

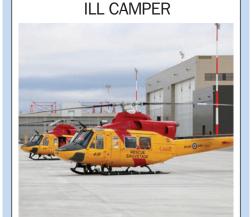
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LOGISTICS BRANCH 50th ANNIVERSARY

50e ANNIVERSAIRE DU SERVICE DE LA LOGISTIQUE

YEAR OF THE LOGISTICIAN // L'ANNÉE DU LOGISTICIEN





INSIDE

424 SQUADRON MEDEVAC

Story on page 2

2 CANADIAN AIR DIVISION GETS NEW LEADER



Story on page 3

CANEX TO CELEBRATE 50 YEARS



Story on page 10

Trenton MFRC gearing up for annual block party



Members of the Trenton Military Family Resource Centre show off some of the activities that will be available at this year's block party set for Sept. 16.

By Makala Chapman

Support Program (PSP) say activities on Sept. 16. The free has now been rebranded as a member," explained Devon

had.

While summer may be This year, members of the ers Dr. in Trenton. coming to an end, the military community, includ- Those familiar with the event are engaging all types of milistaff at the Trenton Mili- ing their families, are invited will know it as the MFRC's tary families, whether that tary Family Resource Cen- to take part in a day of live en- annual family day, but staff be your family with young tre (MFRC) and Personnel tertainment, food and other with the organization said it children, or you're a single

there's still more fun to be event, which kicks off at 11:00 block party. a.m., will be hosted at 50 Riv- "The whole concept of a

block party is to ensure we

Continued on page 6





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Members of 424 Squadron medevac ill camper from remote northern Ontario River



A stock photo of CH-146 Griffon conducting training.

By 8 Wing Public Affairs

Members of the Royal Canadian Air Force's 424 Transport and Rescue Squadron successfully evacuated a camper from a remote location to hospital in Moosonee, Ont., after he fell ill while on a canoe/camping trip on the Albany River, Ont., August 23. The Joint Rescue Coordination Centre was advised by Ontario Provincial Police of the emergency and a CC-130H Hercules and CH-146 Griffon helicopter were launched from 8 Wing Trenton.

Search and Rescue Technicians in the Hercules parachuted to the campsite where they immediately began to stabilize the patient for evacuation by Griffon helicopter. "We had to contend with a narrow riverbank and some large boulders near our landing site as we parachuted in," said Master Corporal (MCpl.) Phil Graham, a Search and Rescue Technician from 424 Transport and Rescue Squadron. "When we got on scene, we provided medical care to the patient and stabilized him before the Griffon arrived."

The patient was then flown to the Moosonee hospital where he was transferred in stable condition.

Photo by Makala Chapman



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Change of command highlights 2 Canadian Air Division accomplishments

By RCAF Public Affairs

commander and welcome their incoming

Brigadier-General Dave Cochrane, who ment: has commanded 2 CAD for the past three • years, has transferred to National Defence Headquarters in Ottawa, where he is taking up the reins as commander of Cadets and Junior Canadian Rangers.

Lieutenant-General Al Meinzinger, commander of the Royal Canadian Air Force, presided over the change of command ceremony, praising the men and women • of 2 CAD as well as their outgoing and incoming commanders.

"You are a fundamental enabler for delivering air and space power and I am proud of the work you do," he told the personnel on parade. "I am extremely impressed ership of Brigadier-General Cochrane.

lenging time.

"Your career has been one of impact and and class. continued. Brigadier-General Cochrane continued. "You are the right leader to

also praised the 2 CAD staff and students tackle the challenges ahead." in his remarks.

2018, to say farewell to their outgoing staff, I truly believe we have moved the development, which fuels RCAF opera- Photos by Master Corporal Justin Ancelin vardsticks significantly."

