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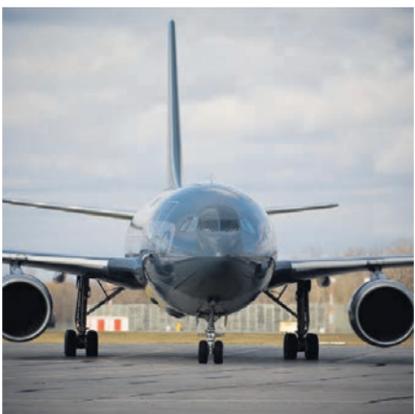
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## LOGISTICS BRANCH 50<sup>th</sup> ANNIVERSARY

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# Invisible Ribbon Gala raises over \$118,000 for Trenton MFRC



Photos by Makala Chapman  
8 Wing Commander Colonel Mark Goulden speaks to the crowd at the 14th annual Invisible Ribbon Gala at the National Air Force Museum of Canada on May 12.

By Makala Chapman

The Trenton Military Family Resource Centre (MFRC) has once again raised some much-needed funds through this year's Invisible Ribbon Gala.

Now in its 14th year, the charitable event brought together both the military and civilian community for a night of fun at the National Air Force Museum of Canada on May 12.

In addition to all the glitz and glamour, thanks to actors from the Stirling Festival Theatre, guests were treated to a series of live performances that put the spotlight on Canada's rich aviation history.

Donning historic garb, the performers took on the roles of flight instructors, military personnel and their family members, as guests stopped to interact with the actors. It was also certainly a night

of education as the characters managed to weave facts about the aircrafts on display into their narratives.

Shortly before dinner was served, the Trenton MFRC's executive director Tamara Kleinschmidt took to the podium to welcome guests.

Pausing for a second to take in the moment, she looked out into the crowd and expressed her sincere appreciation for the hundreds in attendance.

"We have the best community in Canada," said Kleinschmidt with a smile. "It is because of community partners, sponsors, donors and volunteers that we are able to do everything that we do for military families."

Continued on page 9



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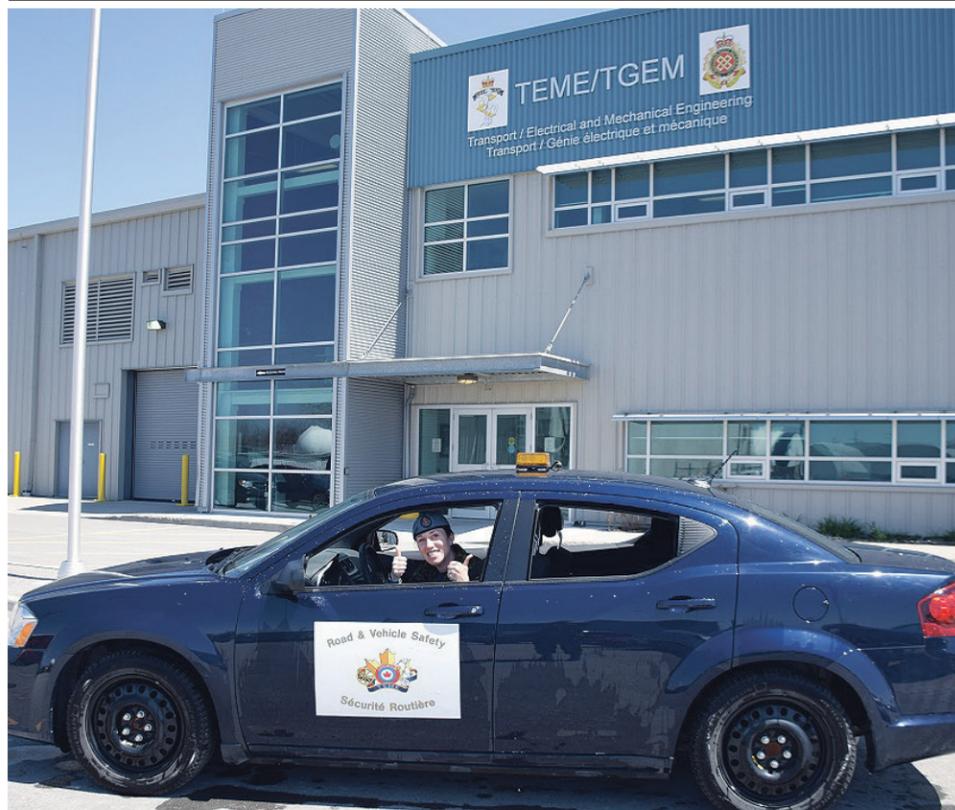
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# Photos of the Week

