

# Contact

Serving 8 Wing/CFB Trenton • 8<sup>e</sup> Escadre/BFC Trenton • <http://thecontactnewspaper.cfbtrenton.com>

**Sandra Hussey**  
Sales Representative

Direct  
**613-438-5588**  
[sandrahussey.ca](http://sandrahussey.ca)



**EXIT**  
EXIT REALTY GROUP

Exit Realty Group's #1 Sales Representative for the past 5 years. Gold Award winner for 2015 & 2016, and Platinum Award Winner in 2017.  
IRP DND APPROVED  
**"Be Fussy. Call Hussey."**

## INSIDE

### REMEMBERING WING COMMANDER RAWSON



Story on page 3

### STUDENTS GET BEHIND THE SCENES LOOK AT RCAF



Story on page 6

### CFS ALERT CELEBRATES 60 YEARS



Story on page 10



## LOGISTICS BRANCH 50<sup>th</sup> ANNIVERSARY

50<sup>e</sup> ANNIVERSAIRE DU SERVICE DE LA LOGISTIQUE

YEAR OF THE LOGISTICIAN // L'ANNÉE DU LOGISTICIEN

# 8 Wing Trenton welcomes new honorary colonel



Photo by Ordinary Seaman Paul Green

8 Wing Trenton Honorary Colonel John Smylie, 8 Wing Commander Colonel Mark Goulden and Honorary Colonel John Williams at the National Air Force Museum of Canada.

By Makala Chapman

Members of 8 Wing Trenton are welcoming back a familiar face to the Base. On Sept. 20, local business man, John Smylie, was inducted as the new honorary colonel at an official ceremony held at the National Air Force Museum of Canada. Honorary Colonel (HCol) Smylie took over the position from HCol John

Williams, who had served in his position since 2014. Having previously served as honorary colonel of 436 Transport Squadron, HCol Smylie said he was grateful to have been chosen for the job. "My main responsibility will be to draw that connection between our community and our Base here in Trenton," he said. "It's quite an exciting opportunity to come in and see what they do

and be able to translate it back to the community." In his official address, HCol Smylie thanked HCol Williams for his service and noted that filling his shoes would be hard to do. But, he said he was looking forward to meeting the expectations his predecessor had set for the honorary colonel position. "I will work hard to build upon what you have done," he said. "You have brought

this Wing and this community closer together." HCol Smylie then thanked 8 Wing Commander Goulden for selecting him for the position and said he would do his best to support him and his staff in any way possible. "I hope I can live up to your expectations," he said. "I will work hard to champion your work within our civilian community." HCol Smylie then explained

Continued on page 11



**#1 Most Productive Agents in Canada**

\*Based on 2010 closed transactions. Source CREA and RE/MAX internal data.

Choose wisely.



Choose  
**RE/MAX**  
remax.ca

**Numbers Talk! Real Trends Top 200 Report Highlights "137 of the top 200 Brokerages in Canada are Re/Max Brokerages". We are proud to be a part of this elite group. Whether moving across the street, across the country or across the world. RE/MAX, serving you in 100 countries and territories around the world!**

**NO ONE IN THE WORLD SELLS MORE REAL ESTATE THAN RE/MAX!**

447 Dundas St. W., Trenton  
613-392-6594

[www.remaxquinte.com](http://www.remaxquinte.com)  
1-800-567-0776

41 Main St., Brighton  
613-475-6594

# Photos of the Week

## Mission Support Squadron



Content submitted

Weekly, members of TEME/ Refueling Section perform a fuel recirculation to ensure a clean and polished product is delivered to our aircraft. This process usually takes an hour to complete and is followed up by completing other tests that confirms 8 Wing is providing the best and safest product possible.

(From left to right) Avr Girard, Pte Day and Pte Asquith.

Photo by Cpl Gushue

## CFS Alert: Canada Army Run



Content submitted

On 23 September 2018, Canadian Forces Station (CFS) Alert personnel joined together in the spirit of camaraderie and community to participate in the Canada Army Run. Spearheaded by Alert's Medical Technician, Leading Seaman (LS) Aaron Peer (pictured above in the lime-green jacket), to both encourage physical activity at the Station and raise funds for Soldier On and Support our Troops (the official funds of the Canadian Armed Forces that provide assistance to ill and injured soldiers and military families in need), this event successfully drew 38 participants to run and walk either five or ten kilometres (km), and many others to volunteer their time during and after the run, in the Arctic cold. Thanks to LS Peer's efforts, Alert's Canada Army Run proudly raised an impressive \$1001.00 for these deserving funds. Sergeant Lincoln Allen finished first in the five km run and Corporal Tom Levshuk finished first in the ten km run.

Photo: Cpl R. Brunet St-Jean

### BE FUSSY, CALL HUSSEY! 613-438-5588

Direct: 613.438.5588  
 Email: shussey68@gmail.com  
 www.SandraHussey.ca  
 Pre-Qualified Buyers • IRP DND APPROVED

