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## LOGISTICS BRANCH 50th ANNIVERSARY

YEAR OF THE LOGISTICIAN // L'ANNÉE DU LOGISTICIEN

CP-140 Aurora welcomed at

the National Air Force

Museum of Canada



## 8 WING ALL FORE! HELPING

UNITED WAY

**INSIDE** 

TRENTON GOLDEN HAWKS

**UNVEIL NEW JERSEY** 



Story on page 8



Three cranes work together to move the fuselage of the CP-140 Aurora from the bed of the tractor-trailer on Sept. 7.

### CAF RELEASES POLICY ON CANNABIS USE



## By Makala Chapman

Canada is showing no signs of slowing aircraft's only competition was the static was a year and a half ago that he said the down with the most recent acquisition of display of a CC-130 Hercules perched in museum accepted the offer to house the

until the truck came to a full stop that Canadian Air Force's fleet of CP-140s in sor, the Canadair CP-107 Argus.

the sheer size of the Aurora's fuselage could be appreciated as it towered over physically transport the plane, it had

staff patiently waited for hours to get a the fuselage was the first portion of Greenwood, he said it had been a relief glimpse of the grey long-range patrol the dismantled aircraft to reach Tren- to finally get the aircraft to Trenton. ton from Greenwood, Nova Scotia. The "It's in great shape and was still flying Their patience was soon rewarded as a wings, which weigh an additional 6,000 only a couple of years ago," he explained. bright red transport truck slowly pulled pounds, were expected to arrive just "Windsor went onto add that the Aurora down the road towards the museum a few days later. The aircraft was offiwould make a great addition to the muwith the special delivery in tow. It wasn't cially withdrawn from use in the Royal seum as they already had its predeces-

2015. Currently, there are 14 CP-140 Auroras in service, which are based in 19 Wing Comox, B.C., and 14 Wing Greenwood, N.S.

"This is an anti-submarine, electronic search aircraft,' the museum's executive director Kevin Windsor excitedly shared.

As a "command, control, communications, computers, intelligence, surveillance and reconnaissance" (C4ISR) platform, the Aurora can perform a variety of operations at home and abroad. In addition to maritime patrol, it can also perform maritime and overland intelligence, surveillance and reconnaissance (ISR), strike coordination, search and rescue (SAR) and disaster relief missions. Windsor added while it took the better part of a week to

The National Air Force Museum of everything and everyone around it. The taken even longer to plan for its arrival. It a CP-140 Aurora. the museum's Air Park just to its left. retired aircraft. Working alongside IMP On the morning of Sept. 7, museum Weighing in at around 40,000 pounds, Aerospace and Defence and 14 Wing

Continued on page 6





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### By Lisa Refausse, Health Promotion

Health Promotion 8 Wing was out supporting the 8 Wing Commander's Invitational Golf Challenge on Thursday, September 6. The team provided sports drinks and granola bars as part of the Top Fuel and Top Performance, nutritional initiative. Golfers were reminded of the importance of refuelling as you exercise, especially beyond the 90-minute mark. Fuel ERP generously donated all supplies. Thank you to the golfers for stopping by our booth.



Members of Health Promotion keep golfers fuelled with snacks at the 19th annual Wing Commander's Golf Tournament on Sept. 6.

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## Trenton Golden Hawks' newest jersey a tribute to the military

By Makala Chapman

The Trenton Golden Hawks are once again beds and stretchers. showing their ongoing appreciation and Sharing a few words at the event was all throughout the support for the military and the Trenton Darrell Smith, chair of the Trenton Me- year." Memorial Hospital.

jersey at Leon's Furniture in Trenton on funds for the hospital. Sept. 8.

vibrant poppies had been placed on the replaced in the next few years." jerseys to honour Canada's veterans. On Smith went onto explain that acute care jets on the shoulder.

our of the military," said McDonald. "You tween," he said. "The bed is the centre of don't know where you're going if you care and the vital part of our treatment. don't know where you're coming from That is why this kind of campaign is so esand this was a way to show our apprecia- sential." tion for the military and what they do for On hand at the ceremony representing 8