## Road and Vehicle Safety Week



Content by Master Corporal Kathleen O'Connor

8 Wing RVSS geared up for Road and Vehicle Safety Week from May 14-18, with this year's theme: "Are You Fit to Drive?" Members of RVSS conducted patrols this past week, checked permits and spoke with members of 8 Wing about distracted driving, mental health, impaired driving (drugs and alcohol) and shift worker fatigue.

Photo submitted by Master Corporal Kathleen O'Connor

## Mission Support Squadron



By Petty Officer Second Class (PO 2) Israel Wong

On May 11, Corporal Annie Lavoie-Lopez and Ms. Tammy MacIsaac were busy preparing the night meals required for the day, at the Yukon Galley.

Photo by Petty Officer Second Class Israel Wong

## OPP Veterans' Association



### Contact News

More than a dozen members of the OPP Veterans' Association stopped in at 8 Wing Trenton for a tour on May 16. During their visit, they got a behind the scenes look at 426 (Transport) Training Squadron's Air Mobility Training Centre (AMTC). Pictured here, members take a look inside a portion of a CC-130 Hercules that is used for training at the AMTC.

Photo by Makala Chapman

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## Farewell Sergeant Harries

Contact News Photo by Submitted



The 8 Air Reserve Flight (8 AR Flight) has recently acknowledged the retirement of one of their own, Sergeant John Russell Harries. He was honourably released after 42 years of service (21+ years in the Primary Reserve). Sgt. Harries is one of 16 other members set to retire this year from 8 AR Flight.

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# U.S. exchange pilot reflects on his time at 8 Wing Trenton



Photos by Makala Chapman  
Major Phil Krauss thanks his colleagues at 437 Transport Squadron for having him be a part of the team on his final day on May 11, 2018.

By Makala Chapman

After more than three years on exchange in Canada, U.S. military pilot Major (Maj.) Phil Krauss says he's sad his time at 8 Wing Trenton has come to an end.

Having served as a pilot leader at 437 Transport Squadron, he added he had already requested an extension to his exchange when he was first due to return home late last year. But this time he noted he and his family would actually be making the trip back home to the Chicago area.

As for why he's so reluctant to leave, Maj. Krauss expressed that the answer was simple.

"We love it here," he said. "At first it was tough getting all settled in, but once we were, everyone was so nice and helpful. Everyone was so willing to help us and that's the first thing we noticed."

He added the move would be especially hard for his young daughter who not only attended a local school, but also participated in hockey and dance lessons during her stay.

As for what he's personally going to miss the most, Maj. Krauss said it would be his colleagues in the squadron.

"I just want to thank everyone for being such good friends, helping us and really making us feel a part of the unit," he said.

When asked to describe the past three and

a half years in Canada, he explained that the time had flown by and he wished he could have had just one more year with the 'Huskies'.

But he added he wouldn't be going home empty-handed as he now has a lifetime of memories and experiences to cherish.

Among his most notable adventures, Maj. Krauss said getting to meet the prime minister, as well as helping transport Syrian refugees in 2015 were at the top of his list.

"It was an amazing experience," he said reflecting on the humanitarian mission. "It also was extremely humbling."

As for whether he would recommend the military exchange program to future prospects, he said he most certainly would.

"Allied relationships are extremely important because we go into combat together and we need to have those relationships established prior to that," he explained. "I think this exchange is really helping that. It's also an excellent experience to get out of your comfort zone and do something totally different, but also somewhat similar."

Prior to Maj. Krauss' departure, 8 Wing Commander Colonel (Col.) Mark Goulden stopped by the squadron headquarters to offer his thanks and to offer Maj. Krauss a commander's coin for his service.

"There's no relationship in the world that's better than the one between the

United States and Canada," Col. Goulden explained, "and you Phil help solidify that relationship for us."

He then went on to share that the military exchange pilot had served three deployments in Iraq and had been an invaluable member of the 8 Wing Trenton team.

Maj. Krauss then thanked Col. Goulden and told him his exchange in Canada had been one of the best assignments he and

his family have ever had. As for his plans upon his return home, he noted his family's dream home (that they left behind when they first came to Canada) currently awaits them and will need a little attention.

