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INSIDE

GCWCC COMMUNITY FAIR
FUN FOR ALL



Story on pages 6 & 7

FLU CLINIC UP AND
RUNNING



Story on page 9

SEA KING TO RETIRE



Story on page 11



LOGISTICS BRANCH 50th ANNIVERSARY

50^e ANNIVERSAIRE DU SERVICE DE LA LOGISTIQUE

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Ad Astra Stones keeping treasured RCAF memories alive



A picture of the late James Hardman and his wings on the newly dedicated As Astra Stone purchased by his daughter, Elaine Lyon.



Elaine Lyon with her father's newly dedicated Ad Astra Stone. Photos by Makala Chapman

By Makala Chapman

More than 175 new memorial stones honouring members of the Royal Canadian Air Force (RCAF) family now rest at the National Air Force Museum of Canada (NAFMC). The granite monuments, forever inscribed with the names of those to whom they were dedicated, joined the more than 13,000 stones that already line the walkway of the museum's Airpark. To help commemorate the occasion, hundreds gathered at the museum for the annual Ad Astra Stone Dedication

Ceremony on Sept. 29. First introduced and developed in January 1996 by Major (retired) Roy Skillicorn and Colonel (Ret) "Cy" Yarnell, the Ad Astra Stone Program continues to be a unique way to honour those who dedicated their lives to service and to their country. In addition, the purchase of a stone also goes towards supporting the museum, which also strives to keep the history of the RCAF fresh in the minds of Canadians. Speaking to the success of this year's ceremony, which is now in its 23 year, was the museum's executive direc-

tor Kevin Windsor. "It's a homecoming event," he said. "The ceremony is a chance for families, squadrons and crewmembers to come down and have a reunion." He added that over the years, the program has raised more than \$1.1 million, which has gone towards the general operations of the museum and various expansion projects. As for why the stones themselves were so important, Windsor said it came down to the need to remember the person each stone represents. "Their stories live on while they are here in the Airpark"

he said. "Memories may fade, but these names on the stones will remain forever." In addition to members of the RCAF, he noted stones could be purchased for military spouses, allies of Canada's air force and supporters of the museum. But he noted he would be remiss if he did not mention the small group of dedicated volunteers that maintain the stones each year. "They are a great group of people," he shared. "These volunteers are here pulling weeds, cutting grass, washing airplanes, ying airplanes and on top of that, taking

Continued on page 5



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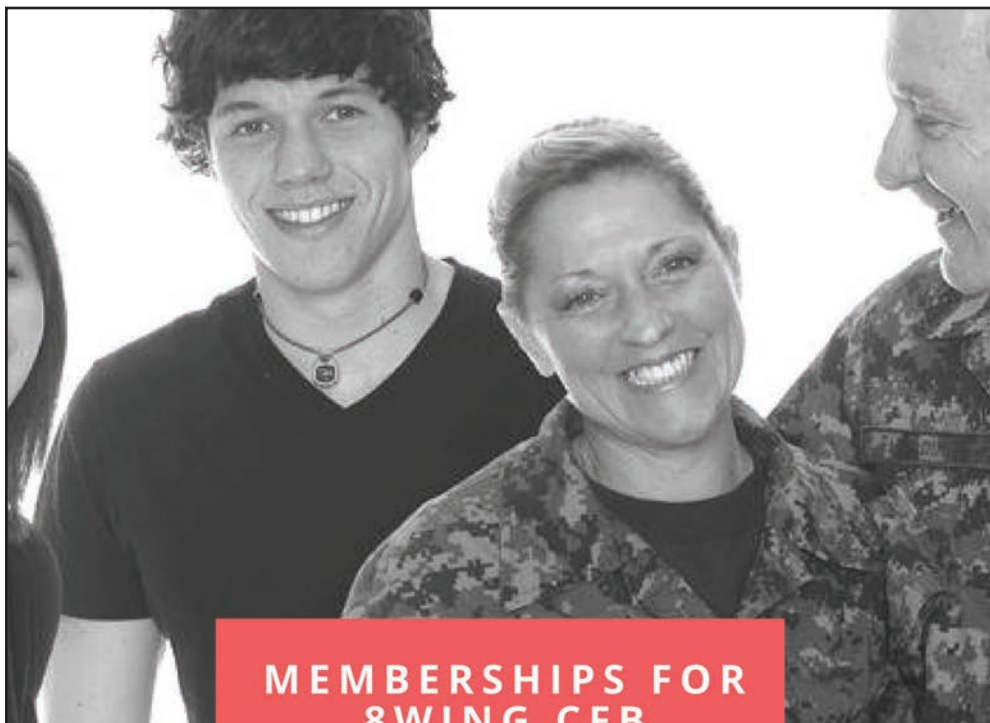
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8 Wing Trenton- Sports