**Sandra Hussey**  
Sales Rep

<p><b>SPECTACULAR VIEWS</b> 85 HIGH STREET</p> <p><b>TRENT HILLS</b></p> <p>Exquisite 1 year old 4 bed/3 bath brick bungalow with walkout, double garage on a cul-de-sac.</p> <p><b>SOLD!</b></p>	<p><b>IMPECCABLE VICTORIAN HOME</b> 16366 HIGHWAY 2</p> <p><b>2.9 ACRES</b></p> <p>4 bed/3 bath red brick Victorian home on 2.9 acres with barn and garage.</p> <p>MLS#151669 • \$398,000</p>	<p><b>OVERSIZED COUNTY LOT</b> 373 COUNTY ROAD 19</p> <p><b>BUNGALOW</b></p> <p>All one level 3 bed/2 bath bungalow with double garage on an oversized lot in the county.</p> <p>MLS#150647 • \$324,000</p>	<p><b>IN-LAW SUITE</b> 1428 THRASHER ROAD</p> <p><b>IN-LAW SUITE</b></p> <p>Stunning 3 bed/2 bath home with 2 kitchens on 1 acre.</p> <p>MLS#151782 • \$300,000</p>
<p><b>RESIDENTIAL &amp; RETAIL</b> 421 VICTORIA STREET NORTH</p> <p><b>TWEED</b></p> <p>Beautifully renovated bungalow with 2 kitchens and bowling alley building on the water in Tweed.</p> <p>MLS#133578 • \$259,000 • RETAIL MLS#133494</p>	<p><b>TRANQUIL BUNGALOW</b> 511 DUNDAS STREET EAST</p> <p>2 bed plus den/2 bath brick bungalow with loft on a tranquil, supersized lot minutes to malls, hospitals and more</p> <p>MLS#147467 • \$259,000.</p>	<p><b>AFFORDABLE CHARMER</b> 23 RAMSAY AVENUE</p> <p>This old charmer has 4 bed, a huge garage/workshop is only 5 minutes to CFB Trenton.</p> <p>MLS#154499 • \$200,000</p>	<p><b>OPEN HOUSE: SAT., SEPT. 29TH 1-2PM</b> 18 FORCHUK CRES., TRENTON</p> <p>4 bed/4 bath 2 storey home wit en-suite and double garage in a desirable location 5 minutes to CFB Trenton and all amenities</p> <p>MLS# • \$375,000</p>
<p><b>OPEN HOUSE: SAT., SEPT. 29TH 11-12PM</b> 19 MCINTOSH CRES., TRENTON</p> <p>Executive main floor living 1 year old (no fee) townhouse in a pristine neighbourhood with en-suite and garage, located behind Walmart.</p> <p>MLS#155528 • \$320,000</p>			

### SOLD LAST WEEK BY FUSSY HUSSEY!

<p><b>SOLD!</b></p> <p>78 MCGOWAN STREET</p>	<p><b>SOLD!</b></p> <p>80 APPLEWOOD DRIVE</p>	<p><b>SOLD!</b></p> <p>5139 HIGHWAY 2</p>	<p><b>SOLD!</b></p> <p>746 COUNTY ROAD 26</p>
--	---	---	---

# Second World War RCAF Officer Recognized for Wartime Sacrifices

By 8 Wing Public Affairs

A Commonwealth War Graves Commission (CWGC) headstone was dedicated on Sept. 22 at the Hamilton Woodland Cemetery for Wing Commander (W/C) Byron Rawson, DFC and Bar, Royal Canadian Air Force, recognizing his death in December 1945 as related to his service during the Second World War. Hailed during the War as the "Youngest Wing Commander in the British Empire", W/C Rawson rose to serve in the elite Pathfinder Wing in No. 8 Group, part of the Royal Air Force's Bomber Command. Accompanied by his swift rise through the ranks, he was also awarded the Distinguished Flying Cross and Bar for his skill in the cockpit and as a leader. On December 23, 1945, W/C Rawson took his own life in Hamilton, Ontario. Although

not officially recognized at the time, the coroner's report indicated that his death had been due, in part, to his wartime experiences. In consideration of this report, in 2017 the Commonwealth War Graves Commission deemed his death as service related due to what we now call Post-Traumatic Stress Disorder, entitling W/C Rawson to a commissioned Commonwealth War Graves headstone. "While it has been 73 years since the death of Wing Commander Byron Rawson, it is never too late to recognize him for his dedication, bravery and sacrifice," said Colonel Shayne Elder, Commander, Royal Canadian Air Force Aerospace Warfare Centre. "Today's ceremony demonstrates that the Royal Canadian Air Force will remember and honour those who have served and give them the dignity and respect they deserve." Also present at the ceremony

was Lieutenant-Colonel Bryce Graham the commanding officer of 429 Transport Squadron at 8 Wing Trenton. "As we reflect on Wing Commander Rawson's sacrifice, we are reminded of the importance of having open conversations about mental health," he said, "so that we can help break stigmas and encourage our fellow airwomen and airmen to seek out a wide range of help available to our members today." Since the Second World War, considerable progress has been made to recognize and treat Post-Traumatic Stress Disorder. Today, personnel on certain missions may participate in a third location decompression (TLD) to help ease them back to normal home life. During decompression, each deployed person is encouraged to speak to a mental health professional and to raise any concerns they may have. Mental health awareness, the recognition of "red flags" in self and others, as well as resources available, are discussed during the decompression period. Prior to returning home from deployment, most CAF members receive a reintegration briefing to help ease their transition to life back home. Mental health teams also provide information about what may await CAF members at home, work, and community

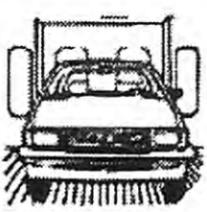
life as they re-connect with life in Canada. The families of CAF members are offered similar training at home through Military Family Resource Centres. W/C Rawson's first operational squadron was 429 "Bison" Squadron, flying Wellington bombers and later Halifax bombers on dangerous bombing missions over occupied Europe.

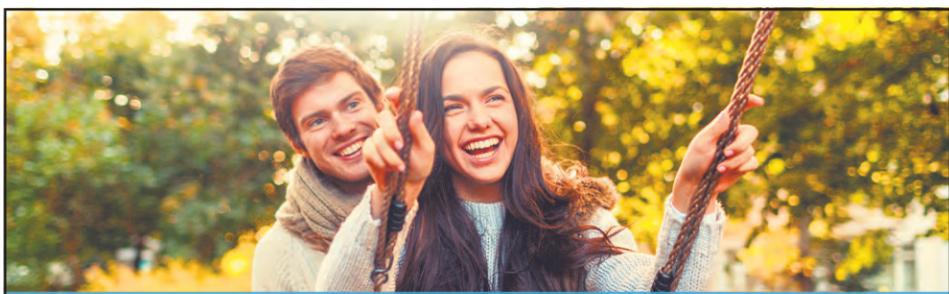


Photos by Corporal Ryan Moulton

Colonel Shayne Elder lays a wreath next to the newly installed Commonwealth War Graves Commission headstone for Wing Commander Byron Rawson DFC and Bar, during a ceremony at the Hamilton Woodland Cemetery.

