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Hundreds enjoy annual Batawa Easter Egg Hunt



Photos by Makala Chapman
 Hundreds of children descended upon the Batawa Community Centre for the 18th annual Batawa Easter Egg Hunt on March 31, 2018.

By Makala Chapman on March 31. Promising a little something for everyone, children were kept entertained with free face painting, animal balloons, colouring contests and a chance to get their picture taken with the Easter bunny. Also at the event were all ages stop by the Batawa Community Centre for a morning of fun

Quinte Paramedic Services, who gladly gave visitors tours of their vehicles and equipment. Laughter filled the air as children excitedly rushed to feed animals, like miniature horses and ducks, from a visiting petting zoo.

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A young girl gets her picture snapped with the Easter Bunny on March 31, 2018.



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Free yoga for caregivers of veterans and first responders

By Makala Chapman

A local Trenton woman is organizing a mini retreat for the caregivers of injured veterans, first responders and military personnel.

Andrea McHattie-Christensen, who also happens to be a veteran's spouse, said caring for one's self is just as important as caring for a loved one suffering from a mental or physical injury.

To help promote her message of self-care, McHattie-Christensen has partnered with yoga instructor Katie Bushie of Life Spark Holistic Coaching and Wellness.

Together they will run a free two-hour yoga, mindfulness and wellness session in downtown Trenton at Get Yoga on April 22.

"You don't have to have ever done yoga in your life," said McHattie-Christensen.

As for why she wanted to help create this event, which she has dubbed 'Renew,' McHattie-Christensen said it stemmed from her own experience of living with a veteran who was diagnosed with Post-traumatic stress disorder (PTSD) more than a decade ago.

"If they have a psychological or physical injury, it can be very isolating and you can spend a lot of time feeling like you're completely alone," she explained. "You can also get to a place where you tend to identify yourself by your spouse's injury."

She went on to add that while it's important to have a safe place and group of people to talk to about the difficulties one may be facing with their spouse or veteran, McHattie-Christensen said she hopes people will make the retreat about themselves.

Another inspiration for starting a local event for caregivers stems from her own experience at the annual Canadian Veterans' Winter Sports Clinic held at the Calabogie Peaks Resort.

For the past four years, she and her husband have taken part in the free winter clinic, which is run by Ottawa's Canadian Adaptive Snowsports - National Capital



Photo by Makala Chapman
Participants taking part in yoga at the Quinte West RecPlex in fall 2017.

Division (CADS-NCD). CADS-NCD pays for the ski equipment and lessons for the injured veteran and one guest of their choosing (usually a caregiver or spouse).

In addition, their lodging and meals are also taken care of while they are guests on the retreat.

"That week was just as much about me as it was about him and I didn't have to worry," she said. "There needs to be more of these kinds of things (for caregivers and spouses) because we live with the injury everyday just as much as they do."

She said she hopes her mini retreat will be the first of many and those attending will benefit from an afternoon of focusing

on the positives and on themselves.

In addition to the caregivers and spouses of injured veterans and military personnel, McHattie-Christensen added those looking after injured first responders are also eligible for the mini retreat.

Space is limited for this event and inter-

ested participants are asked to contact McHattie-Christensen at 613-394-1328 or through email at amchattiechristensen@gmail.com

The event will run on April 22 from 1:30-3:30 p.m.

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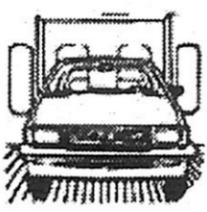
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The Contact produces news and information about 8 Wing/CFB Trenton at home and around the world. We depend on our military community for articles, personal stories and photos.

- 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

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- 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.

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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

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Staff at the Trenton Military Family Resource Centre celebrate another successful Batawa Easter Egg Hunt on March 31, 2018.



A young participant and her mother smile after collecting their eggs at the 2018 Batawa Easter Egg Hunt.



