"Delivering news and information. At home and around the world." • "Transmettre des nouvelles et de l'information, d'ici et d'ailleurs." Volume 53 • Issue 18 • May 4, 2018

Contact

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

INBOUND BUYERS
But Not Enough Homes
Please Call ASAP!

DAVID WEIR* BA, CD
Call/Text: 613-392-7777
www.davidweir.com
Helping 300 Buyers and Sellers in 2017
ROYAL LEPAGE ProAlliance Team Weir, Brokerage
*Broker of Record
TEAM WEIR

INSIDE

MIKE'S 'FAVOURITE PICTURE'

Story on page 5

LOGISTICS BRANCH 50TH ANNIVERSARY CELEBRATIONS TO CONTINUE

Story on page 8

A DAY IN THE LIFE OF THE RCAF

Story on page 10

LOGISTICS BRANCH
50th ANNIVERSARY
50e ANNIVERSAIRE DU SERVICE DE LA LOGISTIQUE

YEAR OF THE LOGISTICIAN // L'ANNÉE DU LOGISTICIEN

8 Wing Trenton participates in Anzac Day ceremony

Photos by Makala Chapman
Colonel Shayne Elder (left) and Flt.-Lt. Mark Anderson (right) lay a wreath at St. George's Cemetery in Trenton on April 25, 2018.

By Makala Chapman

The sacrifices made by members of the Australian and New Zealand Army Corps (ANZAC) during the First World War aren't going unnoticed.

In addition to Remembrance Day, Anzac Day is a time for the people of Australia and New Zealand to remember the sacrifices made by veterans and current serving military members..

Commemorated each year on April 25, the day also pays tribute to the more than 8,000 Australians and 2,700 New Zealanders killed during the invasion of the Gallipoli Peninsula in 1915.

To pay their respects on Anzac Day, a modest crowd gathered at St. George's Cemetery in Trenton, despite grey skies and sprinkles of rain.

The momentous occasion was one of the first of its kind in the area noted event organizer Chris Charland, a senior associate Air Force historian at 22 Wing North Bay.

"This started out just an idea and has blossomed into something special," Charland explained. "I love both Australia and New Zealand and have always been impressed by their spirit and devotion to duty."

Being honoured for their service posthumously was Flight-Lieutenant Dudley Tabor Everett and Pilot Officer Alexander Robert Ross – both Second World War members of the Royal Australian Air Force.

Charland shared that the two men had been killed in separate flying accidents during their time posted at what was then known as RCAF Station Trenton, then laid to rest in St. George's Cemetery.

Continued on page 9

BLACKBIRD STONE & TILE
Granite, Quartz, Marble, Slate, Soapstone
Kitchen and Vanity Tops
Backsplashes Fireplaces and Showers
SELECT YOUR SLAB - 100'S IN STOCK

QUINTE'S LARGEST INDOOR SHOWROOM
FLOORING & TILE
Ceramic, Porcelain, Mosaic, Marble, Hardwood, Laminate, Vinyl
STONE VENEERS
SINKS
CABINETS
VANITIES
www.blackbirdstoneandtile.com
Mon - Fri 9am-5pm • Saturday By Appt.
30 CREELMAN AVE., TRENTON 613-965-1800

8 Wing Trenton Hockey League(s) Champions

Noon Hour Hockey League

The Battalion were able to take a 3-2 Victory over the Leafs during the finals for the Noon-Hour Hockey League on April 30, 2018. Battalion team captain, Corporal John Ulman and 8 Wing Trenton's sports coordinator Caroline Houle-Laporte are all smiles.

Division A Hockey League

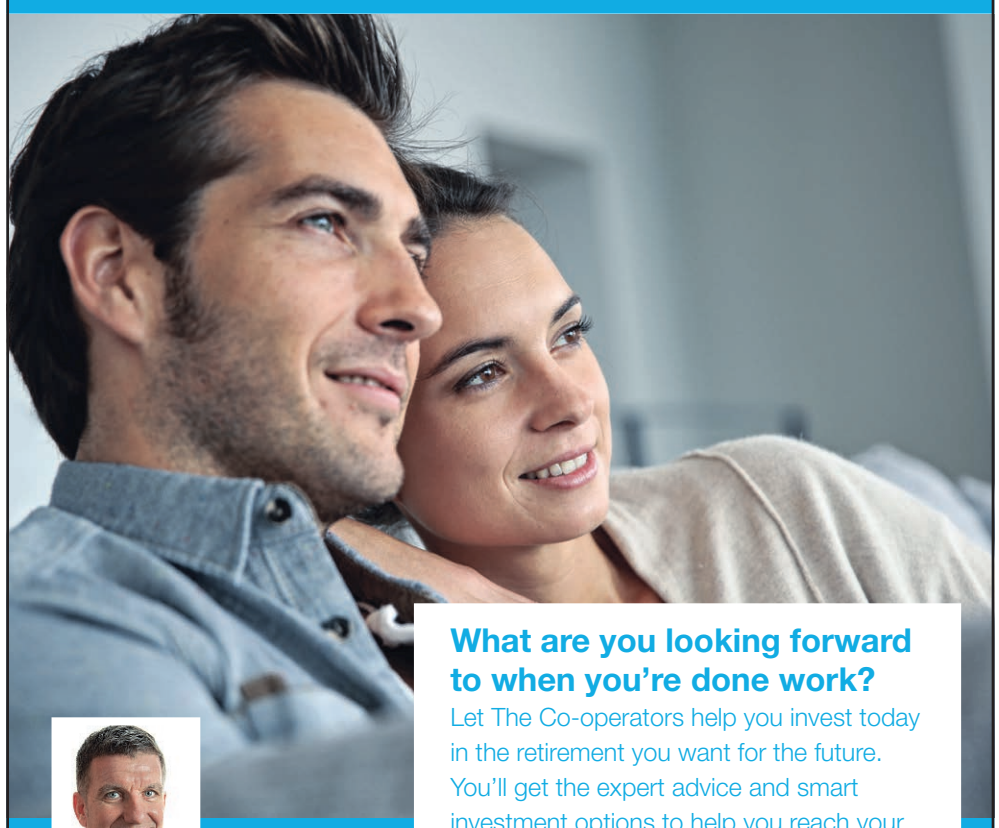
8 Wing Trenton's Division A Hockey League champions for the 2017-2018 season is 436 Transport Squadron. The winners were able to topple their opponents, the Old Timers Hockey team, in their final match 8-2 on May 1, 2018. Team captain Sergeant Michael Burgess accepts a trophy on behalf of his team from 8 Wing Trenton's sports coordinator Caroline Houle-Laporte.

Division B Hockey League

8 Wing Trenton's Division B Hockey League champions for the 2017-2018 season is 437 Transport Squadron. 437 were able to pull ahead of their opponents, the Firehall team, 7-3 in the league finals on May 1, 2018 at the RCAF Flyers Arena. Team captain, Captain Matthew MacMIllan accepts his team's trophy from 8 Wing Trenton's sports coordinator Caroline Houle-Laporte.

Photos by Makala Chapman

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
Not all products available in all provinces.
C&C

Nothing beats a clean home in the spring
Give yourself one less thing to worry about

1 Book Move In or Move Out Cleaning Services Today!
Give yourself a break after a long moving day… you'll thank us later.

