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YEAR OF THE LOGISTICIAN // L'ANNÉE DU LOGISTICIEN

# 'Tiger' squadron welcomes new commanding officer



Photos by Makala Chapman

Lt.-Col. James salutes as he leads 424 Transport and Rescue Squadron in a jnal march as commanding officer.

By Makala Chapman

Maintaining the excellent standard of operations that 424 Transport and Rescue Squadron have come to be known for will be a priority says Lieutenant-Colonel (Lt.-Col.) Philip Marcus. That was just one of many goals the 'Tiger' squadron's newest commanding officer set as he formally introduced

himself at a change of command ceremony at 8 Wing Trenton on July 12. Lt.-Col. Marcus assumed command of the squadron from outgoing commanding officer Lt.-Col. Leighton James, who had spent the past two years as the leader. Taking to the podium to share his jnal words, Lt.-Col. James



Lt.-Col. Marcus is entrusted with 424 Transport and Rescue's squadron colours.

praised members of the squadron and thanked them for their dedication to the job. "Together we have faced, endured and overcome numerous challenges," he said, "always with the unwavering goal to save Canadian lives." Lt.-Col. James went on to credit his family for their continued love and under-

standing, while noting their support was one of the keys to his success.

Continued on page 5



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# Sports & Recreation



## Golf Tip of The Week

Courtesy of Roundel Glen Golf Course  
at 8 Win G/CfB Trenton

### The Golf Swing: Get in 2 Moves

So much of golf instruction is this position, that position, it's sometimes good to clear your head and think in broader terms.

Put simply, the overall motion of a good swing is push-pull: You push the club back, and you pull it through. The opposite move—a pull-push—is a common amateur fault. So a lot of golfers have the fundamental motion of the swing reversed.

#### How to Start Back

The motion you want off the ball is a pushing back movement by the left hand. This creates a basically straight start to the swing and wide extension. It also gets the left shoulder turning back so the upper body starts to coil against a stable lower body.

The left hand is a good focal point because the hands are the only parts of the body on the club. In fact, think of the back of the left hand as the clubface: if the hand stays steady, so does the face. A square face going back boosts your chances of getting back to impact square, which is the ultimate goal.

#### Common Faults

A common fault is pulling the club back with the right hand. A lot of right-hand-dominant golfers do this, it causes the club to move quickly to the inside. From there, you have to lift it to get to the top, and that reduces body rotation and saps a lot of energy out of the swing. You lose all of that torque that's produced when the upper body turns against a stable lower body.

#### A Drill to Help

Here's a good drill to groove the push-back move. Grip a short iron in your left hand only, and make some chipping swings. Without the right hand on the club, you isolate the pushing motion of the left hand on the backswing. Re-create that feel when you go back to swinging with both hands.

#### How to Start Down

Another benefit of the push-back is the wide takeaway that it creates. A wide takeaway helps shift your weight to your right side. With the weight back and your upper body fully coiled, you're ready to reverse those actions and start the downswing.

The first move down should be a pulling motion initiated by the left leg (pictured above). From the top, the left knee shifts toward the target and starts pulling the rest of the lower body into its forward rotation. If the lower body leads the downswing, the club drops to the inside, and you can sling it out to the ball.

There is a caveat. The downswing is not only a pulling action, because you also have to square the clubface for impact. If you just pulled, the face would be wide open—and you'd flare everything dead right. So after the initial pull, focus on turning the knuckles of your left hand down. Your goal is to get the back of that hand—the logo on your glove—facing the target at impact.

#### Common Faults

On the fault side, if you push the club down from the top, like a lot of right-hand-dominant golfers do, the club moves out and away from you. From there, you're going to make a steep swing that cuts across the ball from out to in. That swing has no power and produces a lot of pulls and slices.

