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## INSIDE

### STRANDED HUNTERS ASSISTED



Story on page 6

### MFRC STAFF MEMBER GETS COMMENDATION COIN



Story on page 8

### RCAF WELCOMES NEW COMMANDER



Story on page 15



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## 8 Wing Trenton assists 100 stranded First Nation community



Photos by Corporal Ryan Moulton, 8 Wing Imaging  
A Royal Canadian Air Force CC-130J Hercules aircraft was used to help evacuate around 100 people from Kashechewan First Nation on May 7, 2018.

Contact News, with content courtesy of the Royal Canadian Air Force

The Canadian Armed Forces (CAF), in support of Public Safety Canada and the Province of Ontario, has evacuated approximately 100 people from Kashechewan First Nation, Ont. Since April 26, Canadian Rangers have also been assisting the community with

voluntary evacuations. Given the risk of floodwaters overtaking the airport, the Province of Ontario requested additional support to evacuate members of the community on May 7. As a result, a Royal Canadian Air Force (RCAF) CC-130J Hercules aircraft from 436 (Transport) Squadron and a CH-146 Griffon helicopter from 424 Transport and Rescue Squadron were dispatched from 8 Wing Tren-

ton. The mission, known as Operation LENTUS, is the CAF's response to any request for support from Provincial authorities when civilians are caught in the midst of natural disasters. In this case, the CAF were successfully able to transport evacuated individuals to Kapuskasing, Ontario, as arranged by the Province of Ontario. Assisting in the evacuation

was aircraft commander Captain (Capt.) Matt Twitchin from 436 Transport Squadron. He noted while the journey to Kapuskasing was a bit windy and bumpy at times, the rest of the flight went smoothly. As for how the overall mission went, Capt. Twitchin credited its success to teamwork.

Continued on page 7

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## InterSection Sports:

### Golf:

- Every Tuesday afternoon - tee off is at 1300
- CAF members and full time DND and NPF employees are eligible to play
- For more information: [www.cafconnection.ca/Trenton/Intersectiongolf](http://www.cafconnection.ca/Trenton/Intersectiongolf)

### Slo-Pitch:

- Every Tuesday night - games are at 1630 or 1800
- CAF members and full time DND and NPF employees as well as dependents (16 years old and older) of CAF members and/or full time DND/NPF employees are eligible to play
- For more information: [www.cafconnection.ca/Trenton/Intersectionslopitch](http://www.cafconnection.ca/Trenton/Intersectionslopitch)

## Base Teams:

### Women's Soccer:

- Practices Tuesdays & Thursday - 1600-1800 - Team Rep is Capt Burton

### Men's Soccer:

- Practices Tuesdays & Thursday - 1800-2000 - Team Rep is Cpl Borquez-Lazcano

### Women's Slo-Pitch:

- Practices Mondays & Wednesdays - 1530-1700 - Team reps are MCpl Brown and MCpl Shank

### Men's Slo-Pitch:

- Practices TBD - Team rep is Sgt Moggy

### Ball Hockey:

- Practices Tuesdays & Thursday - 1530-1700 - Team Rep is MCpl Archer

### Triathlon:

- Team rep is MCpl Charbonneau-Lemaire

For more information on the 8Wing/CFB Trenton Sport Program, please go to [www.cafconnection.ca/Trenton/Adults/Fitness-Sports](http://www.cafconnection.ca/Trenton/Adults/Fitness-Sports).

Sports Coordinator: Caroline Houle-Laporte - Local 2349 or Caroline.Houle-Laporte@forces.gc.ca

## 8 Wing Trenton- Sports

# Women's Slo-Pitch Team 2018

# Équipe de Balle-Lente féminine 2018

The 8 Wing Trenton Women's Slo-Pitch Team is looking for players in preparation of the 2018 Ontario Region Slo-Pitch Championships on 19-22 of July held in Kingston

L'équipe de Balle-Lente féminine de la 8<sup>e</sup> Escadre est à la recherche de joueuses en préparation du Championnat 2018 de Balle-Lente de la Région de l'Ontario qui se tiendra le 19-22 juillet à Kingston

Interested players are to contact:

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[derek.brown@forces.gc.ca](mailto:derek.brown@forces.gc.ca)

8 Wing Trenton- Sports  
Caroline Houle-Laporte  
Military Sport Coordinator  
Phone: 613-392-2811 x2349  
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# A tribute to military moms



A military mother and her two children.

By Norm Blondel

Mother's Day has become an institution where we celebrate that warm presence in our daily lives, as Brits would say, "Our Mum."

The challenges faced in motherhood, from marriage, child-birth and a growing family, are stern ones at best for any wife and mother, and their accomplishments should indeed be celebrated, as they are each year in early May.

Mothers come in many varieties and personalities, but on this occasion I would like to pay tribute to a brand of wife and mother who faces challenges not normally faced by her civilian counterpart: the military spouse.