He highlighted three key areas of achieve- our "amazing people, our new

- The "stellar ab initio training across our posture." the 26 RCAF classifications" for of-Following the usual ceremonial ficers and non-commissioned mem- aspects of the parade—the inbers (NCMs).
- The "impressive professional development" at Barker College and the mand documents, the salutes and RCAF Academy, spanning both officer and NCM cadres.
- The advanced technology and initia- to the new—Brigadier-General tives for the RCAF training system. Cochrane took his departure "This is critical as we continue to find ways to innovate and focus our energy on the current generation of tech-savvy and connected recruits and students," he said.

with what you have accomplished over Lieutenant-General Meinzinger welthe last three years. [But your achieve- comed incoming commander Brigadierments] would not have been possible General Mario Leblanc, noting that without the brilliant and committed lead- Brigadier-General Leblanc came to Winnipeg from the post of Deputy J3 U.S Pa-"Dave, you brought a wealth of experi- cific Command, in Pearl Harbor, Hawaii. ence to your three-year command of 2 "Brigadier-General Leblanc worked for Canadian Air Division—ranging from me in Colorado Springs when we were your challenging operational deploy- together in NORAD / USNORTHCOM ments within the air mobility community headquarters," he told the audience. "So to your compassionate leadership at 8 I know first-hand the capabilities and the Wing Trenton during an extremely chal outstanding qualities you bring to this post—tremendous skill, professionalism

success. At 2 CAD you've served the en- "I look forward to seeing how you move tire Air Force with distinction and deliv- the command forward in the coming ered on key institutional initiatives," he years," Lieutenant-General Meinzinger

(2 CAD) gathered on the parade square education mandate and the great team ered. "We will maintain our strong abil- the Toronto Maple Leafs hockey team." at 17 Winnipeg, Manitoba, on August 9, of 2 CAD, which encompasses over 2,000 ity to support training and professional

> tions. We will keep focusing on defence policy, our program and

spection of the Guard of Honour, the signing of the change of comthe passing of the 2 CAD Colour from the outgoing commander

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from the parade square and 2 CAD in a Upon accepting command, Brigadier- golf cart that was festooned with decora-Personnel from 2 Canadian Air Division "With our critical RCAF training and General Leblanc addressed those gath- tions that clearly displayed his loyalty to



Legion Week 2018 September 15th - September 21st

Saturday, September 15th

11am Vet's Fair 12 pm Ribbon Cutting 1pm "The Shadows"

Sunday, September 16th 8 am Community Breakfast 2 pm Wine and Cheese Jam Session

Monday, September 17th 7 pm General Meeting

Wednesday, September 19th 5 pm Spaghetti Dinner and Roy Orbison Show, Tickets \$20 Advance Only

> Thursday, September 20th 7 pm Talent Night in the lounge

Friday, September 21st 12 pm At Home to 8-Wing 2:30 pm Meat Draw

www.rcl110.ca



Lieutenant-General Al Meinzinger (centre), commander of the Royal Canadian Air Force, presides over the signing of the change of command documents as Brigadier-General Mario Leblanc (left) assumes command of 2 Canadian Air Division from Brigadier-General Dave Cochrane on August 9.



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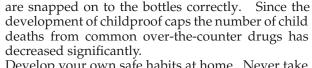
Safety

Keeping Medications Out Of Reach

edicine has always been one of our greatest allies fact, studies have shown about one fourth of the oral though parents will child proof their homes by keep- a grandparent or great-grandparent. ing all medications out of reach, people without children do not consider the consequences of little hands. Here are several tips to consider keeping children away grabbing "the pretty pink candy" in the medicine bottle from medicines: left within easy reach. Little ones can be poisoned after

Min the war against illness; however, medication prescription drugs ingested by children under the age can also turn into a deadly enemy if taken improperly. of fi ve belonged to someone who did not live with the This danger is escalated when it comes to a child. Al- child. Nearly one fifth of the drugs ingested belonged to

fi nding the vials left in purses or on bedside tables. In • Use childproof caps properly. Make sure these caps