Golden Hawks, will be available for the purchase a jersey public to purchase, with a portion of the "The community support to the Base and Campaign. The annual initiative helps in the Quinte area. It's also great to give

raise money for the hospital foundation, back to the comwhich allows them to purchase medical munity that gives

morial Hospital Foundation. He noted When asked to share Donning bright blue jerseys, the local he couldn't have been more honoured to his thoughts on the hockey team received a round of applause have organizations like the Trenton Gold- jersey, Lt.-Col. Rozand cheers as they unveiled their newest en Hawks and Leon's Furniture raising ema-Seaton said he couldn't have been said. "The history and heritage piece is

Taking to the podium to discuss the jersey aren't just beds, they are lifelines," he tory. tor of hockey operations John McDonald. hospital requires a bed or a stretcher and nod to the Golden Hawks and the golden think of a more worthy cause. Pointing to the sleeves, he noted a row of every single one of those beds have to be

the back, the Royal Air Force and Royal beds cost in the neighbourhood of \$8,100 Canadian Air Force (RCAF) roundels each, while three stretchers could cost were prominently displayed. A nod to around \$18,300. This year alone, Smith the team's namesake, the RCAF Golden said the amount to replace the necessary Hawks air demonstration team, was also beds and their lifts would be \$195,000. included with two golden Sabre fighter "It's not just a bed. It's a place where our patients will experience diagnosis of criti-"We always design a third jersey in hon- cal illness, recover and everything in be-

us. We are very proud of our military his- Wing Trenton was 426 Transport Training Squadron's commanding officer The jerseys, which are a partnership be- Lieutenant-Colonel (Lt.-Col.) Erik Rozetween Leon's Furniture and the Trenton ma-Seaton. He noted he couldn't wait to

proceeds going to support the Trenton Me- vice versa is really important," he said. morial Hospital Foundation's Buy-A-Bed- "It's such a symbiotic relationship here

so much to the Base

"At Trenton Memorial Hospital, these sentation of the RCAF's rich aviation his- we came from and where we want to go."

Leon's Furnitutre store owner Mike Eden (left) and Trenton Golden Hawk's Jack McDonald unveil the local hockey team's latest jersey on Sept. 8.

era of aviation is so fantastic to see," he more pleased to see such a strong repre- such a huge part in remembering where As for this thoughts on the hospital camwas the Trenton Golden Hawk's direc- said. "Every single patient admitted to our "Seeing these jerseys with things like a paign, Lt.-Col. Rozema-Seaton he couldn't



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(from left to right) 8 Wing Trenton's Master Warrant Officer Christine Krueger, Jack McDonald, Lieutenant-Colonel Erik Rozema-Seaton and Mike Eden at the Trenton Golden Hawks jersey unveiling on Sept. 8.

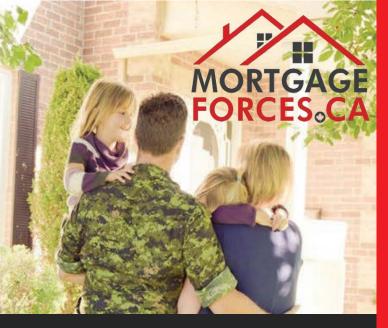
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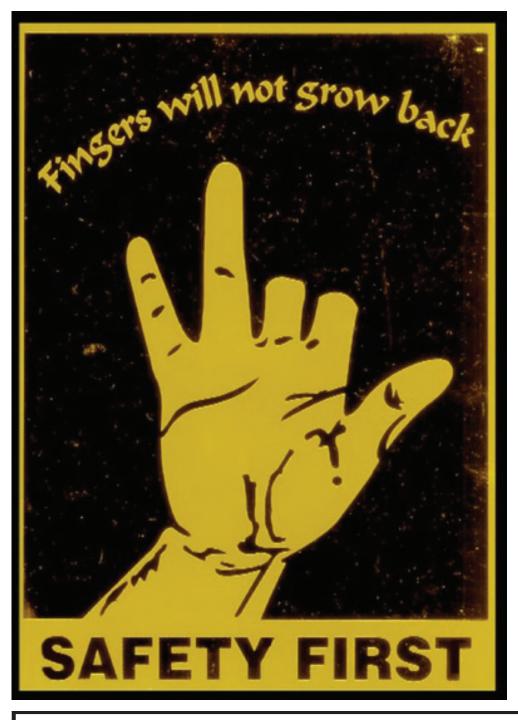
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Never mind personal computers and all severing his fingers. the other high-tech gizmos that are supposed to make life easier. Those 10 digits Such incidents demonstrate that injuries protruding from your palms are just as don't just happen. They are caused by useful, if not more so.