#### A Drill to Help

Try this drill to help you feel the pull, then a square face. Without a club, take your setup with the outside of your left foot against a wall. Mimic your backswing, then swing down slowly. Make sure: (1) Your left leg gently bumps the wall as you start down, and (2) the back of your left hand faces the wall as it comes down in front of you. Now you're ready to put the push-pull to work for you.

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# Canadians impress at the Mach Loop in Wales

By Captain Jenn Howell, CF-18 Demo Public Affairs

The distinctive silhouette of the CC-130J Hercules rumbled into view heading straight for the photographers perched on the cliffs. Aircraft Commander Captain Cameron MacKay then banked hard and headed low into the valley below. "Oh wow!" exclaimed a photographer. These photographers spend hours at the Mach Loop waiting for pilots to test their skills in the Royal Air Force's low level training area in Wales, United Kingdom. They call it fishing, because they never know

what might show up. And they're not easy to impress. But on this day, Captain MacKay, First Officer Captain Jed Martin, Loadmaster Master Corporal Sarah Lapierre, and Tech Crewman Corporal Mike Walter from 436 Transport Squadron at 8 Wing Trenton took the first ever Royal Canadian Air Force asset through the Mach Loop. "I can't believe this is their first time through," said one photographer. "That was some epic flying." This type of flying is nothing new

for the crews at 436 Squadron, who are well versed in low-level missions. But this time they had an audience. The Hercules recently spent two weeks in the United Kingdom supporting the CF-18 Demo Team as they flew airshows at Royal Naval Air Station (RNAS) Yeovilton and Royal International Air Tattoo to celebrate the Royal Air Force's 100th anniversary. A few minutes later the demo team's hornet, flown by Captain Stefan "Porcelain" Porteous could be heard

over the radio heading for the loop in the team's grey backup jet. After landing at Royal Air Force Fairford, the team's safety pilot whisked Porcelain back to RNAS Yeovilton two hours away to pick up the NORAD 60 jet and do it all over again. "Wait, it's the same pilot doing both? That might be a first as well!" laughed the photographers on the hill. Not bad for a day's fishing.



Photo by Corporal Ryan Moulton

Photo by Corporal Ryan Moulton

The Canadian Forces take the CC-130 Hercules and CF-18 Jets through some low level training. Photo taken on July 10, 2018 at the Mach Loop Wales, United Kingdom.

A CF-18 Hornet conducts training at the Mach Loop Wales, United Kingdom.