Men's Volleyball Team 2018-19 Équipe de Volleyball masculine 2018-19

The 8 Wing/CFB Trenton Men's Volleyball Team is looking for players in preparation of 2019 Ontario Regional Men's Volleyball Championship held on 18-22 Feb, 2019 held in Kingston.

L'équipe de Volleyball masculine de la 8^e Escadre/BFC Trenton est à la recherche de joueurs en préparation du Championnat de Volleyball masculin de la Région de l'Ontario le 18-22 fév, 2019 à Kingston.



Interested players are to contact:

Les joueurs intéressés doivent contacter :

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8 Wing Trenton- Sports

Caroline Houle-Laporte
 Military Sport Coordinator
 Phone: 613-392-2811 x 2349
 Email: caroline.houle-laporte@forces.gc.ca



8 Wing Trenton- Sports

Squash Team 2018-19 Équipe de Squash 2018-19

The 8 Wing/CFB Trenton Squash Team is looking for players in preparation of 2019 Ontario Region Squash Championship held in Feb 2019 in Petawawa .

L'équipe de Squash de la 8^e Escadre/BFC est à la recherche de joueurs et joueuses en préparation du Championnat de Squash de la Région de l'Ontario en fév 2019 à Petawawa

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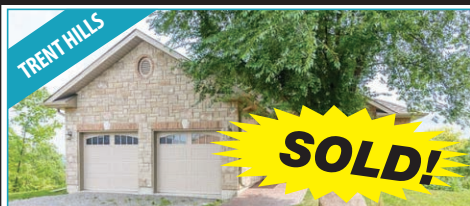
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Photos of the Week

CFS Alert: Op BOXTOP II/2018



Photo by MWO D. Dubreuil

Content submitted

Canadian Forces Station (CFS) Alert is welcoming the start of Operation (Op) BOXTOP II/2018; a two-week, airlift operation dedicated to the transport of non-perishable rations; general stores; construction materials; petroleum, oils, and lubricants; miscellaneous cargo, and aviation fuel stocks to CFS Alert and Fort Eureka, Nunavut. To help ensure the success of this semi-annual op in Alert, additional personnel were also delivered to the Station.

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Photo by MCpl D. Poole

By Master Corporal D. Poole

Leading Seaman Spence of Material Services Account (MSA) using the forklift, in order to get the items requested ready for the Logistics 50th Anniversary Field Mess Dinner which will be held at Baker's Island on 04 Oct 2018. MSA provides and oversees the temporary loan of material for operational use, training and military social functions.

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Safety



Chimney Checkup



Early fall is a good time for your annual chimney inspection and cleaning. That will give you time to have repairs and improvements done before the chilly winter weather. Problems with a fuel-burning appliance or fire replace, a chimney, vent or air circulation system cause carbon monoxide poisoning. A blocked or defective chimney on a fire replace or wood burning stove can result in a chimney fire. These fires in the creosote buildup do not always burn themselves out; they often spread to the roof and interior of the building at the cost of lives and property. Earth tremors and extreme weather conditions can damage chimneys and vents. A defective chimney can topple in an earthquake.