Seven-year-old Samantha Crowther and Quinte West OPP's Constable Derick Osmond at the Batawa Easter Egg Hunt on March 31, 2018.

Continued from page 1

Inside, the smell of fresh pancakes and sausages hitting the griddle was also hard to miss as members of the Batawa Lions Club were kept busy serving up breakfast to all the hungry families. Helping snap pictures of the event was Dan Shell, the communications coordinator for Batawa Ski Hill and Batawa Development Corporation. He noted he couldn't have been happier with how things were going and how many people showed up for the event. "It's a really neat opportunity for the entire community to really get together," he explained. "It's become this amazing event for people to enjoy and we appreciate getting to help be a part of running it and see all the smiling faces." Shell went onto add that he was excited to see a number of military families in attendance and noted their presence just added to the whole event. "The military families are such a

big part of the fabric here in the Quinte area and not just in Trenton," he said. As for how much work goes into running an event capable of hosting hundreds of people, Shell said it would not have been possible without the support of all the volunteers and community partners. To ensure things went according to plan, more than 2,400 Easter eggs had to be hidden outside the Batawa Community Centre, 700 goodies bags had to be handily lled and each activity offered at the event had to be monitored and run by a volunteer. "The amount of help that goes into ensuring we can put this event on, from setting up tables and chairs to making sure the eggs are out is huge," said Shell. "Everyone's done an amazing job." Also returning for their second year to help run the event was the Trenton Military Family Resource Centre (MFRC).

Tasked with helping run things like the face painting station, the Easter photo booth and both Easter egg hunts, the MFRC put in their fair share of work. Speaking on behalf of the non-profit organization was the communications and development coordinator Devon Taylor. She explained that when the Batawa Lions Club first extended the invitation to the MFRC to be a part of the event, the decision was an easy one. "We couldn't say no because this is a fun, family event and we're happy to be part of a great partnership," she said. "I also think it's very important for (military) families to be a part of this because they get to integrate, socialize and be a part of the community as a whole. That's what we strive to do at these events." As for her favourite part, Taylor said it was getting to see the smiles on the children's faces just moments before the Easter egg hunt begins and how much joy the event brings to everyone. Also at the event, taking the time to admire the emergency service vehicles on

display, was seven-year-old Samantha Crowther and her grandmother. When asked what one of her favourite Easter treats was, Crowther took a moment to pause and shyly answered it would have to be chocolate. As for Crowther's grandma, LeeAnne Lister, being at the Batawa Easter Egg Hunt with her granddaughter was more important than any kind of chocolate. "This is one of our first Easters together," Lister said with a smile on her face. "I've known my granddaughter since she was born, but mostly through FaceTime and talking on the phone since she used to live out in B.C. and I live here." Since moving to Ontario just over a year ago, Lister said she's been enjoying getting the opportunity to spend more time with her granddaughter. "I read about this event in the newspaper and I thought she would love to come," she said. "This is so great for the community, it's fun the kids and us grandparents too."

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Team 8OSS the defending curling champions

By Makala Chapman

8Wing Trenton's curling league is celebrating the end of the season with a win.

A handful of spectators came out to watch as team 8OSS snatched a 6-2 win over their opponents 123SET at the Trenton Curling Club on March 27.

Both teams demonstrated strong skill sets and it was evident that the finals weren't playing host to a group of rookies.

Carefully watching each play made by the opposition was 8OSS team captain Warrant Officer (WO) Charles Hatfield. He noted some of his team's strong suits included their consistency and camaraderie.

"I'm very proud of the team," he said. "We've gotten this far and we're just having fun."

WO Hatfield went onto add that he was also grateful to the base for offering sports, like curling, and invited any member to give it a try next season.

"I don't know too many other organizations that would allow us to do this," he said. "Being allowed the time off to play for intersection curling assists us in the team building department. Additionally, (it) fosters community spirit as we rent the ice from the Trenton Curling club and get the opportunity to meet their staff."

