "I had seen some of the repatriations and it just breaks my heart to see someone coming back like

that," said Herbison, "but the one thing I noticed was that all of Canada seemed to come out to greet them. This ride is just an extension of that continued support."

Herbison then strapped on her helmet and took her spot behind the starting line, patiently awaiting her departure.

Speaking on behalf of Wounded Warriors Canada was Steve Tophan, the organization's national partnership director.

He noted he couldn't have been more pleased with how the event had unfolded and was happy to announce this year's ride had been the biggest to date.

"The reason we do this ride is to maintain that connection with the Highway of Heroes and to remember," he said. "It's the perfect route."

In order to participate in the ride, each participant was asked to raise a minimum of \$1,250 in pledges. This year was far from disappointing as Tophan noted that this year's team rallied together to raise more than \$119,000.

Since the event's inception, the ride has brought in over \$300,000.

"It's overwhelming," he said. "Just the care, compassion and generosity of Canadians is what allows us to do what we do."

'Got Your Six' charity motorcycle ride a success



Gary Crane directs motorcyclists onto RCAF Road for the first annual "Got Your Six" charity ride in support of Wounded Warriors Canada.

By Makala Chapman

Just down the road from Bain Park at the RCAF Flyers' Arena, another event in support of Wounded Warriors Canada was being held.

The first annual "Got Your Six" charity motorcycle ride saw more than two-dozen riders depart from Quinte West for an afternoon trek around Northumberland County.

Speaking on how excited he was to have the inaugural launch was event chairman Gary Crane.

He noted the funds raised from the registration fees would be split between Wounded Warriors Canada and the Shriners Hospital for Children in Montreal.

"I don't think there's two charities that you could pick that do more than these ones," he said. "Every dollar counts without a doubt."

As for the importance of events like charity rides, either on motorcycle or bicycle, Crane said it was critical.

"It's just another way to show support and we're happy to do it," he said. "How could anyone go wrong with helping children and our wounded warriors?"

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Portable computer problems

If you travel on business, or take work home, chances are you use a laptop or computer. You may not use a laptop or notebook computer for the same duration as you would use a desktop computer. But with a laptop, chances are you're working in less than ideal conditions — on a commuter plane, in a hotel room or in a rough field office at the job site.

Working hunched over a small computer, trying to read numbers or words on the screen while operating an inconvenient keyboard or trackball can result in stress and strain to your muscles and connective tissues.

The results can be headaches, backaches, a stiff neck, and pain in the shoulders, arms, wrists and hands. These problems may be temporary, but they can lead to permanent disability.

Here are some reminders about preventing cumulative trauma injuries

when using a laptop and other small electronic data devices:

- Try to find a stable surface for your laptop computer and a place where you can sit up straight.
- The table in your hotel room is a better place for computer work than your lap.
- If the chair isn't high enough, try sitting on pillows or phone books.
- If the chair doesn't provide support for the lower back, roll up a towel and put it behind you.
- Place the screen so it is about arm's length from your eyes.
- Adjust lighting so there is no glare on the screen from windows, overhead lights or lamps.
- Take frequent breaks to look away from the screen stretch and walk around.
- If you need a wrist rest for comfort while using your keyboard and mouse, remember to pack it in your computer case.
- Consider alternatives to keyboards for inputting data on portable electronic devices.
- A touch screen can be used for some applications. Voice recognition technology can replace the keyboard for certain types of data collection, leaving the operator's hands free.
- Suggest improvements to your supervisor.

Small computers can cause big Repetitive Stress Injuries. Pay attention to your posture and work habits when you use a laptop or notebook computer.



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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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.
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8 Wing Trenton takes on Canal Pursuit

By Makala Chapman

Members of 24 Canadian Forces Health Services Centre, 8 Wing Trenton, are helping bring awareness to mental illness one step at a time.

Over 10 runners from the unit could be seen limbering up at the entrance of Quinte West's Bain Park as they prepared for a 90-kilometre run to Kingston on August 22. Taking turns, each participant volunteered to run anywhere from 5 to 15 kilometres until they reached their destination.

The run was part of the Canal Pursuit Relay, an annual fundraiser now in its fourth year, run by Waterloo, Ont. resident Clay Williams to help raise funds for the Mood Disorders Society of Canada.

Starting on August 18 in Port Severn, Ont., Williams said his mission was to run 785 kilometres along the Trent Severn and Rideau Canals, running by all 88 locks, and finishing on Parliament Hill by August 25.