**CANADIAN SPORT SUBS**  
 51 South Pinnacle St., Belleville, On K8N 3A1  
**(613) 966-8903**  
 OPEN Mon. - Fri. 9 am - 5 pm  
 Saturday 9 am - 3 pm  
**PADI 5 STAR INSTRUCTOR DEVELOPMENT CENTRE**  
 ★★★★★  
 • Guaranteed Personalized Service  
 • Dedicated Instructors - We Work For-You  
 • All Training Levels  
 Join the Underwater World!  
**BELLEVILLE'S LEADING SCUBA SCHOOL**  
 Established 1989  
**COURSES STARTING NOW**

**CAMPBELL'S AUTO SHOP**  
 327 COLEMAN STREET, BELLEVILLE  
  
 • COMPLETE COLLISION REPAIRS SINCE 1915  
 • ALL WORK GUARANTEED  
 • FREE ESTIMATES • PAINT ROOM  
 • CUSTOM JOB SPECIALISTS  
 • FRAMES • UNIBODY & RAIL  
 • ENVIRONMENTALLY FRIENDLY PAINTS  
**613-968-5791**  
 E-mail: [autoshop@bellnet.ca](mailto:autoshop@bellnet.ca)



**Straighten your teeth with clear, removable aligners!**

**Invisalign®—what you should know!**

- 1 Dr. Madison will create custom aligners that **discreetly fit over your teeth** to gradually shift them into place.
- 2 Your Invisalign® aligners are removable! Take them out to **enjoy your favourite foods and beverages**, without worry.
- 3 Invisalign® aligners are also virtually clear. Wear them at work, school or a party. **Photo op? Simply remove and smile!**



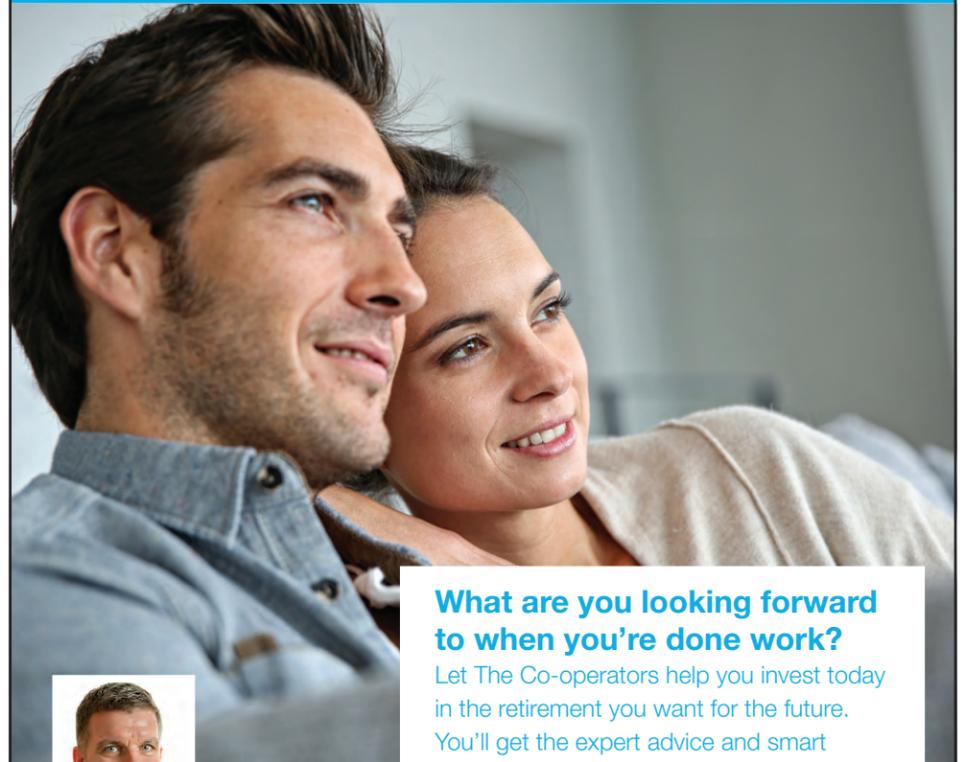
**Dr. Madison**  
 (613) 969-8800  
 135 Victoria Ave. Belleville



BELLEVILLE DENTAL CARE



Home Auto Life Investments Group Business Farm Travel  **the co-operators**  
 A Better Place For You®



**What are you looking forward to when you're done work?**

Let The Co-operators help you invest today in the retirement you want for the future. You'll get the expert advice and smart investment options to help you reach your financial goals.



**Paul Moran, CHS, CIP**  
 Financial Advisor

Paul Moran Insurance Group Inc  
 175388 Highway 2, Trenton, On K8V 0A7  
 TEL: 613-392-3501 FAX: 613-392-3070  
[www.cooperators.ca/Paul-Moran](http://www.cooperators.ca/Paul-Moran)

Not all products available in all provinces.



# Safety



## Drinking and Driving Don't Mix



You are the safest when you completely separate drinking and driving. This is true if you drive for a living. It is also true on your own time.

Here are some reminders about avoiding the dangers of drinking and driving on social occasions:

- If you are going to be attending an event where there will be drinking, do not drive. Arrange for other transportation. One way is to designate a driver for your group; this person agrees to stay sober and do all the driving.
- Make a drink last a long time. Do not be pressured into drinking more, or having "one for the road".
- Before having your first drink of alcohol, enjoy a cup of hot coffee or tea. Switch back to non-alcoholic beverages early in the evening. Pour your own fruit juice or soda if necessary.
- If you are drinking, consume

snack foods and lots of mix. Dancing, games and other party activities can keep you busy doing something besides drinking.

- Carry money for a cab and for a phone call to obtain a ride. Also stash some cash at home for you or other family members to pay for the taxi.
- Make a pact with your family members to never drive drunk or ride with a drinking driver. You agree to provide rides for one another if you really need one – at any hour with no questions asked.
- Be a responsible host, friend and co-worker. Help ensure that others get home safely. Encourage non-alcoholic beverages on social occasions.
- Time is the only cure for intoxication. Black coffee, cold showers, fresh air, exercise and other remedies will not sober you up.
- There is no safe limit for drinking before you drive. You can actually be impaired at an alcohol level well below the legal limit. You are safest if you completely separate drinking from driving.
- A party tonight followed by eight hours sleep does not make you a safe and sober tomorrow. Drivers have been convicted of drinking and driving offenses occurring the day after a party the night before.
- Don't mix alcohol with other drugs or medications. Such mixtures can greatly increase intoxication, drowsiness and various side effects.

Think of drinking and driving as two separate activities. If you are intending to drive, do not drink. If you do intend to drink, don't drive!