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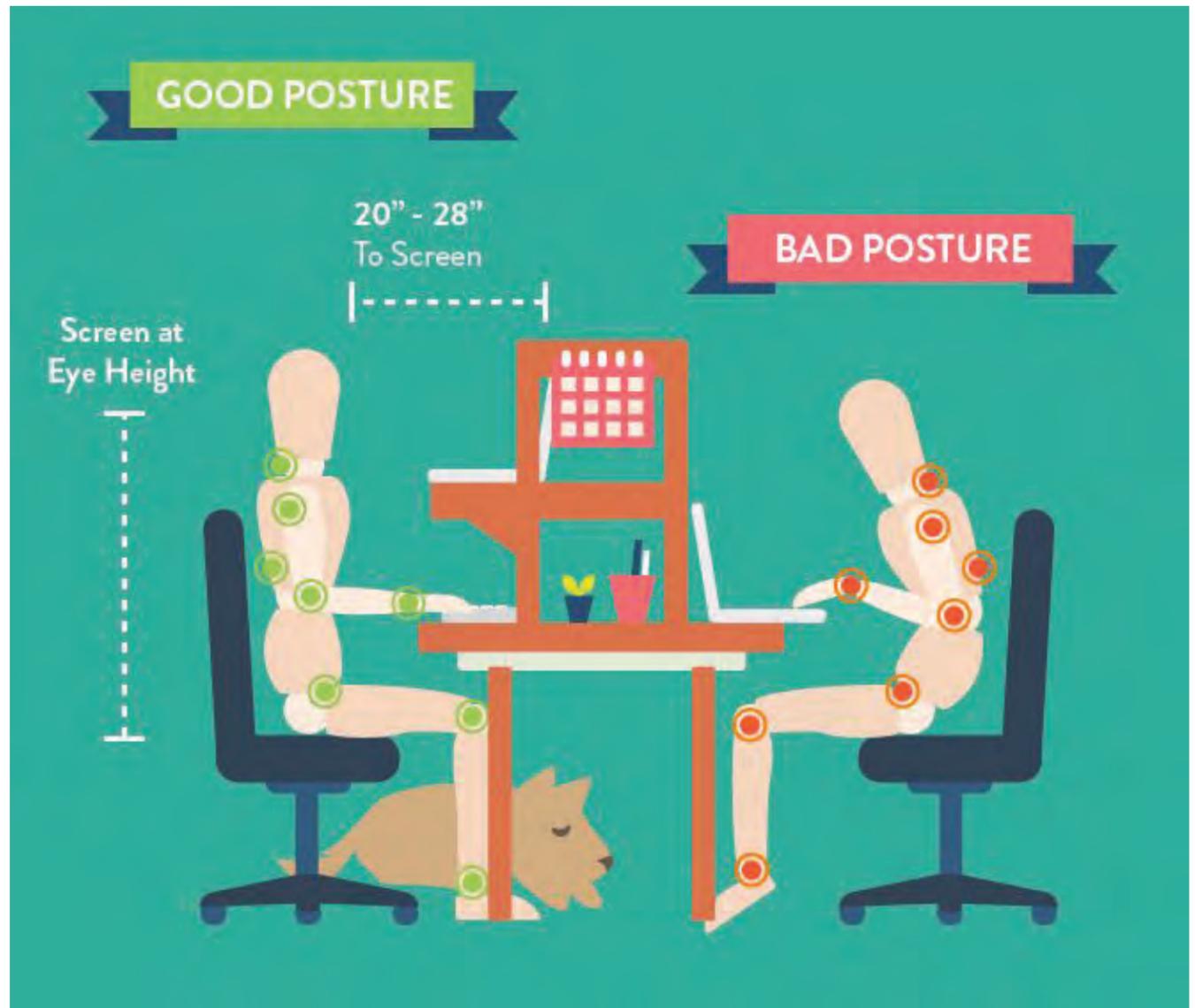


## Practicing good ergonomics

Have you ever noticed you can ignore serious discomfort when you are doing something you enjoy in your free time → discomfort you wouldn't necessarily put up with on the job? You don't mind spending all Saturday leaning over the engine of the classic car you are restoring in your backyard. You sit for hours curled up like a pretzel as you battle aliens in a video or computer game. Just because an activity is fun doesn't mean it won't hurt you. Cumulative trauma injuries can occur just as easily on your own time as they can at work. Ergonomics are just as important in your off-hours activities as they are on your job.

Here are some reminders about practicing good ergonomics:

- Arrange all your workstations with ergonomics in mind.
- Whether in your workshop or kitchen, place frequently used tools and materials where you can reach them without stretching or twisting your body.
- Items you use less often should not be in premium space.
- Work surfaces should be at a comfortable height so you can work at the comfort zone around shoulder level.
- Keep work and hobby areas free of clutter, which can cause confusion and tripping accidents.
- Use well-designed tools to help prevent repetitive strain injuries.
- Take frequent breaks when doing repetitive work or when working in awkward positions.
- Vary your posture frequently.
- When standing in the kitchen, shop or at the ironing board, keep a stool nearby to sit occasionally.
- Shift your weight from one foot to another, and elevate one foot onto a stepstool from time to time.
- Also place a rubber mat on the floor to reduce the strain on your feet, legs and back.
- When sitting, keep your back relatively



straight and your feet on the floor.

- Get up and move around once in awhile, even if you are enjoying a movie marathon. Sitting too long in the wrong position can contribute to back problems.
- Remember ergonomics in the car too. Before

starting out, adjust the steering wheel, seat, mirrors, headrest and seatbelt so you can sit comfortably. You should be able to see well and move freely to control the vehicle.