- Develop your own safe habits at home. Never take any sort of pills or medicine in front of children and never refer to medicine as candy. When there are alternatives, do not buy tablets that look like candy.
- Store all your medicines in a locked cabinet your children cannot reach or open. If you have any old or unused pills or medicine, dispose of them immediately by checking you're your local pharmacy.
- Make sure all potential poisons such as detergents, cleaners, shampoos and after shaves are stored in high areas where children cannot reach them. When you are using such products, never let them out of your sight. It only takes a second for a toddler to pick up a bottle of liquid cleaner to try to
- If you suspect a child has ingested a potentially poisonous product, remain calm. Call the Poison Control Centre or your local hospital immediately. Bring the container and/or label with you to the phone and be prepared to answer questions about the product, the amount ingested, the time the incident took place, as well as any additional symptoms or circumstances surrounding the incident.
- Be ready to answer questions about the child's personal history including name, age and weight.
- Always keep a bottle of Syrup of Ipecac on hand. This syrup induces vomiting. But use it only on the advice of the Poison Control Centre, as vomiting is the treatment for only certain types of poi-
- Medicine can be life saving but it can be fatal if taken by the wrong person. Keep medicine out of reach of your children and grandchildren.

It is imperative all adults use the same care as parents of small children when storing medications and other potentially poisonous products.



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 classifi eds) that result in goods not being sold, this newspaper is only liable to refund the money charged for the

The CONTACT is produced weekly under a Publication Service Agreement with a division of Metroland Media Group.

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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 verifi cation. 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.





The Contact ~Wing Headquarters Building Annex, 8Wing / CFB Trenton PO Box 1000, Station Forces, ASTRA, ON, K0K 3W0



CFS Alert: Celebrating 60 Years



Content submitted

Canadian Forces Station (CFS) Alert is celebrating its 60th anniversary. Pictured here are the station's commanding of ycer, Major Sandra Andrusiak, and the station warrant of ycer, Master Warrant Ofÿ cer Sargent, as they carve the cake. The celebratory cake was made by the Nasittuq kitchen staff. For the design, Corporal Morgan Kelly engraved the plaques for the CFS Alert crest, Nasittuq logo, and Environment and Climate Change Canada logo to represent the three organizations that work together to run the station.

Op LENTUS



Content submitted

Fireÿ ghters of° oad their truck from a CC-130J Hercules aircraft after a ight from Kamloops to Smithers to work in Burns Lake, British Colum-

bia during Operation LENTUS, August 25,

8 Mission Support Squadron



By Aviator Lisa Compton

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.

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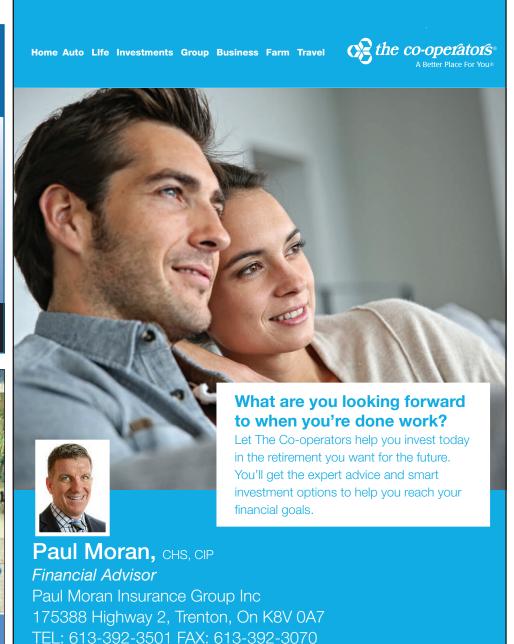


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Continued from page 1

coordinator at the MFRC. "We want to break es. down that notion that MFRC's are solely for Excited about this year's partnership was Jacmilitary families with children. We want to queline St. Pierre, PSP's manager of business make sure everyone feels supported."