### 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.

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

#### 8 Wing Personnel

**Publisher:** Col. Mark Goulden

**Proprietor:** Her Majesty the Queen, in right of Canada, as represented by the Commander of 8 Wing, Canadian Forces Base Trenton, P.O. Box 1000 Stn. Forces, Astra, ON K0K 3W0 Canada

**Public Affairs, Internal Comms:** 8 Wing Public Affairs

**PSP Manager:** John Snyder

#### Metroland Media Staff:

**General Manager:** Adam Milligan 705-761-7990

**Advertising Sales:** Orlinda Johnston 613-966-2034 ext: 795015

**News and Feature Content:** Makala Chapman 613-392-2811 ext: 3976

**Circulation:** Kim Wonnacott 705- 742-8450

250 Sidney Street, Belleville, Ontario K8P 3Z3, CANADA

**SUBSCRIPTIONS:** First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

### 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



# Sports & Recreation



## Participating in the Ironman race at Lake Placid



Photos courtesy of Sergeant Patrick Simoneau

Sergeant Patrick Simoneau at the Ironman race in Lake Placid.

By Sergeant Patrick Simoneau

Earlier this year, I completed Ironman 70.3 Syracuse and most recently, Ironman 70.3 Lake Placid. I wanted to try

something different from past years where I had done Ironman 70.3 Mont-Tremblant. This year was all about surpassing my limits in an effort to make this year unforgettable and epic as I turned 40. I decided I had nothing to lose and everything to gain. So, along with a teammate from 8 Wing Trenton, Chris Cheeseman, who had also completed Syracuse with me, I decided to sign up for Lake Placid 70.3. I packed for the race with all my regular race kit, from tri suit to race day nutrition and my tri shoes, which are not fitted to be worn with socks. On the day of the race, we woke up at 4 a.m. The temperature was a measly 3 degrees according to my phone app - it was going to be a chilly morning and a chilly race. Overall, this race did not come without any challenges, the temperature and the elevation on the bike course made it a race to remember. I completed Ironman 70.3 Lake Placid, 24th in age category out of 239 and 155 out of 2192 overall. My

cumulative time was 5:16:12. My time is not a personal best, but every race is different and times cannot be compared from one to another, especially when you take Mother Nature and the layout of the course into consideration. I strongly recommend this event to any triathlete, it is very well organised, the volunteers as always are very helpful and the quality of the course is simply beautiful. As

I close out my race season, I would like to thank first, my family, who endured all my hours away from home in preparation for all the races and training sessions throughout the year, my chain of command for supporting me and allowing me to mix work and pleasure day after day, Trenton PSP personnel, and the PSP organisation for their ongoing support of CFB Trenton athletes.



The 8 Wing Trenton Grappling Team is looking for **Men and Women** in preparation of the 2018 Ontario Region Grappling Championships on 12-14 October held at Garrison Petawawa.

L'équipe de Grappling de la 8e Escadre Trenton est à la recherche d'**hommes et de femmes** en préparation du 2018 Championnats de Grappling de la région de l'Ontario, le 12-14 octobre, à la garnison Petawawa.

**Male Fighters** will compete in one of seven (7) weight divisions:  
 Featherweight (145 Lbs and below)  
 Lightweight (146-160 Lbs)  
 Welterweight (161-175 Lbs)  
 Middleweight (176-190 Lbs)  
 Light Heavyweight (191-205 Lbs)  
 Heavyweight (206-220)  
 Super Heavyweight (221 Lbs +)

**Female Fighters** will compete in one of three (3) weight divisions:  
 Strawweight (115 Lbs and below)  
 Lightweight (116 -130 Lbs)  
 Heavyweight (131 Lbs +)

Interested members are to register with the undersigned NLT Oct 1, 2018

Les membres intéressés doivent s'inscrire auprès du sous-signé au plus tard le 1 Oct, 2018

8 Wing Trenton- Sports

Caroline Vivian  
 Military Sport Coordinator  
 Phone: 613-392-2811 x2349  
 Email: caroline.vivian@forces.gc.ca



10% Military Discount!



Cleaning & Polishing Only \$99

## Family Dental Centre

Personalized & Comfortable

Call Today for Your FREE Consultation and Necessary X-Ray!

Same-Day Emergencies & On-Site Denture Lab!

Early Morning, Late Evening & Saturday Appointments!

Implants • Sedation Dentistry • Invisalign®

Day Care from 10am-4pm!

Three Locations to Better Serve You!

Frankford 613-398-8888  
 Belleville 613-961-7050  
 Cobourg 905-372-7400

www.FamilyDentalCentre.com

Len's RV OPEN SUNDAYS!

We support our troops! ASK US ABOUT OUR DISCOUNT!

**FREE WINTER STORAGE!**

**NO PAYMENTS UNTIL SPRING!**

# The Fall Used RV ROUND-UP

**4 DAYS ONLY!**



**2017 JAY FLIGHT 174BH**  
 REG: \$15,999  
**SALE PRICE: \$13,497**

**WE ARE OVERSTOCKED**

**25% OFF ALL PARTS & ACCESSORIES!**

NOT INCLUDING TOWING AND SERVICE PARTS.

<p><b>2016 APEX NANO</b></p>  <p>REG: \$20,900  <b>SALE PRICE: \$20,900</b></p>	<p><b>2013 WHITEHAWK 30DSRE</b></p>  <p>REG: \$25,999  <b>SALE PRICE: \$23,995</b></p>	<p><b>2016 JAY FEATHER X17Z</b></p>  <p>REG: \$19,995  <b>SALE PRICE: \$18,995</b></p>
<p><b>2017 SWIFT SLX 154BH</b></p>  <p>REG: \$14,995  <b>SALE PRICE: \$13,437</b></p>	<p><b>2008 BIGHORN RE3400</b></p>  <p>REG: \$19,999  <b>SALE PRICE: \$15,995</b></p>	<p><b>2005 ARUBA 3298HU</b></p>  <p>REG: \$14,900  <b>SALE PRICE: \$12,900</b></p>
<p><b>2018 JAY FLIGHT 31QBDS</b></p>  <p>REG: \$33,900  <b>SALE PRICE: \$29,995</b></p>		

