

Members of 8 Wing Trenton inspired on International Women's Day

A record-breaking number of members from 8 Wing Trenton are showing their support for gender equality. Hundreds gathered at the Yukon Galley for this year's International Women's Day luncheon held on March 8. Members of varying ranks from private to commanding officers could all be found participating in the annual event. Those in attendance were treated to a catered lunch and special guest speaker Elizabeth Van Allen, the assistant deputy minister of infrastructure and environment at National Defence. Opening up the event was 8 Wing Commander Colonel (Col.) Mark Goulden who shared that bringing awareness to gender equality was crucial. "The World Economic Forums' Global Gender Gap Report for 2017 tells us that gender parity is likely 200 years away," he started. "This is a sobering thought." He went on to add that despite all the awareness and attempts to even the scales, more work needed to be done and encouraged members of 8 Wing Trenton to do their part. From a military perspective, Col. Goulden further noted that in order to reach equality in the Canadian Armed Forces, the need to fully eliminate gender-based harassment, violence and discrimination would need to occur. "I believe that the Department of National Defence and the Canadian Armed Forces are on the right track towards creating a work environment that is inclusive and provides equal opportunity for everyone regardless of ethnicity, religion, sexual orientation or gender," he

explained. "The Canadian Armed Forces has an opportunity to be an institutional leader in this country in ensuring that women have the opportunity to support, succeed and excel in all facets of military life. Now more than ever we cannot be complacent." Also taking a moment to address the crowd was 8 Mission Support Squadron's commanding officer Lieutenant-Colonel (Lt.-Col.) Cathy Blue. As the champion of 8 Wing Trenton's Defence Women's Advisory Organization, Lt.-Col. Blue said she couldn't have been happier to see all the support from the base. She added that this year's theme was focused on highlighting women of influence and asked all those in attendance to reflect on at least one person who has made a difference in their life. "Who are they, who were they and who will they be?" she said, posing the question to the audience. "We all have the capacity to engage and continue to press for progress and gender inclusion. It is our collective responsibility to carry that change forward." Taking to the podium following Lt.-Col. Blue's speech was Elizabeth Van Allen, who shared her own story of navigating a career in a primarily male-dominated field. Having previously worked at operational, managerial and senior levels of Correctional Service of Canada, Van Allen said her experience had taught her many valuable lessons about gender equality in the workplace. "I certainly won't stand before you and



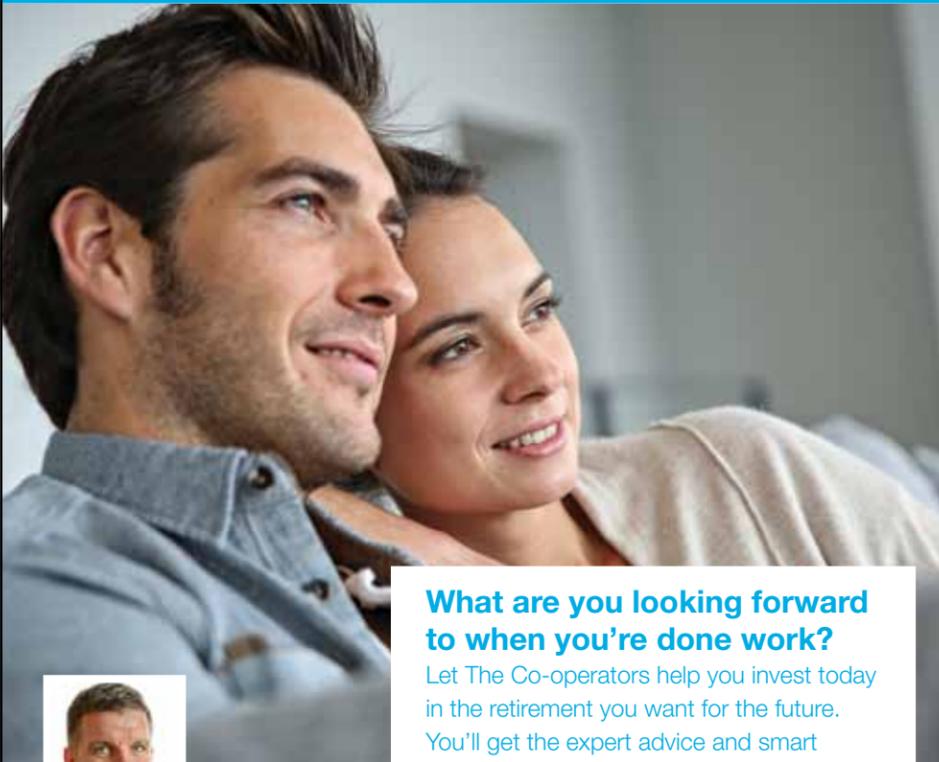
Photos by Makala Chapman (from left to right) Lt.-Col. Cathy Blue, Honorary Colonel Julie Lange, Elizabeth Van Allen, Col. Mark Goulden and Chief Warrant Officer Lori White at International Women's Day on March 8, 2018.

in the corrections field. "The only way I was going to succeed in that kind of situation was to prove to my mostly male colleagues that I could do the job just as well as them," she said. "In the end this optimistic attitude served me very well." While she eventually proved that she was capable of doing her job, Van Allen said one of the most important lessons she learned was to never doubt her own abilities and to learn from the very colleagues that once questioned her. As for her final piece of advice, in order to spur change, she encouraged people to network, get engaged, and become good leaders.