As for what can be expected at this year's an event surely not to be missed. event, Taylor said there would be a wide "It's our event of the year to connect with range of activities available for all ages. For families new to the area - and reconnect with the children, they can expect some inflatables, friends," she said. "Health Promotion will be face painting and games. There will also be a sharing some healthy food tips, as families revolleyball net set up for any interested youth turn to brown bag lunches, plus, they will be or adults looking to start a match. A free bar-showcasing their fall course lineup.' becue lunch will be provided for all members In addition, St. Pierre said that PSP Recreation in attendance.

Like in previous years, a large number of local sponsored by Belleville Nissan. events coordinator Amy LeGresley.

"It will be a great opportunity to learn what people in their own community. here," she said.

Some of the clubs in attendance will include sources will allow.' the Girl Guides of Canada, the Flying Frog- As for event sponsors, the CANEX and the men Scuba Club, CFB Trenton/8 Wing Martial Bank of Montreal, she noted that their support Arts Club, as well as resources for the franco- was crucial and was grateful for all that they phone community.

the Canadian Forces Moral and Welfare Ser-rain or shine, and will run from 11:00 a.m. unvices, who are co-hosts of the block party til 3 p.m. event, will also be on site to answer questions

Taylor, the communication and development and share some of their programs and servic-

development. She added the block party was

of the military community and their families would also be hosting an open house at the RecPLEX, with a free swim, which would be

service clubs, organizations and other interest. As for why events like the block party were groups will be on site to provide information so crucial, LeGresley said it came down to enabout what they do said the MFRC's special suring everyone had the opportunity to get to know more about the services, as well as the

the Quinte region has to offer to those who "This is kind of a one-stop shop," said LeGremay be new to the area, or are still residing sley. "We're going to try to pack in as many organizations, groups and clubs as our re-

do for the military community.

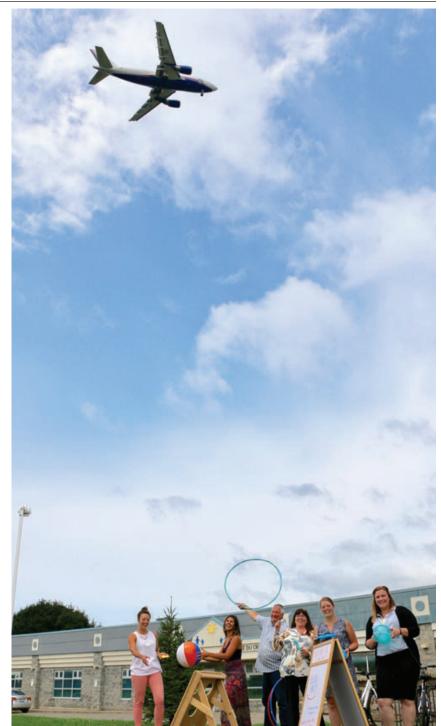
Members of 8 Wing Trenton's PSP team and This year's event will go ahead as planned,