Whether hunting and gathering food on commencing work. a prehistoric African plain or drilling for Many injuries to the fingers, hands and oil in the Gulf of Mexico, we've always wrists occur for only a few reasons. They relied on our fingers to get the job done. include: Imagine what your life would be like • without a thumb or an index finger.

Many industries provide plenty of opportunity to lose or seriously injure fingers. In fact, they rival the back as the body part involved most frequently in • lost-time incidents.

helping a crane operator straighten the down to some basics. These include: cable on a spool. When finished, the • forklift operator put his hand on the telescopic boom of the crane as he stepped down. He inadvertently placed his finger in a grease hole and a shear point • was created. The employee's finger was snipped off between the tip and the middle knuckle.

leading to and from a diesel engine. As can damage or destroy your digital world. he was doing so, something pulled the

Tt's a digital world - and for human be- rag. The cooling fan had caught the rag and pulled his left hand into the blades,

> workers not paying attention and by not thinking of what could go wrong before

- Tools and equipment used improperly
- Employees failing to recognize or heed nip points, shear points and pinchpoints
- Gloves aren't the proper type for the

To avoid broken, crushed or amputated In one example, a forklift operator was fingers, it is essential that employees get

- Conducting job safety analyses and pre-job safety meetings to identify potential hazards and how to deal with them
- Following proper machine guarding and lockout/tagout procedures
- Wearing appropriate clothing and personal protective equipment

Keeping your ÿngers intact depends on that In another incident, a laborer was us- most important of safety devices - the brain. ing a rag to check for oil leaks on hoses It must know and be alert to the dangers that

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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

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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.





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



## 8 Wing Trenton basketball players represent in Germany



### Content submitted

Two members from 8 Wing Trenton participated in the women's International Military Sports Council (CISM) tournament held in Warendorf, Germany from July 26-30. Captain Ellen Johnston (right) and Corporal Nicolle Gaudet (left) were just two of the more than dozen female military members that made up Team Canada at this year's competition.

CFS Alert: First Sunset of the Year



On September 5th, Canadian Forces Station (CFS) Alert personnel saw the return of a familiar sight: The first sunset of the season. For approximately four months each year, from May until September, the station experiences 24-hour daylight. After 6 weeks of transition, the last sunset of the year will occur in October, followed by 24hour darkness until March.

### Content submitted

8 Wing Trenton Wing Trenton-



## Wing Hockey League

Annual Meeting 2018

Hockey is back! Our annual meeting for Wing Hockey League will be held:

When: 19 Sept 2018 at 1300

Where: Wing Theater-Wing Head Quarter

Who: Team reps (mandatory\*) If you would like to submit a team in the league, someone from your Unit has to be present.

The WHL is open to CAF Military members as well as Full time DND & NPF employees (registration fees applicable for DND & NPF employees - \$90.00). All games are played at RCAF Arena from Mondays throughout Thursdays.

For more information, please contact the undersigned

8 Wing Trenton Wing Trenton- Sports

**Caroline Houle-Laporte** Military Sport Coordinator Phone: 613-392-2811 x2349 Email: caroline.houle-laporte@forces.gc.ca



If the Team rep cannot make it to the meeting, a designated team member has to be present

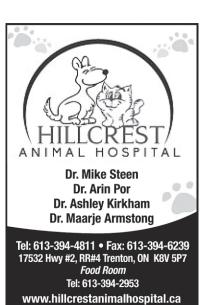
## 8 Mission Support Squadron

### By Aviator Lisa Compton and Aviator Valerie Parent-Hudon

Pictured here are members of the Wing Replenishment Procurement Team. In the back row, from the left: Aviator Valerie Parent-Hudon, Shirley Kelly, Sarah Lauzon, Chris Radway, Aviator April Driver and Nathalie Longtin. In the front row, from the left: Annick Parent, the Procurement Supervisor, and Jay Lavigne, the Contracting Officer. Absent from the photo is Corporal Mirella Roscito.