Picking up relay teams along the way, Williams said he was grateful to once again have support at 8 Wing Trenton for a portion of the journey.

"There are twice as many people here as there was last year," he said with a smile. "This partnership with this base is impor-

tant and I'm glad to have them aboard."

Williams explained that he first started the run in 2014 in honour of his wife, his daughter and sister who all suffer from mood disorders, and as a memorial to his two older brothers who took their own lives.

"A lot of the reason I'm doing this is also to let people that are struggling know that someone wants to help them carry their burden and they're not out there alone," he said. "You used to not hear a lot of conversation surrounding mental health, but we're starting to hear more. The more we talk about mental health issues, the less uncomfortable people become and we will start to see the results of that."

Williams noted he and his team have raised well over \$45,000 since the start of the event, with more than \$10,000 collected this year alone.

On hand to cheer on her members at the start of the run was 24 Canadian Forces Health Services Centre's commanding officer Lieutenant-Colonel (Lt.-Col.) Rochelle Heudes.

She noted she had been excited to once again support such an important initiative and was glad her team stepped up to the plate.

"We've all witnessed, certainly in the military, friends who have suffered from mental

health issues," she said, "so I think it's great to raise that awareness with our civilian counterparts."

Lt.-Col. Heudes added that her team's participation was just another example of their dedication and commitment as health care providers.

"We have everyone from medical technicians, two doctors and a private running today," she said. "But it doesn't matter what rank you are, what your position is or how long you've been in the military. Mental health is something that can affect us all just like any other injury."



Members of 8 Wing Trenton and Clay Williams gearing up for a 100 kilometre run from Quinte West to Kingston on August 22.



Photos by Makala Chapman

Clay Williams with a Canadian flag that was signed by Canadians from all across the country showing their support for mental health awareness.

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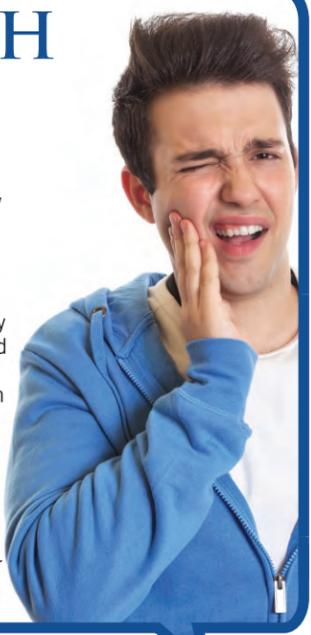
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When wisdom teeth are misaligned, or "impacted", they may position themselves in odd angles to adversely affect the adjacent teeth. This misalignment of the wisdom teeth can crowd or damage adjacent teeth, the jawbone, or nerves.

In many people, the wisdom teeth do not fully erupt, are very difficult to clean and will cause discomfort. Infections, called pericoronitis, can occur around the wisdom teeth because of this lack of full eruption. In some circumstances the wisdom teeth are considered "impacted" such that they cause damage, via resorption, to the adjacent teeth. This leads to problems in 2 teeth! Many of us do not have a sufficient amount of room in our mouth's for wisdom teeth and this is what leads to these problems.

Be pro-active and talk to your dentist or hygienist about your wisdom teeth.





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“Raise the Arrow” artifact from

By Joanna Calder

The first artifact recovered by the “Raise the Arrow” team broke the surface of Lake Ontario on August 12, 2018—seeing the light of day for the first time in more than 60 years.

The artifact was discovered during the search for the 1/8th-scale free flight models (FFM) of the famed CF-105 Avro Arrow that were launched over Lake Ontario during testing of the supersonic aircraft’s design in the 1950s.

“This is an unexpected success,” said John Burzynski, leader of the “Raise the Arrow” project. “It’s something we didn’t really know existed.”

“This is an exciting day for the ‘Raise the Arrow’ team and for the Royal Canadian Air Force’s history,” said Dr. Richard Mayne, the Royal Canadian Air Force’s chief historian the day after the artifact was raised from Lake Ontario. “This is just the beginning of the road to discovery and for me—as a historian—the really exciting part is now determining exactly what this is.”

The primary goal of the “Raise the Arrow” project is to find one of the Arrow FFM that were of differing and progressive designs, launched into Lake Ontario from a military range at Point Petre, Prince Edward County, Ontario.

“This is a Delta Test Vehicle (DTV),” said Dr. Mayne on August 24, after several days of further research. “Contemporary documentation suggests that the DTVs were somehow linked to the Avro Arrow’s FFM program.