**JUST LIKE NEW!!!**

**EXCEPT SAVE 50% OR MORE!**

**FINANCING ONSITE!** TD Desjardins BMO RBC Royal Bank

**OVER 100 JAYCO'S ON SITE!**

HWY 401

COUNTRY RD. 2

30

66

**(613) 475-1441**

MON, TUES, WED, FRI - 9AM TO 5PM /  
 THUR - 9AM TO 7PM / SAT- 10AM TO 4PM  
 SUN 10AM TO 4PM

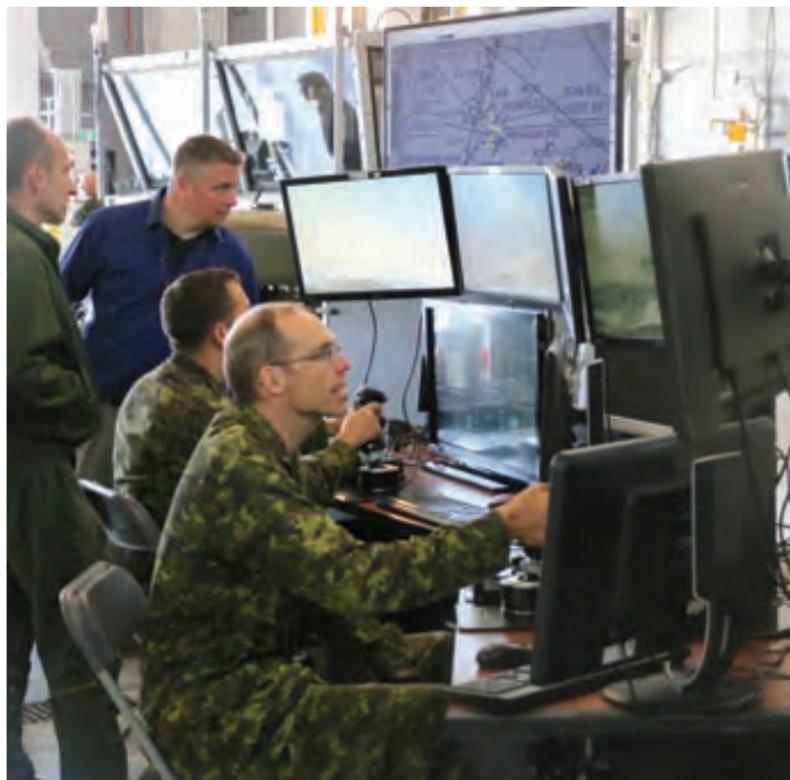
[www.lensrv.com](http://www.lensrv.com)



SALES & SERVICE

\*O.A.C. Conditions apply. Prices shown do not include taxes and fees. Units may not be exactly as shown. See dealer for complete details.

# Visiting military members get a behind the scenes look at the RCAF



Students from the Joint Command Staff Program at the Canadian Forces College in Canada test out a flight simulator.

By Makala Chapman

It's important for all four elements of the Canadian Armed Forces — Army, Royal Canadian Navy, Royal Canadian Air Force and Special Operations Forces Command— to understand what each group does on a daily basis says Lieutenant-Commander (Lt.-Cmdr.) Matthew Mitchell. On Sept. 24, more than 125 students from the Canadian Forces College in Toronto visited 8 Wing Trenton for an opportunity to learn more about the Royal Canadian Air Force (RCAF). As the lead organizer of the visit, Lt.-Cmdr. Mitchell said he was pleased with how much the students from the college's Joint Canadian Staff Program (JCSP) were enjoying taking part in such a unique experience. The JCSP course is year-long program for military officers to learn institutional leadership and further their education in defence studies. Part of the program is a chance to take part in what is known as an Experiential Learning Visit (ELV). Upon visiting 8 Wing Trenton, the students were able to tour the static display of aircraft such as the CC-130J Hercules, the CH-146 Griffon and CC-177 Globemaster. A range of other activities were also available on site, which included flight simulators, information booths and the chance to speak with members of the RCAF first hand. "The goal is to get an operational understanding of what the RCAF does and what their capabilities are," said Lt.-Cmdr. Mitchell. Having been a student on the JCSP course just last year, he added he remembered how useful it was to have had the opportunity to learn more about the different elements of the military from the visits. "It was valuable because I have a lot of experience with things like the Sea Kings (anti-

submarine warfare helicopter)," he explained, "but I'm not often going to come across a Herc' or all these other airframes used by the RCAF." In addition to Canadian students, present on the ELV were 22 international military students representing their home countries of Pakistan, New Zealand, Mongolia, France, England, the United States and more. Lt.-Cmdr. Mitchell added that having the international visitors be a part of the ELV was a great way to network, as well as demonstrate Canada's vast capabilities. Walking around taking in the sheer size of the CC-177 Globemaster was JCSP student Major (Maj.) Khalifa Aldoseri from the Bahrain Defence Force, an island nation located in the Arabian Gulf. In his home coun-

try he noted since he serves in the army as an armour officer, he doesn't often get to see different types of air platforms. "The Canadian Forces has a great variety of air capability," he said, "so it's interesting to get to see some of these air pieces up close." When asked what his favourite aircraft was on display, he laughed, and noted it was the Globemaster, since it's one of the only aircraft big enough to carry his tanks.

Overall, he said he was honoured to be an international student studying in Canada and learning more about its military. "It's always great when the aligned nations come together to work, learn and understand more about each other," said Maj. Aldoseri. "Ultimately, this will enhance our capabilities and allow us to face the challenges that all

the nations, NATO and their allies may come across. It's been a very rewarding experience for me and I will be recommending this course." Following their visit to Trenton, the students set off for Canadian Forces Base Petawawa to learn more about a day in the life of Canada's army members.



Major Khalifa Aldoseri from the Bahrain Defence Force says he was excited to learn more about Canada's air capabilities and see a CC-177 Globemaster in person.