- Take frequent breaks on trips; get out and stretch

every couple of hours.

*Take what you learn on the job about ergonomics home with you. You'll work and play more comfortably, and you will help yourself avoid injury.*

### The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing / CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events affecting Canada's largest and busiest air base – 8 Wing / CFB Trenton.

We are the primary internal and external communications tool for 8 Wing / CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Armed Forces at work.

The CONTACT is published every Friday with the kind permission of Col. Mark Goulden, MSM, CD, Commander, 8 Wing / CFB Trenton. The Publisher reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CAF or other agencies.

Where typographical errors are discovered in advertisements (including classifieds) that result in goods not being sold, this newspaper is only liable to refund the money charged for the advertising space.

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### ARTICLES AND PHOTOS

The Contact produces news and information about 8 Wing / CFB Trenton at home and around the world. We depend on our military community for articles, personal stories and photos.

- Articles should be typed in upper and lower case (not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.
- Do not include clip art, graphics or photos within typed pages. Additional graphics, logos and photos must be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) unit and phone number.
- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in a jpeg format at a high resolution for quality reproduction.
- Articles must be received by Monday at noon prior to print date.

### Letters to the Editor:

All letters must be signed and include the name of the author, which will be published. Include a phone number for verification. We reserve the right to edit the text while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. E-mail letters to: cfbcontactnewspaper@gmail.com



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Photo by Makala Chapman

Lt.-Col. Marcus leads 424 Transport and Rescue Squadron in a march as its new leader.

**Continued from page 1**

As for his final words of encouragement to Lt.-Col. Marcus, he reassured him that he couldn't have received a better squadron to lead into the future.

"You're perfectly situated to lead the Tigers in their next adventure," he said. "As you do so, treat them with care and respect and they in turn will amaze you with the things they are able to accomplish. Enjoy every minute."

Also sharing a few words at the ceremony was 8 Wing Commander Colonel (Col.) Mark Goulden.

In his speech, he noted both Lt.-Col. Marcus and Lt.-Col. James were "outstanding officers" and expressed how proud he was of what they had accomplished in the past and what they would accomplish in the future.

Col. Goulden then officially welcomed Lt.-Col. Marcus back to 8 Wing Trenton and noted he was pleased with the RCAF's decision to have him lead the 'Tigers'.

"Never take the privilege of being the commanding officer of 424 for granted," he said. "You have a tremendous responsibility to all Tigers, the mission and to Canada. The rewards of being a Tiger are tremendous, but the sacrifice required to serve our country and in the squadron cannot be overstated."

Having previously served as the Squadron Operations Officer and Deputy Commanding Officer, Lt.-Col. Marcus expressed his excitement to be back serving

the unit in Trenton.

He noted his first priority would be to continue taking care of the people of the squadron, because without them, it would be impossible to accomplish all that the Tigers do on a regular basis.

"People first means that we will make sure you are trained, equipped and ready for what Canadians need you to do to save lives," said Lt.-Col. Marcus. "We will promote a safe workplace where everyone can work to their maximum potential, while also balancing work and family life."

In addition, Lt.-Col. Marcus said that recognizing and enforcing equality, respect and honour were also important to keep in mind moving forward.

"I know you will all work hard to perpetuate this long tradition of excellence," he said. "There are an awful lot of people at home today with their families because of what this unit does to save lives. This is our mission."

424 Transport and Rescue Squadron, along with 435 Squadron out of 17 Wing, Winnipeg are responsible for providing search and rescue capabilities to most of the Province of Quebec, all of Ontario, the Prairie Provinces and the arctic.

At 8 Wing Trenton, the squadron operates the CH-146 Griffon and the CC-130H Hercules aircraft.

Lt.-Col. James will be headed to Toronto where he will move into a position of teaching and mentoring at the Royal Military College of Canada.

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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.