“Documentation has been found in historical report from the FFM tests that include data from the DTV launches. Research will continue into the history of the

DTVs that will, hopefully, further clarify their role and relationship to the FFM program.” Three DTVs were launched: two in April 1954 and one in October 1954. They may have been launched using rocket boosters left over from the “Velvet Glove” missile testing that also took place at Point Petre, according to Jim Johnson, who worked as a technician at CARDE—the Canadian Armament Research and Development Establishment—at Point Petre in the 1950s.

After being raised from the waters off Point Petre, the artifact was transported by water to 8 Wing Trenton on August 13.

The commander of the RCAF, Lieutenant-General Al Meinzinger, was onboard the workboat Wilson T. Cooper for the artifact’s brief journey to the wing and for its “reveal” on the shore.

“It’s a remarkable day,” he said, “being here and seeing this first piece from the project unveiled here. It speaks to our RCAF history and I am so pleased that the Royal Canadian Air Force is supporting this recovery effort.”

OEX Recovery Group Incorporated (OEX), which is financially supported by a group of Canadian mining companies and financial institutions, is undertaking the recovery effort, led by Mr. Burzynski, president and chief executive officer at Osisko Mining Inc.



Photos by Makala Chapman

Canadian Conservation Institute’s Monique Benoit (left) and Tara Grant (right) remove sediment and zebra mussels from the exterior of the Avro Arrow artifact at 8 Wing Trenton.

“The object we’re about to look at went into the water just over 60 years ago,” he said before the tarpaulin covering the object was pulled back for spectators to see. “We hope to bring up more in the near future, but this was a strong success for the team. It was a beautiful moment yesterday when it broke the surface and yes, there was cheering!”

Raising the DTV was a “great trial of our

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team recovers first Lake Ontario

capabilities and went really well," he added.

The search began last summer and resumed in the late spring of this year. He's determined to keep up this year's work as long as the weather permits and to return again next summer.

"The sonar crew is out there today," said Mr. Burzynski after the artifact was unveiled, "and we are going to continue to develop targets." He explained that the search area is littered with hundreds, if not thousands, of potential targets. Beginning in 1938, Point Petre was used as an artillery range and sections of the site were used for test firing the "Velvet Glove" and "Sparrow" air-to-air missiles in the 1950s as well as the launching of the Avro Arrow free flight models. Even the mussel-covered limestone rock formations can look like man-made objects. The team has identified at least 200 potential targets "but the only way we can tell [for certain what they are] is to get divers on them," continued Mr. Burzynski. The Royal Canadian Navy's Fleet Diving Unit (Atlantic) came out to the search site earlier in August to assist in target verification, looking closely at potential targets, and helping to prepare for lifting the artifact raised on August 12, which was carried out by commercial divers. The Navy divers "gave us some really great help for three days," he said. "It was like watching a symphony orchestra, the way they worked."

Following reconnaissance diving by the Navy divers, the task of preloading the artifact and recovering it fell to project archaeologist Scarlett Janusas. The artifact was prepared underwater by sliding plastic tubing under the main body and then layering it with coroplast sheets (which are similar to corrugated cardboard, but made of plastic). The artifact was literally moved inch by inch under Ms. Janusas' watchful eyes, periodically

being checked for stability and continued integrity, until it was fully and carefully loaded into a special crib. The crib itself had been prepared with protective covers to ensure no damage would occur to the artifact. After the loading of the artifact came the work of covering it with protective foam for both stability and security, as shifting of the artifact in transit could prove disastrous.

The next day, staff of the Canadian Conservation Institute (CCI) came aboard and, in consultation with Ms. Janusas, approved the packing of the artifact for lift. The entire team gathered around the live feed from the commercial divers, and the lift proceeded successfully to the surface. "The preloading of the artifact and the lift to the surface could not have been more textbook" said Ms. Janusas.

The artifact is now in the hands of the CCI team, which is a special operating agency within the Department of Canadian Heritage located in Ottawa

"We need to keep the artifact wet until we can do a controlled 'dry' and have a full condition assessment," explained Nancy Binnie, a senior conservation scientist with the CCI. Among the many tests being carried out, water samples taken from the vicinity of the artifact are being tested for salinity. If there is salt present in the lake water—which is possible even in a fresh water lake—the artifact will have to be desalinated before it is allowed to dry. As Canadians who drive cars in the winter know, water + salt + oxygen = rust. Mussels and sediment from the lake bottom were also collected and are being tested to help determine the most suitable conservation processes.