"I can't wait to get back and start on some home improvement projects," he said with a smile, "We love that house."

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## Vimy/VE Day and Battle of Atlantic recognized

By Warrant Officer Darryl O'Rourke

8 Wing Trenton is doing its part and currently serving members, to honour those who made along with the public on a bright the ultimate sacrifice during the and sunny day. First and Second World War. Lieutenant-Colonel (Lt.-Col.) Members of 8 Air Maintenance Squadron (8 AMS) attended a parade meant to commemorate the Battle of Vimy Ridge, the Battle of the Atlantic and Victory in Europe (VE Day) on May 6. The event was held at the Belleville Cenotaph. The commemoration ceremony was well attended with veterans

Lieutenant-Colonel (Lt.-Col.) Todd Murphy and Chief Warrant Officer (CWO) Scott Creamer had the distinct honour of laying the 8 Wing wreath at the foot of the cenotaph.

Fifteen 8 AMS members were in attendance and were able to pay tribute to the many men and women killed or wounded in the battles.

Photo by Pat Hope

Lieutenant-Colonel (Lt.-Col.) Todd Murphy and Chief Warrant Officer (CWO) Richard Scott Creamer of 8 Air Maintenance Squadron lay the 8 Wing Trenton wreath at the Belleville Cenotaph on May 6, 2018.



## Safety

# Staying sharp around blades



Each year hundreds of workers cut their fingers or hands. They do this in many ways such as paper cuts from office filing jobs, and large wounds from aluminum sheaving and jacketing. But the most common cause of lacerations is the simple misuse of a box cutter.

Most companies have safety rules to prevent box cutter injuries, but sometimes these rules are ignored.

### Cutting open bags or bulk packs

- Always wear leather gloves.
- Never cut towards yourself.
- Never hold the knife in your hand after you have made a cut or while dumping the bag.
- Ensure you cut on the side of the item. Always start at the location of your body position and cut in a direction away from your body.
- If the bulk pack has straps, hold the strap below where you are making the cut.
- When cutting the outside of a bulk pack, make your bottom horizontal cut first. Use a new blade to ensure a smooth cut. Walk with the knife and keep clear of the cutting edge. Then make your vertical cut with both hands on the knife for control. Stand in front with your legs spread two or three feet and keep clear of the knife.



### Cutting insulation aluminum jacketing:

- Always wear cut-resistant gloves.
- Aluminum jacketing must be secured in place to prevent movement while cutting.
- A straight edge should be secured in place to use as a guide for the knife to follow. Minimum is a quarter inch thick.
- Always cut away from your body.
- Here are two other important pieces of advice for safe cutting: Keep your mind on your work, and always close the knife when you are finished. Use self-retracting cutters and other safety cutters when possible. These cutters are generally safer than fixed blade cutters.

The cost of violating the rules ranges from painful cuts and stitches to the amputation of a finger or thumb. Most of these injuries could be prevented if simple safety procedures were followed.

## 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.

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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.



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# 8 Wing Chapel celebrates 20th anniversary

By Makala Chapman and Lieutenant (N) Mary Anne VanHeuvelen

The 8 Wing Chapel has been a longtime fixture in the community and is celebrating its role as a sanctuary for all those who have entered its doors over the last two decades.

Dozens of guests and regular attendees gathered at the military chapel to recognize the establishment's 20th anniversary on May 13.

The event was complete with a cake, a special message from 8 Wing Commander Colonel (Col.) Mark Goulden, as well as a visit from Bishop Scott McCaig, the Bishop of the Military Ordinariate of Canada.

In his speech, Col. Goulden thanked the chaplain's team for the spiritual support they provide on a daily basis to not only military members, but also to their families.

"The people that work in this church and support the people are key enablers to our operations," he said. "Without the family and support of the community, we simply would not succeed in our mission."

He then proceeded to present members of the church with the 8 Wing Commander's Commendation certificate as a thank you for their service.

Also taking to the pulpit to share his thoughts on the chapel's milestone was Wing Chaplain Major (Reverend) Richard Bastien.

In his speech, he gave a brief history of the chapel, noting that it first opened at its current location in 1998.

The 8 Wing Chapel currently is home to the Protestant Chapel of St. Clement Astra and Our Lady of Peace Catholic Chapel.