Assistant deputy minister of infrastructure and environment at National Defence, Elizabeth Van Allen, speaks to members of 8 Wing Trenton for International Women's Day on March 8, 2018.

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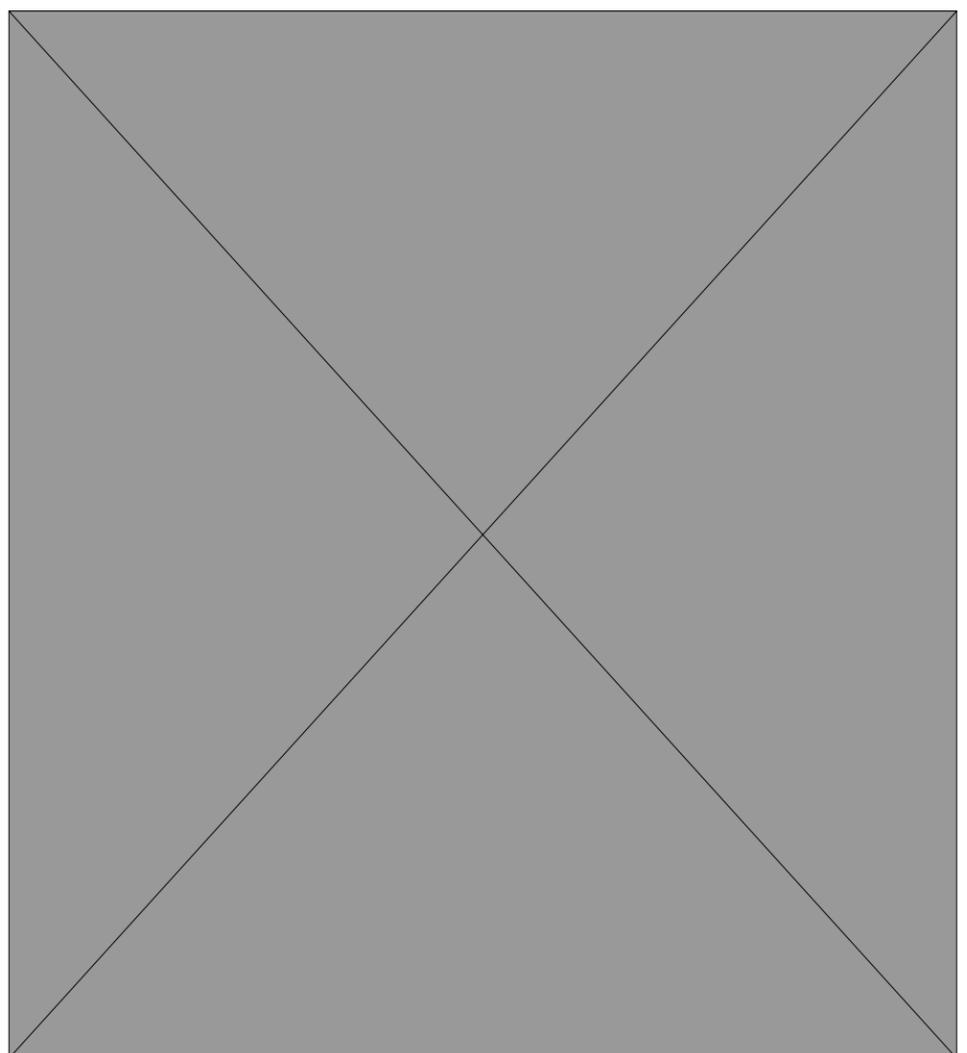
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Australian military hockey team takes on Trenton



Photo by Makala Chapman

8 Wing Trenton's RCAF Flyers and the Australia Defence Force hockey team at the official puck drop with Acting Wing Commander Lieutenant-Colonel Leif Dahl and Wing Chief Warrant Officer Troy Zuorro on March 12, 2018.

By Makala Chapman

Members of 8 Wing Trenton are proving that hockey is still very much one of Canada's top sports. A modest crowd came out to support the base's RCAF Flyers and 436 Transport Squadron as they each took a turn

competing against a visiting Australian military hockey team from March 11-12. After accepting an invitation from Canada a short time ago, the Australian Defence Force Ice Hockey Association quickly assembled a team comprised of some of their country's best talent.