Correction: The September 7, 2018 issue of the Contact Newspaper incorrectly labelled 8 Mission Support Squadron's photo of the week. Sincerest apologies for the error and for any confusion caused. Please enjoy the correct caption provided this week.







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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

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### Continued from page 1

this in the Air Park." Once pieced back craft outside. together, the Aurora's final resting place "We are at the mercy of the elements and Also on site, having rushed down to get a morning when they arrived from the

the Aurora. He noted his team would be overcome." in Trenton for the next seven weeks put- As for how he felt finally having the Au- shared. "The last time I flew on this spe- my son and that aircraft," he said. "I also ting the dismantled Aurora back together. rora arrive in Trenton after a year and a cific Aurora here was in 1987."

"In the case of the Aurora, this isn't an air-be delayed depending on the weather. too noted it had been a relief. craft that we in Ontario get to see as often. When asked what the biggest challenge "Many aspects of this project were chal- "I'm very proud of my son for transportas they normally are on the east and west would be throughout the whole project, lenging," he said. "But, it's rewarding to ing this and he had been texting me this coast," he said. "It's fantastic to finally see he noted it would be rebuilding the air- see it here."

will be in the Air Park beside the Boeing there's going to be some hard days," said look at the Aurora when he heard news of highway." Rushton. "We've never done a rebuild in its arrival was local resident Robert Gray. As for his thoughts on the Aurora at the Also on site marveling at the Aurora was an external location. But this will be a real He noted he had served in the military for museum, Gray noted he couldn't think of IMP Aerospace and Defence's Jeff Rush- sense of achievement for the guys who 35 years and had spent much of his career a better place for it to rest so that future ton, the project manager for the rebuild of are working on this as they adapt and airborne.

sensors operator and worked the radar rora. livered the aircraft from Nova Scotia. for the last time."

"I was shocked," he said with a smile. past week giving me updates on where he was. I was up bright and early this

generations could enjoy it.

"I have 3,500 hours on this frame," he "There's now a connection between me, bring my grandson (to the museum) Rushton added things could potentially half of planning, Rushton smiled and he Having been part of an Aurora crew, Gray when he visits and will look forward to said he served as an airborne electronic bringing him back to show him the Au-

and electronic sensors systems. Mak- As the three cranes locked in place and ing the occasion even more special was lifted the fuselage from the bed of the the fact that Gray's son, Dave, was in tractor-trailer, Gray smiled and noted he fact the transport truck driver who de- was happy to see the aircraft "airborne



Dave Gray (left) and Robert Gray (right) pose in front of a suspended CP-140 Aurora on Sept. 7.



IMP Aerospace and Defence's Jeff Rushton inspects the fuselage of the CP-140 Aurora on Sept. 7.

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## Second career opportunities available through Trenval

### By Makala Chapman

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can help look over financing options and a great option for transitioning military your ideas and just come for a chat."

discuss the viability of business plans. members or those looking for a second the manufacturing, movement of freight Established in 1987, Trenval is funded career," she explained. "Those transfer- and the transportation industry itself." Transitioning military members lookthrough the Federal Economic Developing to start or grow their businesses
don't have to look far says Amber Darlocated in Belleville at the Quinte Busiage, Darling noted Trenval and its partMacKinnon said it took a great "leap of ling, the executive director at Trenval ness Development Centre at Loyalist Col- ners see more than 1,000 clients a year, faith" and an immense amount of planlege. Darling reiterated that while Tren- but noted there was still room for more. ning. Sgt. (ret'd) Dixon chimed in adding As a not-for-profit organization, Darling val's services were open to all members of "The Quinte region is a great place to stay it also took a lot of guidance and mentoradded Trenval was able to offer a myriad the public, she wanted to ensure the mili- and start a business," she said. "We have ship from organizations such as Trenval. of free services from consultations to en- tary community were also aware of the people access our services of all ages and "We were able to learn and grow as they trepreneurial training. In addition, they resources available. "Self-employment is sectors. Bring in your business plan and gave us a lot of great advice," said Sgt.