"When I arrived in Trenton last summer, I quickly noticed the dedication and faithfulness of this community," he said. "I was very impressed and would like to highlight this celebration as your day and to celebrate the (community)."

Keeping up with the spirit of festivities, the 8 Wing Chaplains' Benevolent Fund was also officially unveiled by Lieutenant (N) Mary Anne VanHeuvelen, who serves at the Wing as a Padre.

The small fund was designed to be used to help out military members of the Department of National Defence (DND)/Canadian Armed Forces (CAF) and their families, currently serving at 8 Wing Trenton, when faced with times of unexpected crises.

Some of the unexpected circumstances individuals can find themselves in could include a fire, flood, or other unexpected situations.

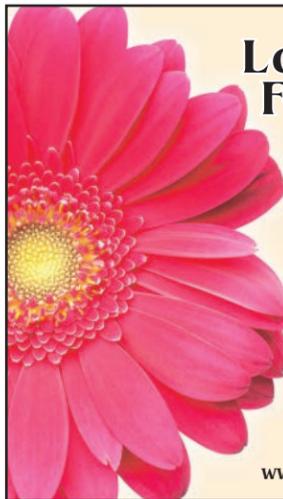
The fund is accessed through any chaplain serving at 8 Wing Trenton, and is available on a 24-hour basis through the Duty Padre.

All of the money in this fund is provided through donations, either by individuals or units/squadrons/branches, which also included a generous donation of \$450 by 8 Wing Trenton's Aerospace & Telecommunications and Engineering Support Squadron (ATESS).



Photos by Makala Chapman

8 Wing Trenton Commander Colonel Goulden (middle) presents members of 8 Wing Chapel's different faith groups with the Wing Commander's Commendation certificate on May 13, 2018.



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# 'Huskies' celebrate mission milestone



Photo: Cpl Vicky Lefrancois

A CC-150 Polaris Airbus from 437 Transport Squadron in Trenton provides air-to-air refueling to CF-18 Hornet fighter aircraft from 409 Tactical Fighter Squadron on their transit from Cold Lake, Alberta to Elmendorf, Alaska in preparation for Exercise VIGILANT EAGLE 13 on August 25, 2013.

By Makala Chapman

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A squadron known for its air-to-air refueling capabilities is celebrating a recent milestone.

On April 30, 437 Transport Squadron officially conducted their 1,000th sortie (mission) during Operation IMPACT – an initiative that Canada's military has been a part of since 2014.

Operation IMPACT is Canada's official offer of support to the Global Coalition – an international group comprised of more than 74 countries committed to defeating Daesh, an extremist jihadist group also known as the Islamic State of Iraq and Syria (ISIS).

While Canada offers its support in the form of training, as well as medical services, one of their most important roles is as in-flight refueling specialists.

Tasked with ensuring nations like the UK, France, Italy, Germany, Australia and the US's aircrafts remain fueled for their long treks across the Middle East, 437 Transport Squadron's CC-150T Polaris has delivered just under 60 millions pounds of fuel since 2014.

Speaking out on how proud he was of the squadron's achievement was 437's commanding officer Lieutenant-Colonel (Lt.-Col.) Leif Dahl.

He noted that since his squadron is only 84-members strong, many of his men and

women are serving their third and seventh deployments overseas since 2014.

"I'm proud of what they do both in Kuwait and here in Canada," he explained. "The teamwork is amazing and the thing I'm most proud of is how people support each other in this unit, at work and on the family front."

Moving forward into the future, Lt.-Col. Dahl added he was certain his squadron would continue to deliver the same top-notch service they always have until they reach their next milestone.

Also speaking on the squadron's accomplishment after his recent return from deployment in Iraq was Major (Maj.) Stephen Hinks.

In the last three and half years, Maj. Hinks has flown over 145 of the 1,000 refueling missions and said he was honoured to have done his part to serve the Coalition.

He added that while deployed, he and his colleague Maj. Stephen Aston were the lucky crew to have conducted the 1,000th air refueling mission.

"It was a pretty momentous event," he said. "It really took the partnership with the pilots, navigators, loadmasters and the civilian partners to make this happen."

As for how the milestone mission went, he noted it couldn't have gone smoother and things went off without a hitch.

Maj. Hinks went onto speak to the significance of teamwork and noted he was especially grateful to the civilian staff members that have actively chosen to deploy overseas to maintain the aircrafts over the years.