There are dozens, probably hundreds, of military or former military wives in the Comox Valley, brought (there) in a spouse's posting to CFB Comox, or by choice upon retirement from the service from other places.

The challenges faced by a military spouse can be quite serious; for example, when her partner goes on deployment.

Here are some others, some shared, but often left to the wife to do when the spouse is off on a new posting:

- Frequent packing and moving.
- Finding a new place to live.
- Selling the old place, if applicable, or cleaning military housing to DND's exacting standards!
- Changing doctors, dentists and schools for the kids.
- Dealing with different provincial administration for health cards, driving licenses and insurance.
- Mundane things, like a new hair salon.
- Handling the kids' reaction to changes in places and schools, like giving up their old friends and

making new ones. That can be quite a challenge in its own, particularly with teens.

- Cancelling and re-booking cable, telephone, internet and other services.
- Sending out change of address notifications
- Putting up with scratched and dented furniture - and potentially broken items like crockery, glassware, or ornaments that could result in loss of personal effects.
- Adapting to new neighbours and a new community.

Tackling these things would put steel in the spine in any wife and mother.

For the military wife, it's a given.

Photo by Corporal Geneviève Lapointe, Tactical Training School, 5th Canadian Division Support Base Gagetown

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Ce programme appuie les militaires en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille. Si vous êtes en transition, visitez [ConnexionFAC.ca](http://ConnexionFAC.ca) ou votre centre de ressources pour les familles des militaires, ou appelez la Ligne d'information pour les familles au **1-800-866-4546**

# Safety



## Tips for refinishing at home

Some people can instantly see the potential for an object that's seen better days. If you are going to tackle a project such as refinishing a beat up dining room set, you can't take shortcuts, especially with safety.

Although non-toxic, non-flammable products are available for stripping furniture, they are generally slower acting. The most commonly used products are highly toxic. They may contain solvents, whose vapors should not be inhaled or allowed to contact the skin. For example, if possible, paint strippers should be used outdoors, where there is plenty of natural ventilation, but not in direct sunlight. If the job must be done indoors, open all windows. It's important to carefully read the instructions for the product before starting.

Here are some other pointers to remember:

- Talk to a paint sales expert to ensure you purchase the right product to remove layers of paint or stain.
- Some of these products are highly flammable and a spark could set them off.
- Avoid smoking around these chemicals.
- Long-sleeved neoprene gloves must be worn, along with safety glasses. No skin should be exposed to these products.
- Open the container slowly, placing a rag over the top to prevent a sudden outbursting of fumes into the room.
- Pour a little of the stripper into a container and replace the product's lid.
- Only use the amount you'll need.
- Apply stripper with a brush, working from top to bottom on vertical surfaces. It shouldn't be painted on, but instead layered on, as one



- would apply icing to a cake.
- Try using an old toothbrush to get into hard to reach areas.
- If you feel dizzy, your eyes become irritated or you're getting a headache while applying the stripper, take a break. You will need to improve ventilation before continuing.
- Double check the

- instructions regarding the length of time to let the stripper work.
- If you rush the job, you won't save any time and you will likely damage what you are working on.
- When it's time to remove the sludge, do so with a dull putty knife, scraping the gunk away from your body in the direction of the wood grain.

- Place rags used in refinishing into plastic bag and dispose of them in your regular trash.
- Never pour leftover paint stripper down the drain. It can corrode pipes and contaminate water systems.

*A furniture refinishing project is a labor of love. If you don't have the patience to do the job safely and thoroughly, take your garage sale find to a professional refinisher.*

### The Contact Newspaper

The CONTACT is an official 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

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**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

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#### ARTICLES AND PHOTOS

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

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

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) unit and phone number.

- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in a jpeg format at a high resolution for quality reproduction.

- Articles must be received by Monday at noon prior to print date.

#### Letters to the Editor:

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

#### A Military Community Newspaper

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



The Contact - Wing Headquarters  
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# Photos of the Week

## Remembering VE-Day



*Content courtesy of the Royal Canadian Air Force*

On May 8, 1945, Victory in Europe Day (VE-Day) was declared after the final instrument of surrender is signed at Berlin. The war in Europe was over. In this photo Canadian airwomen celebrate the end of the Second World War in London (left to right): Corporal Kay Starchuk, Sergeant Pat Lloyd and Leading Airwoman Jean Wilkinson.

*Photo courtesy of the Department of National Defense Archives*

## Keeping the re-ty ghters cool



*By Master Corporal Stephen Giza, CD, RSE*

Mr. Kris Brunton of 8 Mission Support Squadron (MSS), Transportation and Electrical and Mechanical Engineering (TEME) Flight, services the air-conditioning system of our E-One aircraft rescue and re-ty ghting (ARFF) truck. Always available to keep the re-ty ghters cool when things get hot.

*Photo by Master Corporal Stephen Giza*



## CFS Alert

*Content submitted*

One of the many popular outdoor activities available at Canadian Forces Station (CFS) Alert is cross-country skiing. As summer approaches, skiing and other recreational adventures have become more frequent in the 24-hour daylight. As such, Corporal Leonce Mugisha sets out to enjoy a skiing adventure.

