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8 Wing Trenton lends a hand in low-level hypoxia research



Photos by Makala Chapman

Members of 8 Wing Trenton attached to sensors meant to measure the oxygen saturation level in their body.

By Makala Chapman

Members of 8 Wing Trenton are doing their part to help a group of researchers collect some much-needed data. Close to a dozen participants were put through a series of cognitive tests and had their results recorded in hopes of further understanding how people function at low-level hypoxia on March 21.

Hypoxia is described as a deficiency of oxygen in the tissues of the body, which can potentially have an impact on an individual's ability to perform various tasks. This portion of the research, which was conducted by Defense Research and Development Canada (DRDC), looked specifically at participants who were at ground level. Once hooked up to a series of sensors, those participating

in the study were given computerized tasks that assessed things like short-term spatial memory, pattern recognition, working memory, and the ability to multi-task. As for how this study relates to the Royal Canadian Air Force (RCAF), since pilots and their crew are often operating at various heights, understanding the impact altitude has on the body is important says Kevin Hofer, a research assis-

tant with the DRDC. "At certain altitudes it's a known fact that you'll have a decrement in oxygen because it's just physiology," he said. "When you're at high altitudes your oxygen saturation level is going to drop, whereas when you're at ground level, unless you have a physiological ailment, you should have a full saturation level."

Continued on page 5

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Photos of the Week

2018 CF-18 Demo Hornet season just around the corner



The 2012 Demo Hornet (photo by Sgt Robert Bottrill)



The 2017 Demo Hornet (photo by MS Roxanne Wood)



The 2009 Demo Hornet (photo by Cpl Igor Loutsiouk)

Content courtesy of the Royal Canadian Air Force's official Facebook page

In preparation of the April 3 unveiling of this year's 2018 CF-18 Demo Hornet, take a look at some of the different themes and colours of the past. Previous hornets were painted to commemorate things like the 150th anniversary of the Confederation of Canada, the 100th anniversary of powered flight in Canada and Canada's arctic.

Mission Support Squadron



Photo by MWO Paul Kombargi, 8 Wing Hazardous Materials Officer at 8 Wing Environmental Management Officer

By Andrew Tam, PhD, 8 Wing Environment Officer, Environmental Management

8 Wing Trenton members practiced emergency response drills at a mock hazardous material spill scenario last week. Throughout the year, 8 Wing Environmental Management provides environmental training and skill set learning opportunities for officers, non-commissioned members, and civilian personnel. For more information, contact the 8 Wing Environmental Management Officer:

+8 Wing Environment@CFB Trenton@Trenton

CFS Alert gives back



Photo and content submitted

Major (Maj) Lindsay Stirling and Master Warrant Officer (MWO) Renee Hansen hold an oversized framed cheque, raised through special events, at Canadian Forces Station (CFS) Alert for the Niginik Nuatsivik Nunavut Food Bank (NNNFB) March 26, 2018.

(Left to right) Corporal (Cpl) Patrick Noreau, Warrant Officer (WO) Genevieve Drohobycky, Aviator (Avr) Jesse Bernard, Cpl Mark Costa, WO John Malysheff, Major Lindsay Stirling, Cpl Evgueni Kouznetsov, Michael King, Sergeant Dustin Aube, 2nd Lieutenant (2Lt) Daniel McCall, Alan Mott, MWO Renee Hansen, Rod Kelly, Peter Webster, Cpl Dayana Savard, Master Corporal (MCpl) Karl Graw, Cpl Marc-André Michaud.

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RCAF Aerospace Warfare Centre a catalyst for innovation



Photos by Makala Chapman

Lieutenant-Colonel (retired) Jeff Lebouthillier explains the primary functions of the RAWC at an education seminar at 8 Wing Trenton on March 26, 2018.

Members of 8 Wing Trenton attend an educational seminar on the future of the RAWC and how it plans to foster innovation in the future on March 26, 2018.