2 Schedule Your Spring Cleaning Today!
Take back your free time and enjoy the season.

613-955-1522
merrymaidsbelleville.ca
merry maids
Relax. It's Done.®

Sports & Recreation

Intersection Sports

Wing Hockey League (WHL)- Designed for the more competitive hockey player. The league does not have body contact, but does include slap shots.
- Timings: Monday-Thursdays, 1700-2130 hrs.
- See Trenton's CAF Connection Page for registration forms, waivers and additional information

Noon Hour Hockey League (NHL)- Designed for the recreational player to come out over lunch hour and enjoy some hockey action. The league is non-contact, and slap shots are not allowed.
- Timings: Monday to Friday from 1200-1300 hrs
- See Trenton's CAF Connection Page for registration forms, waivers and additional information

Curling - The I/S Curling League is designed for both recreational and competitive players to come out after lunch and enjoy some curling action.
- Timings: Tuesdays from 1300-1500 hrs
- See Trenton's CAF Connection Page for registration forms, waivers and additional information

Noon Hour Sports - This is an opportunity to come out during the lunch hour to play a variety of sports (inclusive of Basketball, Volleyball, Squash and Badminton).
- Timings: Monday-Friday from 1200-1300 hrs
- See Trenton's CAF Connection Page for registration forms, waivers and additional information

Base Sports

- Basketball- Practice Times- Tuesdays & Thursdays 1600-1800 hrs
- Volleyball (M&W)- Practice Times- Monday & Wednesday 1600-1800 hrs
- Squash- Practice Times- Fridays 1500-1700 hrs
- Badminton- Practice Times- Tuesdays & Thursdays 1830-2130 hrs
- Men's Hockey- Practice Times- Thursdays 1530-1645 hrs & Fridays (1430-1600 hrs- All Hockey Teams)
- Women's Hockey- Practice Times- Monday & Wednesdays 1530-1645 hrs & Fridays (1430-1600 hrs- All Hockey Teams)
- Old Timer's Hockey- Practice Times- Tuesdays 1530-1645 hrs & Fridays (1430-1600 hrs- All Hockey Teams)
- Swimming Team- Contact Sports Coordinator

Please Visit Trenton's CAF Connee tion Website or Contact Sports Coordinator for additional information. Sports Coordinator: Caroline Houle-Laporte – Local 2349 or Caroline. Houle-Laporte @forces.gc.ca

8 Wing Trenton- Sports

Officials
Arbitres

Interested in being an officials for the CAF Sports Program?

We are always looking for CAF members and DND/NPF full-time employees to officiate for:

Interressé à être un(e) arbitre pour le programme des Sports de la FAC?

Nous sommes toujours à la recherche de membres de la FAC et des employés à temps pleins du MDN/FNP pour arbitrer pour:

- Hockey
- Ball Hockey
- Basketball
- Volleyball
- Badminton
- Squash
- Slo-Pitch
- Soccer

We can also financially support you in getting your qualifications. For more information, please contact the undersigned/ Nous pouvons aussi vous aider financièrement à obtenir vos qualifications. Pour plus de renseignements, svp communiquez avec le sous-signé

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

Are you a victim of impaired driving?
We're here to help.
MADD Canada
Tel.: 1-800-665-MADD

MADD
Mothers Against Drunk Driving™
Les mères contre l'alcool au volant™
www.madd.ca

BE FUSSY CALL HUSSEY! 613-438-5588

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

EXIT REALTY GROUP
Brokerage, Independently Owned & Operated

Sandra Hussey
Sales Rep

RESIDENTIAL AND COMMERCIAL
25 FOXBORO-STIRLING ROAD

Beautiful bungalow
with enormous
auto/retail industrial shop.
MLS#403620130/D • $550,000

OPEN HOUSE: SAT., MAY 5TH 1-3PM
2461 SALEM ROAD

3 acres and over 3500 sq ft of living space
this spectacular 6 bed 2 storey home has all the space and privacy that a family needs!
MLS#122517 • $475,000

OPEN HOUSE: ST., MAY 5TH 10AM-12PM
22230 LOYALIST PARKWAY

Home with complete in-law suite on a supersized private lot with double care garage overlooking the Millennium Trail.
MLS#122524 • $450,000

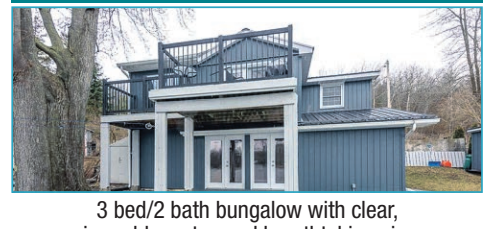
4.5 ACRES
3397 BLESSINGTON ROAD

5 year old 4 bed/2 bath
bungalow with 16 ft. Ceilings on 4.5 acres.
MLS#110941 • $410,000

WEST END BEAUTY!
25 HOPE CRESCENT

West end beauty! 3 bed/3 bath,
4 level split family home with over 3000 sq. ft.
of living space and double car garage.
MLS#118402 • $365,000

WATERFRONT BUNGALOW
631 ROSEBUSH ROAD



3 bed/2 bath bungalow with clear,
swimmable water, and breathtaking views.
A fisherman's dream.
MLS#119975 • $350,000

MOVE IN READY
1900 SPINDLEWOOD STREET

Impeccable 2 storey 3 bed/3 bath
family home in Cataraqui Woods
with finished basement.
MLS#118927• $347,500

OPEN HOUSE: FRI., MAY 4TH 12 -1PM
106 SHUTER STREET

Spacious 2 storey 4 bed/3 bath century home
with garage on double lot.
MLS#122511 • $325,00

GREAT LOCATION!
710 HARMONY ROAD

All one level1900 sq. ft. 3 bed/2 bath brick bungalow
on 0.7 acres just 5 minutes to Quinte Mall and
20 minutes to CFB Trenton.
MLS#123297 • $250,000

IMMAGULATE BUNGALOW
7 MEGAN LANE

2-year-old, immaculate 5 bed/3bath bungalow on a
super sized lot with breathtaking views.
MLS#122705 • $440,000

OPEN HOUSE: FRI., MAY 4TH 5-6PM
25 LAMBERT DRIVE

3 bed/2 bath back-split home
with fenced-in, super-sized lot and many upgrades.
MLS#122519 • $265,000

SPECTACULAR WATER VIEW!
113 RIVER STREET EAST

4 bed/2 bath bungalow with
in-law suite and walkout basement.
MLS#119343 • $250,000

Safety

North American Occupational Safety and Health Week: 'Making safety a habit'

By 8 Wing Commander Colonel Mark Goulden

The week of 6 - 12 May 2018, has been designated as North American Occupational Safety and Health Week (NAOSH). While we strive for workplace safety 365 days a year, NAOSH week is a special opportunity to focus our attention on the importance of preventing injury and illness in the workplace, at home and in the community.

The NAOSH week logo symbolizes joint venture, cooperation and the commitment to common goals shared by all occupational safety and health partners.

The collaborative and consultative safety network we have on this Wing is inspiring and demonstrates the expertise of the various safety programs.

We will continue to build upon the already exceptional relationship with our local communities enabling our ability to provide support to our members and their families.

As your Wing Commander, I have been very vocal and upfront about the importance of safety in our daily business at 8 Wing Trenton.

I have engaged Commanding Ofÿ cers across the Wing to make that point clear. A common question I ask is "Who is responsible for safety?" and the answer is "Everyone is responsible for safety".