> looking to start a business, she added ev- feel like they were just as excited about eryone was welcome to sign up for the our business as we were. They were our various workshops available to learn Athena cheerleaders." To this day, both

> company Athena Freight as an example es when they can, whether its workshops, of a small business that had sought out networking opportunities or just getting Trenval for guidance and help getting an answer to a simple question. established. It was back in 2010 that col- As for why self-employment following a leagues Sergeant (Sgt.) Crystal MacKin- career in the military is an option worth non and Sgt. Tammy Dixon, now both re- considering, Sgt. (ret'd) Mackinnon said tired, were serving on Operation Athena it was personally satisfying and overall in Afghanistan. It was there, more than beneficial. "There's hundreds of similar thousands of miles from home, the two business across the country and into the friends decided to start their own busi- states, but we bring that much more expeness once they returned to Quinte West. rience with us," said Sgt. (ret'd) Mackin-Since both women specialized as traffic non. "We were the ones that used to load technicians and dealt with the logistics the trucks, offload them, filled out the paof moving freight all over the world, Sgt. perwork and the custom documents. We (ret'd) MacKinnon said it made sense that know how this business works and it's a they would continue to utilize those skills bonus for us to have those skills. But if outside of the military. "Quinte West is you have an idea for a business, just go the perfect location for a logistics compa- to Trenval and at least run your idea by ny as we're right on Highway 401," she them." explained, "which is a prime location for

(ret'd) Dixon. "We became friends with Even if an individual isn't necessarily the people at Trenval and they made us Sgt. (ret'd) MacKinnon and Sgt. (ret'd) Darling then looked to local transport Dixon said they utilize Trenval's resourc-



Sgt. (ret'd) Crystal MacKinnon (left) and Sgt. (ret'd) Tammy Dixon (right) of Quinte West's Athena Freight say their company has flourished over the years thanks to the help of partners like Trenval.

Photo by Makala Chapman





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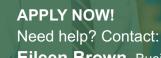


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- See website for CF contacts outside of our service area







# 8 Wing swinging into action to aid United Way campaign

By Makala Chapman

Members of 8 Wing Trenton are once again swinging into action to help raise funds for the community through the Government of Canada Workplace Charitable Campaign (GCWCC).

To launch the first official day of the initiative, more than 140 participants gathered at the base's Roundel Glen Golf Course for the 19th Annual Wing Commander's Invitational Golf Challenge on Sept. 6.

The annual GCWCC was created exclusively for federal public servants and federal retirees looking to make charitable contributions in their communities. Throughout the fall, 8 Wing/CFB Trenton holds a variety of events to help raise money for the campaign.

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 United Way of Hastings Prince Edward has been hard at work in the community for 60 years. The programs service a range family violence and dependent seniors.



Members of 8 Wing Trenton, HealthPartners and the United Way of Hastings Prince Edward are all smiles as they launch the beginning of the Government of Canada Workplace Charitable Campaign on Sept. 6.

"These are scenarios that represent only a issues within the local community." small portion of the need that the dona- Last year, 8 Wing Trenton raised more ers said it came down to the need for ward executive director Kathy Murphy. "We could not do this without you."

addressing emergency, critical and health

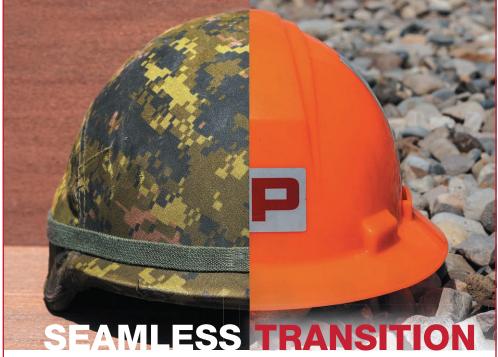
major illnesses or chronic diseases, such tions from 8 Wing are supporting," said than \$126,000 through the GCWCC, a building stronger communities. as heart disease, cancer and diabetes. The the United Way of Hastings Prince Ed- goal Murphy noted she was looking for- "Costs are rising, there's competition for ward to seeing the Base reach once again. resources and our most vulnerable mem-Also taking the time to share a few words bers of the community are even more She went on to add that the United Way at the tournament was 8 Wing Com-vulnerable in my opinion," she said. "As of needs, including those suffering from funds more than 70 programs aimed at mander Colonel (Col.) Mark Goulden, members of 8 Wing, it's especially imporwho said he couldn't have been happier tant that we support this initiative since to once again be taking part in this year's we are members of this community. We