By Makala Chapman

Being at the forefront of innovation and planning for the future is just two of the many jobs the Royal Canadian Air Force's Aerospace Warfare Centre (RAWC) is tasked with. A modest crowd of Canadian Armed Forces (CAF) members gathered at the Astra Lounge at 8 Wing Trenton for an information and education session hosted by the RAWC on March 26. Established at 8 Wing Trenton as a lodger unit in 2005, the RAWC has been responsible for developing aerospace doctrine, improving the effectiveness of the military's air power and fostering innovation. As an example, personnel at the RAWC can be found analyzing the results of exercises and real-world operations, studying emerging technologies and more. In addition, the RAWC's current branch structure consists of things like Analysis & Lessons Learned, Doctrine Development, Air Power Knowledge Development, Concept Development and

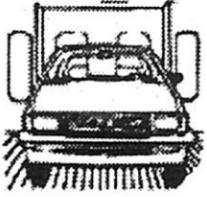
Experimentation and Operational Research at the Trenton location. Taking the time to speak to the crowd during the information and education session was Lieutenant-Colonel (retired) Jeff Lebouthillier, branch head for capability and integration at the RAWC. He explained improving education and integration was some of the centre's most important functions. "We will do this through scientific and evidence-based analysis," said Lt.-Col. (ret'd) Lebouthillier. "The world is changing and becoming more complex. We have to change because the war-fighting environment is becoming a lot more complex a lot more quickly." As for why he felt it was important to keep the members of the CAF informed on what the future of the RAWC looks like, he said it comes down to ensuring everyone was on the same page and there was an element of transparency. Also speaking at the seminar was Lt.-Col. Diane Baldasaro, the RAWC's operational planning team lead for test and evaluation. She too reiterated her colleague in stressing the importance of getting the message out about what the RAWC does on a daily basis. "In today's climate with the shift and transformation of the RCAF, it's important to know what the

RAWC is going to do in the future," she said. "The key message here is to describe what's next for the RAWC and what it looks like moving forward." When it comes to innovation, she added the RAWC is always looking to spearhead and champion any viable ideas that will help move the RCAF forward. As for the level of engagement she received from those in attendance, Lt.-Col. Baldasaro said she appreciated the input and questions members put forth. "People are going to bring the questions

that are the forefront of their mind and what's important to them," she said. "They have great ideas because they are the ones working right at the face of the operation. Personally, I think communication is the key to air power because everyone needs to understand where we're going and needs to be heard." Lt.-Col. Lebouthillier will be travelling across the county to various military bases and wings to promote the RAWC and explain its function starting early in April.

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Safety



Are you headed for a burnout?

Enthusiasm and hard work are highly valued in the workplace. But a single-minded concern with the job is actually counter-productive. Workers who are wrapped up in the job around the clock eventually burn out, suffering from the physical and emotional consequences of excessive stress. Workaholics reach a point when they are no longer effective or efficient. They are not able to do quality work. A severely stressed employee cannot work safely or make good decisions.

Are you a workaholic? See if you recognize these traits in yourself:

- Are you always rushing? Do you walk and talk fast and get impatient with people who take their time?
- Do family and friends complain you are not available to them because you are always working?
- Do you frequently take work home?
- Are you unable to relax?
- Do you lie awake at night thinking about work?
- Do you have an emotional need to work constantly?
- Does the idea of time off make you uncomfortable?
- Are you a perfectionist?
- Do you expect others to be perfect too?
- Do you feel no one can do the work as well as you?
- Do you try to do several things at once?
- Do you skip meals to work, or eat meals at your work station?
- Do you skip exercise so you can work?
- Do you suffer from physical symptoms of stress? These may include digestive problems, fatigue, pounding heart, trembling, headaches, nervous tics and other problems.

Burnout is a serious condition from which it takes a long time to recover. Learn the symptoms so you can recognize them early.

- Try to do everything a little more slowly. Besides working at a more reasonable pace, try to walk, talk, drive and eat more slowly.
- Take a good look at your organizational and time

management habits. You may find you are wasting time on unnecessary tasks, repairing sloppy work or looking for lost information or tools.

- Spend some time each day planning your work. Learn to zero in on the most productive activities.
- Do the most important things first.
- Work regular hours. Many workaholics find they can get their work done during the regular shift

if they make a goal of leaving at quitting time.

- Take the time for stress reducing and health enhancing activities.
- Get regular exercise. Schedule your exercise into your daily planner and plan around it. Sit down to leisurely meals.
- Get to bed on time.
- Book regular time off. Use evenings, weekends and vacations for enjoying

other aspects of your life.

- Define boundaries between your personal life and your work life. Spend social time with people who don't have anything to do with your job.

Your employer appreciates dedication to work. But when this dedication turns into a work addiction, nobody benefits. Keep a balance between your work and personal life.



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.

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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.

- 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.

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Researchers from Defense Research and Development Canada instruct participants on the various tasks they will be performing during the research session on March 21, 2018.