Within the Chain of Command there are various levels of accountability for safety and your Commanding Ofÿ cer is accountable to me for the execution of the General Safety Program within your units.

It is my responsibility as the Wing Commander to ensure that 8 Wing personnel have everything they need to get the job done. Safety is everyone's responsibility, and collectively we are committed to providing a safe, healthy and supportive work environment.

Prevention is the cornerstone of all the safety programs and must be deeply rooted in our culture.

Sound leadership, from commanders and managers, is the building block for the ingrained safety culture at 8 Wing. Safety is integral in the planning and execution of all activities.

Every day we risk losing operational capability or worse yet, losing personnel due to an accident. Training and supervision are the keys to minimizing that risk. We must remain vigilant, ensuring timely reporting of hazardous occurrences and prompt implementation of appropriate corrective measures.

Safety enables operations and everyone at 8 Wing plays a critical role in the success of those operations.

Mission accomplishment is vital and it is important to complete the missions without compromise to safety or standards. Our focus on safety will become even more imperative as the operational tempo increases.

We must conÿ dently continue "making safety a habit."

Semaine nord-américaine de la sécurité et de la santé au travail : « Faire de la sécurité une habitude »

Un message du commandant de L'escadre

La semaine du 6 au 12 mai 2018 a été désignée Semaine nord-américaine de la sécurité et de la santé au travail (SNASST). Bien que nous cherchions à assurer la sécurité en milieu de travail 365 jours par année, la SNASST est une occasion spéciale de nous concentrer sur l'importance de la prévention des blessures et des maladies en milieu de travail, à la maison et dans la communauté.

Le logo de la SNASST symbolise l'action concertée, la coopération et l'engagement entre tous les partenaires dans le domaine de la santé et de la sécurité au travail en vue d'atteindre leurs objectifs communs. Le réseau de sécurité collaboratif et consultatif qui se trouve à l'Escadre est une source d'inspiration et témoigne de l'expertise des divers programmes de sécurité. Nous continuerons de miser sur nos relations déjà exceptionnelles avec nos communautés locales pour offrir du soutien à nos membres et à leur famille.

À titre de commandant de l'escadre, je me suis fortement exprimé et j'ai été franc au sujet de l'importance de la sécurité dans nos activités quotidiennes à la 8e Escadre Trenton. J'ai discuté avec tous les commandants de l'Escadre pour clariÿ er ce point. Je pose souvent cette question : « Qui est responsable de la sécurité» et la réponse est « Tout le monde est responsable de la sécurité. »

Dans la chaîne de commandement, il y a différents niveaux de responsabilité pour la sécurité et votre commandant doit me rendre des comptes pour ce qui est de l'exécution du Programme de sécurité générale dans vos unités. En tant que commandant de l'Escadre, je suis responsable de m'assurer que le personnel de la 8e Escadre a tout ce dont il a besoin pour accomplir son travail. La sécurité est la responsabilité de tout le monde, et nous nous engageons collectivement à offrir un milieu de travail sain, positif et sécuritaire.

La prévention est la pierre angulaire de tous les programmes de sécurité et elle se doit d'être profondément enracinée dans notre culture. Un leadership sain des commandants et des gestionnaires est l'élément fondamental de la culture de la sécurité enracinée à la 8e Escadre. La sécurité fait partie intégrante de la planiÿ cation et de l'exécution de toutes les activités. Chaque jour, nous risquons de perdre une capacité opérationnelle, ou pire encore, de perdre du personnel à cause d'un accident. La formation et la supervision sont des éléments clés pour minimiser ce risque. Nous devons rester vigilants et veiller au signalement opportun de toutes les situations comportant des risques et à la mise en œuvre rapide de mesures correctives appropriées.

La sécurité permet l'exécution des opérations et tout le monde à la 8e Escadre joue un rôle crucial dans le succès de ces opérations. La réalisation de la mission est cruciale et il est important de mener les missions sans compromettre la sécurité ou les normes. Nos efforts en matière de sécurité deviendront de plus en plus nécessaires au fur et à mesure qu'augmentera le rythme des opérations.

Nous devons continuer en toute conÿ ance de « faire de la sécurité une habitude ».

The Contact Newspaper

The CONTACT is an unofÿ cial 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 classiÿ eds) 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 ÿ rst 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 ÿ les.
- 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 veriÿ cation. We reserve the right to edit the text while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. E-mail letters to: cfbcontactnewspaper@gmail.com

A Military Community Newspaper

The CONTACT newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.

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

Mike's 'favourite picture'

Photo by Corporal Audrey Solomon, 8 Wing Imaging
Jordan Lemaire leading, with his older brother Master-Corporal Mikael 'Mike' Charbonneau-Lemaire at the 2017 Surf n' Turf.

By Lieutenant-Colonel Dave Alexander

Every now and then you see a photo that truly is 'worth a thousand words', and I would like to describe one of those special pictures.

This picture appeared in the April 6th edition of 8 Wing Trenton's newspaper, The Contact, with an article about Surf n' Turf 2018, a multi-discipline relay race held near the base.

At first glance the photo, taken by Corporal Audrey Solomon of 8 Wing Imaging during Surf n' Turf 2017, is simply a great sports action shot.

It depicts two very fit athletes pushing themselves during a race.

When you examine it closer, you realise this picture covers the essence of the Surf n' Turf Relay Race - two athletes covered in mud following the Mountain Bike leg and heading off on the notorious "Hot Run" at a great pace.

What is endearing about the photo is that the two athletes are brothers. Jordan Lemaire leading, chased by his older brother (by 4 ½ years), Master-Corporal Mikael 'Mike' Charbonneau-Lemaire, a CISM (International Military Sports Council)-calibre triathlete. Jordan was competing in the Tinmate (pairs challenge) category with his spouse, Karine Rouillard. Mike was competing in the Tinman (individual challenge) category.

Jordan and Karine won the Tinmate category while Mike finished first of in a pool of 15.

However, the most compelling aspect about this picture is the story behind it. Jordan was tragically killed in a collision with a car while road bike training with Mike in the vicinity of Mont-Tremblant, Quebec on July 16, 2017, just over a month after the Surf n' Turf Race.

During preparations for Surf n' Turf 2018, this photo was proposed to introduce the event. Knowing Mike from the 8 Wing RecPlex pool, I forwarded it to him.

I was aware of Jordan's tragic passing the previous summer but was not aware of the full story of this picture.

Mike was very gracious in his response: "I came in this morning and had the pleasure to look at what I call 'my favourite picture'. This shot of my brother and I came out a few days after his accident. It definitely speaks for itself".

We encourage both civilians and military members to consider competing at Surf n' Turf 2018 on Friday, June 15.

Compete for first place, or just enjoy a day of the fresh air in the fantastic City of Quinte West as an individual or with friends.

Of course, you can also compete for the 'Jordan Lemaire Recognition of a Courageous Athlete' award, which will make its debut this year.

Photos of the Week

Mission Support Squadron

By Sergeant David Wheeler

Photo by Sergeant David Wheeler

During the wind storm on April 4, 2018, strong winds blew down a large maple tree in the park on Laird Drive.

The massive tree, being cut by Corporal Mark Milne was approximately 80' long with a 3' wide stump. It provided a perfect opportunity for ÿ re crew training on chainsaws. With permission from Road and Grounds to conduct training, several training objectives were met.