Here are reminders about maintenance of chimneys:

- Have your chimney professionally cleaned at least yearly.
- Make sure the chimney is equipped with a cap to keep out animals and debris.
- Have your chimney checked for damage after an earthquake, windstorm, flood or lightning strike.
- Install carbon monoxide detectors in your home to prevent poisonings by this deadly gas.
- Ensure adequate air circulation when using a fuel-burning device such as a fire replace. In a house with airtight construction for energy conservation, a fire can lack the needed oxygen to burn cleanly, and carbon monoxide gas can collect in the living area.
- Have your home's chimney and venting system inspected each year by a qualified service person. He or she can detect damage and defects, which can result in accidents and injuries.
- Your local fire department can provide you with more safety information for your chimney.

Fire Prevention Week 2018

This year's Fire Prevention Week is scheduled to run from October 7-13. The theme for this year's event is "Look. Listen. Learn." Like in prior years, the 8 Wing Fire Department will be holding fire drills at various buildings throughout the base. All Wing personnel are advised to review their work place Fire Orders in order to ensure they are familiar with the procedures to follow in the event of a fire. All Wing personnel are encouraged to visit <http://www.nfpa.org/public-education/campaigns/fire-prevention-week> and create an escape plan for their residence. For further information please contact the Fire Prevention Office at local 7880 or 2965.

SEMAINE DE PROTECTION CONTRE L'INCENDIE 2018

Cette année, la Semaine de prévention des incendies se déroulera du 7 au 13 octobre. Le thème de cette année est « Regarde, Écoute, Apprends. ». Tout comme les années précédentes, le service d'incendie de la 8e Escadre mènera des exercices d'évacuation dans divers bâtiments de la base. On conseille à tous les employés de l'Escadre de réviser les consignes d'incendie de leur lieu de travail afin de s'assurer qu'ils connaissent bien les procédures à respecter en cas d'incendie. Tout personnel de l'Escadre est encouragé à visiter <http://www.nfpa.org/public-education/campaigns/fire-prevention-week> et planifier un plan de sortie pour votre résidence. Pour de plus amples informations, veuillez communiquer avec le bureau de prévention des incendies aux postes 7880 ou 2965.

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OCTOBER 7-13, 2018

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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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Continued from page 1

care of the stones." Windsor went onto note that volunteers were critical to the operations of the museum and would be happy to see some new members of the public join the team in taking care of the legacy stones. Taking the time to marvel at the newly dedicated stone in memory of her late father was Elaine Lyon from Port Hope, Ont. Since her father had served as a pilot on the Harvard aircraft from 1943-1945, she said it was only fitting that his memory were to live on at the air force museum. When asked what it was like getting to see the stone in person, Lyon was overcome with tears of joy. "It's really good to see it here," she said with a smile. "It's so important to his legacy and I'm very proud of him. He was such a great dad." She added that she knew he would have been delighted to have a stone dedicated in his honour. Also present at the ceremony was Master Warrant Officer (retired) Gary Stojak. Having served from 1964-1999, he said he was pleased to have a stone in the Airpark commemorating his years of service as a member of the RCAF Police and Air Force Security Services. MWO (ret'd) Stojak then pointed to the stone directly beside his. Etched with the name "Wodan", MWO (ret'd) Stojak explained that had been the name of an RCAF sentry dog he had served with. "During the Cold War, we had dogs in Germany. They were sentry dogs that guarded the two facilities where the nuclear weapons were," he said. "I'm in tears seeing his stone. He was my partner for four years." He added that he would never forget the many nights he and Wodan spent on patrol and was glad to see that his service would forever be immortalized. As for the rest of the surrounding stones, MWO (ret'd) said he recognized several names and was honoured to be amongst them. On hand to help commemorate at this year's stone dedication ceremony were members from 173 Royal Tigers Canadian Air Cadets, 704 Air Force City Royal Canadian Air Cadet Squadron, as well as the different members of 413, 415 and 418 Royal Canadian Air Force Association.

that he would not soon forget as he was given the unique opportunity to travel with the squadrons to places such as Canadian Forces Station Alert and to Kuwait. As for his lasting legacy, HCol Wil-

liams said he hoped it would be the connections he helped build throughout his service. He added that the Quinte region wouldn't be what it is today without the Base. Everything from the people employed through the military to the families living and supporting local businesses, he said they all were an important fixture in the community. HCol Williams noted that while his official duties as honorary colonel may be over, he would continue to be active within the military community. Assisting HCol Smylie, he said he would do his part to ensure an honorary colonel network system on the Base was established. This system would