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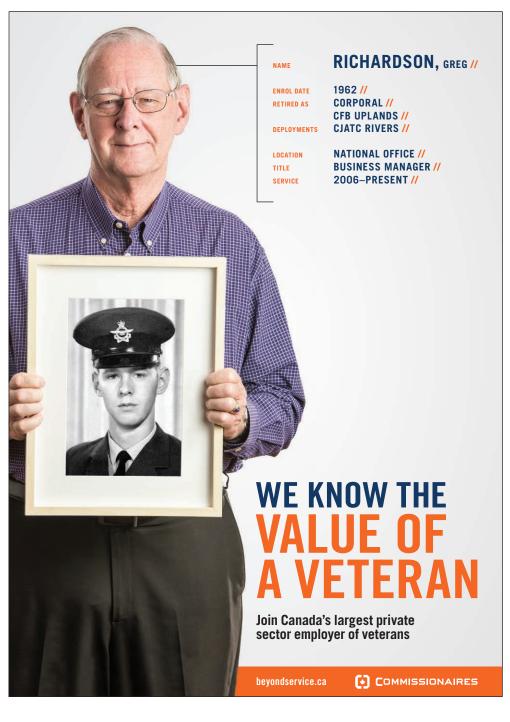
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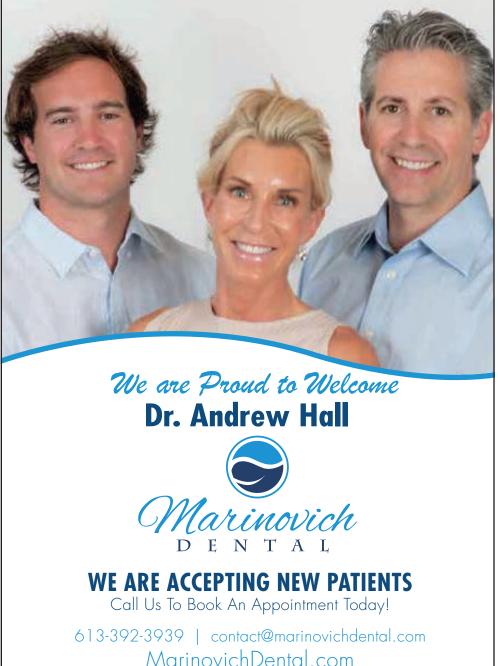


www.madd.ca



Members of the Trenton Military Family Resource Centre say they are looking forward to having all members of the military community come out to enjoy this year's block party on Sept. 16.







Relebrating Bélébration

12-23 September 2018 | 12-23 septembre 2018



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Upcoming local events

September 8 - The Trenton Scottish Irish Festival will September 15 - The Quinte Branch of Ontario Genea- September 22 - The inaugural "Steps for Vets" charity once again be taking place in Quinte West. All are wel- logical Society Doors Open 10 am-4 pm at the Quinte walk and run will be taking place at Centennial Park in comed to enjoy traditional music, vendors and food at Genealogy Centre (Quinte West Public Library) and a Quinte West. The event is open to the public and will this event. Various competitions, including Pipeband presentation at 1 pm featuring Steve Fulton, President kick off at 10 a.m. Those looking to register for this event and solo contests, will also take place. Things get un- of the Ontario Genealogical Society (OGS) discussing can do so at www.QuinteWest.DefeatDepression.ca or derway at 8:30 a.m. at Centennial Park.

"All about OGS" and its benefits to family Historians.

at 905-429-9433.



Knit & Chat

KNITTING CLUB Beginner & experienced are welcomed!

Free but Registration is required; Sept. 13 & 17, Oct. 11 & 22 6 p.m. - 8 p.m. Work on your own project or on Knitted Knockers (Prosthetics for breast cancer survivor) Penny will be available to assist you!



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Gratuit mais inscription nécessaire; Les 13 & 17 sept., les 11 & 22 oct. de 18 h à 20 h

Travaillez sur votre propre projet ou cotez des nichons (Knitted knockers) (prothèses mammaires pour les survivantes de cancer) Penny sera présente pour aider.







Outdoor Pool Schedule

Sept 4th to 16th 2018

CFB Trenton RecPlex

Monday Lundi	Tuesday Mardi	Wednesday Mercredi	Thursday Jeudi	Friday Vendredi	Saturday Samedi	Sunday Dimanche
SWIM 0730 – 1030	MILITARY LANE SWIM 0730 – 0830	SWIM 0730 – 1030		SWIM 0730 – 1030		
	NOON HOUR SWIM Military/DND/NPF Employees 1200 - 1300					
PHYSIO 1300-1400		PHYSIO 1300-1400		PHYSIO 1300-1400	REC SWIM 1300 - 1600	REC SWIM 1300 - 1600
		LANE SWIM				
		1530-1630				
REC SWIM 1630 - 1830	REC SWIM 1630 - 1830	REC SWIM 1630 - 1830	REC SWIM 1630 - 1830	REC SWIM 1630 - 1830		