Corporal Justin Fountain is all smiles as he wears the sensors meant to check for oxygen saturation in his body during the testing on March 21, 2018.

Continued from page 1

More specifically, he noted the research was meant to help understand how low-level hypoxia impacts people at the 8,000 to 10,000 feet range, which is the height most helicopters and its crew fly.

Since the Canadian Armed Forces (CAF) restricts unpressurized aircrafts, like helicopters, to fly no more than four hours without providing supplemental resources like oxygen, Hofer said the results of the research would either help support that mandate or challenge it.

"It's pretty clear cut that at high altitudes you are seeing decrement in performance," said Hofer. "It's not so clear cut if there are decrements in performance at these lower levels."

But after having previously conducted a controlled study in which a pilot remained inside a hypobaric chamber (a high-altitude simulator) for up to six hours, Hofer said the data showed that hypoxia at the 8,000-10,000 feet level had not been an issue.

As a result, he said further studies were being completed to test that initial research.

If the data checks out, Hofer said there is the possibility that a new recommendation to the RCAF could be made in regards to how long pilots can fly at low-level altitudes without the need for time restrictions or supplemental resources like oxygen.

While the research is primarily focused on low-level hypoxia, Hofer explained it was impor-

tant to collect data from ground-level participants to help create a baseline, hence the reasoning behind his visit to 8 Wing Trenton.

"Instead of testing 12 or 16 subjects in the lab, we can come to Trenton and test 12 people in two days," said Hofer. "It would take us like three months to test 12 people back at the lab."

This research project alone has taken over three years to conduct and there is still more work to be done.

Once completed, Hofer noted the findings would be culminated into a research paper and shared with others collecting similar data in order to find commonalities.

Assisting in conducting the research at 8 Wing Trenton was research assistant and co-op student Jenna Crocker from the University of Waterloo.

Since her field of study is kinesiology, Crocker said she felt very fortunate to be able to help collect data for a study focused on human performance and physiology.

"This is something you don't see at school and it's an interesting environment to work in," said Crocker. "It's a whole new exposure and there is a very functional goal of this research, which is always nice."

Crocker added that the data collected from their time at the base would be taken back to their research centre in Toronto and further analyzed.

Once that task is completed, she said she and her team were looking forward to possibly coming back to conduct more tests at 8 Wing Trenton in the near future.

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Women's basketball training camp held at 8 Wing Trenton

By Makala Chapman

Some of the Canadian Armed Forces (CAF) best basketball players so happen to be women.

Around two-dozen service members from across the region descended upon 8 Wing Trenton for a development camp held from March 17-23.

Amongst those in attendance were several players who currently also play on the Conseil international du Sport Militaire (CISM) team, an international military sports organization with more than 133 member countries.

While in Trenton, the athletes underwent a rigorous schedule comprised of training, practices and individual feedback sessions.

Helping coach the women was Major (Maj.) Lee Wendland, who is also a member of the 8 Wing Trenton's men's basketball team.

Having played on the men's CISM team for 17 years and coached his daughter's basketball team, Maj. Wendland said it's safe to say he's fairly passionate about the sport.

As for the development camp, he noted his role was to help the women focus on things like

physical fitness, fundamental basketball skills, and overall basketball knowledge.

"We have a good group of women here who are getting ready to go play and represent Canada internationally," he said. "It really comes down to commitment."

He added that the camp was also a great opportunity for the coaches to get to know some of the players who will potentially be representing Canada at the next CISM tournament later this year.

In addition, he noted that things like the development camp were great tools to help foster interest in women's military basketball.

Taking part in the training sessions was 8 Wing Trenton's Captain (Capt.) Carly Lewis.

One of the things she said she hopes to work on during the camp is improving her fitness, since endurance is one of the most important skills to consider when playing the game.

As for how she feels getting to combine her love for her job and her love for basketball, Capt. Lewis said she couldn't be happier.

"It's insanely amazing," she said. "My chain of command supports it, I love it and it's a great opportunity. I get to travel and represent the country and it's really exciting."

Also taking to the courts for the development camp was Aviator (Avr.) Nicolle Gaudet.

Having played basketball all throughout high school, Avr. Gaudet said she's always loved the fast paced nature of the game and the camaraderie between the athletes.

When asked what advice she could offer some of the newcomers to the sport, she said to never give up and remember their training.

"Keep trying and keep working at it," she said. "The coaches are giving us programs to work on while we are away from camp so keep working on that. Eventually you're going to be good enough to go to Germany or wherever (CISM) will go in the future."

