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INSIDE

RECOGNIZING ONE OF TRENTON'S OWN



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SPREADING CHRISTMAS CHEER OVERSEAS



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LOCAL MAYORS TOUR 8 WING



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436 Transport Squadron
75th ANNIVERSARY
75e anniversaire du 436e Escadron de transport

Command team inspired at leadership forum



Photo by Makala Chapman

Members of 8 Wing Trenton's senior command team took part in a leadership forum on Nov. 21. TOP LEFT: Col. Ryan Deming gives Lt.-Col. (ret'd) Christian Lillington a token of appreciation.



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By Makala Chapman

8 Wing Trenton's senior command team will tell you that there's no one formula to ensure good leadership. Instead, leadership comes in a myriad of forms and is a skill that has to be constantly practiced and fine-tuned. This was the basis of the teachings shared with 8 Wing Commander Colonel (Col.) Ryan Deming and his senior command team during a leadership forum held at the Base on Nov. 21.

A few of the special guests invited to join the forum were Quinte West OPP's Chief Christina Rieve, Belleville Police Chief Ron Gignac and former 8 Wing Honorary Colonel John Williams. Col. Deming noted that the forum would answer critical questions including how leadership ties into the new generation of workforce, how to be an employer of choice and how to lead people coping with mental illnesses. He then added that he felt that leadership, in part, was about taking external

Continued on Page 11



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Photo by 2Lt Tham

CFS Alert: Most Northerly Science Lab

By Second Lieutenant Sheila Tham

Six kilometers from SCFS Alert's main station you will find the Global Atmosphere Watch (GAW) Laboratory. Operated by Environment and Climate Change Canada, the GAW Lab conducts a wide variety of important research that is distributed across the globe to assist climate change researchers. Environment and Cli-

mate Change Canada has existed at the station under various names since the 1970's. Originally stood up as a weather station, CFS Alert still operates with three main missions: signals intelligence, supporting Arctic sovereignty, and supporting scientific research. Kevin Rawlings is the Lab Operator who has been coming to Alert since 2015. Mr. Rawlings says that Alert is a perfect place for a lab, "Alert is about as far

as you can get from industrial activity, so the air is very well-mixed here... with a couple exceptions, you're not going to find more representative samples of Northern Hemisphere air anywhere else." Monitoring the trace gases and pollutants in Alert can help detect changes in global atmospheric chemistry without interference from industrial contaminants that you would have closer to civilization.



From left to right: Avr Salter, Pte Sénécal, Maj Tebbutt (formerly of Replen), MCpl O'Brien, Cpl Shaw and LS Little.

Mission Support Squadron

By Mike Deschamps

Group photo of all G8 Wing Replenishment Flight (Replen Flt) personnel currently deployed to Operation IMPACT (Op IMPACT), Air Task Force. Replen

Flt provides personnel to a variety of deployments both overseas and at home throughout the year. Op IMPACT began as the Canadian Armed Forces (CAF) support to the Global Coalition

to degrade and ultimately defeat Daesh in Iraq and Syria. The coalition has been effective. The CAF is continuing to work with partners in the region to set the conditions for stability and security.

Christmas Marketplace spreads cheer

Contact News

The Trenton Military Family Resource Centre (MFRC) kicked off the holiday spirit at their 6th annual Christmas Marketplace on November 23. This

year's vendor show boasted a selection of new and returning merchants. The Christmas Marketplace was first created as a way to showcase the products and services of small-business owners

in the military community. Pictured here is the Brighton Brass Quintet as they play holiday classics for the hundreds of shoppers that filtered in and out of the marketplace.



Photos courtesy of Devon Taylor

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Photo by Carolyn McColl

Local member receives volunteer recognition

By Lieutenant Darius Soo Lum

Corporal (Cpl) John Killam received an Ontario Provincial Committee (OPC) Recognition during the OPC Annual General Meeting in Toronto, Ontario on November 15, 2019.

Volunteering is selfless work, and someone like Cpl Killam relishes the opportunity to work with the youth of the Cadet Program. Based at CFB Trenton, Cpl Killam spends his Wednesday evenings volunteer-

ing with 173 Royal Tiger Royal Canadian Air Cadet Squadron (RCACS). Teaching, mentoring, and motivating youth in all aspects of the Cadet Program has become a passion of his. This work has been seen by the staff and cadets of 173 RCACS, which lead to Cpl Killam's nomination and reception of a volunteer award given by the Air Cadet League of Canada -Ontario Provincial Committee.

Many members of the Canadian Armed Forces (CAF) Regular Force volunteer their

time to the Cadet Program. Their assistance and expertise is invaluable to the youth who benefit from Cadet Program's numerous exciting and challenging opportunities.

The Cadet Program is open to all youth between the ages of 12-18 years old with a focus on leadership, citizenship and healthy living. If you are ready for the challenge, visit www.cadets.ca and click on "Find Us" and visit our Facebook page to see their adventures! www.facebook.com/OntarioCadets.