Since their initial arrival on March 5, the Australian team have been exceptionally busy travelling from various military bases in the region to take on their teams. Having already successfully challenged Canadian Forces Base (CFB) Borden and CFB Downsview, the Australian

team headed to 8 Wing Trenton looking to claim their third victory.

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Vimy Flight pilot visits NAFMC to recall his flight in the Nieuport 11



Photos by Katie Perry
Chris Colton, executive director of the museum asked Capt. Handy about his experiences flying the Nieuport 11 over France.



Capt. Handy stands with the Nieuport 11 aircraft he flew in France last year while on his tour through the museum on March 8, 2018.

By Katie Perry, National Air Force Museum of Canada intern

A former Canadian Forces Snowbird visited the National Air Force Museum (NAFMC) on March 8 to tour the museum and reminisce about his flight over France last year.

Captain (Capt.) Brent Handy was one of the volunteer pilots of Vimy Flight that performed a commemorative fly-past over the Canadian National Vimy Memorial on April 9, 2017, in France. In addition, he added that he flew the very Nieuport 11 that is currently on display at the museum.

The first time he saw Vimy Ridge, he said it was from the cockpit of the Nieuport 11 fighter plane.

When Capt. Handy was flying, he said he felt like he travelled back in time after looking down to see the preserved trenches and marks deep in the ground from artillery explosions.

"For a few moments, you allow yourself to imagine: What would this have been like?" he said. "For us it was beautiful weather, skies were blue and it was nice and warm spring weather, but on the actual day of the battle of Vimy Ridge, it was horrible weather."

While more than a century has passed since the battle, Capt. Handy said seeing the green grass over the ridge made him reflect on what the landscape and weather would have actually been like in the past.

In particular he noted that he thought about the cold miserable conditions that the soldiers had to face during the First World War.

"It was explosions, fire, death and de-

struction and mud," he said, adding the mud was so thick and deep that soldiers would disappear completely into the ridge.

Flying over the grounds 100 years after the battle was something that Capt. Handy said was one of the richest moments in his time flying.

"It was a real pleasure for me, but it wouldn't have been a pleasure for people back in those days," he said, noting the opportunity allowed him to enjoy the flight without facing the horrors of the past.

"We're lucky we are able to enjoy a really great life because of what those people did for us."

Capt. Handy spent the majority of his tour of the museum looking fondly at the Nieuport 11, talking about Vimy flight and recalling the preparation he had with the plane before take-off.

Learning how to fly the aircraft was different from anything Capt. Handy said he had done before.

Since the Nieuport has a single-seat cockpit, the pilot must learn how to fly the aircraft largely on their own, sans a co-pilot. The experienced aviator added that when it came to flying the Nieuport, he had a total of four hours of training in the aircraft before taking off in France. With more than 4,000 hours of flying experience and four hours of training on the Nieuport, Capt. Handy said he had a similar time to train as the pilots had 100 years ago.

"It was pretty much the same training as what the pilots back in the day would

have had," he explained. "Except they're getting shot at and they had a few more things to worry about."

As Capt. Handy was touring the museum he also saw many other aircrafts from Canadian aviation history like the Tutor and the Handley Page Halifax.

Capt. Handy then took the time to talk to Chris Colton, the Executive Director of the museum, about his flight in the Nieuport. Colton said Handy's stories were important to hear and he was happy he stopped by for a visit.

"This was a wonderful opportunity to engage Capt. Handy in his time flying the Nieuport aircraft and the experiences he had while in France," said Colton

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Safety



Handling Materials Safely

Content submitted by the 8 Wing General Safety department

Almost every worker handles materials at some point during the work day. Using the right method of moving materials combined with the correct personal protective equipment is the only way to reduce the threat of injury.

Stacking Materials

- If a skid is to be used, inspect the skid for damage.
- Stacking materials too high or too deep on a shelf will increase the risk of injury when materials are being manually moved.
- When stacking bags or bundles, use interlocking rows to increase the stability of the load.
- When stacking drums, barrels, and kegs, use a symmetrical pattern. If they are to be stacked on their ends, use a sheet of plywood or skid inserted between the levels to provide stability and an even surface for each level.
- When stored on their sides, block the bottom tier to prevent the bottom drums from rolling out from under the load.
- All cylindrical materials such as structural steel, poles, and tubing must be stacked and blocked to prevent spreading or tilting. Pipes, bars, and tubing should be stored in racks that run parallel to the warehouse aisles to eliminate a safety hazard for those who use the aisles.

Hand Carts

- Use the right cart for the job. Do you require a two-wheel, three-wheel, or four-wheel handcart? If you are unsure as to which type to use ask your supervisor.
- Consider the path you will be taking prior to moving the load. If the floor is uneven, cracked or etched, or when you are required to move the load up or down a ramp, you'll need to make the load lighter.
- When you move the load, do not travel faster than walking speed.
- If you have to exert yourself for more than five seconds to get the load moving, then the load is too heavy or you are using the wrong handcart. Remember, never strain yourself when moving a load. A strain can occur in a matter of seconds, but keep you off the job for weeks.
- Push, don't pull handcarts. Workers can sustain a serious heel injury with a cart run-up.