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# ATESS under new leadership



Photos courtesy of Scott Pennington

Brigadier General Boyle (centre) inspects the parade, accompanied by the outgoing CO Lt.-Col. Butcher (behind) and the incoming CO Lt.-Col. Parisien (second from left).

By Second Lieutenant Theo Bruulsema

On Friday, July 13, Lieutenant-Colonel (Lt.-Col.) G.B. Parisien took command of the Aerospace and Telecommunications Engineering Support Squadron (ATESS) in a change of command parade reviewed by Brigadier General Sean Boyle, Deputy Commander 1 Canadian Air Division.

Lt.-Col. Parisien takes command from outgoing Commanding Officer (CO), Lt.-Col. D.J. Butcher. Lt.-Col. Butcher said he considers himself incredibly fortunate to have spent six years with ATESS – four years with the non-destructive testing (NDT) program and more recently, two years as the Commanding Officer.

“I have seen your work first hand and am always amazed by what you do,” said Lt.-Col. Butcher. During his tenure as CO, Lt.-Col. Butcher enabled and supported many innovative programs, of which the Phoenix Unmanned Aerial System (UAS) project is just one example. The parade was the first public viewing of the Phoenix UAS, with a taxiing

demonstration to escort his departure.

Lt.-Col. Butcher will move on to a posting at the RCAF Aerospace Warfare Center as the Deputy Commanding Officer and was celebrated with three heartfelt cheers from the parade upon departure.

Lt.-Col. Parisien joins ATESS from 1 Canadian Air Division in Winnipeg, and brings with him the experience of overseas deployments, as well as several postings as commander or deputy commander of communication support units.

In his speech, Lt.-Col. Parisien praised the accomplishments of ATESS, and outlined his objective to have ATESS be a posting of choice for military members and employer of choice for civilian public service employees.

“It is clear to me that ATESS has always accomplished the mission, going above and beyond,” he said. “I will strive to always keep in mind the direction on priorities: mission first and people always.

# 8 Wing Trenton a big part of RCAF success at Royal International Air Tattoo

By Captain Jennifer Howell

A Canadian contingent including a CC-130J Hercules from 436 Transport Squadron and a CC-177 Globemaster from 429 Transport Squadron won big at the Royal International Air Tattoo in the United Kingdom, July 11-13.

The Royal Canadian Air Force won the best overall contribution trophy.

The contingent, officially titled Air Task Force – Royal Air Force 100, also included the CF-18 Demo team and a CH-146 Griffon helicopter from 430 Squadron.

The CF-18 Demo Team took home the top prize for the best paint scheme among the flying displays for the NORAD 60 jet.

The annual air show is one of the largest in the world, welcoming 185,000 people over the three-day show.



Photo by Corporal Ryan Moulton

Members of 8 Wing Trenton celebrate their win at the Royal International Air Tattoo in the United Kingdom.



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# Photos of the Week

## CFS Alert: Firefighters



MCpl Cummings, left, and Cpl Gaw, right, stand in front of an equipment locker at the CFS Alert main station.

### Content submitted

The unique environment at CFS Alert has a way of creating a one-of-a-kind experience out of any job. For many, it offers the opportunity to push and develop professional skills in challenging conditions. This is certainly true for Master Corporal (MCpl.) Ryan Cummings, the Deputy Fire Chief at CFS Alert. Originally from Carp, Ontario, he is posted to 8 Wing Trenton and is currently on his second tasking to CFS Alert. "The main challenges I face here are the isolation and the time it would take to get parts to replace a broken piece of kit if something were to happen," says MCpl Cummings. Firefighters are typically tasked to CFS Alert for 3 months at a time, although many end up extending their stays to as long as 6 months. According to MCpl. Cummings, a typical day in his job would involve "taking control of the airfield and airspace, and going into standby with the crash trucks

to ensure that the planes and helicopters can take off and land safely." Aside from supporting flight operations, the station's firefighters are also kept busy with training and maintenance of the station's fire equipment. The job does have its rewarding aspects as well. MCpl. Cummings listed meeting new people and seeing the station in the summer time as highlights of his experience in the North. "The last time I was here was in the winter," he said, "so seeing the station with no snow and being able to go outside is nice."