Also cheering on his teammates was Corporal (Cpl.) Ken Beliwicz from team 8OSS.

Having only just started curling with the 8 Wing Trenton team this season, he noted he's had a great time learning from his teammates and refining his skills.

"It's a lot harder than I thought it would



Photo courtesy of Corporal Ken Beliwicz
Team 8OSS snatches a 6-2 win over their opponents 123SET at the Trenton Curling Club on March 27, 2018.



Photo by Corporal Ken Beliwicz
Members of 8 Wing Trenton's curling team at the finals held on March 27, 2018.

be," he said. "You have to judge and factor in things like speed, how far to throw the rock, the heaviness of the rock and all that kind of stuff."

In terms of improving his game, Cpl. Beliwicz said he hopes to be able to find some more time to make it out on the ice next season.

Echoing WO Hatfield, he added he too was also thankful to have the op-

portunity to try new sports and have them be a part of his military career.

"We are very lucky that we get to incorporate sports and team building in our units and across the Forces," said Cpl. Beliwicz. "It's great to just get out, meet some people and have fun."

As for his one regret, he noted it was not starting curling sooner since it's

a great way to stay active and foster camaraderie throughout the military.

Military members and Department of National Defence staff looking for more information on intersection sports can contact the base's military sports coordinator Caroline Houle-Laporte at 613-392-2811 ext. 2349.

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Surf 'n' Turf Relay Race to shine a light on athleticism and community spirit



Photos courtesy of 8 Wing Imaging
Participants in the 2017 Surf 'n' Turf Relay Race get a little muddy as they take part in the running portion of the race.

By Makala Chapman

Adventure and fitness enthusiasts will once again get the chance to challenge themselves at one of the biggest annual relay races in the area.

Originally created in 1987 by a group of Search and Rescue (SAR) technicians looking to test their athleticism and promote friendly rivalry on the base, the 8 Wing/CFB Trenton Surf 'n' Turf Relay Race has since grown into a full-blown community event.

The eight-legged race has previously covered more than 60 kilometres of terrain throughout the Quinte West region and will include activities like running, kayaking/canoeing, mountain biking, road cycling and swimming.

While on the course, those participating will start at Baker Island Community Centre and make their way through the hills of Frankford, the trails of Batawa and in and around RCAF Road and Bain Park in Quinte West.

Those registering for the race can do so individually, as pairs or in teams of up to eight members.

Reflecting on the success of last year's event was Captain (Capt.) Hélène Gauvin, this year's chair for the Surf 'n' Turf Relay

Race planning committee.

While this year's course is still undergoing some final changes, she said participants can expect a similar format and noted the race will take several hours to complete.

But while more than 500 people rose to the fitness challenge at last year's event, she is hoping even more will come out this time around.

The relay race, like in previous years, will be open to both the military and civilian community.

"This event unfolds in the community and is supported by the community, so it's nice to be able to give them the chance to be a part of it," she said. "It's also a great opportunity to promote (8 Wing Trenton) and our presence in the area."

Having competed in last year's event with her squadron, 2 Air Movement Squadron, Capt. Gauvin said it was a great experience considering she loves outdoor activities like biking, swimming and cross-country running.

"The team support and all around laughs was great and a lot of fun," she said. "Even when I was running I was getting a lot of encouragement. Overall we just wanted to promote well-being and people living a healthy life."

While some equipment, such as canoes and

kayaks, will be available for teams to use, Capt. Gauvin noted there would be a limited supply and it was important for teams to plan ahead and ensure they had all the equipment they would need.

In terms of age restrictions, she said the minimum requirement was at least 16 years old and encouraged high school teams to register if they are interested.

The event will take place on June 15 and will commence rain or shine, so participants should prepare adequately.

Those participating in the event solo will be allowed to depart from the starting gate at 8:30 a.m. and teams will be allowed to get their start at 9 a.m.

Following the race, there will be a barbecue and awards given out to the winners at the closing ceremony.