Proper maintenance and pre-cutting checks of the saws were conducted, along with all safety equipment and cutting techniques involved with chainsaw operations.

This included, but was not limited to, Personal Protective Equipment, escape routes and dropping trees and limbs in safe and designated directions.

Once cutting commenced, the ÿ re ÿ ghters were able to practice cutting large objects and saw how the chainsaws performed in a controlled environment.

This training will assist and build conÿ - dence in ÿ re ÿ ghters when they need to perform these skills in potential lifesaving, high pressure situations, such as ventilating a roof during a house ÿ re, cutting objects to help trapped victims, and clearing routes so emergency vehicles can assess areas.

8 Wing Fire Department would like to thank the Sub Supervisor and his crew of Roads and Grounds for the opportunity

CFS Alert: Measuring mercury levels

Content submitted

As the snow begins to melt at CFS Alert, Canadian scientists have arrived at the station to take annual measurements and tests of the surrounding tundra environment. Pictured here is Geoff Stupple as he takes a measurement of the mercury levels of the snow on the ice shelf.

Photo by Sandy Steffen

Photo of the week

Content courtesy of the Royal Canadian Air Force

A photo of Canadian wireless operator Allison 'Sparky' MacKenzie.

On April 27, the RCAF paid tribute to Canadian wireless operator Allison 'Sparky' MacKenzie and others like her on their online Facebook page. For nearly three and a half years, beginning in 1942, Canadian Allison 'Sparky' MacKenzie served as a wireless operator and was said to have loved her job. She was given the best wireless set and the most powerful transmitter in England and sent the time signal to bombers ° ying missions over Germany.

10% Military Discount!
Cleaning & Polishing Only $99
fdc
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
R0013740906

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
WWW.CFAPPRECIATION.CA
250, RUE DES SAGUENÉENS
SAGUENAY, QUEBEC
CANADA G7H 3A4
418.545.8326 • 1.800.461.8390
WWW.LASAGUENEENNE.COM

Financial program[1] for military personnel

On top of exclusive advantages and discounts, we also offer a support service to help you claim your relocation benefit.

Find out more!

Service Centres

Quebec City • 190 rue Dubé, Courcelette
Montreal • Saint-Jean Garrison, Richelain
Saguenay–Lac-Saint-Jean • 3 Wing Bagotville, Alouette
Outaouais • 259 boulevard Saint-Joseph, Gatineau

1-866-307-3787 • desjardins.com/military

Desjardins
Caisse des militaires

1. Offer applies to military personnel, reservists, civilian employees, or retirees of the Department of National Defence who have their paycheques deposited directly to their account at the caisse where the program is offered. Spouses are eligible for the same advantages if they are members of the same caisse as you.

Celebrations continue for Logistics Branch's 50th anniversary

Photos by Makala Chapman
Members of 8 Wing Trenton form the letter L in recognition of the Canadian Armed Forced Logistics Branch in the fall of 2017.

8 Wing Trenton logisticians join together for a group photo with their branch's official flag in the fall of 2017.

The logisticians at 8 Wing Trenton aren't fi - ished celebrating their 50th anniversary just yet.

In fact, the festivities will continue all year round says Major (Maj.) Etienne LeGresley, the chair of the Canadian Armed Forces Logistics Branch 50th Anniversary planning committee.

To date, the more than 700 logisticians who call 8 Wing Trenton their home have celebrated the milestone year by welcoming their official flag to the base, as well as having enjoyed a custom cake made in their honour.

"We logisticians tend to work in the shadows and make that magic happen in the background," said Maj. Legresley, "so this (anniversary) is something very important for us to recognize."

The Logistics Branch's non-commissioned members serve in seven occupations, which include trades like resource management support, traffic and mobile support equipment operator.

The Canadian Armed Forces Logistics Branch was created out of Unification (Canadian Forces Reorganization Act) on February 1, 1968, but Maj. LeGresley noted the contributions of a logistician to the Forces easily predates to the mid-1800s.

"We want to make sure everyone has the opportunity to ask questions and learn more about our history," he said, "because we are very proud of our history."

He then went onto further share the important role that logisticians play at 8 Wing Trenton.

"Logistics and operations are intricately linked," he said. "Logistics provides that capability to outfit, transport and maintain a military force at home and abroad." As for the committee's upcoming events, he noted he was confident there was bound to be something that everyone could enjoy.

One of the first events logisticians should keep their eye out for includes a car wash and barbecue on May 24 from 11 a.m. to 1:30 p.m.

The event will be held on the north side of the base behind Transportation and Mechanical & Electrical Engineering Squadron's (TEME) building and will also be open to the civilian community.

Proceeds raised through the car wash and barbecue will go towards funding other events for logisticians throughout the year, added Maj. LeGresley.

Both a lunch and car wash can be purchased for a total of $10, or individually for $6.

In terms of other events planned, the committee plans to also host things such as golf tournaments, bonspiels and a field mess dinner.

"There could also be a surprise coming in the near future that logisticians can be very proud of," hinted Maj. LeGresley, adding that he couldn't say too much more on the matter, but that all would soon be revealed

As for why logisticians should consider attending some of the events planned, Maj. LeGresley said it came down to getting the chance to come together as one.

"Often we are deployed overseas and widespread, so we don't have a lot of opportunities to get together as a branch," he explained. "Developing those relationships will only make the wing stronger, as well as the branch, as we move into the future."

For those interested in volunteering with the committee, Maj. LeGresley noted help would always be welcomed and to contact him or more information at Etienne.legresley@forces.gc.ca.

DISCOVER BELLEVILLE'S BETTER RENTAL VALUES!

✔ Laminate and ceramic flooring with sheers*
✔ Close to shopping malls
✔ Large walk-in closets*
✔ Heat & Hydro included*
✔ Footsteps to transit stop
✔ Heated outdoor pools
✔ Large doors to balcony or terrace
✔ Park-like picnic area with barbeque
✔ No pets preferred
*On selected units

Rental Office Hours
Monday - Thursday
9 am - 5 pm
Fridays 9 am - 4 pm

613-966-1512
201 Palmer Road, Belleville, ON
belleville2@scpl.com
www.scpl.com
SHELTER CANADIAN PROPERTIES LIMITED

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

Photos by Makala Chapman
Royal New Zealand Air Force's Corporal (Cpl.) Hayley Pitman lays a wreath and salutes at St. George's Cemetery in Trenton for Anzac Day on April, 25, 2018.

Royal New Zealand Air Force's Corporal (Cpl.) Hayley Pitman pays tribute to a Second World War Australian Air Force member's grave in light of Anzac Day on April 25, 2018.

(from left to right) Royal Australian Air Force member Flt.-lt. Mark Anderson, Royal New Zealand Air Force Cpl. Hayley Pitman and Chris Charland.

Continued from page 1

"These airmen are a long way from home," said Charland. "I don't think anybody has really paid any tribute to them other than when they first had their funerals, so here we are."

Also in attendance at the local ceremony was Royal Australian Air Force member Flight Lieutenant (Flt.-Lt.) Mark Anderson and Royal New Zealand Air Force Corporal (Cpl.) Hayley Pitman – both military exchange members at 8 Wing Trenton.

"I'm very proud to be here," said Cpl. Pitman. "I didn't realize there would be (commemoration) here and thought I was going to be missing out on Anzac Day."

She went onto add that the memorial had been touching and hoped to one day have the opportunity to pay her respects to Canada's fallen at a Remembrance Day ceremony.