## Mission Support Squadron



### Content submitted

Mr. Kris Brunton and Mr. Travis Ruchelow from Transportation Electrical and Mechanical Engineer Flight repair a tire for an Airfield Fire Truck.

Photo by MCpl Daniel Lafreniere

## Search and Rescue Training



### Contact News

Members of 424 Transport and Rescue Squadron made a splash at the 40th annual Belleville Waterfront and Multicultural Festival at Zwick's Park on July 15. Hundreds of spectators looked on as Search and Rescue technicians parachuted down to a flare marker on the water.

Photo by Stephanie Clue

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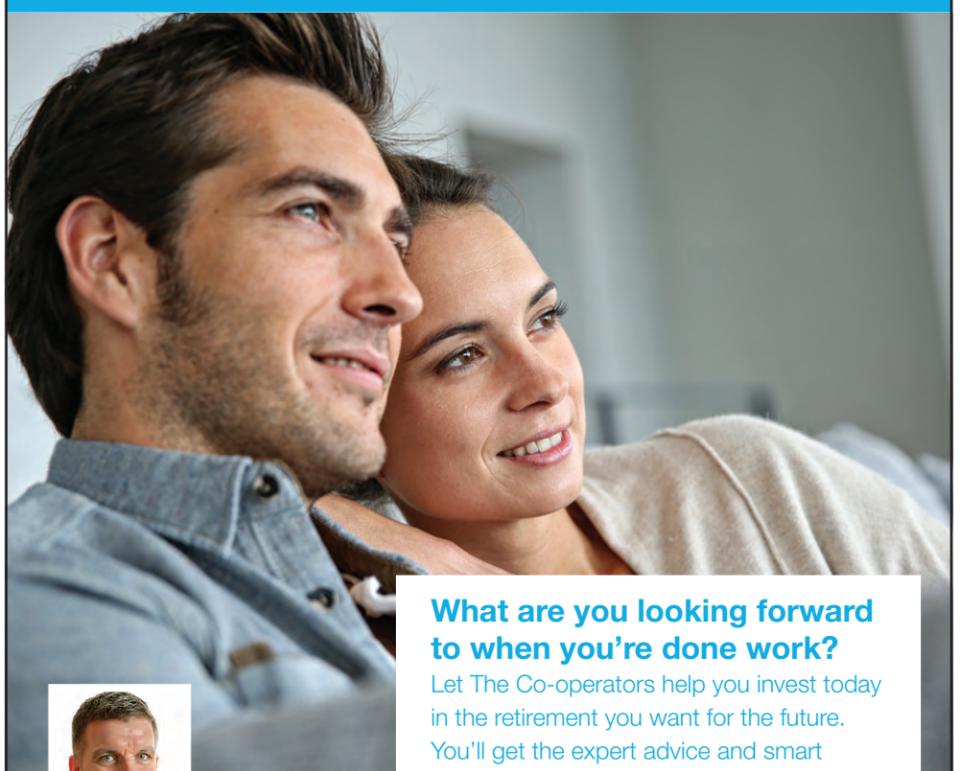
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## Upcoming local events

**July 21** - Trenton Legion is proud to present "Ian Roy" from 2-6 pm in our main floor lounge. This is a free event open to everyone. Come out and join the fun!

**July 21** - The 2nd Annual Bankers Bed Races will take place during the Festival on the Bay in downtown Trenton. This event is in support of the Trenton Memorial Hospital Foundation. The bed parade will begin at 9:30 a.m. on King Street.

**August 9** - The Logistics Branch 50th Anniversary Golf Tournament will be on August 9th, 2018 with registration at 7:30 a.m. and shotgun start at 8:30 a.m. at Roundel Glen Golf Course. Cost is \$75/person before 15 July and \$85/person after 15 July; fee includes green fees, cart, lunch and prizes. POC is MWO Keyes @ Susana.Keyes@forces.gc.ca.