*Photo submitted*

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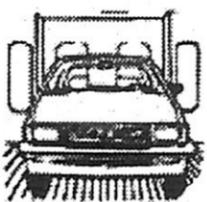
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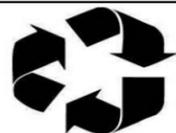
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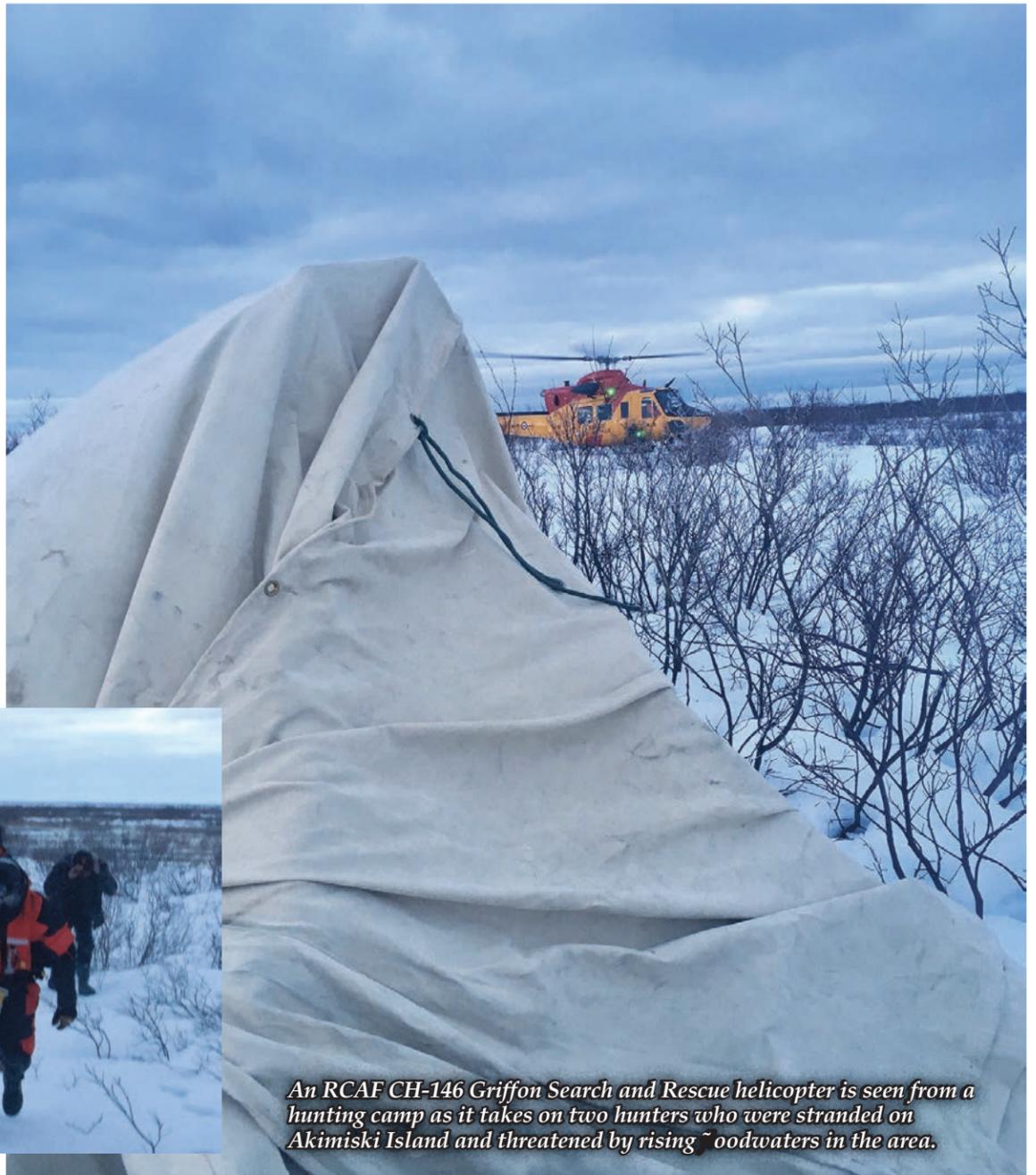
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# 424 Transport and Rescue Squadron assists stranded hunters