As for why she chooses to observe Anzac Day each year, Cpl. Pitman said it came down to wanting to honour her own family's sacrifices during the war and to show her gratitude.

Also noting that his grandfather had served at Gallipoli was Flt.-Lt. Anderson.

"The fact that I've been able to commemorate in another nation has meant a lot to me and my family," he said. "It's important to remember what's happened in the past so you can look towards the future. Never forget what people have sacrificed to allow you to do what you do."

When asked how he would have normally commemorated Anzac Day in Australia, Flt.-Lt. Anderson noted some of their traditions include participating in a march organized by the military, as well as attending a memorial service held at dawn.

As for next year's Anzac Day, Charland said he hopes to return to St. George's Cemetery for an even bigger ceremony.

COMPLETE RENOVATIONS
Waleed Harb
Phone (613) 475-5408
Cell (613) 847-6622
Kitchens, Bathrooms,
Additions, Garages,
Decks, Doors & Windows,
Ceramic Tiles, etc.

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

Trenton East
29 Bay Street
613-394-2433

Trenton West
170 Dundas St. W.
613-392-3579

Ottawa woman gets exclusive look behind the scenes of the RCAF

By Makala Chapman

It's not everyday someone gets to check flying aboard a CC-130H Hercules and CH-146 Griffon off their bucket list – unless they so happen to be Ottawa resident Lisa Praine.

Grinning from ear to ear, the Health Canada worker recalls the moment she found out she had won the chance to spend a day in the life of a member of the Royal Canadian Air Force (RCAF).

"It was really exciting," she explained, noting that her family has had a long history serving with the RCAF. "During the war, my grandfather was a Spitfire pilot and two of my great-uncles were also in the Air Force, so there's always been that interest."

As for how she won the unique experience, Praine explained once she had made a donation to the Government of Canada Charitable Workplace Campaign (GCCWC), she received a ballot for the Canada150: Lives Changed Challenge. Going from there, she was then chosen as one of 17 public servants selected to experience a 'Day in the Life…' of another public sector worker.

The GCWCC annual fundraising initiative is an exclusive opportunity for federal public servants and federal retirees looking to make charitable contributions in their communities.

Praine noted that getting to hang out with the RCAF was her top pick, despite other opportunities such as spending a day with Park's Canada's Avalanche Management Team or a day in the life of a lab scientist.

Starting with a trip from Ottawa to 8 Wing Trenton on the CC-130H Hercules, Praine got a behind the scenes look at one of the primary aircraft used by the RCAF in search and rescue (SAR) operations.

"I think just getting to sit in the cockpit and see all the controls was really interesting," Praine said. "It was very cool."

Once landed at 8 Wing Trenton, she was then given a tour of 424 Transport and Rescue Squadron where members took the time to explain some of the equipment they use on a daily basis.

On top of all the excitement, Praine was also given the chance to visit the National Air Force Museum of Canada.

Having not visited the museum since 2005, Praine added it was nice get the chance to visit her grandfather and great-uncles' Ad Astra memorial stones nestled in the museum's Air Park.

"We put the stones all near the Spitfire," she said with a smile, "It was nice to see the stones again and that they're still looking good."

When asked to reflect on the time spent learning about the RCAF, Praine noted it had given her an even greater appreciation for the work being done by members of the Canadian Armed Forces (CAF) and those who served before them.

Photos by Makala Chapman

Lisa Praine gets a safety briefing on the CH-146 Griffon helicopter from 424 Transport and Rescue Squadron's Corporal Terry Wright on April 26, 2018.

Lisa Praine gets a behind the scenes look at some of the equipment members of 424 Transport and Rescue Squadron use on a daily basis during her visit on April 26, 2018.

"I think it's important that the next generation coming up remember and know the stories of our veterans," she explained. "Opportunities like this give some of us who were fortunate to not have experienced war the chance to be able to appreciate our freedoms and the cost that it comes at."

To finish off the day, Praine was then transported back to Ottawa in the back of a CH-146 Griffon helicopter, an experience she said she would be sure to remember since it would likely be her only chance to do.

"This was nice because I'm starting to wind down my public service career after 26 years," she said, adding that a good portion of her career was spent working with the Department of National Defence back in the 1990s, "so it's sort of like coming full circle and was really nice to get a behind the scenes look."

FRIEL
HEATING & AIR CONDITIONING INC.
"Fireplace Showroom"
Specializing in your Home Comfort
REDUCE YOUR ENERGY COSTS
WITHANAMANAHI-EFF NATURALGASOR PROPANEFURNACE
Builtbetterthanithas tobewithalifetimeunit replacementwarrantyplus 10yearsparts&labour.
plus
$250.00
O.P.A. rebate
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

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

HEAR RIGHT CANADA
Hearing Health Care
Hearing Aid Aftercare
VAC AND CF
Authorized Provider
JENNIFER TRAVALE
Hearing Instrument Specialist
THERESA CARROL
Hearing Consultant
257 Dundas Street East, Trenton
613-955-1200

Thinking about quitting?
CALL THE CANADIAN CANCER SOCIETY'S TOLL-FREE SMOKERS' HELPLINE 1-877-513-5333

TRENTON MFRC
2018
INVISIBLE RIBBON GALA
Scotiabank PRESENTS
NIGHT AT THE MUSEUM
MAY 12, 2018
NATIONAL AIR FORCE MUSEUM OF CANADA
Join us for a night at the museum in support of military families in our community.
COCKTAIL RECEPTION: 6 PM / DINNER: 7 PM
LIVE & SILENT AUCTIONS
Online Auction: April 27 - May 3, 2018
BLACK TIE DRESS CODE
Military: Mess Kit Optional
TICKETS: $150 / VIP TABLE: $1500 / DETAILS AT: INVISIBLERIBBON.CA
The Invisible Ribbon Gala pays tribute to the sacrifices military families make in support of Canada.
TRENTON MFRC / CRFM
TOGETHER WE ARE STRONGER
THANK YOU TO OUR SPONSORS:
Dr. R. Younes DENTAL CARE
BOEING
They
The Trentonian
metrolandmedia
DESIGNED BY THEY INTEGRATED. PRINTED BY JB PRINT SOLUTIONS.
ROCK 107
MIX 97
CJBQ
Cool 100.1
95.5 Hits fm
INQUINTE.CA
OLDIES 100.9

Upcoming local events

May 5 - Trenton Legion is hosting a Spring Thaw Dance with live band "Southern Ale" starting at 8 pm. This dance is free and will be held in the main ˜ oor lounge. Visit our website at www.rcl110.ca.

May 9 - Q&A Session and Mass with Bishop Scott McCaig (Bishop of the Military Ordinariate of Canada), "Eternal Questions, Actual Answers" at the 8 Wing Chapel from 6:30 p.m. to 8 p.m. // Mercredi 9 mai 18h30-20h00, Séance de questions-réponses et Messe avec Mgr Scott McCaig (Évêque de l'Ordinariat militaire du Canada), « Question éternelles, Réponses actuelles » (Chapelle 8e Escadre). Mercredi 9 mai 18h30-20h00, Séance de questions-réponses et Messe avec Mgr Scott McCaig (Évêque de l'Ordinariat militaire du Canada), « Question éternelles, Réponses actuelles » (Chapelle 8e Escadre).