As the first step, explained Ms. Binnie, "we'll get rid of the things that stink and rot fast" by carefully cutting off the mussel shells one-by-one with scalpels. That was accomplished by the end of August 14. However, the mussels attach

themselves to surfaces with long sticky filaments that have suction disks at their ends. Those are more difficult to remove, so the conservation team will "sandblast" the surfaces with finely shaved dry ice. Dry ice leaves no grit or residue since it evaporates as soon as it hits the surface. The technique was tested on non-Arrow objects to determine the exact pressure to use to gently clean the surface without stripping it.

"Removing the mussels revealed a surprising amount of paint that is loosely adhering to the metal," explained Elisabeth Joy of the CCI. "The conservators' skills and knowledge comes into play here to clean the surface while preserving as much of the paint as possible. This is also why you can't just dry the object; the paint could just pop off without treatment."

On Monday, August 20, the artifact travelled by road to the Canadian Aviation and Space Museum (part of Ingenium Canada) in Ottawa where CCI conservators are continuing to treat it. Two CCI conservators remained in Trenton until the road move to oversee the packing and loading for the road move and to ensure that the item remained wet.

Meanwhile, as conservation and research continue, so will the search for the "Holy Grail": the

Avro Arrow FFMs that were launched at Point Petre.

"We will aim to complete our search and recovery next summer," said Mr. Burzynski.

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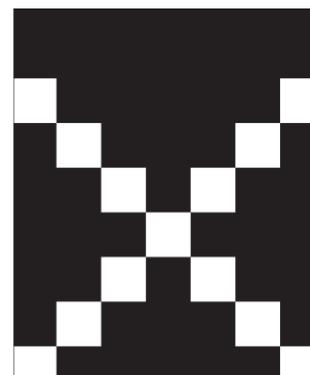


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Saturday, September 15, 2018
10 am - 3 pm

Royal Canadian Legion Branch 110, Trenton

For all releasing members, veterans and their families!

Foire d'information pour les Vétérans

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Légion royale canadienne filiale 110 de Trenton

Pour tous les militaires en voie de libération, les vétérans et leurs familles

For more information / Pour de l'information

Kelly Briggs
kelly.b@trentonmfc.ca
613.392.2811 x 4583

Tanya Bown
tanya.b@trentonmfc.ca
613.392.2811 x 4779



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September 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Labour Day MFRC CLOSED	4 Regular MFRC hours resume	5 Community Connection What About Me?	6 Mindfulness	7	8
9	10 Bellydancing with Amara	11	12 Hello Wednesday Community Connection What About Me? Focus On Vets	13 Special Needs Parent Support Group Knit & Chat	14 Employment Café – Presentation Skills	15 Veteran Information Fair
16 BLOCK PARTY!	17 MENTAL HEALTH AWARENESS WEEK Knit & Chat	18 MENTAL HEALTH AWARENESS WEEK Mindful Masters	19 MENTAL HEALTH AWARENESS WEEK Community Connection What About Me?	20 MENTAL HEALTH AWARENESS WEEK Mindfulness Kids Have Stress Too!	21 MENTAL HEALTH AWARENESS WEEK Employment Café – Presentation Skills	22 Steps for Vets – 5k walk/run

● Trenton MFRC Regular Hours

*Regular hours will resume September 10
Trenton – Siskin Centre
Monday – Thursday: 8 a.m. – 6:30 p.m.
Fridays: 8 a.m. – 5 p.m.
Belleville Branch
Monday – Friday: 6 a.m. – 11 p.m. (as needed)
Frankford Branch
Monday – Friday: 6 a.m. – 6 p.m.

● Focus on Vets

Have you ever wanted to take up photography but were afraid of the costs of courses? Not quite sure what camera to buy? Regardless of your skill level, if you have an interest in photography please join us for this 8 week course beginning September 12, 2018. Register no later than September 4.

Program offered in English only. Participants must be 16+. If you have any questions or to register please contact Tanya Bown tanya.b@trentonmfr.ca or 613-392-2811 x 4779.

● Employment Café – Presentation Skills

Join us for a two-part workshop; conquer some of the fears you may have and enjoy a laid back, supportive approach to public speaking. September 14 & 21 from 10 a.m. – 12 noon
Subsidized child care may be available but must be requested in advance. Please register by September 8. Contact elizabeth.nicholas@forces.gc.ca or priscilla.t@trentonmfr.ca - 613-392-2811 ext. 3852/4655.