By 8 Wing Public Affairs

The crew of a Royal Canadian Air Force (RCAF) CH-146 Griffon helicopter from 424 Transport and Rescue Squadron aided two hunters stranded on Akimiski Island, in James Bay, Nunavut on May 8. Ontario Provincial Police requested assistance from Joint Rescue Coordination Centre Trenton after Nisawabe-Aski Police Services advised that two hunters were cut off from their base camp and threatened by rising waters in the area. Speaking on how the mission went was Captain Rhett Vernon-Jarvis, the CH-146 Griffon aircraft commander from 424 Transport and Rescue Squadron. "We got in communication with the main hunting camp on the island and they were able to give us a good idea of where to find the hunters who had be-

come separated," he explained. "The dusk light conditions made searching a challenge, but the First Officer spotted the hunters' tent thanks to some brightly coloured containers nearby." The CH-146 Griffon helicopter was launched from Moosonee, Ont. It was in the area in support of Operation LENTUS, the Canadian Armed Force's support to Public Safety Canada and the Province of Ontario, to evacuate people from Kashechewan First Nation, Ont. The local community is under risk from rising waters in the area. Soon after the Griffon helicopter landed near the hunter's camp, RCAF Search and Rescue Technicians took them on board. They were then taken to safety in Attawapiskat, Ont. in good condition.



An RCAF CH-146 Griffon Search and Rescue helicopter is seen from a hunting camp as it takes on two hunters who were stranded on Akimiski Island and threatened by rising floodwaters in the area.



Photo by Captain Rhett Vernon-Jarvis

RCAF Search and Rescue Technicians embark two hunters on board a CH-146 Griffon helicopter on Akimiski Island, on May 8, 2018, who were threatened by floodwaters nearby.



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**Continued from page 1**

"We had a lot of good coordination amongst the crew to ensure we were able to get in and out with as many people as possible," he said. "It feels good to help those in need, and these types of flights are what we train for."

Also lending his thoughts on the evacuation was Lieutenant-Colonel (Lt.-Col.) Spencer Selhi, the commanding officer of 436 Transport Squadron.

He noted he was especially proud of his squadron's ability to spring into action in a "quick and timely manner," which as a result, helped ensure the safety of the residents of Kasheche-

wan First Nation. Since Operation LENTUS is one of, if not, the squadron's most important task they undertake, he added his squadron will continue to be ready to assist at a moment's notice when the call comes down the line.

"436 is very proud of the support we provide to Canadians, especially at times of crisis," said Lt.-Col. Selhi. "It's something we take very seriously."

436 Transport Squadron can be called by the government for support 365 days a year and have previously provided airlift support during events like the British Columbia wildfires that ravaged the province in the summer of 2017.



Photos by Corporal Ryan Moulton, 8 Wing Imaging  
The ride on the CC-130J Hercules from Kashechewan First Nation, Ont. to Kapuskasing went smoothly and the evacuees were delivered safely on May 7, 2018.

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<p><b>4.5 ACRES</b> 3397 BLESSINGTON ROAD</p> <p><b>SHANNONVILLE</b></p> <p>5 Year old 4 bed/2 bath bungalow with 16 ft. Ceilings on 4.5 acres. MLS#110941 • \$410,000</p>	<p><b>WEST END BEAUTY!</b> 25 HOPE CRESCENT</p> <p><b>BELLEVILLE</b></p> <p>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</p>	<p><b>WATERFRONT BUNGALOW</b> 631 ROSEBUSH ROAD</p> <p>3 bed/2 bath bungalow with clear, swimmable water, and breathtaking views. A fisherman's dream MLS#119975 • \$350,000</p>	<p align="center"><b>OPEN HOUSE: SAT., MAY 12TH 1-3PM</b> 730 FORXBORO-STIRLING ROAD</p> <p>Spectacular custom brick bungalow on 52 acres with additional 100 sq. ft. attached shop/room plus double garage. MLS#123980 • \$495,000</p>
<p><b>EAST END BEAUTY!</b> 25 LAMBERT DRIVE</p> <p><b>BELLEVILLE</b></p> <p>3 bed/2 bath back-split home with fenced-in, super-sized lot and many upgrades. MLS#122519 • \$265,000</p>	<p><b>GREAT LOCATION!</b> 710 HARMONY ROAD</p> <p>All one level 1900 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</p>	<p><b>SPECTACULAR WATER VIEW!</b> 113 RIVER STREET EAST</p> <p><b>TWEEED</b></p> <p>4 bed/2 bath bungalow with in-law suite and walkout basement. MLS#119343 • \$250,000</p>	<p><b>HEART OF STIRLING</b> 81 STATION STREET</p> <p>3 bed/2 bath bungalow on a large lot adjacent to the Heritage trails, ATV/snowmobile, and hiking trails. MLS#122996 • \$200,000</p>

# Spirit of Military Families Coin presented to MFRC staff

By Makala Chapman

A staff member at the Trenton Military Family Resource Centre (MFRC) is being recognized for her years of hard work and dedication to the community.

During a small presentation, Elizabeth Nicholas, the centre's employment and education coordinator, was presented with the Spirit of Military Families Coin from the director of Military Family Services' Colonel (Col.) Dan Harris on May 7. The prestigious commendation is only presented to community and military leaders, as well as MFRC staff who have made a significant contribution to the well-being of military families.