Photos by Makala Chapman

**BRUNO'S CLASSIC CUTS**  
barbering & hairstyling • straight shaves  
colour & highlights • up do's • extensions

**FAMILY CUTS 4 OR MORE**  
**\$10 OFF**  
SENIORS DAY EVERY TUESDAY

Mon - Wed: 9 am - 5:30 pm • Thurs: 9 am - 7 pm  
Fri: 9 am - 6 pm • Saturday: 8 am - 2:00 pm

**WALK-INS ONLY** FOLLOW US ON FACEBOOK  

266 DUNDAS ST. E., TRENTON, ON

**Lottie Jones Florist Ltd.**

Family Owned  
and Operated  
Since 1923

**Eleanor Barker  
MaryAnne White**

44 Quinte Street  
Trenton, ON K8V 3S9  
Ph: 613-392-2537  
www.lottiejonesflorishltd.com

## Ask a Dentist Why Floss?

Simple enough question, right? Well the answer can be more deeply rooted than you think. Yes, the obvious reasons for flossing is to keep your teeth safe from cavities and your gums clear of gingivitis. Let's think beyond the gum line, flossing actually protects you from germs and infection. How you may ask? Flossing reduces the amount of plaque, tartar and food particles that have accumulated on your teeth. Studies have shown that there is a direct relationship between heart disease and gum disease. Flossing helps to keep your entire body healthy! As well, when food particles get caught between teeth and are not removed, they start to collect bacteria which can lead to bad breath. So flossing after every meal is always a good idea.

Did you know that flossing does about 40% of the work to remove plaque and bacteria from your teeth? That's a lot when you think about not flossing regularly and the daily build up that forms in and around your teeth.

Cleaning between your teeth and brushing daily will go a long way in preventing future oral problems. It's the best-practice approach to maintaining lifelong oral function and prevention of tooth decay.

So, the next time you floss keep in mind the health benefits associated with this important daily ritual.



  
chaggerdental  
BRIGHTON

Dr. J. Gordon Hall & team

Chagger Dental Brighton  
9 Prince Edward Street, Brighton, ON  
K0K 1H0

613 475 1650  
www.chaggerdental.com

**Come join the Venez rejoindre les SkyHawks**

**Spend your summer putting on thrilling parachute performances and meeting Canadians from coast to coast!**  
**Passez votre été à faire d'excitantes performances en parachute et rencontrez les Canadiens et Canadiennes partout au pays!**

**Requirements | Prérequis :**

- i. Trade qualified member of the CAF (any trade).  
i. Membre des FAC qualifié sur son métier (tous métiers confondus).
- ii. Military Freefall Parachutist or Canadian or US Parachuting Association "A" license with 50 freefall jumps.  
ii. Parachutiste en chute libre militaire ou détenteur d'un brevet "A" de l'ACPS ou de la USPA avec 50 sauts de chute libre.
- iii. Recommendation by Commanding Officer.  
iii. Recommandation du commandant de l'unité.
- iv. Applicants will be required to complete the Parachutist physical fitness test.  
iv. Les applicants vont devoir compléter le test physique de parachutiste.

**Contact us! | Contactez nous :**

@SkyHawksCanada  
 Email | Courriel : skyhawks@forces.gc.ca  
 Telephone | Téléphone : 613-392-2811 ext. 2049

registration opens Sept 10

# SWIMMING LESSONS

Starting in September and October at the RecPLEX Register today!  
 for more information visit or call the Rec PLEX at 613.392.2811 x 3361 and visit CAFConnection

**La Saguenéenne**  
 HÔTEL ET CENTRE DE CONGRÈS  
 ★★★★★

**COMING TO BAGOTVILLE?**  
 WE'VE GOT THE PLACE TO STAY!

- 118 ROOMS WITH REFRIGERATOR AND MICROWAVE OVEN
- TROPICAL ATRIUM WITH SWIMMING POOL, SPA AND SAUNA
- ON-SITE RESTAURANT
- WALKING DISTANCE FROM THE SHOPPING MALLS
- FREE LONG-DISTANCE CALLS TO CANADA AND USA
- FREE WIRELESS HIGH-SPEED INTERNET
- 15 MINUTES FROM BAGOTVILLE AIRPORT

**RATES FROM \$99**  
 PLUS TAXES PER NIGHT FOR THE CANADIAN FORCES COMMUNITY

250, RUE DES SAGUENÉENS  
 SAGUENAY, QUÉBEC  
 CANADA G7H 3A4

418.545.8326 • 1.800.461.8390  
 WWW.LASAGUENEENNE.COM

WWW.CFAPPRECIATION.CA

# LET'S GO BOWLING

Leagues are forming and starting, bowlers are needed (all levels) and all times (day and night)

**We Host Birthday Parties**

**Rock n bowl on Friday and Saturday nights for relax and friends gathering**

**Sunday special deal:**  
**\$39.95 for 1.5 hours up to 6 people including shoes**

**CLUB MEDD BOWL • (613)392-5756 31 • Dundas St. E., Trenton**  
**www.clubmeddbowl.com**



# Community Events

generously sponsored by...

# independent

YOUR INDEPENDENT GROCER



*President's Choice*

CFB Trenton | Smylie's Independent Grocer

(Hwy #2) Dundas St. E.

**293 Dundas St. East, Trenton • 613-392-0297**

## Upcoming local events

**September 28** - The Trenton Curling Club will be hosting an in person registration and Open House from 7 p.m. to 9 p.m. and on September 29th from 1 p.m. to 3 p.m. Daytime, evening, military and junior leagues are available and experience is not a pre-requisite.

**September 29** - The annual Ad Astra Stone Dedication Ceremony will be taking place at the National Air Force Museum of Canada's Air Park at 2 p.m.



# 8 AMS

presents our



## 25th Anniversary Dinner

At the National Air Force Museum

### Friday, October 12th 2018

Cocktails starting at 1800, dinner at 1900, dance with DJ Leo

Dress code: semi-formal. Max cost \$35/person

**Open to all past and current members**

email: [25th8ams@gmail.com](mailto:25th8ams@gmail.com) for more info








## Portfolio Development

for military spouses

*Cours de portfolio pour les conjoint(e)s de militaire*

---

<p>7 weeks program Starts October 11th 10:00-11:30 At the Trenton MFRC Course fee is \$40</p>	<p>Durée de 7 semaines Débute le 11 octobre de 10h à 11h30 Au CRFM de Trenton Les frais sont de 40\$</p>
---	--

---

To register or for more information, please contact  
Pour vous inscrire ou pour plus d'information, contactez

elizabeth.nicholas@forces.gc.ca  
or/ou Priscilla.t@trentonmfr.ca




## Portfolio Development

for military members

*Cours de portfolio pour les militaires*



<p>7 weeks program Starts October 11th 1:00 - 3:00pm At the Trenton MFRC</p>	<p>Durée de 7 semaines Débute le 11 octobre de 13h à 15h Au CRFM de Trenton</p>
--	---