Members of the public walk along the grounds of the National Air Force Museum of Canada's Airpark and inspect the newest Ad Astra Stones.

see that former and current honorary colonels would be able to come together to further utilize their skills and seek advice from each other. As for his advice to the rest of the honorary colonels at the Base, he said to always offer assistance, get to know the members and ensure the importance of the military is never lost on the community. The Honorary rank is "honorary and advisory," and honorary rank does not confer authority or command function. Honoraries can provide continuity within the unit on matters of community events and activities, unit traditions etc. - of importance can be speaking to new recruits and young officers on unit history and traditions



Members of 413, 415 and 418 Royal Canadian Air Force Association make up a colour party that were in attendance at this year's Ad Astra Stone Dedication Ceremony.



8 Wing Commander Colonel Mark Goulden speaks to the importance of remembrance of those in the RCAF that served at this year's Ad Astra Stone Dedication Ceremony.



Members of 8 Wing Pipes and Drums, 173 Royal Tigers Canadian Air Cadets, 704 Air Force City Royal Canadian Air Cadet Squadron and members of 413, 415 and 418 Royal Canadian Air Force Association help commemorate at this year's Ad Astra Stone Ceremony on Sept. 29.



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Members of 8 Air Maintenance Squadron put their muscles to the test at this year's Herc' Pull.

Community fair



Nine-year-old Grayson Hunt is all smiles as he plays with large Jenga blocks at this year's GCWCC community fair on Sept. 28.



Photos by Makala Chapman

to 8 Wing Trenton's annual community fair. Hundreds stopped in at Hangar 1 on the Base's north side for a day of fun and the chance to support the initiative on Sept. 28. From obstacle courses to the famous Herc' Pull (pulling a CC-130J Hercules by rope), there was a little something for every interest. The annual GCWCC was created exclusively for federal public servants and federal retirees looking to make charitable contributions in their communities. The benefactors of the money raised through the GCWCC include HealthPartners and the United Way of Hastings Prince Edward. HealthPartners is a national charity that focuses on raising research funds to help improve the lives of those suffering from major illnesses or chronic diseases, such as heart disease, cancer and diabetes. The United Way of Hastings Prince Edward has been hard at work in the community for

60 years and provides a range of programs and services for those in need, including those suffering from family violence and poverty. Throughout the fall, 8 Wing Trenton holds a variety of events to help raise money for the campaign — the community fair being one of them. Present at the fair was the United

Way of Hastings Prince Edward executive director Kathy Murphy. She shared she couldn't have been more thankful to the Wing in their attempts to help them



A group of youth enjoy their time jumping on the inflatable castle at this year's GCWCC community fair.

By Makala Chapman

The Government of Canada Workplace Charitable Campaign (GCWCC) is well on its way to reaching its goal thanks



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reach their \$2 million goal. "We're really pushing the envelope this year trying to raise this much for the vulnerable in our area," she said. "But, we know they're behind us and we are really thankful. 8 Wing is the pillar of the community and on top of doing so much for the country, they do so much for their community on a scale that we can't even understand sometimes." Murphy added that the fair was just another great example of the military's efforts to engage in the community and said she was humbled to be a part of the event. While this year's GCWCC only just launched in September, Murphy went onto explain that the campaign is over the 10 per cent mark with more than \$220,000 raised. "It's only been a couple of weeks but we are really excited," she said. "We're a little bit ahead of where we were this time last year so that's keeping us motivated." She added that this year's golf tournament held by the wing commander brought in \$23,000, a big increase from last year's \$16,000. "It's just a wonderful show of community," she said. "After all, you never know when you may need the services offered by the United Way." On hand to help facilitate the community fair was 8 Wing Trenton's GCWCC co-chair Major (Maj.) Tanya Tebbutt. She noted she couldn't have asked for better weather and was happy with how things were running. "There's already more people here than what there were last year," she said. As for the importance of supporting organizations like the United Way, Maj. Tebbutt said it was critical. "We live in our community, our children go to school here," she explained. "We're part of this community, so we are happy to do our part to support it." In total, the GCWCC community fair raised \$2,500 with 426 Transport Training Squadron taking first place in this year's Herc' Pull. The next GCWCC event to be held on the Base will be the annual pancake breakfast and the beard-growing contest in November.