FALL SWIM LESSON REGISTRATION

Opens

Monday, September 10th

Tuesdays, starting Sept 25th Thursdays, starting Sept 27th

Saturdays, starting Oct 13th

BLOCK PARTY

Sunday, September 16th 1100 - 1500

Face painting & balloon art A petting zoo Inflatables for all ages Pick-up volleyball AND

FREE Indoor/Outdoor Swim at the RecPlex

Stay tuned for more details www.trentonmfrc.ca.

REVAMPED JUNIOR LIFEGUARD CLUB

Register Monday, September 10th

Discounts on Advanced Courses Opportunities to Volunteer Potential Employment

In the event of increment weather, the Outdoor Swims will be delayed or cancelled.

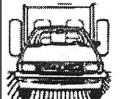
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Family Rate - \$11.00

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TOGETHER

September 2018

SUNDAY	MONDAY TUES	SDAY WEDNESD	AY THURSDAY	FRIDAY S	SATURDAY	
9	10	11	12	13	14	15
	Bellydancing with Amara		Hello Wednesday Community Connection What About Me? Focus On Vets Picasso & Pinot	Special Needs Parent Support Group Knit & Chat	Employment Café – Presentation Skills	Veteran Information Fair
16	17	18	19	20	21	22
BLOCK PARTY!	MENTAL HEALTH AWARENESS WEEK Knit & Chat	MENTAL HEALTH AWARENESS WEEK Mindful Masters	MENTAL HEALTH AWARENESS WEEK Community Connection What About Me?	MENTAL HEALTH AWARENESS WEEK Mindfulness Kids Have Stress Too!	MENTAL HEALTH AWARENESS WEEK Employment Café – Presentation Skills	Steps for Vets – 5k walk/run
23	24	25 Germ Busters with Essential Oils	26 Hello Wednesday	27	28	29

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.

Hello Wednesday

Every other Wednesday, visit us at the MFRC • Wednesday, September 12, Astra Lounge (8 Wing) to meet and mingle with other members of the • Wednesday, October 17, Astra Lounge (8 Wing) community. Whether you're new or a regular to • Wednesday, November 14, Belleville MFRC us, everyone is welcome to have a coffee, share alcohol) resources, and get to know us better!

Any questions or concerns, please contact Rabia the canvas, brushes and paint. Register & pay at at rabia.s@trentonmfrc.ca or Hélène at helene. the Trenton MFRC reception.

cg@trentonmfrc.ca. No registration required. Our next Hello Wednesday is scheduled for September 12 & 26, 2018.

Picasso & Pinot

Come and have a fun evening with friends or family! *No artistic experience required Sip wine, beer or non-alcoholic beverages as you and your classmates get step-by-step instruction of that evening's painting that you will take home.

Our fall classes are:

- Time: 6:30 8:30 p.m. Cost: \$30/class, includes

Veteran Information Fair

tanya.b@trentonmfrc.ca

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

and their families. For more information contact Kelly Briggs at kelly.b@trentonmfrc.ca or Tanya Bown at

The Trenton Military Family Resource Centre, in partnership with 8 Wing PSP, is hosting a Block Party as its annual family day on Sunday, Sepment and only service animals are welcome. tember 16, 11 a.m. - 3 p.m. Block Party will bring If you have any questions please contact Amy LeGretogether members of 8 Wing/CFB Trenton, com-sley at amy.l@trentonmfrc.ca or 613-392-2811 ext. munity partners and clubs, and organizations to 4635.

share what the Quinte region has to offer. There will be:

- Face painting & balloon art
 A petting zoo
- A free lunch* Infl atables for all ages
- Pick-up volleyball
 Indoor & outdoor swimming • And more!