To Register or for more information, please contact  
Pour vous inscrire ou pour plus d'information, contactez

Elizabeth.nicholas@forces.gc.ca or/ou Priscilla.t@trentonmfr.ca



# 7th Annual GCWCC Community Fair

Hosted by 8 Wing Trenton

All Proceeds to United Way



**GCWCC Community Fair:**  
CLICK ON THE ACTIVITIES BELOW FOR MORE DETAILS

- Jump Tower** (\$5 per Jump, Info: Ben-Joanna.Lee@forces.gc.ca)
- Herc Pull Competition** (Max of 20 per Team, \$10 per Pers, Registration & Info: Bwing.hercspull@gmail.com or Edward.Graham@forces.gc.ca)
- Car Show/Flight Line Photos** (\$10 Entrance & \$25 Picture, Info: Michael.Opatovsky@forces.gc.ca)
- Ride To Help Kid Zone** (\$20 Moto Registration Fee /\$10 Pass, Registration or Info: 2018ridehelp@gmail.com)

• For more info, Contact the event OPI at:  
[8wing.8WCF2018@gmail.com](mailto:8wing.8WCF2018@gmail.com)  
[Tricia.travers@forces.gc.ca](mailto:Tricia.travers@forces.gc.ca)

**28 Sept 2018 8 Wing Trenton 1 Hangar 10 a.m. - 3 p.m.**



# TRENTON Military Family Resource Centre

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



## October 2018

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

● **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 4 & 18
- November 1 & 15 & 29
- December 6

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

Join us for an afternoon tea party at the Tren-

ton 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.

# Home of the Week

Your Building Renovation Experts

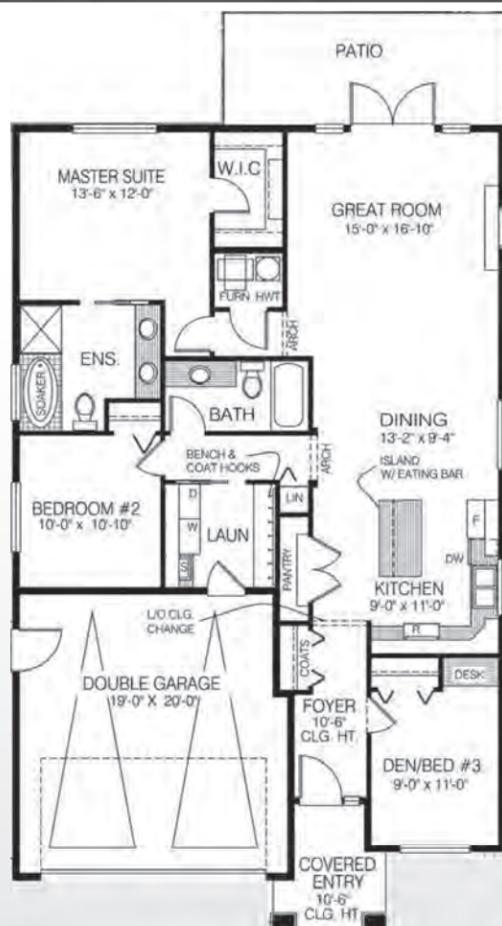


hour. The closet is spacious enough for a couple's shoes and accessories. The second bedroom is adjacent to a three-piece bathroom, while the third bedroom, which can double as a den, overlooks the front garden and contains a built-in desk.

The laundry room includes a handy shelf, as well as a bench with coat-hooks. Access to the double garage means the laundry room can also serve as a mud room. Should a basement be desired, the plans include an optional stairway located near the master bedroom. Exterior finishes include wood siding and painted trim, as well as brick accents.

The thoughtful design touches in this three-bedroom bungalow – such as the extra-high ceiling in the foyer and the soaker tub in the master bedroom's ensuite – will more than make up for the fact that there's no basement. However, the plans include an optional stairway, should the purchasers consider including a basement, always useful for an extra bedroom or storage space. A covered entry, set off by two brick pillars with wooden struts on top, leads through the foyer – with a ceiling measuring 10 feet, six inches high – to the open-plan kitchen and dining area, and the double

room, located at the back of the home enjoys French doors to a patio, and also features a gas fireplace, truly making it a room for all seasons. The kitchen features an L-shaped counter area. Natural light will flood in through the window over the dining area. The work area includes an eating bar. A roomy pantry provides extra storage space. An archway leads to the master suite, overlooking the back garden and including an en-suite and walk-in closet. The soaker tub has nine-foot ceilings. The great



Plan No: 5-3-688

**Tree Service**  
**Trenton Tree Service**  
 Tree Trimming & Removal, Chipping & Stumping  
 • Free Estimates  
 • Fully Insured  
 A fair price for everyone  
**613-392-7415**

“YOUR ONE STOP BUILDING CENTRE”

COMPLETE LINE OF BUILDING SUPPLIES  
 KITCHEN & BATH SHOWROOM  
 DELIVERY AVAILABLE  
 RENTAL CENTRE  
 www.colestimbermart.ca  
 47 Ontario St., Brighton  
**613-475-2810**  
 1-888-265-3742

# CFS Alert celebrates 60 years



Photo by Captain Kathleen Soucy



Photo by Corporal Ryan Moulton

Major Sandra Andrusiak, CFS Alert's commanding officer, and Master Warrant Officer Marceau, the station warrant officer, pause for a photo during Alert's 60th anniversary celebration held on the first weekend of September 2018.

Alert's new sign reflects its location in Nunavut. The older signs surrounding it, showing the distances to various locations, remain in place.