8 Wing Commander Colonel Mark Goulden gives Dice the dog a friendly hello at the Pet-A-Pooch booth at the community fair.



Nine-year-old Baden Young celebrates successfully completing an obstacle course.



Members of the Trenton Military Family Resource Centre prove that together they are indeed stronger as they pull a CC-130J Hercules by rope.



Nine-year-old Hannah Brown and the Trenton Military Family Resource Centre's Hercules the black Labrador.



Members of 8 Wing Trenton, HealthPartners and the United Way of Hastings Prince Edward welcomed members of the community to this year's GCWCC community fair on Sept. 28.

Members of 8 Wing Trenton, HealthPartners and the United Way of Hastings Prince Edward welcomed members of the community to this year's GCWCC community fair on Sept. 28.

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Community Events

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Upcoming local events

October 12 - 8 Air Maintenance Squadron will be hosting their 25th anniversary dinner at the National Air Force Museum of Canada. The event begins at 6:00 p.m. and is open to all current and past members of 8 AMS. Contact: 25th8ams@gmail.com.

October 15-18 - Free curling instruction will take place and a Learn to Curl league will be held on Monday evenings if there is sufficient interest. Daytime, evening, military and junior leagues are available and experience is not a pre-requisite. For more information, check the website, find us on Facebook, or call the club - 613-392-5244.

October 20 - The Trenton Military Family Resource Centre will be hosting a Bus Trip to Prince Edward County to visit shops and art galleries. The cost is \$15/person. The bus will depart at 9:30 a.m. and return at approximately 5:30 p.m. Contact: 613-965-3575.

October 27 - Trenton Legion, 19 Quinte St., is hosting their Annual Halowe'en Dance with live band "Southern Ale" starting at 8 pm. Advance tickets can be purchased in the Legion Office or by calling 613-392-0331. Visit their website at www.rcl110.ca.



Friday, September 7 - Friday, December 21, 2018
... free, drop-in program for parents and tots.
Join us at the RecPLEX!

TYKE TERRAIN

FRIDAY

10:00 TO 11:30 AM






Afternoon Tea

Employment & Education Style

Thé d'après-midi - Service à l'emploi et à l'éducation stylisé

A lighthearted opportunitaea to connect, share and explore.
Une opportunitié de connecter, partager et explorer dans une atmosphère décontractée.

Trenton MFRC
Tuesday October 16th
1:00 pm to 2:30 pm

CRFM de Trenton
Mardi 16 octobre
De 13h à 14h30



Register before October 12th
Inscrivez-vous d'ici le 12 octobre.
elizabeth.nicholas@forces.gc.ca
or/ou priscilla.t@trentonmfrc.ca



PAINT WITH SUSO

AGES 9-12
YOUTH CENTRE
REGISTRATION REQUIRED- \$2 PP
CONTACT
RABIA.S@TRENTONMFRC.CA

OCTOBER 23

6-9 P.M.

PEINT AVEC SUSO

ÂGES 9-12
CENTRE DES JEUNES
INSCRIPTION REQUISE - 2\$ CHACUN
CONTACTEZ RABIA.S@TRENTONMFRC.CA

LE 23 OCTOBRE

18H-21H




BOUNCING BACK FROM ANXIETY AND DEPRESSION

RETROUVER SON ENTRAIN

Learn what fuels your depression and anxiety, and discover practical coping tools

Reconnaître ce qui déclenche votre dépression et anxiété et apprendre des outils d'adaptation pratiques

WHEN: October 23rd to December 11th
TIME: Tuesdays from 130 pm -3 pm
WHERE: MFRC Trenton



For more information contact/
Pour renseignements veuillez contacter:
Jaclyn Hunter
613-392-2811 ex 4017