● 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 group will take place on **September 6 & 20, 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.

● Bellydancing with Amara

Learn the timeless art form from the Middle East! Mondays starting September 10, 2018 7 p.m. to 8:30 p.m. \$55 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. 2568.

● 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 Hélène at helene.cg@trentonmfr.ca. No registration required. Our next Hello Wednesday is scheduled for **September 12 & 26, 2018**.

● Veteran Information Fair

Join us to connect with community agencies to learn about programs and services for Veterans. Saturday, September 15, 10 a.m. – 3 p.m. Royal Canadian Legion Branch 110, Trenton This event is for all releasing members, Veterans and their families. For more information contact Kelly Briggs at kelly.b@trentonmfr.ca or Tanya Bown at tanya.b@trentonmfr.ca.



The living area in this two-storey, two-bedroom coach house is located above a three-vehicle garage, making it an ideal addition to a large lot with a home already built on it.

Entry is through a covered porch with the staircase to the second floor directly ahead. Upstairs, the great room includes a wood-burning fireplace that will be visible from both the dining area and the kitchen.

The kitchen includes plenty of counter space, as well as a large window overlooking the front

garden. The great room and dining area look out to the back garden.

The two bedrooms share a three-piece bath with room for a side-by-side washer and drier.

Exterior finishes include wooden shingles on the upper storey, with stucco below. Decorative woodwork between the ornamental garage doors lend interest to the facade, along with painted woodwork.

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Service Protestant du dimanche: 11 h 00 (en anglais)

RC Sunday Mass: 0900 hrs (English) 1000 hrs (French)

*Last Sunday of each month: 0900 hrs (Bilingual)

RC Weekday Mass: Tues, Wed, Thurs at 1200 hrs
(Subject to change without notice)

Messe CR du dimanche : 9h00 (en anglais) 10h00 (en français)

*Dernier dimanche de chaque mois : 9h00 (bilingue)

Messe CR en semaine: mardi, mercredi et jeudi à midi (12h00)

(peut changer sans préavis)



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'Steps for Vets' to hit the ground running this month