In his address, Col. Harris noted it was specifically Nicholas' work in helping create and expand the MFRC's Helping Entrepreneurs Reach Complete Success (HERCS) program that had earned her the recognition.

"We see what an impact you and this program are having," said Col. Harris to a surprised Nicholas. "The employment team at Military Family Services is really overwhelmingly grateful for the hard work and dedication you have put into this program."

HERCS is an online learning tool that explores the fundamentals of starting a small business through a series of interactive classes.

As for the origin of the program, having started working at the MFRC in 2006, Nicholas said she knew she had to do something when no programs of its kind existed for military spouses interested in starting their own business.

Reaching out to Loyalist College for some guidance on how to create a program, Nicholas explained that an instant partnership was formed and the HERCS program came into fruition around 2009.

While originally having started out as in-class seminars, the HERCS program has since moved online so that it is more accessible and widespread.

That was just one of the many examples of changes and expansions Nicholas has made to the program over the years to

help make it more adaptable for the military community.

As it currently stands, a HERCS session includes three two-hour workshops that cover topics such as marketing, social media, financing options, resources and more.

Thanks to funding provided by the Military Family Services, clients also receive a handbook filled with additional content that can be used as a reference guide.

"HERCS is a really great first step for anyone who is not sure whether they want to stick their toe into entrepreneurship," said Nicholas. "It's also a really good program for people who already are entrepreneurs and aren't sure if they need to enhance their services or small business."

Once clients have completed the program, the next step is for them to go into the community and connect with other local business centre's that can give them further coaching and advice said Nicholas.

HERCS has since been taken to the national level and has been rooted as a staple program in several other MFRCs around the country.

As for how she said she felt about receiving recognition for her work, she said she couldn't have done it without partners like Loyalist College, her employment and education assistant Priscilla Tremblay and Hélène Cadotte-Gagnon.

"I'm still in shock," said a grinning Nicholas, "but here in my office we are very team focused and Priscilla and I both work really, really hard for the people we serve. We have a great time doing it."

The next HERCS program is slated to take place in November 2018, with an option to take it in French in February 2019.

For more information on the HERCS program, contact Nicholas at 613-392-2811 ext. 3852 or at Elizabeth.nicholas@forces.gc.ca.



Photo by Makala Chapman  
Priscilla Tremblay (left) and Elizabeth Nicholas (right) hold up the Spirit of Military Families Coin on May 7, 2018.



## 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.

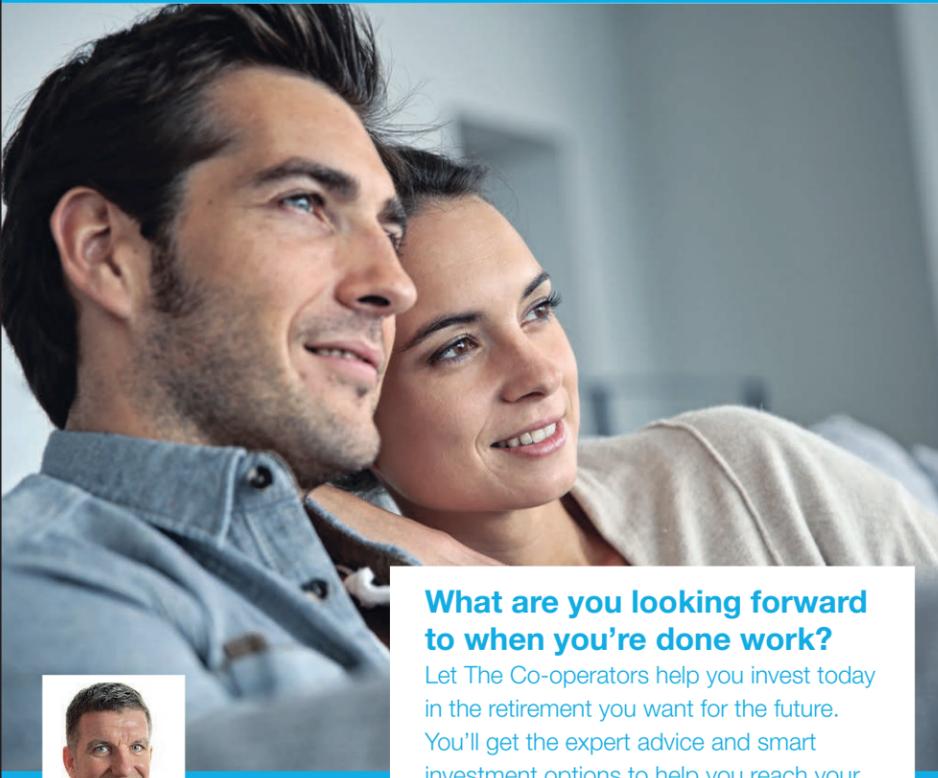


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# Stranded canoeists assisted by 424 Transport and Rescue Squadron



Photo by Makala Chapman  
A file photo of a CH-146 Griffon Helicopter from 8 Wing Trenton.