Lifting and Moving

- Always lift with your legs, not your back.
- Prior to lifting materials, assess each load for weight, sharp edges, slivers, and wet or greasy spots.
- Also assess your route to ensure it is clear of clutter, spills and obstructions.

- Squat as close as possible to the material load.
- Position the load no more than seven inches from your ankles.
- Approach the load by bending your knees, not your back.
- After securely grasping the load, lift to an upright position by straightening your legs.
- Your preferred range of motion is between your knees and your waist.
- Lifting outside of this range increases strain on the body and chance of injury.
- If the load is blocking your position, use another method of transportation.
- If twisting is required, shuffle with your feet; do not twist with your waist.
- When setting the load down, always reverse the lifting procedure using your legs as the primary muscle group moving the material.
- If the load requires a team to lift the material, choose team members who are of similar size and strength.

Irregular Objects

- Although boxes and cartons are not considered to be irregular shaped objects, there is still a correct way to lift and carry.
- Grasp a carton with one hand on the top and one hand on the bottom, both placed in opposite corners of the box.
- Sacks should also be lifted using

opposite corners. But once the sack has been lifted, it should be shifted so that it rests against your hip or stomach so you can swing the sack up and over your shoulder.

- If you cannot swing it over your shoulder, then the sack is too heavy.
- Irregular objects can be shaped irregularly or unevenly weighted. Such objects require special solutions.
- If the object is unwieldy and will not allow you to securely grasp and lift the object, then you should seek assistance and/or use a handcart.
- When carrying long objects such as pipes and tubing, the correct method is to balance the objects on your shoulders. When carrying long sections, use a guide to make sure the way is always clear of workers who could be injured by the jutting pipes.

If you are at all unsure of what you need to do to keep safe, talk to your supervisor.



The Contact Newspaper

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

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

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

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

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ARTICLES AND PHOTOS

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

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

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

Letters to the Editor:

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



A Military Community Newspaper

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MFRC bringing local museum to life

By Makala Chapman



Photo by Makala Chapman

Gala sponsors Scotiabank and members of the Trenton Military Family Resource Centre at the National Air Force Museum of Canada

One of the Trenton Military Family Resource's (MFRC) biggest fundraisers is just around the corner.

Promising a night of mystery, fun and a chance to help the local military community, MFRC staff say those attending the 14th annual Invisible Ribbon Gala on May 12 will not be disappointed.

The event, which is themed a 'night at the museum,' will be held at the National Air Force Museum of Canada (NAFMC) in Quinte West.

Speaking on behalf of the MFRC was the communications and development coordinator Devon Taylor, who explained guests could expect a bit of a dinner-theatre twist to their evening.

"They can really expect the unexpected and we are hoping to create a magical and mystical feel," she said. "We are obviously playing off the amazing venue that we are very fortunate to have use of."

Since the gala has partnered with the Stirling Festival Theatre, she added that this meant there would be skits and vignettes that would help bring the stories in the museum to life.

While the skits will be an opportunity to delve into the past, Taylor noted they will also aid in helping the community better understand the stories of the modern military family.

"We're really looking forward to this different style of gala and we think it's going to be unique and special for the guests," she said.

As for why it's so important to be holding fundraising events like the gala, without hesitation, the MFRC's special events coordinator Amy LeGresley chimed in and explained that it was all in support of bettering the lives of local military families.

She went onto add that while the non-profit organization is blessed to receive some baseline funding from the government and other avenues, the needs of the MFRC are always growing.

"The demands and the challenges are increasing on our military members, which is directly correlated to our military families," she said. "We've found that over the last couple of years

we've been augmenting, increasing and supplementing our programs to meet those unique challenges and demands."

While the gala's motto is to 'expect the unexpected,' LeGresley added that was the perfect way to explain how the MFRC likes to operate.

Some of the things the MFRC have used supplementary funding for includes services like youth resiliency programming, emergency childcare and more.

"The demands on a military family are immediate and reactionary, and we want to respond to those challenges that may come up when they happen," said LeGresley.

But events like the gala wouldn't be possible without sponsors, volunteers and a whole lot of community support.

LeGresley noted she couldn't have been more appreciative of their title sponsor, Scotiabank, and added their continual commitment to the military community was nice to see.

But for Trenton's Scotiabank branch manager Susan Ross and Michelle MacKay, they say the honour is all theirs.

"Scotiabank has been very active in our community and we really have a focus on building stronger communities," said Ross. "One of the things that I think really enriches this community is the marrying of the general community at large as well as the military community."