But an event of this magnitude doesn't just plan itself and actually takes a lot of manpower said Capt. Gauvin.

This year's planning committee alone has at least 40 members who have volunteered their time.

"They are all volunteers from the base that do this as a secondary duty," she said. "Everybody has a specific role and if it wasn't for them we wouldn't have an event. It's a great involvement."

As for Capt. Gauvin's advice to those taking part in this year's relay, she said to make sure participants or teams were prepared,

organized and practised.

Those interested in registering for the race can do so online at www.cfbtrenton.com/surfnurf/ or through the CAF connection website at www.caf-connection.ca.

Volunteers looking to get involved can do so by getting in contact with the event's volunteer coordinator, Warrant Officer Frances Gaudet at 613-392-2811 ext. 4750.

They can also contact the event deputy chair Lieutenant Danielle Andela at 613-392-2811 ext. 7570.

Registration for the event will officially be open on April 15.

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April 14 - Trenton Legion is hosting a Spring Fling Dance with live band "The Shadowz" starting at 8 pm. Advance tickets can be purchased in the Legion Office or by calling 613-392-0331. Visit our website at www.rcl110.ca.

April 21 - The Quinte Branch of Ontario Genealogical Society presents "United Empire Loyalists - applying for UEL standing" workshop hosted by Peter and Angela Johnson UE. Held at Quinte West Public Library, 7 Creswell Dr, Trenton 1-3 pm. Everyone welcome, bring a friend. Visit www.quinte.ogs.on.ca.

April 22 - "Renew" will be taking place from 1:30 pm to 3:30 pm at Get Yoga in downtown Trenton and is open to anyone who is a caregiver for an injured (physical or psychological) veteran or military member. It is absolutely FREE, and no prior yoga experience is needed. For more information contact Andrea McHattie - Christensen at 613-394-1328.

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 floor lounge. Visit our website at www.rcl110.ca.

WANTED: French and English as a second language teachers

École de langues La Cité inc. is presently recruiting French and English as a second language teachers (university degree and experience required) for the Trenton military base (full time / part time)

École de langues La Cité inc. cherche à recruter des enseignant(e)s de français et d'anglais langue seconde (diplôme universitaire et expérience requis) pour la Base militaire de Trenton (Temps plein/temps partiel)

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Le 12 avril, 2018

10h durant FrancoFun
ou
18h30 ouvert à tous
Au CRFM de Trenton
Inscrivez-vous: 613-965-3575
date limite: le 6 avril

APPRENEZ COMMENT UNE FEMME ORDINAIRE PEUT DEVENIR UNE FEMME EXTRAORDINAIRE

Inspirational Conference (French Only)- April 12, 2018
10 a.m. in the Playgroup OR 6:30 p.m. open to everyone
Registration deadline: April 6. Call 613-965-3575 to register
Trenton MFRC



COMMUNITY CONVERSATION COMMUNAUTAIRE

11-04-2018



Share feedback on past & current programs
Help shape future services

Partagez votre opinion et aidez à façonner l'avenir de nos programmes et services

DANCE WITH FRANCE Ladies Night!

Learn to ChaCha with France's fun choreography!

Mondays starting April 23
6 p.m. to 7 p.m.
\$55 for 8 weeks
At 8 Wing's Officer's Mess (Upper Lounge)

To register visit the Trenton MFRC
Payment can be made by cash, debit or cheque
Deadline is April 16



Danse avec France La soirée des dames!
Apprenez le ChaCha avec la chorégraphie amusante de France
Les lundis débutant le 23 avril
18 h à 19 h
55\$ par personne pour 8 semaines
Mess des officiers 8 Wing

Pour vous inscrire, visitez la réception du CRFM. Modes de paiement : comptant, débit ou chèque.
La date limite pour vous inscrire est le 16 avril