By 8 Wing Public Affairs

The crew of a Royal Canadian Air Force (RCAF) CH-146 Griffon helicopter from 424 Transport and Rescue Squadron had a busy weekend on May 6. Springing into action, the crew helped rescue two stranded canoeists from a small island on Cordova Lake, near Havelock, Ont. The canoeists had been swamped by quick-moving waters from a nearby river in the evening of Saturday, May 5, and were forced to swim to the island for safety. The canoeists, who had spent the evening on the island, were able to make some shelter and a small fire. Due to the rough waters in the area, Ontario Provincial Police requested RCAF assistance to hoist the pair to safety. "We were faced with strong, gusty winds and some trees in the area," explained

Captain James Gray, a CH-146 Griffon pilot with 424 Transport and Rescue Squadron. "We hoisted our two Search and Rescue Technicians 200 feet down to the island where they met the canoeists. Once we had them on the helicopter, we flew to a nearby field and transferred them to local Ontario Provincial Police and Fire Rescue." Search and rescue (SAR) incidents under the federal SAR mandate are defined as "all aircraft incidents and all marine incidents in waters under federal jurisdiction. With the exception of federally owned National Parks, the overall responsibility for land and inland water SAR rests with the provinces, territories and municipalities. The Canadian Armed Forces may, however, provide assistance to land and inland water rescues when requested."

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# Community gearing up for annual Cuts for the Cure fundraiser

By Makala Chapman

An event aimed at helping raise money for cancer research is just around the corner.

The annual Cuts for the Cure fundraiser will once again see the Canadian Cancer Society partner with 8 Wing Trenton for the worthy cause on May 24.

Speaking on behalf of the Canadian Cancer Society was fundraising specialist Jessica Klein. She noted how grateful she was for instrumental partnerships with organizations like the base.

"It's a huge advantage to use because the base is so large and they're very involved in quite a few of our events," she explained. "It's been a wonderful and ongoing partnership."

Klein went on to share that last year's event brought in around \$1,900 for cancer research, with the total amount raised at \$57,000 since the events inception in 2008.

But while a shaved head is only temporary for the participants, hair loss can be long term for some patients undergoing cancer treatment.

Klein noted that since people don't often realize their attachment to their hair until it's gone, Cuts for the Cure has always been a powerful fundraiser.

"When you start losing your hair (due to cancer treatment), it's something you don't have control over," she said. "There's also feelings of uncertainty and everything can seem so overwhelming."

But through events like Cuts for the Cure, anyone looking to donate his or her locks (at least 8 inches) are also welcomed to attend the event set for later this month. The hair will then be turned into a wig for those in need.

Despite the fact there is still no cure for cancer, Klein said fundraising for the cause still remained critical.

She then pointed to the advancements in technology and treatments over the last 30 years as an example of why people should continue to give.

Also sharing her thoughts on the upcoming event was Corporal (Cpl.) Donna Nixon, who has been helping organize the fundraiser from 8 Wing Trenton's side of things.

As a cancer survivor, she noted that the event was very close to her heart and that she was happy to volunteer her time.

"Cancer pretty much touches everyone's life in one way or another," she said, "so I try to give back every time I can."

She added that she has been growing her hair out for the last few months as she plans to get it cut at the event.

While many participants will likely get their heads shaved, Cpl. Nixon did add that there was also the option to just get a trim.

Members participating in the event are encouraged get a pledge sheet and try to raise as much money as they can before May 24.

For those looking to just make a monetary donation, Cpl. Nixon said their generosity would be more than appreciated and they could do so by filling out a pledge sheet or bringing a donation on the day of the event.

The event will be held at the Fireside Lounge of the Warrant Officers' and Sergeants Mess at 1 p.m. on May 24.

To obtain a pledge sheet or for more information, contact Cpl. Dixon at 613-392-2811 ext. 7084.

# 8 Wing Scuba club welcoming new members



Photo submitted

By Master Corporal Tara Oliver

The 8 Wing Scuba club has been on base for 60 years and is committed to providing a fun and educational environment for scuba divers and snorkelers as young as 8 years old.

Recently they held a discover diving for the Belleville Navy Cadets with over 20 participants.

Each participant got to learn about the scuba diving gear that real divers use and how to use it, they got to put the gear on and dive in the base pool with

the clubs incredibly skilled instructors. While diving the cadets got to practice hand signals and buoyancy skills which are taught in more details during the open water (age 15+) and junior open water (age 10-14) courses.

Depicted here is one of the Cadets getting ready to dive down and practice some new skills.

For more information on the club or registering for monthly courses please contact FFScuba@gmail.com.



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## Upcoming local events

**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.

**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](http://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](mailto: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.

## New dental office opens in Belleville



Congratulations to Dr. Raed Younes and Dr. Gokhan Shevket on the opening of the brand-new You Make Me Smile Dental Centre at 488 Dundas Street, West in Belleville. The facility officially opened its doors to the public on May 4.