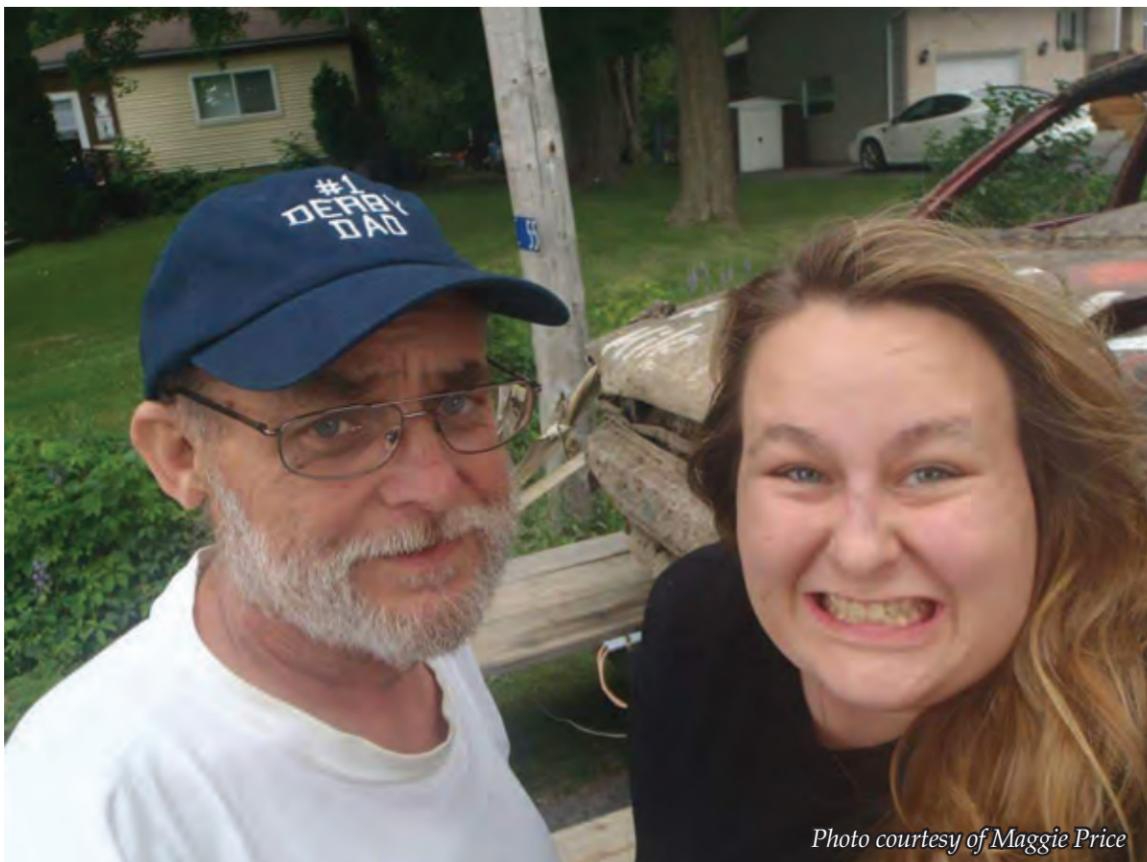


Photo courtesy of Maggie Price

Event founder Maggie Price (right) says she and her father Master Corporal (retired) Fredrick Balsdon (left) have always been strong supporters of mental health awareness when it comes to veterans.

By Makala Chapman

It was back in high school when Maggie Price first proposed organizing a charity event that would support veterans suffering from mental injuries.

Fast forward eight years later, thanks in part to the support of Mood Disorders Society of Canada, Price

said she will finally see her dream come true at the inaugural "Steps for Vets" 5-kilometre run and walk on Sept. 22.

The event, open to all ages and abilities, is set to take place at Centennial Park in Quinte West and will kick off at 10 a.m.

Growing up in a military family in the Quinte West

region, Price said that supporting veterans has always been close to her heart.

As a result, all proceeds collected from this event will go directly towards the Trenton Military Family Resource Centre's (MFRC) to help support military and veteran families. As well, a small portion will also be going to the Mood Disorders Society of Canada to help them run their programming.

"I wanted to keep things local," she said, "It's a passion of mine to ensure that these places are directly getting the funding to benefit the veterans and those who need it."

Price also credited her late father Master Corporal (retired) Fredrick Balsdon, a former member of 8 Wing Trenton, for inspiring her to run the event.

"He was a big advocate on the base for mental health and equality," she said, "so this event is definitely in my Dad's memory."

While MCpl. (ret'd) Balsdon passed away in 2013, Price said she was honoured to carry on his legacy and knows he would have been proud to see it come into fruition.

"He would have been so excited to see how much the community cares about its veterans," she said.

Speaking to how thankful the MFRC was to be the recipient of the event proceeds was communications and development coordinator Devon Taylor.

Taylor estimates that the MFRC supported an estimated 265 veterans and family members in some capacity in just the last year alone.

"The support from the 'Steps for Vets' run is important to help the MFRC offer programs that meet the needs of our military and veteran families in the Quinte community," she said. "The MFRC is thrilled and very grateful."

As a result, she reiterated the importance of the community coming together to support non-profit organizations like the MFRC.

"Third party events are always so fun for us to be a part of," she said. "We enjoy working with and learning about other like-minded community organizations that want to give back to the military families living in their region."

Photos of the Week

MFRC hosts Baby Bootcamp



Photo by Devon Taylor

Contact News

The Trenton Military Family Resource Centre, in partnership with Hastings Prince Edward Public Health, hosted a Baby Bootcamp for young families on August 28. The event saw dozens of children enjoying crafts, games and snacks. The initiative was part of an effort to help children unplug from electronics and enjoy the outdoors. Members of 8 Wing Trenton were also on hand to volunteer their time and help run interactive stations like an obstacle course.

CFS Alert: Women of the Arctic



Photo by Corporal Brunet St-Jean

Content submitted

Female staff of Canadian Forces Station (CFS) Alert pose for a “women of the Arctic” photo in front of the station. Summer 2018 has seen a higher than usual number of women on station, filling many key positions such as Environment and Climate Change Canada Site Manager, quarry lead hand, cleaning staff, heavy equipment operator, FM technician, Personnel Support Program Manager, electrician, and Commanding Officer of the station. Occupying their many diverse roles, women account for almost 25% of the permanent staff of CFS Alert.

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8 Mission Support Squadron

By Corporal Couture

This is a photo of Mr. Marty Adair working on a timing cover for a D8 Mule Engine. The D8 is used for towing medium size Aircraft. Mr. Adair’s diagnostic skills and knowledge have been an important resource for TEME as he is always willing to share his knowledge and experience with anyone in need.

Photo by Cpl. Couture



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