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April 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 Al-Anon	9 Bellydancing with Amara	10 Managing Powerful Emotions	11 Community Conversation: Military Families Portfolio (spouses)	12 Conférence d'inspiration Pops & Tots Knit & Chat	13	14 Babysitting Course
15 Babysitting Course Al-Anon	16 NEW DATE: Portfolio (members)	17 Inter-Comm	18 Inter-Comm Hello Wednesday	19 Mindfulness Essential Oils Cleanse Pops & Tots	20	21 Créer un plan de comportement simple
22	23 Dance with France – Ladies Night	24	25 Picasso & Pinot Deployment Cooking Class	26 Pops & Tots Knit & Chat	27 Invisible Ribbon Online Auction Begins!	28

● Community Conversations – Military Families

Wednesday, April 11
We are hosting a Community Conversation with military families on Wednesday, April 11 from 6 – 7:30 p.m. Let the Trenton MFRC know how we have done this past year; share your opinions, feedback, and ideas. There will be a door prize up for grabs and refreshments will be provided. Please register by emailing amy.l@trentonmfr.ca or by calling 613-965-3575. Child care will be available upon request.

● Conférence d'inspiration - En français seulement

Le 12 avril, 2018

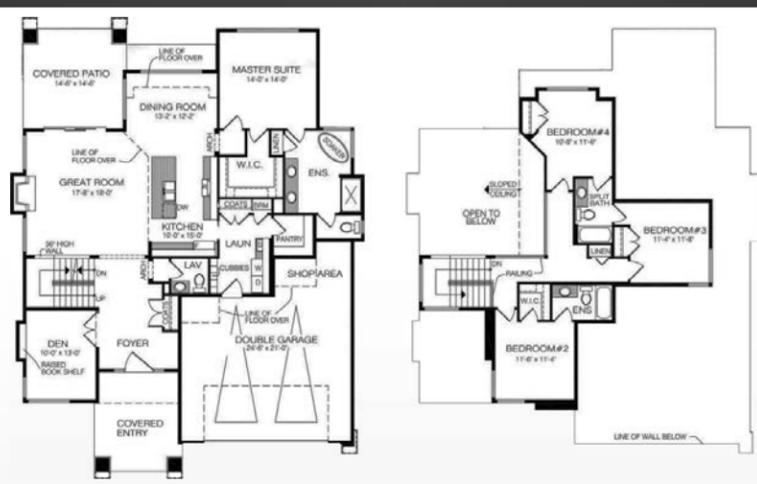
Gratuit Deux présentations: à 10 H, durant FrancoFun dans la salle de jeux à 18H30, ouvert à tous au CRFM
Conférence d'inspiration pour apprendre à prendre soin de soi, pour ensuite mieux prendre soin des autres. Apprenez comment une femme ordinaire peut devenir une femme extraordinaire et devenez une meilleure version de vous-même.
Environ 45 minutes de conférence, ensuite période de questions
Prix de présence sera tiré à la fin de la conférence.
Inscrivez-vous au CRFM ou appelez 613-965-3575 d'ici le 6 avril, 2018.

● Portfolio Development for Military Members **Please note the date change

In partnership with Loyalist College, the Trenton MFRC will offer a Portfolio development session for military members (who have or are medically releasing)
This multi-week course (7-8 weeks) will start on Monday, April 16 from 10 a.m. – 12 p.m., enabling participants to build a portfolio specific to their own goals.
Course fee is covered by the Veteran Family Program.
Subsidized child care may be available but must be requested in advance.
For more information, please contact Elizabeth Nicholas at elizabeth.n@trentonmfr.ca or call 613-392-2811 ext. 3852.

● Portfolio Development for Military Spouses

In partnership with Loyalist College, the Trenton MFRC will offer a spring Portfolio development session for military spouses.
This multi-week course (7-8 weeks) will start on Tuesday, April 10 from 6 – 7:30 p.m., enabling participants to build a portfolio specific to their own goals.
Cost: \$40 – includes manual and supplies
Subsidized child care may be available but must be requested in advance.
For more information, please contact Elizabeth Nicholas at elizabeth.n@trentonmfr.ca or call 613-392-2811 ext. 3852.