Wing is part of this community. The reason we are here is to build a strong community and help people, so spread the local love." While the golf tournament is a major contributor to the GCWCC, there are still other events in store for the military community to get involved in said GCWCC co-chair Major (Maj.) Tricia Travers. One way members can contribute to the campaign is through a payroll deduction. Like in years previous, Maj. Travers said she hoped to get 100 per cent participation from the Base and that canvassers would be busy over the next couple of months. She added she was especially excited for this year, as a lot of new and revamped GC-WCC events have been planned. For example, this year, members of the military community will be able to take part in an escape room, which is a physical adventure game that tests contestants through a series of puzzles, riddles and clues.

As for why it's so important to support the GCWCC, Maj. Trav-

live, we work and we play here."

"We're tracking to break a record," said The next upcoming event in support of Col. Goulden. "I'm very proud to be the the GCWCC will be the community fair, wing commander and I'm proud that 8 which is slated for the end of September.



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8 Wing Commander Colonel Mark Goulden takes a swing at the 19th Annual Wing Commander's Invitational Golf Challenge on Sept. 6.



## Canadian Armed Forces release policy on the use of cannabis by military members

### DND

With Canada's new cannabis laws set to supervise CAF members. The policy - known as Defence Admin- consumption of cannabis while fostering exercise, or collective training. istrative Order and Directive (DAOD) a safe and healthy workplace for all mem- Every military member is strongly urged of cannabis, including cannabis for medi-9004-1, Use of Cannabis by CAF mem- bers of the Defence Team.

ment of National Defence (DND) who tion within eight hours prior to perform- are able to adequately balance service ing any duty, while additional prohibi- and operational effectiveness with recome into force on October 17, 2018, the The DAOD comes into effect on October tions of 24 hours and up to 28 days are sponsible access to recreational cannabis, Canadian Armed Forces (CAF) has is- 17, 2018, and was developed to ensure also in place depending on the duty being thus maintaining the public's continued sued a new policy that provides clear that the Canadian military remains a fit, performed by the member. A total prohi- confidence as a professional and discidirection and guidance to CAF mem- deployable, and effective force by es- bition applies to members participating plined military force. bers regarding cannabis consumption. tablishing periods of prohibition for the in a domestic or international operation, The importation or exportation across

to read and fully understand the content cal purposes, remains prohibited under bers - is an order that applies to officers Under the order of the Chief of the De- of the policy to avoid the potential con- Canadian law. CAF personnel should and non-commissioned members of the fence Staff, General Jonathan Vance, the sequences of misuse. Any alleged misuse note that possession or consumption of Canadian Armed Forces and a directive policy establishes that all CAF members of cannabis that jeopardizes the safety cannabis is illegal in most countries and and operational effectiveness of the CAF, CAF members could be denied entry to including reporting to duty impaired or these countries as a result of cannabis being unable to safely and effectively consumption or involvement in the legal perform duties due to consumption of cannabis industry in Canada. any intoxicants, will be investigated and CAF members are responsible for obdealt with through the most appropriate taining information about the cannabis administrative or disciplinary action, or consumption and possession laws and both, and may result in release from the policies of any country that they intend

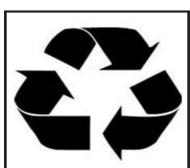
> In addition to this policy, further guid- Defence Team members are encouraged ance is under development and will soon to visit the Cannabis: What you need to be provided to civilian public servants, know Intranet page to get updates on the contractors, and employees of external DND/CAF policies, while additional inorganizations who work on National Deformation can be found on the Governfence properties to ensure safe and im- ment of Canada's cannabis webpage. pairment-free work environments.

While the legalization of cannabis represents a societal and cultural shift, these

that applies to employees of the Depart- are prohibited from cannabis consump- rules will help ensure that CAF members

Canada's national borders of any amount





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## Upcoming local events

free Block Party for members of the military community their DEU 1a with medals. Service Spécial pour sou- no longer be happening until May 2019.) of all ages. The event will take place at 50 Rivers Drive, ligner la Bataille d'Angleterre Tous sont les bienvenus et Trenton and will run from 11 a.m. – 3 p.m.