This event is for all releasing members, Veterans

It is a day to welcome new and returning military families, showcase what our community has to offer and to spend a fun day with friends and family.

• Block Party - An annual military family event! Trenton) at the Block Party, please register at the designated area in order to collect your free lunch vouchers. No registration required.

*When you arrive at the MFRC (50 Rivers Drive East,

Please note that this event is a smoke free environ-

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This attractive three-bedroom, two-storey that look out to the side garden, and is tive woodwork at the front door.

coat closet to the left, and the U-shaped come storage space. staircase to the upper fl oor living area is to the right.

front garden.

The dining area includes two windows cessories.

home will make a welcome addition to any separated from the kitchen by a large prep The second and third bedrooms look out neighbourhood, thanks to the heritage- island. A doorway leads to a covered patio, to the back garden and share a three-piece style details on the facade and the decora- providing a space for year-round grilling. bathroom.

The kitchen's L-shaped counter confi gura- Plans for the ground floor include space for Entry is on the ground floor, through ation will spell efficiency for the cook, and a secondary suite with two bedrooms, as covered porch. The foyer includes a roomy pantry will provide always-wel- well as a roughed-in three-piece bathroom.

The master suite is located at the front of a home office. the home, and enjoys a doorway to the The open plan great room features a sloped sundeck. The ensuite includes a soaker tub The double garage provides access to the ceiling as well as a gas fi replace. A door-with its own window, as well as a shower foyer, as well as the side garden. way leads to the sundeck overlooking the stall. Double basins will ease the morning rush-hour. The walk-in closet will provide Exterior fi nishes include horizontal wood lots of room for a couple's clothing and ac-siding, brick accents, ornamental wood-

The laundry room is nearby. The den to the right of the foyer is well-located to serve as

work and painted trim.

PlanNo:2-3-765



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CANEX to celebrate 50th anniversary

By Makala Chapman

Exchange System or CANEX, will soon be celebrating its 50th anniversary.

The Trenton CANEX retail store, located on RCAF Road in Quinte West, will pull out all the stops for the celebration set for Sept. 12.

An outside shot of the CANEX retail store located on RCAF Road in Quinte West.

Everything including a free barbecue, cake, prizes to a specialty sale will be offered to the military community in honour of the CANEX's birthday.

While the current store's location first opened in 2009, the CANEX has been in the area for well over two decades, said the store's area manager Andrew Kerik.

"We are a part of the community," he said, "so our intention is to give back every chance we get."

Reflecting on CANEX's rich history in military communities across Canada, Kerik added that he was especially excited to be able to celebrate such a momentous milestone. "We're constantly evolving to provide the best service we can and it's all continuing to grow in the right direction,"

he said. "Fifty years is a long time, so this is going to be of Canada Foundation. In a single day, they were able to

A staple in the military community, the Canadian Forces Also joining on the festivities will be Hair Central, which the restoration of an Avro Lancaster. is located in the same building as the CANEX. The local barber shop and salon, which caters to both the military and civilian community, will be celebrating its first anni-

Blakely, co-owner and barber at Hair Cencuttings beginning at noon. tral. "Everyone has been very loyal and have been building us up every day." She added in honour of their anniversary, Hair Central would be giving away a gift bas-

Despite only being open for a year, Hair Central has been busy giving back to the community in more ways than just cutting

Last spring, the shop held a fundraiser in support of the National Air Force Museum

raise \$2,000 for the museum's most recent project, which is

As for the future of Hair Central, Blakely said she's looking forward to continuing to give back to the military community and meeting new clients.

The free lunch for military members will run from 11:30 "The community support has been fantastic," said Susan a.m. until 1:00 p.m. just outside the CANEX, with the cake



Susan Blakely cuts Capt. (Padre) John Funelas' hair at a fundraiser in support the National Air Force Museum of Canada back in spring 2018.



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