PlanNo:7-4-1006

With an unfinished basement, this attractive multi-roofed, four-bedroom home offers lots of room for a growing family.
The covered entry, set of by brick pillars, leads into a spacious foyer with a coat closet to the right. Adjacent, through an arch, is a two-piece lavatory. To the left is a den, featuring a raised book shelf in a bayed-out niche.
Beyond the foyer is the great room, where the double-height ceiling adds a touch of drama and sets this room off from the dining area and kitchen, with nine-foot

ceilings. The great room's sliding glass doors lead to a covered patio and a gas fireplace will cast its glow into the dining area and kitchen.
A prep island with a double sink and dishwasher separates the great room from the kitchen, and will allow the cooks to chat with family or guests while clearing up after a meal. The dining area features large window that look out to the patio and back garden.
A spacious pantry is close to the laundry room, which includes a useful shelf for sorting and folding, as well as a row of cubby holes.
Through another arch is the master bedroom, with a view to the back garden. The spacious ensuite bathroom includes a soaker tub, a shower stall and double basins, always welcome during the morning rush hour. The toilet occupies a separate space.
A U-shaped stairway to the floor is located off the foyer. Upstairs, a railing protects the area open to the main floor. Bedroom No. 2 will be sought after as it features a three-piece en-suite and a walk-in closet. The third and fourth bedrooms share a three-piece bath. A linen closet is close at hand.
Exterior finishes include stucco and wood siding, and windows with painted trim. The entry is flanked by brick pillars, which are echoed by pillars that mark the covered patio in the back.

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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

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Hair Central raises thousands for restoration of Avro Lancaster

By Makala Chapman

The revitalization project dedicated to Avro Lancaster KB882 has local barbershop and salon, Hair Central, to thank for a generous donation.

In an event dubbed 'Locks for Lancaster,' co-owners Susan Blakely and Rob McGregor presented the National Air Force Museum of Canada Foundation with a cheque for \$2,000 on April 4.

To help reach that amount, Blakely and her team of stylists, Candace Quincey and Carole Cormack, got down to business and cut close to 100 heads of hair in just one day.

In addition to the full proceeds of the haircuts going towards the fundraiser, McGregor noted that several community members also chose to give separate monetary donations.

One stand-out donor is local realtor David Weir, who McGregor said offered an additional \$4 for every haircut purchased.

"The response from the community has been really positive," he said. McGregor went on to add that the Lancaster also holds a special place in his heart as it is a living tribute to his father, Sergeant (Retired) George McGregor, who served as a Lancaster tail gunner..

While McGregor explained that his father is no longer alive and rarely spoke about his time on the Lancaster, he said he was sure the restoration of the former Second World War bomber would have made him proud.

"If you know anything about the Lancaster, you know being a tail gunner was a pretty dangerous job," he said. "The causality rate among tail gunners was very, very high as they were often the aircraft's first line of defence."

Having visited the museum to check on the progress of the Lancaster, McGregor said he had nothing but respect for the volunteers working on the aircraft and was thankful for their service.

Having grown his hair out just for the event was Master Corporal (Retired) Rick Jakubiec, a loyal patron of Hair Central.

"I avoided a haircut for weeks and I was starting to look like a scarecrow," he chuckled, "but it was well worth it."

MCpl. (ret'd) Jakubiec added that he couldn't have been happier to see all the support the museum and its projects are getting.

As a museum tour guide, he noted preserving the rich aviation history for younger generations was critical.

"Trenton has a real jewel in the museum," he said. "Let's make this museum grow because everyone can benefit from it."

Accepting the donation on behalf of the museum foundation was vice chair Tom Kupecz.

He noted that any restoration project taken on by the foundation costs thousands of dollars and that every dollar was appreciated.