September 16 - A special Sunday service will be held at September 22 - The inaugural "Steps for Vets" charity King St. in Trenton. Anyone interested in the club is en-

peuvent porter leur uniforme 1A avec médailles.

the 8 Wing Chapel (91 Nameo Dr. Bldg 365) in honour walk and run will be taking place at Centennial Park in couraged to attend.

September 16 - The Trenton MFRC will be holding a of the Battle of Britain. All are welcome and may wear Ouinte West. (This event has been postponed and will

**September 16** - The Trenton Curling Club is holding the annual Fall General Meeting at 7 P.M. at the club, 293

## **Education & Training Fair**



## **Tuesday, September 25, 2018 - from 0900hrs to 1530 hrs** at the WO's & Sgt's Mess

This event is open to all 8 Wing/CFB Trenton personnel as well as their spouses and dependants

Have you been thinking about upgrading your education? Perhaps completing a degree, certification or just want to learn a new skill? Come speak with various schools and training centres for more information to help make informed decisions

This is a perfect opportunity for Military members looking to further their education under the Education Re-Imbursement Programs to speak directly with schools and training centres

Additionally, there will be career, employment and small business services on hand ideal for spouses and dependants new to the area, or anyone looking to start a small business





## OUR JR. LIFEGUARD CLUB

Free trial night - Wednesday, September 19 from 6:00 to 7:15pm ten weeks - Wednesday evenings starting September 26 to November 28

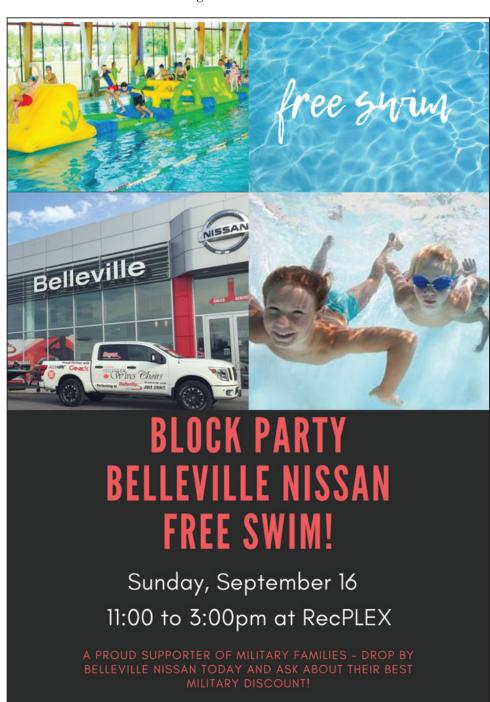
ages 9 to 12, and 13 to 15 years

build your strength and endurance - work towards a position in lifeguarding - discounts on advanced courses



visit the RecPLEX for more details





## FRENCH TEACHERS WANTED

École de langues La Cité inc. is presently recruiting French and English as a second language teachers (university degree and experience required) for the Trenton military base (full time / part time)

Please contact: Amévi Aidam

E-mail: amevi.aidam@forces.gc.ca<mailto:amevi.aidam@forces.gc.ca>

École de langues La Cité inc. cherche à recruter des enseignant(e)s de français et d'anglais langue seconde (diplôme universitaire et expérience requis) pour la Base militaire de Trenton (Temps plein/temps partiel)

Veuillez contacter: Amévi Aidam

Courriel: amevi.aidam@forces.gc.ca<mailto:amevi.aidam@forces.gc.ca>



## TRENTON Military Family Resource Centre

www.trentonmfrc.ca • 613-965-3575 • 50 Rivers Drive East, Siskin Centre • With locations in Belleville & Frankford



## September 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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
30 Creative Sunday	Dance with France – Ladies Night Dance with France – Level 1	2 Dance with France – Level 2 & 3	3 Community Connection What About Me?	4	5	6

### • Block Party - An annual military familv event!

The Trenton Military Family Resource Centre, in partnership with 8 Wing PSP, is hosting a Block Party as its annual family day on Sunday, September 16, 11 a.m. - 3 p.m. Block Party will bring together members of 8 Wing/CFB Trenton, community partners and clubs, and organizations to share what the Quinte region has to offer.