She went onto add that since both she and MacKay have been military wives in their lifetime, the MFRC has a special place in their heart.

"It's a really easy thing for us to get on board with because we know what people face everyday being part of a military family," she explained. "The MFRC really is a game changer for people because it really enriches and changes their lives by being that additional support at all times, not just when the serving member is away, but everyday of the year."

Those looking to get tickets can purchase them for \$150 each in person at the MFRC or online at www.invisibleribbon.ca. Tickets can also be obtained by contacting LeGresley at 613-965-3575.

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Sports & Recreation



Intersection Sports

Base Sports

Wing Hockey League (WHL)- Designed for the more competitive hockey player. The league does not have body contact, but does include slap shots.

- Timings: Monday-Thursdays, 1700-2130 hrs.

- See Trenton's CAF Connection Page for registration forms, waivers and additional information

Noon Hour Hockey League (NHL)- Designed for the recreational player to come out over lunch hour and enjoy some hockey action. The league is non-contact, and slap shots are not allowed.

- Timings: Monday to Friday from 1200-1300 hrs

- See Trenton's CAF Connection Page for registration forms, waivers and additional information

Curling - The I/S Curling League is designed for both recreational and competitive players to come out after lunch and enjoy some curling action.

- Timings: Tuesdays from 1300-1500 hrs

- See Trenton's CAF Connection Page for registration forms, waivers and additional information

Noon Hour Sports - This is an opportunity to come out during the lunch hour to play a variety of sports (inclusive of Basketball, Volleyball, Squash and Badminton).

- Timings: Monday-Friday from 1200-1300 hrs

- See Trenton's CAF Connection Page for registration forms, waivers and additional information

Basketball- Practice Times- Tuesdays & Thursdays 1600-1800 hrs

- Volleyball (M&W)- Practice Times- Monday & Wednesday 1600-1800 hrs

- Squash- Practice Times- Fridays 1500-1700 hrs

- Badminton- Practice Times- Tuesdays & Thursdays 1830-2130 hrs

- Men's Hockey- Practice Times- Thursdays 1530-1645 hrs & Fridays (1430-1600 hrs- All Hockey Teams)

- Women's Hockey- Practice Times- Monday & Wednesdays 1530-1645 hrs & Fridays (1430-1600 hrs- All Hockey Teams)

- Old Timer's Hockey- Practice Times- Tuesdays 1530-1645 hrs & Fridays (1430-1600 hrs- All Hockey Teams)

- Swimming Team- Contact Sports Coordinator

Please Visit Trenton's CAF Connection Website or Contact Sports Coordinator for additional information.

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March 17 - The Quinte Branch of Ontario Genealogical Society presents "Using Census Clues to Build a Blended Family" by Cheryl Levy, PLCGS. Held at Quinte West Public Library, 7 Creswell Dr, Trenton 1-3 pm. Everyone welcome, bring a friend. Visit www.quinte.ogs.on.ca

March 31- The 14th annual Batawa Easter Egg Hunt at the Batawa Community Centre, 81 Plant St., from 9 a.m. – 12 p.m. Pancake breakfast, balloon animals, cotton candy, face painting and more.

April 14 - GRAND OPENING at the Bärbel Smith Gallery at 16 Robertson Street, Colborne, from 1-5PM. All are welcome! Check out the online Gallery at www.barbelsmith.com to learn more.

April 14 - Trenton Legion, 19 Quinte St., 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. Advance prices are \$8.00 per person for Legion Members, \$10.00 per person for non-Legion members and if any tickets are left, they will be \$12.00 at the door for everyone. Visit our website at www.rcl110.ca.

EASTER EGG HUNT

Saturday, March 31st, 2018

9 AM - 12 PM
Batawa Community Centre, 81 Plant St

pancake breakfast • balloon animals • cotton candy
petting zoo • face painting • firetruck & police car display

- Junior Hunt (Infant-5 years): 10:00am
- Senior Hunt (6 - 10 years): 11:15am

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22 mar. Mince & sassy
5 avr. Les huiles essentielles 101
19 avr. Purifier avec les huiles essentielles
Visitez trentonmfr.ca pour les dates et détails.

Continued from page 1

But while the friendly matches were just for practice, Australia finally felt the heat as 8 Wing Trenton's top players put an end to the visitor's winning streak.

First to hit the ice was the RCAF Flyers who offered a tight offensive game with multiple successful shots on team Australia's net.

When asked what the final score ended up being, RCAF Flyers' Major (Maj.) Andrew Davidson chuckled and noted Trenton ended up finishing with a "healthy lead." But he was quick to note that despite his opponent's loss, they put up a good fight and demonstrated incredible skill.

"They have a great team," he said. "We kind of have a lot more ice time then them since they are new team coming together, but they played pretty well and have some guys that can really fly around the ice."

He went onto add that regardless of what country a service member originates, hockey is always a great way to bond and meet new people.