The Veteran Family Program & SISIP Financial are proud to present

Budgeting for Release

October 24, 2018 - 1800 hrs to 2000 hrs
Trenton MFRC
Register prior to 10 October by emailing
tanya.b@trentonmfrc.ca
Child care available upon request






Le Programme pour les Vétérans et leurs familles en partenariat avec Financière SISIP sont fiers de vous présenter

Préparer votre budget de libération

24 octobre, 2018 de 18h00 à 20h00
CRFM Trenton

Réservez votre place par courriel tanya.b@trentonmfrc.ca
Date limite d'inscription: 10 octobre 2018
Veuillez aussi noter que la garde d'enfant est disponible sur demande

The importance of flu prevention

By Makala Chapman, with information from Ashley Withers, Community Health Nurse

While the flu season is just around the corner, medical staff at 8 Wing Trenton say they are prepared. Over the next couple of months, the Base's medical clinic will be holding drop-in influenza clinics for all military personnel on Mondays, Wednesdays and Fridays. The flu is a contagious respiratory virus and can cause varying degrees of illness in those affected. The elderly, children and those with underlying medical conditions are the most susceptible to contracting the illness from others. To help combat the flu, the medical clinic will also be offering travelling influenza clinics by unit request on Tuesdays and Thursdays. "We want to protect ourselves, so we can protect our co-workers, comrades and the general population," said Ashley Withers, the Community Health Nurse at 24 Canadian Forces Health Service Centre. "The more people we have vaccinated, the less chances there will be of the flu spreading." Withers went on to explain that the flu virus can be spread very easily and anyone within a six-foot radius of an infected individual could potentially catch the virus. "Not having the flu in the past does not protect you from not getting the flu in the future," she added. "The best line of defence against getting the flu is getting the flu shot." Withers noted that the side effects of the immunization were minimal with possible symptoms of temporary soreness around the injection site, malaise and possible elevated temperatures. Even if an individual does end up exhibiting symptoms, she noted it would last no longer than 48 hours. Having received the flu shot for as long as she could remember was registered nurse Debbie Searle from the medical clinic. "I

think it's a great defence against passing on the flu to someone else and I've been very healthy," she said. Searle added that this year she hopes to get as much participation from the members of the Base as possible. For more information on the available influenza clinics, contact the medical clinic at extension 2520. Civilian influenza clinics will be held by the Hastings Prince Edward Public Health unit at various locations. Please visit: www.hpepublichealth.ca or call 1-800-267-2803 ex 313 for influenza details. Flu shots are also available through participating pharmacies for 5 years of age and older, and your health care provider.

Drop-In Influenza Clinics 2018

Mondays	0800-1140
Wednesdays	0800-1140 – 1300-1500
Friday	0800-1140

*Travelling influenza clinics by unit request on Tuesdays and Thursdays



Photo by Makala Chapman

8 Wing Commander Colonel Mark Goulden and 8 Wing Chief Warrant Officer Troy Zuorro receive their influenza vaccinations. The vaccinations were administered by Debrah Searle (far left) and Ashley Withers (far right). Captain Erin White (middle) was also on hand to show her support.



8 Wing Commander Colonel Mark Goulden tests out being an image technician as he photographs Ordinary Seaman Paul Green getting his flu shot on Sept. 28.

Home of the Week

Your Building Renovation Experts



paring food. The rectangular dining area can easily accommodate a full-sized table and chairs. A sliding glass door in this space leads to a covered outdoor deck.

A hall leading from the kitchen to the laundry room has room for a broom closet and a walk-in pantry. The laundry includes a coat closet and has access to the double garage. Further along the hall is the door to the master suite. Here, an en-suite with dual sinks will delight the busy career couple.