As for why air refueling is critical, Maj. Hinks explained it was the most time efficient way to help ensure aircrafts are able to remain in the air and on target.

"At any given time there's 10 tankers airborne in the whole operation area around the clock," he said. "On our end, it's a lot of precise timing and flying to ensure we are at the right place for the receivers."

During a recent trip to 437 Transport Squadron, 8 Wing Commander Colonel (Col.) Mark Goulden also offered his words of thanks and congratulations.

He noted the 1,000th mission symbolized more than just the squadron's ability to deliver results, but also their "individual sacrifices."

The CC-150T Polaris is capable of storing up to 150,000 pounds of fuel and can simultaneously fuel two aircrafts, such as US fighter jets, in about 15 minutes.

In addition to refueling operations, 437 Transport Squadron is also responsible for transporting VIPs, like the prime minister, as well as military personnel.

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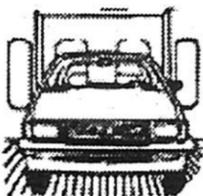


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# Sports & Recreation



## InterSection Sports:

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- 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
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### 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](mailto:Caroline.Houle-Laporte@forces.gc.ca)



8 Wing Trenton- Sports

## Golf Team 2018 Équipe de Golf 2018

The 8 Wing Trenton Golf Team is looking for **5 men** and **2 women** in preparation of the 2018 Ontario Region Golf Championships on 3-6 Jul held in CFB Kingston. In order to determine the team, **play down** will be held:

- **When:** 11-12-14 June, 2018
- **Where:** Roundel Glen Golf Course
- **Who:** CAF Members

L'équipe de golf de la 8<sup>e</sup> Escadre est à la recherche de **5 hommes** et de **2 femmes** en préparation du Championnat 2018 de Golf de la Région de l'Ontario du 3-6 Jui à CFB Kingston. Pour déterminer l'équipe, des éliminatoires auront lieu le:

- **Quand:** 11-12-14 Juin, 2018
- **Où:** Roundel Glen Gold Course
- **Qui:** Membres FAC

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8 Wing Trenton- Sports

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MLS#119975 • \$350,000

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MLS# 126039 • \$115,000

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3 bed home 5 minutes to CFB Trento and all amenities. New furnace and 3 year old roof.

MLS#125151 • \$225,000

### OPEN HOUSE: FRI., MAY 18TH 5-7PM 6 SCOTT AVENUE



4 bed/2bath bungalow with attached 2 car garage and side yard.

MLS# 126212 • \$250,000

### 14 ACRES 104214 HIGHWAY 7 #A&B



3500 sq/ ft., 5 bed 3 bath, 2 storey with guest accommodations, detached 1.5 garage on 14 plus acres.

MLS# 126000 • \$325,000

### EAST END BELLEVILLE 174 FARLEY AVENUE



3 bed/2 bath brick bungalow with attached garage.

MLS#125012 • \$200,000

### FAMILY FRIENDLY NEIGHBOURHOOD 1 IRELAND DRIVE



3 bed/1bath side-split home, 5 minutes to CFB Trenton.

MLS# 126601 • \$225,000

### RENOVATED BUNGALOW 61 HUNT LANE



3 bed/2 bath, new kitchen, furnace (2011) and more work in progress. Almost an acre lot with detached workshop (old garage).

MLS#125766 • \$275,000





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# Community Events

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## Upcoming local events

**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.

**May 27** – A classic car show in support of the restoration of the Avro Lancaster will be held at the National Air Force Museum of Canada. The event will go from 9 a.m. to 3 p.m. on May 27. Admission to the event by donation and all are welcome to attend. For more information or how to register a vehicle, email: museumcars18@outlook.ca.

**June 9** – Free yoga and creative writing workshop for caregivers of injured military veterans/members. This event will be held at Get Yoga in downtown Trenton from 1 p.m. to 4 p.m. For more information and to pre-register, contact Andrea at amchat-tiechristensen@gmail.com.

**June 16** - Trenton Legion, 19 Quinte St., is hosting a 50's Dance with live band "The Reasons" starting at 8 pm. Advance tickets can be purchased in the Legion Office by calling 613-392-0331. Visit our website at www.rcl110.ca.