"It's the best team sport in my mind and it's a good way to network, stay in shape and have a lot of fun," said Maj. Davidson. Also reflecting on the game against the RCAF Flyers was Australian team member Corporal (Cpl.) Sarah Teed.

She noted how proud she was of her team's performance, especially since they had only ever practiced twice together before embarking on their Canadian hockey tour.

As the only female player on her team, Cpl. Teed added that she was proud to be representing the servicewomen of the Australian Defence Force.

"Being the only chick on the team could have been hard for me but everyone has been so welcoming and so lovely," she said. "I feel so grateful to be on this team. Women are definitely up and coming in sports and (their participation) is definitely more important now than ever."

But while hockey as a sport is becoming more popular in Australia, she explained that finding an ice rink in places that aren't



Photos by Makala Chapman
Australian Defence Force's Corporal Sarah Teed said she's lucky to be playing hockey in Canada since ice rinks in Australia are hard to come by

major cities can be challenging. "I'm posted to a place called Wagga Wagga in New South Wales in Australia and there's no rink," she chuckled, "but there is 45 degree heat. I haven't skated in over a year so I'm so happy to be here."

As for the remainder of her time in Canada, she said she plans to soak up every minute of ice time and take every opportunity that she can to play the sport she loves.

Following an evening of mingling with members of 8 Wing Trenton at the Earl of Bessborough Social House, team Australia once again strapped on their skates for a match against 436 Transport Squadron on March 12.

In this pairing, the Trenton team offered a tight defensive game and were able to intercept the majority of Australia's shots on nets.

While the final score reflected was 8-0 in Trenton's favour, the Australian's once

again demonstrated they were able to keep a competitive pressure on the home team.

Sergeant (Sgt.) Michael Burgess with 436 Transport Squadron noted that he was especially impressed by the visiting team's ability to breakout and their control through the neutral zone.

"They brought a heck of a team," he said. "They had full control and they definitely played the part."

Offering some friendly hockey advice, Sgt. Burgess noted that creating more space down in the defensive end would have been beneficial in helping his opponents land some of their more powerful shots.

But Sgt. Burgess was quick to reiterate that he felt the game against Australia was close and the camaraderie on the ice alone was something to be proud of.

"Everyone was super nice, laughs were being had and it was definitely a fun game for sure," he said. "I'm glad they came here with the intention of bringing gear just to challenge us and it shows awesome international relations. These are definitely the moments that make the military that

much better."

Also thankful for the opportunity to play hockey in Canada was Sapper Toby Kubara with the Australian team.

While getting to play against all the different base teams was a treat, he added he and his team were also making sure to take full advantage of their time in Canada.

"When we're not playing hockey we've done a few cultural things like visit the Hockey Hall of Fame and going to sports bars and eating chicken wings while watching hockey," he quipped, explaining that Canadian staples like wings, poutine and hockey were all hard to come by in his country. "We just wanted to come here and get the full Canadian experience."

But before heading home, the Australian team noted that they still had more hockey to play and would next be taking on base teams in Kingston, Ottawa and Saint-Jean.



Members of the Australia Defence Force hockey team take on the RCAF Flyers at 8 Wing Trenton on March 11, 2018

Home of the Week

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This cozy two-bedroom cottage includes an unfinished basement, offering extra space for a growing family or a mortgage-helping secondary suite.

The covered entry, flanked by brick pilasters, leads into a foyer with an L-shaped stairway to the right. Directly ahead is the great room, where a gas fireplace will make this room a magnet for family activities in the cooler months. Beyond sliding glass doors is a covered deck, ideal for al fresco meals during the summer.

The kitchen and dining area are divided from the great room only by a prep island. The dining room features large windows that overlook the back garden, as well as easy access to the deck. The kitchen includes plenty of counter space, as well as a walk-in pantry.

Nearby is the laundry area, where a coat closet and access to the double garage will allow the room to double as a mud room.

The master suite is located at the back of the home for privacy. The en-suite occupies a bayed-out niche and includes a double sink, as well as a soaker tub and a separate enclosed shower. The walk-in closet is reached through the en-suite.

The second bedroom overlooks the front garden, and is served by a three-piece bathroom.

As well as the brick pilasters, exterior finishes include three more columns, painted in a contrasting colour to the stucco finish. The large window at the front is mullioned.



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March 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11	12 Dance with France	13 Dance with France	14	15 Pops & Tots Knit & Chat	16	17
18 Belleville Senators Fan Fest Creative Sundays Al-Anon	19 Makeover Madness Bellydancing with Amara Dance with France	20 Dance with France	21 Hello Wednesdays Picasso & Pinot Community Connection	22 Mindfulness Pops & Tots Essential Oils: Slim & Sassy	23 Parenting in the Digital Age	24 Youth Centre Bingo
25 Al-Anon	26 Bellydancing with Amara Dance with France	27 Dance with France Deployment Cooking Class (Pasta)	28	29 Pops & Tots Knit & Chat	30 Good Friday - MFRC CLOSED	31 Batawa Easter Egg Hunt

● Deployment Cooking Class

An introduction to homemade pasta class for military families facing the various stages of separation and reunion. Enjoy the taste of homemade pasta and learn how to make it yourself. Tuesday, March 7, 6 – 7:30 p.m. Register by March 23 to ensure a spot in this fun, hands on cooking class. Child care available upon request. Email kendra.b@trentonmfrc.ca.