**Réservez la date:**

**Dîner régimentaire pour le 50e Anniversaire du Service de la Logistique**

**Date: le 4 octobre 2018**

**Endroit: à Baker's Island**

**Coût: à déterminer**

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## July/August 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
= Al-Anon	=>	=?	=@ Hello Wednesday	=A Mindfulness	=B Youth Centre Event: Space-Tacular Movies & Stargazing	=C SNIP Family Swim
=X	>Y	>Z	Z	=	>	?
@	A Civic Holiday MFRC CLOSED	B	C Hello Wednesday	X Mindfulness	ZY	ZZ

● **Trenton MFRC Summer Hours**  
July 3 – August 31, 2018  
Monday – Friday, 7:30 a.m. – 5 p.m.

● **Mindfulness Group**  
This group will help you develop mindfulness practices as a way to reduce stress and anxiety, and improve choice when responding to difficult situations. Experience is not required. The Mindfulness Group will take place on July 26, 2018 from 12 noon until 1 p.m. at the Trenton MFRC. Please register at least one week prior to the workshop. You can register and learn more by contacting Rabia: 613-392-2811 ext. 2568 or rabia.s@trentonmfr.ca.

● **Hello Wednesday**  
Every other Wednesday, visit us at the MFRC to meet and mingle with other members of the community. Whether you're new or a regular to us, everyone is welcome to have a coffee, share resources, get to know us better! Any questions or concerns, please contact Rabia at rabia.s@trentonmfr.ca or Hélène at helene.cg@trentonmfr.ca. No registration required. Our next Hello Wednesday is scheduled for July 25, 2018.

● **Youth Centre Summer Hours**  
Tuesdays, 6 – 9 p.m. : Ages 9 – 12  
Wednesdays, 6 – 8 p.m. : Ages 6 – 8

Thursdays, 6 – 9 p.m. : Ages 10 – 14  
For more information about the MFRC Youth Centre, please contact Rabia Stobbart at 613-392-2811 ext. 2568 and rabia.s@trentonmfr.ca.

● **Spacetacular Movie & Stargazing – Youth Centre**  
Friday, July 27, 2018  
We will watch Treasure Planet and then make our way outside to watch the stars!  
Special Time: 7:30 - 10 p.m.  
All ages welcome  
Contact rabia.s@trentonmfr.ca for more details.

● **Calling Volunteers – Deployment Warmline Program**

What is the Warmline Program?  
The Warmline program is designed to provide support to military families who loved one is away due to military duty. The Warmline volunteer assists the Deployment and Separation Coordinator in providing this support to families. Volunteers will establish relationships with family members through friendly telephone calls which give encouragement, support, information, and services. Volunteer training includes a free two-hour session and will be held on July 23, 2018. Contact Sabrina Provençal for more information: 613-392-2811 ext. 4582 or sabrina.p@trentonmfr.ca.

# Home of the Week

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The dining room, with a nine-foot ceiling like the other rooms in the home, has a bayed-out built-in buffet, always handy for serving and storage. A doorway opens to the covered portion of the deck, an ideal spot for year-around grilling. Double windows look out to the sunny part of the deck.

an oval soaker tub, as well as a shower stall. Double basins will ease the morning rush-hour. Shelves for towels and other items are located against one wall of the shower stall.

The second bedroom overlooks the front garden, and includes an extra-deep window sill. Bedrooms No. 2 and No. 3 share a three-piece bathroom. A linen closet is located between the secondary bedrooms.

Ceilings are nine feet high, unless otherwise stated.

Exterior finishes include wood siding and shingles, as well as painted trim. Brick accents lend interest.

The plans for this attractive three-bedroom home include an unfinished basement, ideal for a growing family seeking more bedrooms or for use as a mortgage-helping secondary suite.