# Bellydancing

With Amara

Learn the Timeless Art Form From the Middle East

**Mondays starting May 28, 2018**

To register visit the MFRC Reception.  
For more information call 613-392-2811 ext 2568  
or visit [trentonmfr.ca](http://trentonmfr.ca)



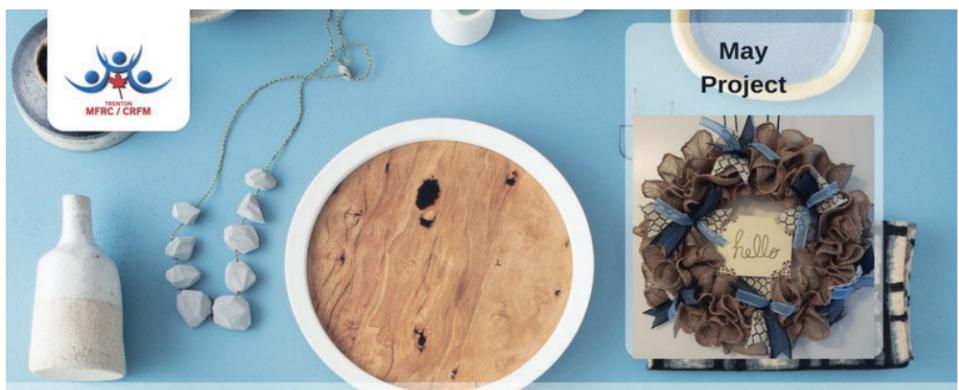
Baladi avec Amara  
Apprenez l'art éternel du Moyen-Orient  
lundi à partir du 28 mai, 2018  
Inscrivez-vous à la réception du CRFM.  
Pour plus d'information, appelez  
613-392-2811 poste 2568 ou visitez  
[trentonmfr.ca](http://trentonmfr.ca)

## Creative Sundays

One Sunday per month  
May 27

**Adults only**  
\$15.00 par personne  
1-4 p.m. @Trenton MFRC  
Register at reception by the Wednesday prior

May Project



**Créations du dimanche**  
le 27 mai

**Seulement les adultes**  
\$15 par personne  
13 h à 16 h au CRFM de Trenton  
Inscrivez-vous à la réception le mercredi avant l'activité

## " 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.





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Volunteer Linda Blanchette with longtime volunteer coordinator Wendy Synnott at the Invisible Ribbon Gala on May 12, 2018.



Trenton Military Family Resource Centre's executive director Tamara Kleinschmidt welcomes guests to the Invisible Ribbon Gala on May 12.

**Continued from page 1**

She then went onto give a special thanks to the several corporate donors, such as aviation giants Lockheed Martin, the Boeing Company, as well as local business You Make Me Smile Dental Centre and the many more who made large financial donations to the MFRC. In the spirit of celebrating military families, gala members also heard from Susan Ross and Michelle MacKay, both military spouses and managers of Trenton's Scotiabank branch. In her speech, MacKay shared the difficulties and challenges she had once faced as a mother whose husband was often on deployment. She noted that as a result, her family had gone through many hardships trying to understand

and adjust to the constant changes in their lives. But once she got connected with the MFRC, that's when she said things began to change and she never felt alone in her journey as a military spouse. As the gala's title sponsor, she then went onto explain that Scotiabank was happy to be a proud supporter of the MFRC in helping military families prepare and to "expect the unexpected" Continuing with the theme of recognizing the contributions of those who have helped make the lives of military families easier, Kleinschmidt called the MFRC's longtime volunteer coordinator, Wendy Synnott, to the stage. Without hesitation, the room stood to their feet and applauded the military spouse and friend to military families

for her two decades of service to the community. Humbled by the honour, Synnott noted she wished to share the credit with all those who she has worked alongside over the years. "I honestly think that the success I had in this job is really the people I worked with," she said. "Whether it's my co-workers or the volunteers, they are what have made this job really wonderful." It was also announced at the gala that Synnott would be retiring from her position as volunteer coordinator as of June 1. But worry not, Synnott was quick to share that the community hasn't seen the last of her and she would be sure to return to the MFRC as a volunteer. "We're all going to miss Wendy," ex-

plained Kleinschmidt. "She is very much the heart and soul of an organization that has a massive heart. She is our voice of reason at times, a calming voice and the person that brings all the emotion and commitment to families that only a military spouse can really bring." While the name of the new volunteer coordinator set to take over for Synnott has not officially been released, Kleinschmidt noted she was confident the community would be in good hands. Following the gala, it was officially noted that the event raised a total of \$118,492 for the MFRC's various programs and services.