● Hello Wednesdays

March 21, 2018, 10 a.m. - noon Every other Wednesday, visit us at the MFRC to meet and mingle with other members of the community. Whether you're new or a regular to us, everyone is welcome to have coffee, share resources, and get to know us better! Any questions or concerns, please contact Rabia at rabia.s@trentonmfrc.ca or Hélène at helene.cg@trentonmfrc.ca. No registration required.

● Knit & Chat

This is a drop-in group, no registration or previous experience required. Any level of knitters or crocheters are welcome to join us; every second Thursday from 6 p.m. to 8 p.m. Our next date is Thursday, March 29. Bring your needles/crochet, wool, pattern and good humour! Penny will be available to assist you with your project. Information: 613-965-3575.

● 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 March 22, 2018 from 12 noon until 1 p.m. or 1 p.m. until 2 p.m. at the Trenton MFRC. Please register at least one week prior to the workshop. You can register and learn more by contacting Rabia: 613-392-2811 ext. 2568 or rabia.s@trentonmfrc.ca

● Essential Oils Series: Slim & Sassy

March 22 at 6:30 p.m. Winter weight holding you back? Just looking to slim down this spring? Join our Slim & Sassy class and learn how oils can help boost your metabolism and curb those cravings. \$10.00 per person. If you would like to bring cash, there will be an opportunity to make your own take home roll-on, \$10.00 per person. Please register at Trenton MFRC reception before March 20 at 4 p.m.

● Youth Centre March Special Event: Bingo!

March 24, 2018 10 a.m. to 12 p.m. Youth Centre - All ages Come and join us in the Youth Centre at the Trenton MFRC for the amazing opportunity to win prizes and play a friendly game of BINGO! The cost is only \$2 and we have snacks for you to enjoy as well. All ages are welcome and we hope to see you there!

● Parenting in the Digital Age

March 23rd, 2018, 9:30 a.m. – 11 a.m. Trenton MFRC Social media and online communication is a great way for military communities to keep in touch with family and friends while they are posted elsewhere. Parents raising families in the digital age know that technology and social media presents opportunities for learning, career development, and entertainment. However it can also expose our children to dangerous activity. This seminar will empower parents with practical information and skills to safeguard children and teens from online threats and help position them for a safe and positive online experience. Please register at reception or by calling 613-965-3575.

● Batawa Easter Egg Hunt

The Batawa Lions Club, Batawa Development Cooperation, and the Trenton MFRC present the 18th Annual Batawa Easter Egg Hunt! On Saturday, March 31, families are invited to the Batawa Community Centre to enjoy Easter Egg Hunts, a pancake breakfast, a petting zoo, face painting, balloon animals, and more! Registration is NOT required. When: Saturday, March 31 from 9 a.m. – 12 p.m. Junior Hunt (infant – 5 years) – 10 a.m. Senior Hunt (6-10 years) – 11:15 a.m. Where: Batawa Community Centre, 81 Plant St., Batawa Cost: Easter Egg Hunts are free! There will be a cost to enjoy the pancake breakfast Pancake Breakfast (all you can eat):
• Adults - \$8
• Kids - \$5
• Under 4 – Free
• Family Deal – 2 adults and up to 3 kids - \$25

● 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.

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 Du lundi au vendredi 08h00 à 16h00

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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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The CFS Alert experience for this Station Projects Officer

By *Second Lieutenant Heather DeWolfe*

The Station Projects Officer (Proj O) position at CFS Alert is an amazing professional development opportunity that all junior Air Force officers should strive to experience. It is unlike any other tour in the Canadian Armed Forces and it is a Second Lieutenant to Captain position.

I was posted to CFB Trenton in June 2017 immediately after my Basic Military Officer Qualification. Four months after my arrival I was offered to go to Alert over the Christmas Holidays as the Proj O. I immediately jumped at the opportunity to get some professional development before my trade training and couldn't wait to explore the Northern-most permanently inhabited settlement in the world. At 82 29' North latitude 62 20' West longitude, Alert is well within the Arctic Circle and is situated at the Northern tip of Ellsmere Island in the Nunavut Territory. At just 817 kilometers from the North Pole, Alert is actually closer to Moscow than Trenton.