Just beyond the en-suite, a large

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

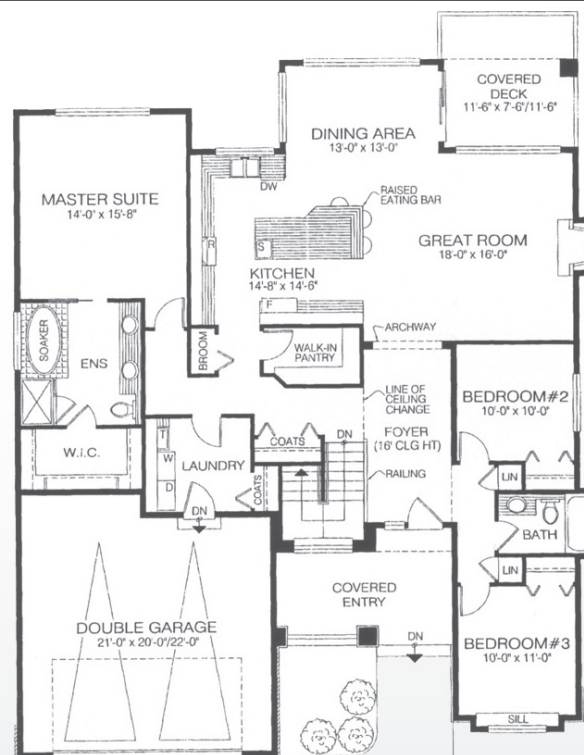
On one side of the foyer, are two smaller bedrooms, separated by a three-piece bath. On the other, is the staircase leading to the basement below. The master bedroom suite is privately situated beyond the stairs, in an exclusive wing with views to the back yard garden.

An arched entry leads to the hub

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

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

A gas range is the only interruption in an impressive length of countertop that is perfect for pre-



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TRENTON Military Family Resource Centre

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**TOGETHER
WE ARE
STRONGER**

October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7	8 THANKSGIVING MFRC CLOSED	9	10 Community Connection What About Me?	11 Portfolio Development Special Needs Parent Support Group Knit & Chat	12	13
14	15	16 Afternoon Tea: Employment & Education Style	17 Community Connection What About Me? Picasso & Pinot	18 Mindfulness	19 Christmas Marketplace – Vendor Application Deadline	20 Bus Trip to P EC
21	22	23 Manulife Info Briefing Bouncing Back from Depression & Anxiety Paint with Suso (Youth Centre)	24 Budgeting for Release	25	26	27 Halloween Madness (Youth Centre)

● **Mindfulness**

Mindfulness means paying attention in a particular way, on purpose, in the present moment, and nonjudgmentally.

Join us for our monthly mindfulness sessions, now offered twice a month. The session is free of charge! We run sessions at 12 p.m. Register with Rabia at rabia.s@trentonmfr.ca

Upcoming dates in 2018 are:

- October 11* & 18
- o *DATE CHANGE
- November 1 & 15 & 29
- December 6

● **Afternoon Tea - Employment & Education Style**

Join us for an afternoon tea party at the Trenton MFRC's Employment & Education office, where we will explore the possibilities, while channeling our creativity to explore your specific employment and educational needs and how best we can assist you.

A light-hearted afternoon featuring David's tea and yummy treats + a chance to connect and share stories and experiences with the group.

Tuesday, October 16, 2018 at 1 p.m.

Please RSVP by Friday October 12 by contacting Elizabeth.nicholas@forces.gc.ca or Priscilla.t@trentonmfr.ca.

● **Special Needs Parent Support Group**

Special Needs Parent Support Group at the Trenton MFRC every second Thursday of the month starting in September from 6-7:30 p.m. Connect with other parents and caregivers in your community and discuss topics that affect you and your family. Gain support and insight on understanding the school system, diagnosis, and managing behaviours. Child care is provided but please give one week notice.

For more information, please contact santina.w@trentonmfr.ca.

● **Building Blocks (SNIP)**

Building Blocks Program is an evidence-based social skills program using Lego to assist in the development of communication and appropriate social interaction.

Begins October 9, 6 - 7 p.m. and runs for 8 weeks.

For more information, please contact santina.w@trentonmfr.ca.

● **Bouncing Back from Anxiety & Depression**

October 23 to December 11, Tuesdays from 1:30 to 3 p.m.

At the Trenton MFRC

The eight week group will help you:

- Learn what fuels your depression and anxiety
- Discover practical coping tools
- Meet new people for support
- Find out about other services in the community

For more information please contact Jaclyn Hunter: jaclyn.h@trentonmfr.ca.