### A Celebration of Imagination!

## Yoga and Creative Writing Workshop

For caregivers of injured military veterans/members

**Saturday, June 9: 1:00 - 4:00 PM - free**

Gentle Yoga, Meditation and Visualization  
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## May 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13 Al-Anon	14	15	16 Hello Wednesdays	17 Mindfulness Got your oils? Now what? Pops & Tots	18 Supporting Student Success Conference PTSD: A Family Affair	19
20 Al-Anon	21 MFRC CLOSED Victoria Day	22	23 Budgeting for Release	24 PTSD: A Family Affair Knit & Chat Pops & Tots	25	26
27 Creative Sunday Al-Anon	28 Veteran Family Program Launch Event Bellydancing starts	29	30 Mental Health First Aid Deployment Cooking Class (Indian Food) Picasso & Pinot	31 Mental Health First Aid Pops & Tots Essential Pet Care	1	2

● **Bellydancing with Amara**

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7 - 8:30 p.m. \$55 for 8 classes

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For more information call 613-392-2811 ext. 2568.

● **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.

● **Post-Traumatic Stress Disorder: A Family Affair**

- What is PTSD and how does it affect the family
- Effects on family functioning
- Effects on children
- Support and treatment

For military spouses, members, veterans, and community service providers.

Part 1: May 18, 2 - 4 p.m. Part 2: May 24, 2 - 4 p.m.

At the Trenton MFRC. Please register by emailing: mona.l@trentonmfrca.ca.

● **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 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@trentonmfrca.ca.

● **Budgeting for Release**

May 23, 2018, 6 - 8 p.m. Trenton MFRC Register prior to 17 May by emailing tanya.b@trentonmfrca.ca

Child care available upon request.

# Home of the Week

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located near the foyer is a handy coat closet. Another closet is included in the laundry room, which has access to the double garage, large enough to include a workshop.

Upstairs, the master suite looks out to the back garden. The generous en-suite includes a soaker tub as well as double basins and a shower stall. The walk-in closet will be roomy enough for a couple's clothing and accessories.

Two-storey homes, square metre for square metre, provide the most living space on a property, and this three-bedroom family home is no exception.

Entry is through a covered porch with a veranda to the left. Once in the foyer, double doors open to a den, with the U-shaped staircase to the second floor beyond. A window above the stairwell will let in lots of natural light.

The great room, separated from the foyer by an archway, has a lofty sloped ceiling that is open to the floor above. A gas fireplace is flanked by entertainment units, and large windows look onto a

covered patio at the back of the home.

From the dining area, access to the covered deck is easy, through sliding glass doors. A prep island divides the kitchen from the dining area, which has large windows overlooking the back garden.

Natural light will enter the kitchen through windows over the double sink, which is set into a corner at an angle. The U-shaped counter configuration will provide adequate working space as well as efficiency. A walk-in pantry will offer extra storage space.

Across from the powder room

The second and third bedrooms share a three-piece bath. A linen closet is located outside the entrance to the third bedroom.

Part of the second floor is open to the great room below, and is railed for safety.

On the outside, the home is clad in horizontal siding, with wooden shingles and decorative woodwork in the gables. Pilasters with brick bases mark the entry and veranda, and brick accents flank the two garage doors.



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Welcome to the Trenton  
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May  
2018



For more information about our Youth Centre & Programs please contact:  
**Rabia Stobbar** – Youth Services & Personal Development Coordinator  
613-392-2811 x2568 | [rabia.s@trentonmfr.ca](mailto:rabia.s@trentonmfr.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		

<b>Mom Month</b> 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!	<b>Youth Centre Closure</b> Please note that the Centre will be closed from May 9-11. We are sorry for any inconvenience!	<b>Our Centre is LIMITLESS</b> Limitless means all kids of all needs have a place they belong!	<b>Science Week</b> From May 21 - May 25 Join us for an exciting week of cool science experiments!
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## "POST-TRAUMATIC STRESS DISORDER: A FAMILY AFFAIR"

- What is PTSD and how does it affect the family
- Effects on family functioning
- Effects on the children
- Support and treatment

For military spouses, members, veterans and community service providers.

Part I: May 18th, 2018

Part II: May 24th, 2018

From 2:00 to 4:00 PM

At the Trenton MFRC

To Register: [mona.l@trentonmfr.ca](mailto:mona.l@trentonmfr.ca)

PRESENTED BY:  
LINDA READE, M.A., R.S.W., R.P.



### Deployment Cooking Class – Indian Food

Whether you are preparing for your spouse to deploy; welcoming them home; or just wanting to meet others in your military community, you're welcome to join the Deployment Cooking Class! May 30, 2018 6 – 7:30 p.m. at the 8 Wing Chapel  
When registering, please indicate if you need childcare including the number of children and their ages. Space is limited!  
Please register by May 25: [kendra.b@trentonmfr.ca](mailto:kendra.b@trentonmfr.ca).