"The fact that this business, which is right across the street from us, is supporting us is wonderful," he said. "We really like to see the community support."

Kupecz said the money would go towards things like purchasing materials and other parts the Lancaster may end up needing in order to successfully complete the restoration.

The next fundraising event for the restoration of the Lancaster will be a classic car show at the National Air Force Museum of Canada on May 27.



Photos by Makala Chapman

Hair Stylists Carole Cormack and Susan Blakely cutting the hair of patrons who came out to support the Locks for Lancaster event on April 4, 2018.



(from left to right) Candace Quincey, Carole Cormack, Rick Jakubiec, Tom Kupecz, Susan Blakely, Don Hawes, Rob McGregor and Kevin Windsor at the Locks for Lancaster cheque presentation on April 4, 2018.

Photos of the Week

RCAF CELEBRATES 94TH ANNIVERSARY



Content courtesy of the Royal Canadian Air Force

The Royal Canadian Air Force was formed on April 1st, 1924. The RCAF has a long relationship that dates back to the very beginning of the air forces when Canadian air and ground crews joined the Royal Flying Corps to fight during the First World War. This year also marks the 60th anniversary of the North American Aerospace Defence (NORAD) Command. It was signed on May 12, 1958 and is responsible for defending North America's airspace. The RCAF will participate in the centennial celebrations in the United Kingdom this summer.

CF-18 DEMO JET THEME UNVEILED



The 2018 CF-18 Demo Team jet was unveiled on April 3 at 4 Wing Cold Lake. This year's paint theme pays tribute to the 60th anniversary of the North American Aerospace Defence (NORAD) Command. Also, congratulations to 8 Wing Trenton's very own Captain Jennifer Howell who will be travelling with the CF-18 Demo Team throughout the 2018 season as the designated public affairs officer!

Content courtesy of the Royal Canadian Air Force

8 MISSION SUPPORT SQUADRON

By Photo by Master Corporal Jeffrey Onions

Aviator Kristian Sinding, an Electrical Generating Systems (EGS) Technician, at 86 Airfield Systems and Utilities Flight applies a final 60° turn to a connecting rod main bearing of a Deutz F4L 2011 diesel engine. The EGS section rebuilds engine and maintains Mobile Aircraft Arresting System (MAAS), where arrestor gear employs a Deutz engine to rewind the heavy duty tape spool - after the gear has been used to catch and stop an aircraft, upon landing.

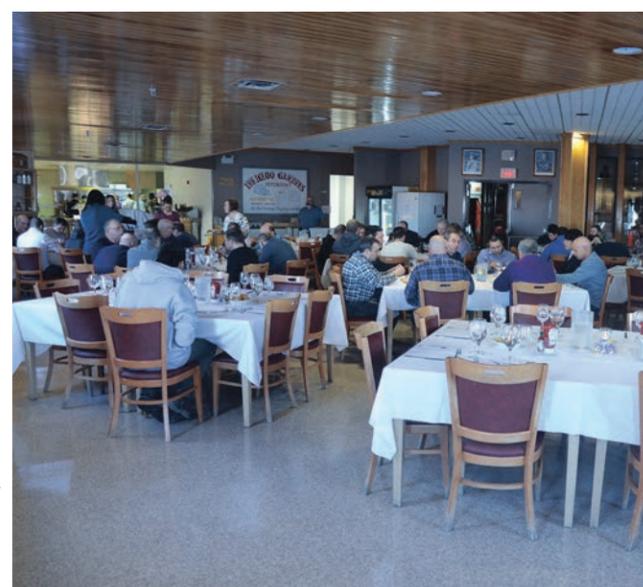
Photo by Master Corporal Jeffrey Onions



Easter at CFS Alert

Photo by Corporal Jay Lapid

Canadian Forces Station (CFS) Alert personnel enjoy a restaurant-style Easter dinner, catered by the Station senior staff and the Nasittuq kitchen staff, Easter weekend 2018.



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