# Home of the Week

Your Building Renovation Experts



Although the exterior finishes of this attractive bungalow lend it a traditional charm, inside it offers all the modern conveniences that today's home-owner requires.

Entry is through a covered porch with an 11-foot ceiling, into a foyer with the same lofty ceiling height. To the right is a doorway to the double garage. To the left is the den or second bedroom, and nearby is a coat closet. Directly ahead are the open-plan living-dining area and kitchen.

The living room features a gas fireplace, set at an angle in one corner to save space, as well as large windows. The adjoining dining area

includes French doors that open onto a patio, with the back garden beyond.

The L-shaped counter configuration in the kitchen, separated from the living and dining areas by a prep island, will spell efficiency for the cook. The window over the double sink will let in lots of natural light.

A nook off the living area encloses the washer and dryer.

The master suite, located at the back of the home for privacy, includes a roomy walk-in closet and a three-piece en-suite. Adjacent is a second three-piece bathroom.



Exterior finishes include decorative woodwork over the garage door, horizontal siding, and shingle accents in the gables, as well as brick accents and painted trim.

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## May 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 Hello Wednesday Deployment Cooking Class (Indian Food) Picasso & Pinot	31 Mental Health First Aid Mindfulness Pops & Tots Essential Pet Care	1 JUNE	2
3 Al-Anon	4	5	6	7 Knit & Chat	8	9

● **Bellydancing with Amara**  
Learn the timeless art form from the Middle East  
Mondays starting May 28, 2018  
7 - 8:30 p.m. \$55 for 8 classes  
To register, please visit the MFRC Reception. Payment to be made in cash at first class.  
For more information call 613-392-2811 ext. 2568.

● **Essential Oils Series**  
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@trentonmfr.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 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@trentonmfr.ca.

● **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.

● **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 by May 23, 2018.



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 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)**  
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# A day in an aeromedical training course: A padre's perspective

*By Padre (Capt.) John Funelas*

"To save a life" is a caveat for all, and by trade, applies uniquely to both medical practitioners and padres. Affirming the dignity of every human being, respecting the sacredness of life, and doing no harm to anyone are primordial principles fully embraced and practiced by both professions. I would venture to say that in the military, members who work in the medical/dental field, as well as chaplains, abide by a common "Hippocratic Oath" and spiritual credo.

As the padre of 21 Aeromedical Evaluation Flight, I learned that the aero-medical evacuation team would play a pivotal role in the soon to be deployment in Mali.

It is with this background that on May 2, I volunteered to be a "patient-casualty" for an orientation flight. This was part of course training for students of 426 Thunderbird's aeromedical evacuation training department (M Flight).

The training was quite the ordeal for me as I struggled to communicate due to loud noises, I also felt ill because of the occasional disturbances and intentional sudden manoeuvres aboard the CC-130J Hercules.

But there were certainly a lot of fun moments during the training. In particular, we got the chance to witness two CF-18 Hornets flying alongside our aircraft, which then allowed us ample photo opportunities. I particularly enjoyed beholding the beautiful and majestic sceneries as I felt a somewhat mystical spiritual connection to na-



*Photo submitted by Padre (Capt.) John Funelas*  
**Students of the aeromedical evacuation flight aboard a CC-130J Hercules conducting medical training on May 2, 2018.**

ture. Isn't there a saying "closer to nature, closer to God?" At the end of the day, the experience made me deepen my appreciation for what the aero-medical branch of the Canadian Armed Forces family contribute to our country. Working as a team in challenging situations, from loading a patient to ensuring that all her/his needs are taken care of, and administering necessary medical procedures are all just part of their routine job. The work they do also requires more than just top-notch training, but also an intense dedication to an aero-medical vocation. Maybe one day I could very well be serving with the aeromedical evacuation team in a theater of operation, but until then, getting familiar with what they do on a daily basis has definitely enriched my capability as their padre.

A special thank you goes to Lieutenant-Commander Pouliot, Captain Wolf, Captain Maccallum, Warrant Officer Simoneau, Master Corporal Pret-Lescard, the students, and the top-gun pilots Captain Jackson, Captain Geras, and loadmaster Corporal Jay for a day of worthwhile adventure.

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