### Picasso & Pinot

Come and have a fun evening with friends or family!  
\*No artistic experience required  
Sip wine, beer or non-alcoholic beverages as you and your classmates get step-by-step instruction of that evening's painting that you will take home.  
When: Wednesday, May 30, 2018 Time: 6 - 8:30 p.m.  
Where: Astra Lounge

Cost: \$30/class, includes the canvas, brushes and paint, bring an apron or an old shirt (Minimum 10 people, maximum 20 people)  
Register & pay at the Trenton MFRC reception by May 24 (no refund after this date).

### 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.

### 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@trentonmfr.ca](mailto:kelly.b@trentonmfr.ca) by May 23, 2018.  
When registering, please indicate if you need childcare including the number of children and their ages. Space is limited!  
Please register by May 25: [kendra.b@trentonmfr.ca](mailto:kendra.b@trentonmfr.ca).



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Deployment Cooking Class  
Topic: Indian Food

May 30, 2018  
6:00-7:30 pm  
8 Wing Chapel  
Free  
Registration Deadline: May 25  
[kendra.b@trentonmfr.ca](mailto:kendra.b@trentonmfr.ca)

Class de Cuisine | le 30 mai 2018 | 18h00 à 19h30  
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 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

# New commander for Royal Canadian Air Force

Content courtesy of the Royal Canadian Air Force

Command of the Royal Canadian Air Force changed hands at a ceremony held May 4, 2018, in Ottawa.

The new commander of the RCAF, Lieutenant-General Al Meinzinger, assumed command from Lieutenant-General Mike Hood at a ceremony held at the Canada Aviation and Space Museum in Ottawa and presided over by General Jonathan Vance, chief of the defence staff.

"I am deeply honoured to accept command of the Royal Canadian Air Force from Lieutenant-General Hood, who has led the RCAF and served his country with passion, commitment and vision," said Lieutenant-General Meinzinger. "I am privileged and proud to lead the members of this distinguished national institution. I assume this command with the knowledge, however, that we have much work left to do and that, as we move forward, 'People, Policy, Program and Posture' will be our anchor points."

Lieutenant-General Meinzinger enrolled in the Canadian Armed Forces in 1985. In 2006, he assumed command of 403 Helicopter Operational Training Squadron. In 2011, he deployed to Kandahar, Afghanistan, to command Canada's Joint Task Force-Afghanistan Air Wing, overseeing the final phase of Air Wing support to combat operations. In July 2013, he took command of Royal Military College of Canada in Kingston, Ontario. Upon promotion to major-general in May 2015, he was appointed deputy commander of the RCAF. In March 2017, he was appointed as director of staff, Strategic Joint Staff. He was promoted to his current rank on April 20, 2018.

"I want to thank Lieutenant-General Hood for his outstanding leadership throughout a truly distinguished career," remarked General Vance. "Earning command takes years of hard work and dedication, and that same work ethic has been apparent during his tenure. Lieu-

tenant-General Hood's efforts have positioned the Royal Canadian Air Force to meet the operational challenges we will face for years to come. As he passes command to Lieutenant-General Meinzinger, I am confident that same level of excellence will continue. I am equally confident that Lieutenant-General Meinzinger will command the RCAF with skill and dedication in the years to come."

The RCAF provides the Canadian Armed Forces with relevant, responsive and effective air power capabilities to meet the defence challenges of today and into the future. The Commander of the RCAF ensures that trained personnel, along with the necessary equipment and support, are available and ready to carry out air operations in Canada, in North America and around the world when called upon by the Government of Canada. The RCAF provides support to organizations such as the Royal Canadian Navy, Canadian Army, Canadian Joint Operations Command, NORAD, NATO and the United Nations.

The RCAF comprises 13 wings as well as other entities, located across Canada. The wings conduct Air Force operations and training under the direction of the commanders of 1 and 2 Canadian Air Divisions (as well as the Canadian NORAD Region). In addition to 1 and 2 Canadian Air Divisions, the RCAF Aerospace Warfare Centre has recently been confirmed as the third pillar of the RCAF's organization, driving change and enabling innovation and transformation.

The RCAF includes approximately 12,000 Regular Force personnel and 2,100 Air Reserve personnel (Primary Reserve and officers of the Cadet Instructor Cadre). Approximately 1,500 civilian public servants are employed within the RCAF organization.



Photos by Corporal Alana Morin  
 Command of the RCAF changed hands on May 4, 2018, in Ottawa. From left are incoming commander, Lieutenant-General Al Meinzinger, the chief of the defence staff, General Jonathan Vance, who presided over the ceremony, and the outgoing commander, Lieutenant-General Mike Hood.



Accompanied by the parade commander, Major Peter Butzphal, Major-General Al Meinzinger, deputy commander of the Royal Canadian Air Force, inspects the airmen and airwomen on parade during the national Battle of Britain ceremony held September 18, 2016, at the Canada Aviation and Space Museum in Ottawa. On May 4, 2018.

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