● **Manulife Briefing**

The Veteran Family Program presents: Manulife Information Briefing, presented by Gilles Tremblay, Vocational Rehabilitation Counselor.

October 23, 9 - 11 a.m. at the Trenton

MFRC

Register by emailing Tanya Bown VFP Facilitator: tanya.b@trentonmfr.ca.

● **Budgeting for Release**

The Veteran Family Program & SISIP Financial are proud to present: Budgeting for Release

October 24, 2018, 6 - 8 p.m. at the Trenton MFRC

Register prior to October 10 by emailing tanya.b@trentonmfr.ca.

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Farewell to the King!

**By Colonel (Retired) Ian Lightbody,
Sea King Retirement Committee
Chair**

This year will see the retirement of the longest-serving Canadian combat aircraft - the Sea King. Originally delivered in August 1963 to then HMCS Shearwater, just outside of Halifax, Nova Scotia, it will finish its service to Canada at the end of this year in Patricia Bay, just outside of Victoria, British Columbia.

Over its 55 years of employment in Canada, the Sea King has served with multiple services and has changed significantly from its initial 1963 configuration. Originally procured by the Royal Canadian Navy (RCN) to operate from the aircraft carrier HMCS Bonaventure for Anti-Submarine Warfare (ASW) roles, it was on the leading edge of rotary wing technology at the time with two turbine engines and the then revolutionary capability to automatically transition to a hover with the push of a button. This allowed a great leap in night and all-weather operations permitting anti-submarine searches with an active dipping sonar. Additionally, the automatic transition equipment permitted search and rescue operations in bad weather. The Sea King initially flew from the aircraft carrier. At the same time, work had begun on a highly innovative marriage of a medium-sized helicopter with an escort-sized warship. The development of the Helicopter Haul-down and Rapid Securing Device, otherwise known as the Beartap, allowed the Sea King to continue on the front lines of the Cold War as one of the principal Canadian contributions to alliance Anti-Submarine Warfare (ASW) efforts at sea following the retirement of Bonaventure.

Following the end of the Cold War, the Sea King changed with the times. After the invasion of Kuwait by Iraq in 1990, the Sea King was modified from an obsolescent ASW platform to a multi-mission helicopter with an emphasis on surface surveillance

and control. The addition of a Forward Looking Infra-Red sensor, a door mounted machine-gun and infra-red anti-missile defences opened the door to expanding its presence in roles that weren't emphasized in the press could elicit such fierce loyalty was puzzling to many. Part of it may be that, in spite of its limitations, the Sea King remained operationally relevant up to and through 2018, the year of its retirement.

As we enter the last half of 2018, the Sea King is sprinting to the finish with a final NATO deployment completed in July and support to the British Columbia government's response to its second year of devastating wildfires.

While there is no doubt that the Sea King's retirement is long overdue, it will be a bittersweet moment for many. The east coast ceased Sea King operations early in 2018 and in August the Shearwater Aviation Museum inducted two Sea Kings into its inventory - one in the original RCN configuration and one in the final configuration. On December 1 at Patricia Bay, a parade, fly past and gala dinner will take place to honour the aircraft and the people that have served Canada for 55 years. For those who wish to help celebrate its service and retirement, please go to skr18.ca for details.



Photo by Corporal Cody Chaisson

Sea King helicopter CH12417, painted in 1963 Royal Canadian Navy livery, hovers in Shearwater, Nova Scotia, in June 2018.

during the Cold War. A decade later, the Sea King reached a new peak of deployed operational activity after the attacks on the United States on September 11, 2001. For example, in 2010-2011 the Sea King was deployed in combat operations off Libya, humanitarian relief operations in Newfoundland and after the Haiti earthquake and domestic security operations in the Olympics and the Toronto G7/ G20 where the Sea King performed air intercept operations. Through its life of service to Canada, the common thread has been the highly professional people who know and love the Sea King and kept it flying in some of the harshest environments in the world - at sea, on small ships, far away from any support. That an aircraft which was so maligned

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