May 12 – The Trenton Military Family Resource Centre will be hosting their annual Invisible Ribbon Gala in support of the programs and services they offer to the military community. Tickets can be purchased online at www.invisibleribbon.ca or by calling 613-392-2811 ext. 4365.

May 13 - 20th Anniversary 8 Wing Chapel, 09:00 RC Bilingual Mass, 10:00 Presentation and Cake and 11:00 Protestant Service. // / Dimanche 13 mai, 20e anniversaire de la Chapelle de la 8e Escadre, 9h00 Messe catholique romaine bilingue, 10h00 Présentation et gâteau, et 11h00 Service protestant.

May 24 – The annual Cut for the Cure event will be taking place. Funds from this day will go towards the Canadian Cancer Society and cancer research. For more information, contact Corporal Donna Nixon at 613-392-2811 Ext/ 7084 or donna.nixon@forces.gc.ca.

May 24 – The Logistics Branch 50th Anniversary planning committee is hosting a car wash and barbecue to help raise funds for future events for their branch. The event will run from 11 a.m. to 1:30 p.m. and will be located at 6057 Winnipeg Ave., Trenton. For more information, contact Etienne.Legresley@forces.gc.ca.

24th ANNUAL
CAMP TRILLIUM
CHARITY GOLF TOURNAMENT

PRESENTED BY:
Volunteers from 8 AIR MAINTENANCE SQUADRON

Friday 8th June 2018
Opening Ceremonies 0815 – Clubhouse
Tee off 0830 – Golf Course
Lunch 1330 – Clubhouse
Closing Ceremonies 1515 – Clubhouse

Oak Hills Golf Club
1538 Frankford Stirling Rd, Stirling, On, K0K 3E0
(613) 392-1544

Tournament Fee: Registration $100.00/person or $400/Foursome
Price includes green fee, golf cart and a steak lunch. Vegetarian meals are available upon request.
*Payment can be done by PayPal, Mail Cheque or at the door directly (Cheque or Cash).

Game day prizes:
TBD

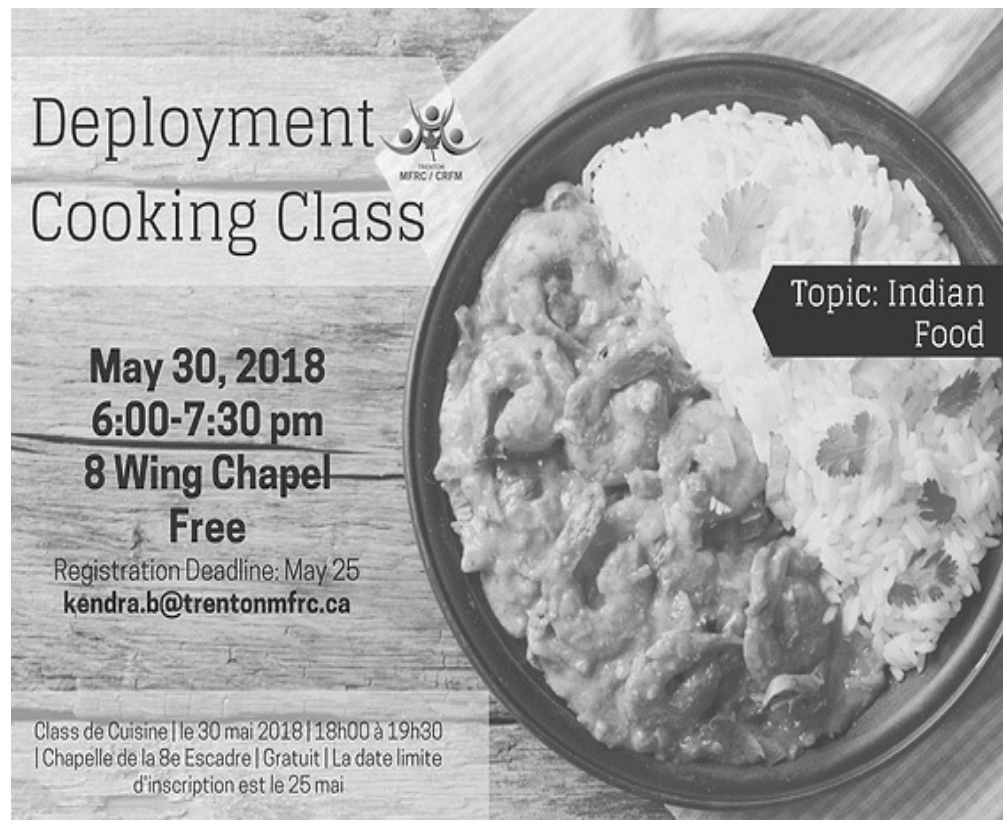
Registration, Donations & Info @
http://www.oakhills.ca/Camp-Trillium-Golf-Tournament.html

"Camp Trillium Golf " in Google

Contacts:

Sgt Phillippe DeGrace
(Co-Chair, Course director & Sponsorship)
(613)392-2811 extension 3334
Philippe.DeGrace@forces.gc.ca

Sgt John Dassen
(Co-chair & Marketing)
(613)392-2811 extension 7580
John.Dassen@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

TOGETHER WE ARE STRONGER

May 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 Al-Anon	7 Dance with France (Salsa)	8 Living Life to the Full	9	10 Knit & Chat Pops & Tots	11	12 14th Annual Invisible Ribbon Gala
13 Al-Anon	14	15	16 Hello Wednesdays	17 Mindfulness Got your oils? Now what? Pops & Tots	18 Supporting Student Success Conference	19
20 Al-Anon	21 MFRC CLOSED Victoria Day	22	23 Budgeting for Release	24 Knit & Chat Pops & Tots	25	26

● **Living Life to the Full - 12 hours that can change your life**

Want to feel happier, have more energy, gain conÿ dence, enjoy better relationships, feel less stressed and develop skills to deal with life's challenges?

Date/Time: May 8, 15, 22, 29 and June 12, 6 – 8 p.m.

Cost: Free

Location: Belleville MFRC: 610 Dundas Street E, Unit 3

To register, please contact Kelly Briggs by May 1 at 613-392-2811 ext. 7917 or kelly.b@trentonmfrc.ca.

● **Dance with France - Salsa**

Mondays starting May 7

Level 1 Salsa - 7:15 - 8:15 p.m.

$90 per couple for 8 weeks

At 8 Wing Ofÿ cer's Mess

To register please visit MFRC Reception. Payment can be made by cash, debit or cheque.

Deadline to register is May 4, 2018.

● **Essential Oils Series**

May 17 - Got your oils? Now what?

Have you eagerly purchased all your oils, only to realize you need a little more guidance? This class is perfect for you! Learn practical ways to apply your oils to everyday life.

May 31 - Essential Pet Care

Essential oils can be as helpful for our furry friends as they are for us, but not all of them. Find out which oils are safe and which are not to use on your pet.

Please register at MFRC reception.

● **Creative Sunday**

Sundays are meant for relaxation and fun projects! Create your burlap wreath for you to proudly display on your door!

Join us on Sunday, May 27, from 1 - 4 p.m. at the Trenton MFRC.