As for what she plans to work on, she said it would be her dribbling skills since she's hoping to travel with Canada's CISM team for the World Championships later this summer.



Photos by Makala Chapman
Members of the basketball development camp, which was held at 8 Wing Trenton from March 17-23, 2018.



Members of the basketball development camp run a drill the coach has just taught them with Avr. Gaudet in the lead on March 21, 2018.

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Sports & Recreation



Intersection Sports

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

- Timings: Monday-Thursdays, 1700-2130 hrs.
- See Trenton's CAF Connection Page for registration forms, waivers and additional information

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

- Timings: Monday to Friday from 1200-1300 hrs
- See Trenton's CAF Connection Page for registration forms, waivers and additional information

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

- Timings: Tuesdays from 1300-1500 hrs
- See Trenton's CAF Connection Page for registration forms, waivers and additional information

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

- Timings: Monday-Friday from 1200-1300 hrs
- See Trenton's CAF Connection Page for registration forms, waivers and additional information

Base Sports

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

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

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

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For Medically Releasing CAF Members, Medically Released Veterans and their Families

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Pour les membres des FAC en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille

The Veteran Family Program supports medically releasing Canadian Armed Forces members, medically released Veterans and families. If you are transitioning visit your local Military Family Resource Centre, CAFconnection.ca, or call the Family Information Line at **1-800-866-4546**.

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

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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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cost - \$35 for military community - \$40 general

TO RECOGNIZE & APPRECIATE THE SACRIFICES MADE BY MILITARY CHILDREN, JOIN US DURING

MONTH OF THE MILITARY CHILD

WHAT: Canvas artwork (all ages)- What does being a military child mean to you?

WHEN: April 5, 2018 6:00-7:30pm

WHERE: Trenton MFRC

* Artwork will be displayed around the MFRC*

Registration deadline: March 30th | kendra.b@trentonmfrc.ca



TRENTON Military Family Resource Centre

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April 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Al-Anon	2 Easter Monday – MFRC CLOSED Bellydancing with Amara	3 Managing Powerful Emotions	4 Hello Wednesday	5 Mindfulness Pops & Tots Knit & Chat Essential Oils 101 Month of Military Child	6	7
8 Al-Anon	9 Portfolio (members) Bellydancing with Amara	10 Managing Powerful Emotions	11 Community Conversation: Military Families Portfolio (spouses)	12 Conférence d'inspiration Pops & Tots	13	14 Babysitting Course
15 Babysitting Course Al-Anon	16	17 Inter-Comm	18 Inter-Comm Hello Wednesday	19 Mindfulness Essential Oils Cleanse	20	21 Créer un plan de comportement simple

● Managing Powerful Emotions

The 12 week group will help you:

- Better tolerate and regulate your emotions
- Identify and label your emotions
- Understand the purpose of your emotions
- Recognize what activities intensify your emotions
- Understand the relationship between emotions and behaviours

On Tuesday April 3 to June 19 from 2:30 to 4 p.m.
At the Community Health Centre, 70 Murphy St, Trenton
For more information please contact Jaclyn Hunter 613-392-2811 ext. 4017.

● 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

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 9 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 11 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.

Home of the Week

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A pitched roof and shingle siding add character to this charming coach house, which includes a two-bedroom suite above a double garage, which is large enough to contain a workshop or extra storage.
Entry is through a covered porch and into a foyer with a coat closet to the right. The staircase to the upper floor is directly ahead.

Upstairs, the open-plan living-dining area has a doorway to the sundeck and a gas fireplace. The room is open to the kitchen, where the counter and double sink form an L-shape along the back wall. Next to a roomy pantry, there is a niche for a stacked washer-dryer combination. The front bedroom includes a built-in desk next to the closet, as well as

a doorway to the sundeck. The second bedroom, at the back of the home, looks out to the side garden. A three-piece bathroom completes the lay-out.

Exterior finishes include horizontal siding, wood shingles and brick accents, as well as painted trim.



Plan No: 14-2-276

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Services Times/ Heures des services religieux

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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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Lt(N)(Fr/Père) Félix Roberge
Lt(N)(the Rev./Rév.) Mary Anne VanHeuvelen
Capt (the Rev./Rév.) Daniel Walton

Phone/Téléphone:

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

Locks for Lancaster set to raise much-needed funds for restoration project

By Makala Chapman

A restoration project dedicated to the revitalization of the Avro Lancaster will be getting a financial boost thanks to Hair Central.