There will be:

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

It is a day to welcome new and returning mili- held the week of September 17 to the 21 cover- and to finally go the distance required for optitary families, showcase what our community ing a variety of topics. has to offer and to spend a fun day with friends • Tapping: Emotional Freedom Technique: and family.

\*When you arrive at the MFRC (50 Rivers Drive Location: Trenton MFRC Cost: Free East, Trenton) at the Block Party, please register • What is Family Violence?: free lunch vouchers.

No registration required.

Please note that this event is a smoke free envi-tion: LeGresley at amy.l@trentonmfrc.ca or 613-392- Cost: Free 2811 ext. 4635.

### Mental Health Awareness Week

September 17 – 21, 2018

Join the MFRC in celebrating good mental health for the whole family! Seminars will be

- at the designated area in order to collect your o Date: September 19, 2018 Time: 1600 1800 We look forward to you joining us for the Tren-- Location: Trenton MFRC Cost: Free
  - Deployments, Distance and Communica- If you have any questions or concerns, please
- ronment and only service animals are welcome. o Date: September 20, 2018 and September 21, Jaclyn.h@trentonmfrc.ca. If you have any questions please contact Amy 2018 Time: 1800 - 2000 Location: Trenton MFRC • Knit & Chat Knitting Club - beginner & expe
  - o Dr. Julie Gowthorpe, R.S.W. is an interna- September 17, 6 8 p.m. find ways to verbally express, profoundly heal Penny will be available to assist you!

mal living.

### • Mental Health First Aid:

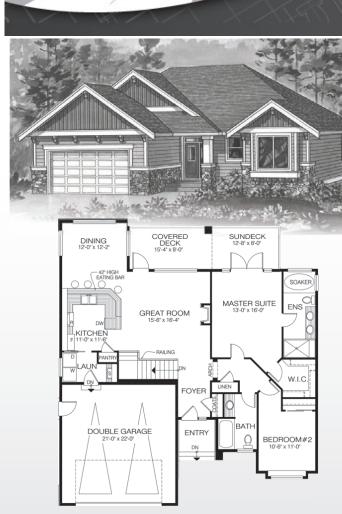
o Date: September 17th, 2018 Time: 1600 - 1800 o Date: September 20, 2018 and September 21, 2018 Time: 0900 - 1600 Location: Trenton MFRC Cost: Free

> ton MFRC Mental Health Awareness Week. contact Jaclyn Hunter 613-392-2811 ext. 4017 or

rience knitters are welcome!

tionally acclaimed emotional health and rela- This is a free activity bur registration is required. tionship expert heard weekly on MIX 97 radio. Work on your own project or on Knitted Knock-She offers strategic approaches to help people ers (prosthetics for breast cancer survivors).





matter, because the plans feature railings, to an optional basement. all the amenities that a contemporary family would wish for.

coat closet to the immediate right. great room. Just beyond is the open-plan greatroom complex.

niche and boasts windows on three modious walk-in closet with builtsides. The great room boasts a gas in shelving completes the lay-out. fireplace, as well as a doorway to the partly-covered deck overlook- The second bedroom, well-separating the back garden, where year- ed for noise from the master suite, round grilling will be an easy op- features a bay window with an ex-

dining area by an L-shaped island linen closet. and four-seat eating bar, and the space.

this attractive two-bedroom To the left of the great-room enbungalow, compact size doesn't trance is a stairwell, protected by

The sleeping wing is separated from the fover by an archway. The master Entry is via a covered porch and bedroom boasts French doors that through a door with a window open onto a sun deck, a continuaand side-light. The foyer includes a tion of the covered deck beyond the

The en-suite includes a soaker tub, set in a corner with two windows to Natural light will stream into the let in natural light, as well as double dining area, which occupies its own basins and a shower stall. A com-

tra-wide sill that overlooks the front garden. A three-piece bathroom is The kitchen is separated from the situated nearby, together with a

kitchen sink faces the dining room Exterior finishes include horizontal windows. A pantry is located near siding that contrasts with the vertithe entrance to the laundry room, cal board-and-batten siding in the which includes a useful storage gables. Brick accents and painted woodwork lend the facade charac-

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