$15/person

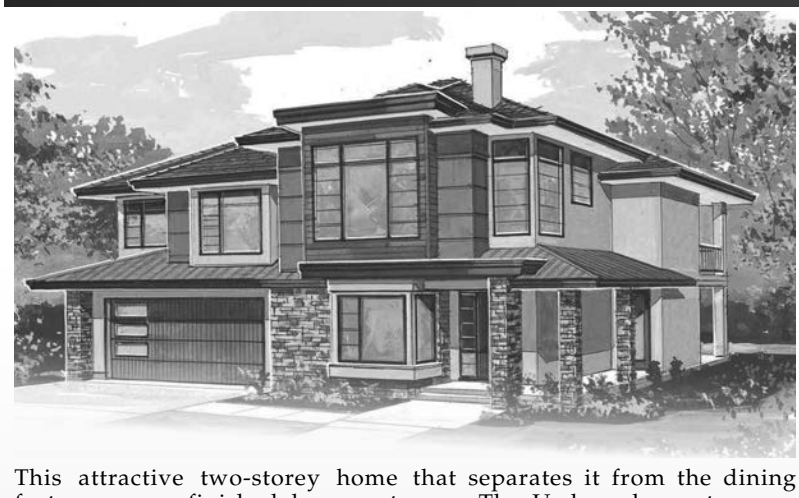
Register at Trenton MFRC reception by the Wednesday prior to the event.

● **Mindfulness Group**

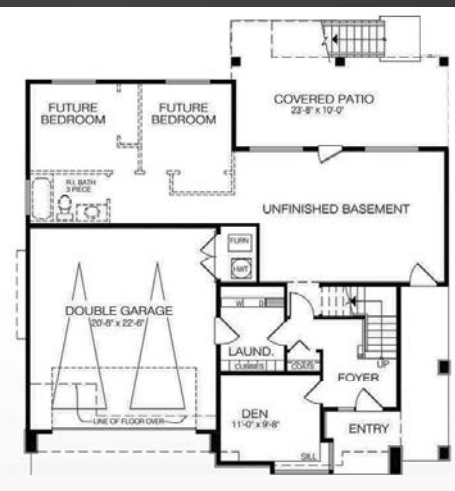
This group will help you develop mindfulness practices as a way to reduce stress and anxiety, and improve choice when responding to difÿ cult situations. Experience is not required. The Mindfulness Group will take place on May 17 and 31, 2018 from 12 noon until 1 p.m. or 1 p.m. until 2 p.m. at the Trenton 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@trentonmfrc.ca.

Home of the Week

Your Building Renovation Experts



PlanNo:2-3-767



This attractive two-storey home features an unfinished basement with space for two bedrooms and a roughed in bathroom, making this the ideal choice for a growing family.

Entry is on the ground level, into a foyer with a den on the left. Ahead is the stairway to the upper floor and into the great room.

The great room's fireplace will ensure a cozy space during the winter months. The dining room and kitchen overlook at covered deck. Stairs from the deck lead to the back garden.

The kitchen includes a prep island that separates it from the dining area. The U-shaped counter configuration means plenty of work space for the cook, and the window over the double sinks has a view to the covered deck. The corner pantry will provide welcome storage space.

A doorway between the kitchen and dining room gives access to the covered deck, making al fresco meals a breeze.

The master bedroom overlooks the front garden, and the window boasts an extra-wide sill. The luxurious en-suite includes an oval soaker tub, as well as a shower stall and a handy towel cupboard. Double basins occupy a bayed-out area. The walk-in closet is spacious enough for a couple's clothing and accessories.

The two secondary bedrooms look out to the back garden and share a three-piece bathroom. The linen closet is located in the corridor opposite the master suite.

On the ground floor, the den features a bayed-out corner window with an extra-deep sill. The unfinished basement, with its two bedrooms and roughed-in bath, has a large covered patio and could serve as a mortgage-helper or in-law suite.

The laundry room includes a row of cubbies. Access to the double garage will allow it to double as a mud room.

Exterior finishes include stucco with wood accents around the great-room window. Brick accents on the lower storey, and a decorative garage door, add character.

"YOUR ONE STOP BUILDING CENTRE"
COLE'S TIMBER MART
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

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

TRENTON Military Family Resource Centre

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

TOGETHER WE ARE STRONGER

● Knit & Chat – Knitting Club

On May 10, 6 – 8 p.m. beginners can learn to knit a dishcloth & experienced knitters can learn to knit honeycomb mittens! Assistance will be available.

Drop-in group; no registration required.

For the dishcloth, please bring:

1 ball of cotton yarn (Handicrafter or Peaches and Cream are common ones sold at multiple stores around) It is a smaller ball around 50 or 60 grams

1 set of knitting needles 4.5mm or 5mm

For the honeycomb mittens, please bring:

Set of DPN 4.5mm

2 Balls of worsted weight yarn. One solid and one contrast or colour changing works best.

Call MFRC reception 613-965-3575 for more details.

Welcome to the Trenton MFRC Youth Centre!

May 2018

For more information about our Youth Centre & Programs please contact:
Rabia Stobbart – Youth Services & Personal Development Coordinator
613-392-2811 x2568 | rabia.s@trentonmfrc.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 May Day Ages 9-12 6-9pm	2 CLOSED	3 Hide-N-Seek Ages 10-14 6-9pm	4 Star Wars Night Ages 12-16 6-9pm	5 CLOSED
6 CLOSED	7 Tissue Paper Flower Ages 6-8 6-8pm	8 Mom's Spa Kit Ages 9-12 6-9pm	9 CLOSED	10 CLOSED	11 CLOSED	12 CLOSED
13 Mother's Day	14 PJ's Movie Night Ages 6-8 6-8pm	15 Twister Ages 9-12 6-9pm	16 CLOSED	17 Games Night Ages 10-14 6-9pm	18 Basketball Ages 12-16 6-9pm	19 CLOSED
20 CLOSED	21 Happy Victoria Day! CLOSED	22 Diving Ketchup Ages 9-12 6-9pm	23 CLOSED	24 Motion in the Ocean Ages 10-14 6-9pm	25 Slimy Slime Ages 12-16 6-9pm	26 CLOSED
27 CLOSED	28 Painting Ages 6-8 6-8pm	29 Thank You Mom Ages 9-12 6-9pm	30 CLOSED	31 Rainbow Hearts Ages 10-14 6-9pm		

Mom Month
Join us this month to celebrate moms!!! We've spread our "mom" activities out across the month, because great moms deserve more than just one day!

Youth Centre Closure
Please note that the Centre will be closed from May 9-11. We are sorry for any inconvenience!

Our Centre is LIMITLESS
Limitless means all kids of all needs have a place they belong!

Science Week
From May 21 - May 25 Join us for an exciting week of cool science experiments!

● Supporting Student Success Conference

Saturday, May 18 from 9 a.m. – 3:30 p.m.

With Key Note Speaker Dr. Anita Ramani, Phd., BCBA-D, C. Psych., Quinte Assessment & Treatment Group, speaking about Understanding Behavioural and Emotional Regulation: Particularly with children with ADHD and Mental Health difficultie

Four breakout sessions to choose from:

1. OT Sensory Needs - Tips & Tricks - Presenter: Nathania Lukman, Reg OT, Belleville Integrated Health Centre
2. Creating Anxiety Aid Kits - Presenter: Tracy Mulligan, MSW, RSW, Trenton Military Family Resource Centre
3. How to Create a Self-Regulation Haven - Presenter: Dr. Brenda Smith- Chant, B.A., M.A., PhD
4. You Are What You Eat - Presenter: Dr. Kelly Gillis, ND

Cost:
Family members - $10
Professionals - $15

Location: Calvary Community Church, 659 Dundas Street West, Belleville

To register please see the link below:
https://aoesesupportingsuccessconf2018.eventbrite.ca

● Budgeting for Release

May 23, 2018, 6 – 8 p.m.
Trenton MFRC
Register prior to 17 May by emailing tanya.b@trentonmfrc.ca
Child care available upon request.