## By Captain Kathleen Soucy

For 60 years, Canadian Forces Station Alert, on Ellesmere Island in Nunavut, has projected Canadian sovereignty in Canada's far North. Alert is the most northerly, permanently inhabited location in the world, located only 817 kilometres from the geographic North Pole. On Sept. 1, station personnel celebrated the station's 60<sup>th</sup> anniversary of service. The station was first established in the early 1950s as a weather station. On September 1, 1958, it began its operational role as a signals intelligence unit of the Canadian Armed Forces. On that date, it became the Alert Wireless Station and was under the command of the Canadian Army. "I am very proud to be in CFS Alert for its 60th anniversary. It is a great opportunity to recognize the excellent work that has been done by our Canadian Armed Forces members and civilian personnel throughout the years, and to thank them for the sacrifices they make to be here," said Major Sandra Andrusiak, Alert's commanding officer. For the occasion, the 106 persons working at CFS

Alert celebrated with activities such as a scavenger hunt called "60 questions for 60 years": teams had a list of questions, mainly pertaining to the history of the station, for which searched out answers through a hunt of the main building. A Polar Dip was held September 2 for those who are courageous enough to brave the Arctic Sea, as well as a barbeque dinner with a giant birthday cake. Sixty years of operational capability is always remarkable, but celebrating 60 years of operations in the extreme cold of Arctic Canada is an even bigger deal. Alert's beauty on a sunny summer day is breathtaking, which makes it difficult to imagine how austere and forgiving this place can be. The reality is that weather is extremely unpredictable and a simple task can become very arduous. In the winter months, personnel can face temperatures of -50C, with extreme winds that can whip up the snow and make colleagues standing a metre apart lose sight of each other. The

station's isolation is another challenge. "Located 2,092 kilometres away from the closest Canadian city of Iqaluit and 700 kilometres away from the possible support of the United States Air Force Base at Thule, Greenland, CFS Alert is the most isolated and austere place Canadian Armed Forces members may work at during their career," said Master Warrant Officer Marceau, the station warrant officer. Other challenges include the difficulty of getting around in bad weather, the danger that some animals represent and limited internet connectivity. Personnel at Alert include military members, National Defence and Environment Canada employees, as well as private contractors. Their functions range from resource management support to meteorology, medical support, technical maintenance, food services, and loading and unloading aircraft. CFS Alert maintains signal intelligence facilities in support of Canadian

military operations. Signals intelligence is conducted remotely, using equipment and facilities located in Alert. Defence Minister Harjit Sajjan visited Alert in mid-August and met personnel living and working there. His visit included a tour of the CAF facilities in Alert, the announcement of a number of infrastructure improvements, as well as a demonstration of defence research underway to improve the military's capacity in the Arctic. The more than \$10 million in infrastructure investments announced for Alert include upgrades to fire alarm and suppression system (\$5 million); replacement of fuel storage tanks (\$2.5 million); and a power plant generator (\$2.8 million).

**HILLCREST ANIMAL HOSPITAL**

Dr. Mike Steen  
Dr. Arin Por  
Dr. Ashley Kirkham  
Dr. Maarje Armstrong

Tel: 613-394-4811 • Fax: 613-394-6239  
17532 Hwy #2, RR#4 Trenton, ON K8V 5P7  
Food Room  
Tel: 613-394-2953  
www.hillcrestanimalhospital.ca

## SO THAT WE MAY BE FREE.

FOR EVERY WAR, THERE ARE MANY WHO BRAVELY AND PROUDLY LEAVE THEIR LOVED ONES BEHIND TO PROTECT THE FREEDOMS THAT WE AS CANADIANS ARE AFFORDED.

IT IS THESE BRAVE FEW WE HONOUR.

**weaver** REINVENT TRADITION  
www.weaverfuneralhomes.com

<b>Trenton East</b> 29 Bay Street 613-394-2433	<b>Trenton West</b> 170 Dundas St. W. 613-392-3579
--	--

**FRIEL**  
HEATING & AIR CONDITIONING INC.  
"Fireplace Showroom"

Specializing in your Home Comfort

**REDUCE YOUR ENERGY COSTS**  
WITH AN AMANA HI-EFF NATURAL GAS OR PROPANE FURNACE

Built better than it has to be with a lifetime unit replacement warranty plus 10 years parts & labour.

**\$1250 IN REBATES**

**OLD MAN WINTER IS COMING!!!**  
CALL TODAY TO SCHEDULE YOUR FURNACE TUNE-UP

Heating & Air Conditioning  
**Amana**  
LASTS AND LASTS AND LASTS

Call or visit us today for your **FREE** No Obligation quote  
"You'll Be Glad You Did!"

**122 Parks Dr. Belleville**  
**613-966-8848**  
Locally owned and Operated to Serve You Better Since 1995



Photos by Makala Chapman

8 Wing Trenton Honorary Colonel John Williams (right) welcomes Honorary Colonel John Smylie (left) to the team.



Honorary Colonel John Smylie says he's excited to continue his work in supporting the military community.



Honorary Colonel John Williams thanks 8 Wing Trenton for having him as their honorary colonel.

Continued from page 1

that ensuring military families felt welcomed and at home in the Quinte region would be something he personally wanted to focus on and was looking forward to meeting as many people as possible. Following the ceremony, speaking to how proud he was to have served in his role was HCol Williams. As the former mayor of Quinte West, he added supporting the Base had always been a priority of his. "It's important that the public know how important 8 Wing Trenton, the military members and their families are," he said. "It was a great honour to be connected

with them and to have supported them as much I could from a civilian view." He added the position had been a unique experience 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 Williams 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 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



**NEXT STEPS**

CP connects veterans with competitive pay, benefits and potential advancement opportunities. **Connect to a rewarding career.**

Apply now at [CPR.ca/Veterans](http://CPR.ca/Veterans)



**Come meet our doctors: Andrew, Sue & John**



*Marinovich*  
DENTAL

*Wishing Everyone a Happy Thanksgiving!*

**WE ARE ACCEPTING NEW PATIENTS**

Direct payment from insurance company's accepted.

Call Us To Book An Appointment Today!

613-392-3939 | [contact@marinovichdental.com](mailto:contact@marinovichdental.com)

[MarinovichDental.com](http://MarinovichDental.com)



## Why Digital?

- Canadians continue to be among the **heaviest users of digital media**
- Canada is #3 in desktop internet usage at **34.6 hours per month**
- Canadians are the **heaviest online searchers** at 140 queries per month
- **3 out of 4 Canadians own smartphones**, well above the rates in U.S. and other developed markets

**Let us help you connect the pieces!**

Digital advertising now accounts for almost a *third of total advertising expenditures in Canada*. At 31.3% of total media spending, digital now exceeds TV as the largest form of advertising investment, according to a new eMarketer report, "Canada Digital Advertising: eMarketer's Latest Ad Spending Estimates and Outlook for 2015."

**Our Multi Media Consultants are here to Maximize Your Connections**

✓ **Geofencing** ✓ **Audience Extension** ✓ **Programmatic**



Call today at  
**613-966-2034**