The covered entry, always welcome in inclement weather, leads directly into a foyer with an 11-foot ceiling. A coat closet is located to the left, and ahead is the stairway to the basement, protected by a railing.

The great room also boasts a lofty 11-foot ceiling, giving the room an airy feeling. Double windows look out to a covered deck, and a gas fireplace will cast its warmth into the open-plan kitchen and dining room.

The kitchen features a prep island with double sink and space for the dishwasher. The cook will appreciate the generous counter space on two sides of the room, as well as the walk-through pantry.

The pantry leads into the laundry room, with two closets for cleaning tools and outerwear, as well as a shelf for sorting and folding. A doorway to the double garage allows the laundry room to double as a mud room.

The master suite, located at the back of the home for privacy, includes a large en-suite with



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# New art exhibit unveiled at museum



Photos by Makala Chapman

WO Derek Styan (left) with his daughter Madilyn Styan (right) in front of one of the pieces of art he created.

By Makala Chapman

A new exhibit at the National Air Force Museum of Canada (NAFMC) is putting the artwork of several local veterans and Canadian Armed Forces members in the spotlight.

Through the use of acrylic paints and a touch of imagination, the artists of Edith Lepage Crete's Spectrum of Valour program have transformed the upper level of the museum into a colourful haven of both realism and abstract art.

Members of the public were welcomed to attend the launch of the gallery exhibit on July 12.

Spectrum of Valour, first established in 2016, is a program specially designed for veterans and injured soldiers suffering from illnesses such as Post-Traumatic Stress Disorder (PTSD).

The curriculum, which is divided into nine modules, involves participants learning how to paint once a week as a group.

It is through art that Crete, a retired teacher, said people are often able to find healing or able to learn how to express themselves in ways words often can't.

When asked what it was like getting to work with the nine artists who came together to create the current exhibit, Crete noted it had been "an absolute and true privilege".

"They are all very wonderful," said Crete of the artists. "It was also wonderful to be

able to see the progression that they had as painters, as well as the steps they were taking in their personal lives."

Having suffered her own trauma many years ago, Crete said art had been a great outlet and form of therapy that she knew she wanted to share with others in similar situations.

"It's good to be able to do something productive and happy," she said. "Art taps into something very deep within the organization of feelings and creativity. This is a chance to get out and do something beautiful."

Standing by one of his paintings and answering questions from members of the public was Warrant Officer (WO) Derek Styan.

Proudly pointing to a green and yellow canvas with a painted silhouette of his daughter, WO Styan smiled and said she was his inspiration for a lot of his artwork.

Having suffered from PTSD for many years, WO Styan said the Spectrum of Valour program had been just what he needed.

"I really liked the (painting) and the next thing I knew I was going home and doing it," he said. "It really had a big influence on my life and is a big deal."

When asked what it's like when he sits down in front of a canvas with his paintbrush in hand, WO Styan paused and said he often feels a sense of calmness and is immediately transported into another world.

"You get hooked and it's addictive," he said with a smile. "Sitting in front of a canvas, you're putting yourself on that very canvas, which is a great way to get to know yourself."

Also supporting the Spectrum of Valour program is the Trenton Military Family Resource Centre (MFRC). Through a joint partnership, the MFRC provides the art curriculum with resources and any additional help they may need.

In attendance from the MFRC was the veteran family program coordinator Kelly Briggs. She noted the feedback she has received from participants of the program has been overwhelmingly positive.

"A lot of the people that have taken the program have come back to me and said it's really given them something to focus on and to look forward to," she said. "Edith does an amazing job of helping people explore their inner creativity and shows them how to express themselves in a way that is healing for them."

The gallery will be in place at the NAFMC until January, which is when Crete added she hopes to invite another intake of Spectrum of Valour participants to the program.

Those interested in learning more about the course can contact Briggs at Kelly.b@trentonmfrcc.ca or 613-392-2811 Ext. 4583.

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