● Mental Health First Aid for the Veteran Community

Join us to become certified in Mental Health First Aid for the Veteran Community. This course is in support of the Veteran Community and in partnership with Veteran Affairs Canada and is a customized version of Mental Health first Aid for members of the Veteran Community.

When: May 30 - 31, 2018, 8:30 a.m. to 4:30 p.m.

Where: MFRC - Belleville, 610 Dundas Street East, Unit 3, Belleville

Register by emailing Kelly Briggs at kelly.b@trentonmfrc.ca by May 23, 2018.

GUARDSMAN Insurance Services Inc.

HEAD OFFICE:
2447 Princess Street
Kingston, Ontario K7M 3G1
Tel: 613-549-8777
Toll Free: 800-881-2371
Fax: 1-866-219-9600

Guardsman Insurance has been working with the Military since 1960

We have special discounts on Home and Auto Insurance for members of the Canadian Military and Civilian Staff

Save up to 25% on your home and auto insurance

FOR A NO OBLIGATION QUOTE CALL YOUR LOCAL GUARDSMAN OFFICE TODAY!

Kingston **613-549-8777**
Ottawa **613-831-6300**
Anywhere in North America **1-800-881-2371**

quotes@guardsman.ca www.guardsman.ca

Classifieds

To Place an Ad: **1-888-657-6193**
For Delivery Inquiries, please call **613-966-2034**
www.thecontactnewspaper.cfbtrenton.com

Articles for Sale | Articles for Sale

Belleville
Volkswagen

Four 2017 Tiguan 2.0T Wolfsburg Edition
Heated leatherette seats, alloys, dual climate control, push button start, app connect, power adjustable drivers seat, and more.
Starting from 41,000km
Sale priced from $26,500 + hst.

Email: info@bellevillevw.ca
for additional details and to schedule a test drive

613-966-3333
239 North Front
Belleville
www.bellevillevw.com

Book your classiÿ ed ad today!
613.966.2034

8 Wing Chapel / Chapelle de la 8e Escadre

Location/Adresse:
91 Namao Drive East / 91 Promenade Namao Est

Office hours/ Heures de bureau:
Monday to Friday 0800 - 1600 hrs
Du lundi au vendredi 08h00 à 16h00

Services Times/ Heures des services religieux
Protestant Sunday Service: 1100 hrs (English)
Service Protestant du dimanche: 11 h 00 (en anglais)

RC Sunday Mass: 0900 hrs (English)
1000 hrs (French)

*Last Sunday of each month: 0900 hrs (Bilingual)

RC Weekday Mass: Tues, Wed, Thurs at 1200 hrs
(Subject to change without notice)

Messe CR du dimanche : 9h00 (en anglais)
10h00 (en français)
*Dernier dimanche de chaque mois : 9h00 (bilingue)

Messe CR en semaine: mardi, mercredi et jeudi à midi (12h00)
(peut changer sans préavis)

Quinte West Jewish Community at
8 Wing, various services, call for details.
Communauté juive de Quinte West à la 8e Escadre,
divers services, appelez pur plus de détails

Wing Chaplain/Aumônier de la 8e Escadre:
Maj (Rev/Rév) Richard Bastien

Unit Chaplains/Aumôniers des unités:
Capt (Rabbi/Rabbin) Bryan Bowley
Capt (Fr/Père) John Funelas
Lt(N)(Fr/Père) Félix Roberge
Lt(N)(the Rev./Rév.)Mary Anne VanHeuvelen
Capt (the Rev./Rév.) Daniel Walton

Phone/Téléphone:
Administrative Assistant/
Adjointe administrative
Brigitte Gamache,
(613) 392-2811 ext/
poste 2490/4593

Members with ties to 8 Wing Trenton participate in Air Force Cup Shooting Challenge

Photo by Master Warrant Ofÿ cer Janet O'Rourke
(Left to right) MCpl. Hollett, MCpl. Hynes, WO Fields, Cpl. Melvin at the 5th Annual Air Force Cup Shooting Challenge.

By Master Corporal Thomas Hynes, 19 Wing MSS

Between April 20-21, members supporting the Operational Support Hub Europe (OSH(E)) on six month Technical Assistance Visits (TAV), had the opportunity to compete in the ÿ fth annual 'Air Force Cup' shooting competition held in Cologne, Germany.

Making this event even more unique is that each member of the team either has a current, past or future posting to 8 Wing Trenton.

Making up the team was Warrant Ofÿ cer Donald Fields, (2 Air Movement Squadron and 426 (Transport) Training Squadron), Master Corporal Thomas Hynes (19 Wing Comox and posted to 2 Air Movement Squadron this summer), Master Corporal Francesca Hollett (8 Wing Replenishment) and Corporal Jon Melvin (2 Air Movement Squadron).

The two-day competition was comprised of 26 teams from eight nations, with OSH(E) being the only Canadian representation.

Teams had the opportunity to liveÿ re several foreign weapons, primarily those currently in use by the German Bundeswehr.

Amongst the weapons ÿ red were the G3 7.62mm ri° e, the MG3 General Purpose Machine Gun, the G36 5.56mm service ri° e, the MP2 9 Uzi sub-machine gun and a number of 9mm pistols.

Perhaps most unique was the Karabiner, a bolt-action ri° e used by the German military in the Second World War.

During the competition, teams enjoyed a very professional, yet challenging host of nine competitions.

Getting the chance to do a timed "urban ops" 9mm course was perhaps the most fun, with many smiles resulting afterwards, regardless of score.

Other events included a 50m walk-down shooting in intervals with the G36, 200m ri° e shoots and a scenario based hostage rescue using the German equivalent to Weapons Effects Simulation gear with blank rounds.

As with any international event, there was plenty of opportunity to forge new relationships with allies and re-afÿ rm the bond we share as military members.

After the last day of shooting, the German Ofÿ cer's Mess in Cologne hosted a "closing ceremony" event with traditional German food and beverages.

Team Latvia took home almost every award, with two teams entered. Special mention belongs to Corporal Melvin, who grabbed Canada's top shooter spot.

Although the team didn't score highly compared to the other professional shooting teams, in terms of fun had, they came out on top.

MTM
MIKE THE MOLAR
Dental Centre

613.394.8888

FREE TEETH WHITENING FOR LIFE!
*Call office for details

LET OUR FAMILY TREAT YOUR FAMILY!

Our friendly dental professionals are committed to providing quality dental care in a relaxed and compassionate atmosphere.

Families and patients of all ages are welcome!

SERVICES
- Family dentistry
- Cosmetic dentistry
- Extractions
- Sleep dentistry
- Implants
- Gum Surgery
- Invisalign

Everyone Loves a Great Smile

OPEN:
Monday to Wednesday 8am-7pm
Thursday 8am-6pm
Friday 8am-5pm
CLOSED:
Saturday and Sunday

For a Smile that's Great - Call 394-88-88!

www.mikethemolar.com info@mikethemolar.com
169 Dundas St E, Trenton, ON K8V 1L5

*Patient is responsible for co-payment.