Getting to fly on a CC-130 Hercules for the first time while traveling to Alert was quite the experience as on that flight you are sitting on the webbing seats which are completely different from the seats you have in a commercial aircraft. The plane was full of military members on it who were just beginning their Alert tour, members who were returning from their mid-tour leave, and civilian contractors who were about to start their next rotation. It is on this flight where the Alert family experience really begins. I met all new people who I would spend every day with for the next four months. It was also on this flight where the day light ended. I watched the sun go down behind the horizon of the earth as we flew further north into the Arctic. Never before in my life could I say that I lived a day without sunlight until I arrived at Alert where over the winter there is 24 hours of darkness.

Living in 24 hour darkness is something that takes some getting used to and has a different effect on every person. Some people experience sleepless nights or lose track of time, while others sleep even better than at home. Outside the darkness is so thick, you can only see as far as any light can shine. As isolated



Photos by Corporal Léonce Mugisha

2Lt DeWolfe points out her home town in front of the famous Alert signs.

As Alert is geographically, the darkness further isolates the members on station as it feels as if nothing else exists past the station lights. The darkness; however, does not reflect the activity and morale on station. Working and spending evenings and weekends with the same group of people day in and day out is how lifetime friends and connections are made. There are so many daily activities, clubs, sports, games, and social activities on the go that members are usually more social in Alert than when they are back down south. One of the big morale boosters is when the wolves make an appearance around the station, acting as the unofficial mascots of Alert.

As the sun started to make its way North through the month of February and I could finally see the vista of beautiful mountains and the vast Arctic Terrain, came to appreciate the hilltop, water front view of the Arctic Ocean that the station enjoys. The dark days quickly turned into day light, revealing what a unique place we were truly in.

Everyone I met in Alert was true professionals, dedicated to the success and well-being of everyone on station. Military members, Nasittuq civilian contractors, and Environment Climate Change Canada employees all live together and contribute a piece of the Alert team. From a military perspective,

Alert is like a deployed base. You get to work and interact with all of the sections on a daily basis which gives you a chance to really learn what other trades do, and how you all fit together to make things work. As a junior officer, this exposure was invaluable.

Every Proj O brings their own flavour to the station using their specialization and personal background to make their mark. I made lifetime friends and grew personally and professionally. I would highly recommend junior officers jump at the chance to go to Alert as the Proj O and I know that whoever does will have an amazing experience they will never forget.

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Photos of the Week

Governor General presents honours at Rideau Hall

Governor General and Commander-in-Chief of Canada Julie Payette presented honours to 48 recipients during a ceremony on February 28, 2018, at Rideau Hall. She also presented honours in Toronto on February 20, 2018. Recognized for their excellence, courage and exceptional service to the Canadian Armed Forces and to various military organizations, the recipients were presented with one of the following honours: Meritorious Service Decorations, Decorations for Bravery, or the Sovereign's Medal for Volunteers. Among the recipients were a number of serving and former members of the Royal Canadian Air Force.

Photo and content courtesy of the Royal Canadian Air Force Facebook page



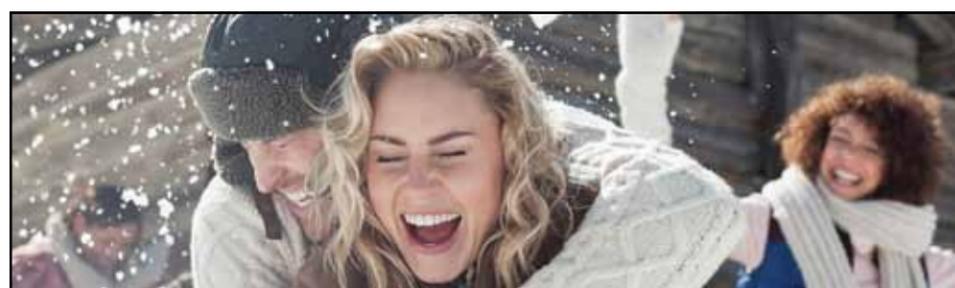
Mission Support Squadron



Photo by Cpl. Lovell

By Cpl. Lovell D.C, 8 Wing TEMA Flt

As mentioned in last week's Contact, the new sanitation trucks have arrived at 8 Wing Trenton. Training has begun for both operator and maintenance, so the transition will be a smooth one. The new Isuzu trucks are far better equipped and up to date. With the new technology in these new trucks it makes the transition from the plane to the vehicle more accurate and less problematic. This will make the truck more user and maintenance friendly eliminating extensive downtime. We have three new trucks with one already implemented into service and two in progress.



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Australian military hockey team takes on Toronto



The Australian military hockey team has taken on Toronto...

The team, consisting of members from the Australian Army, Navy, and Air Force, competed against a local Toronto team. The game was held at the University of Toronto's hockey arena. The Australian team showed strong defensive play, but the Toronto team's offense proved to be too much for them in the end.



For more information on the Australian Military Community, visit our website at www.defence.gov.au. We are proud to support our service members and their families.