The local barber shop and salon, which is located on RCAF Road in Quinte West, will be donating 100 per cent of their profits on April 3 to help cover some of the costs associated with turning the aircraft into a static display.

Last October, the National Air Force Museum of Canada (NAFMC) was gifted a Second World War Avro Lancaster from Edmundston, N.B.

At the time of arrival, the Lancaster restoration project manager had noted that the historic aircraft, known as KB882, had flown more than 11 combat missions during the Second World War, flew with the Royal Canadian Air Force (RCAF) for Arctic patrols and even spent some time helping monitor the Soviets during the height of the Cold War.

But for Hair Central's Rob McGregor, the Avro Lancaster is a personal reminder of his late father's legacy and contributions to the Royal Canadian Air Force (RCAF).

Noting that his father, Sergeant (Retired) George McGregor, had worked aboard the Avro Lancaster as a tail gunner, he said he couldn't think of a better initiative to support.

"It definitely has a special place in my heart," he said. "We're doing this because we want to give back to the community and to no doubt honour the men and women who served in bomber command, my dad included."

While McGregor noted that his father wasn't always the most talkative about his experience serving in the war, he said he was sure he would have been proud to see the work being put into restoring the Lancaster.

In addition to any funds they raise, McGregor noted that local realtor David Weir from Royal LePage has offered to match all proceeds raised by the event.

Those who wish to just make a monetary donation can do so in person at Hair Central from now until the day of the event.

Locks for Lancaster will be held on April 3, from 9 a.m. to 5 p.m. at Hair Central, which is located within the CANEX retail building.



Photos by Makala Chapman

A portion of the Avro Lancaster during its arrival to the National Air Force Museum of Canada in October, 2017.



The Avro Lancaster will take approximately seven years to restore and is scheduled to be unveiled on the Royal Canadian Air Force's 100th anniversary celebration

RCAF Second World War veteran gets surprise visit

By NORAD/USNORTH-COM Public Affairs

A Royal Canadian Air Force Second World War veteran and former prisoner of war now living in Colorado Springs, Colorado, received a surprise visit on February 23, 2018.

Squadron Leader (retired) George Sweanor, 98, was met by members of 419 Tactical Fighter (Training) Squadron at the Colorado Springs Airport following the unit's training mission in El Centro, California. Squadron Leader Sweanor was one of the founding members of the squadron, known then as No. 419 Squadron, which stood up in 1941 in the United Kingdom as the third RCAF bomber squadron overseas.

Squadron members and Squadron Leader Sweanor talked for more than an hour as he reminisced about his 419 days and his wartime experiences. "It was an honor for us to meet such a distinguished veteran and founding member of 419 Squadron," said Major Ryan Kastrukoff, deputy commanding officer of the unit.

During the war, Squadron Leader Sweanor served with the squadron in the United Kingdom. After making multiple flights over enemy territory, he was shot down and captured in 1942, and spent 800 days as a prisoner of war. He was also involved in the daring "Great Escape" from Stalag Luft III prisoner of war camp in Zagan, Poland, in 1944, and acted as a security lookout during the excavation of the escape tunnel dubbed "Harry".

Following the war, Squadron Leader Sweanor remained with



Photo courtesy of NORAD/USNORTHCOM Public Affairs
Members of RCAF 419 Tactical Fighter (Training) Squadron listen as RCAF Squadron Leader (retired) George Sweanor, talks about being one of the founding members of No. 419 Squadron, Royal Canadian Air Force. In the background is one of the seven CT-155 Hawk jets ~ own by the squadron, this one sporting a special Second World War paint scheme.

the RCAF. He was a member of the group that opened Cheyenne Mountain, the former home of North American Aerospace Defense Command (NORAD), which is celebrating its 60th anniversary this year.

His last assignment was in Colorado Springs, where he retired and began teaching at Mitchell High School. He is also a founding member of 971 Royal Canadian Air Force Association Wing in Colorado Springs, and regularly attends events as a special guest, along with members of the Canadian Armed Forces serving at NORAD. Squadron Leader Sweanor was a special guest at Canada Day celebrations at NORAD Headquarters in 2014. At that time Canadian Lieutenant-General Alain Parent, then-deputy commander of NORAD, presented Squadron Leader Sweanor with the "Bomber Command Bar" to be affixed to the Canadian Volunteer Service Medal, in recognition of his service with Bomber Command.

During the recent visit, squadron members



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