Winter 2020 Community Recreation Programs

Content courtesy of Personnel Support Programs

Are you looking for a new recreational activity for your child(ren) to try in the upcoming new year? Winter 2020 recreation

program registration is now open at the 8 Wing/ CFB Trenton Community Recreation Association. Programs for children and youth include; Cooking with Kids Baking Edition, Cooking with Kids, Indoor Soccer, Basketball, Learn to Skate, Artistic

hour and a monthly Kid's Night Out event. All programs run eight weeks in duration. Please see program dates and costs below. If you are interested, register today at the RecPlex or by calling 613.392.2811 ext. 3361.



Program	Cost	Dates
Basketball 6-8 yrs 9-13 yrs	\$60 Military/ \$70 General Public	January 11-March 7, 2019 9:30-10:15am 10:30-11:30am
Cooking with Kids Baking Edition	\$75 Military / \$85 General Public	January 13- March 3, 2020 5:30-7:00pm
Artistic Hour	\$70 Military / \$80 General Public	January 14-March 4, 2020 5:30-6:30pm
Indoor Soccer	\$60 Military/ \$70 General Public	January 15 - March 4 2020 5:30-6:30pm
Cooking with Kids	\$75 Military / \$85 General Public	January 16 - March 5, 2020 5:30-7:00pm
Youth Learn to skate Level 1 Level 2 Level 3 Level 4 Power skate	\$60 Military Community \$70 General Public	Saturday Jan 11 th - Mar 7 th 2020 10:00-10:30am, 11:20-11:50 10:00-10:30am , 11:20-11:50 10:40-11:10am 10:40-11:10am 10:40-11:10am
Youth Conditioning Ages 9-12 Ages 13-16	\$60 Military Community \$70 General Public	Thursdays Jan 16 th - Mar 12 th 5:00- 5:45pm 6:00- 6:45pm

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Safety



Give children the gift of safety

Making sure the toys you buy are safe is not the end of your responsibilities, it is only the beginning. You need to think of toy safety as a daily concern — a concern that lasts for the life of the toys.

Here are some tips to help you through this process, from start to finish.

At the store

- Read the labels on toys and follow the age recommendations. No child is an exception. Look for safety qualities of toys like “flame resistant and flame retardant” for fabrics and “washable” and “hygienic materials” on stuffed toys.

- Remember, most toddlers will try to put almost anything in their mouths, so stay away from toys small enough to swallow. Even if the toy is too large for your child to put in his or her mouth, inspect it for

small parts that, if broken off, will pose a hazard. Do not purchase toys with sharp points for children under eight years of age.

- Batteries in a toy must be secured out of the reach of your child. Old batteries can leak and cause burns. Any battery is hazardous if swallowed. If your child swallows a battery, call your local poison information line.

- Toys and clothing with cords or strings pose a very serious safety threat for young children and toddlers. Remove any cords or ribbons from young children's clothing. Any string, cord, ribbon or similar material is dangerous when used in a crib and can result in strangulation

At Home Develop safety habits

- Make a habit of regularly checking your children's toys for

damage. Broken toys can have sharp edges that can cut. Broken pieces can be small enough to swallow. Your safest bet is to throw the broken toy away. Check wooden toys for splinters and sharp edges.

- If you have children of different ages, keep toys for older children out of reach of the younger ones. If you store toys in a toy box, the box should be sturdy. Do not store it up high where it could fall on your child's head. Large toy boxes must be properly ventilated so your child won't suffocate if he or she becomes trapped inside. Ensure the hinges on the box don't create spaces where your child's fingers could be crushed.

- Electricity can shock and kill. Opt for battery operated toys when buying for children. Even if one child in the household is old enough to respect electricity,



consider the other children who may come in contact with the toy. Issues such as where the toy is used

and stored should be considered.

Remember, your child's safety is in your hands.

Make sure you consider safety when you are in the store and continue to maintain toy safety for the life of the toy.

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 Colonel Ryan Deming, OMM, CD. The Publisher reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CAF or other agencies.

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

The CONTACT is produced weekly under a Publication Service Agreement with a division of Metroland Media Group.

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ARTICLES AND PHOTOS

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

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

delivered in person and must include the author's full name, rank, (if applicable) unit and phone number.

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

Letters to the Editor:

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

A Military Community Newspaper

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



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Care packages sent overseas to deployed members

By Makala Chapman

As the holiday season fast approaches so should the reminder that not everybody will get to spend it with their loved ones. In fact, more than 60 members of 8 Wing Trenton will be overseas during the upcoming festive season. But staff at the Trenton Military Family Resource Centre (MFRC) say that doesn't mean they will be forgotten. In fact, Daniela Kavanaugh, the MFRC's deployment and separation coordinator, and her team

worked hard to put together several care packages on Nov. 13. Each box has been addressed to a specific member of 8 Wing Trenton and is currently making the long trek to their final destinations. Complete with some of the comforts of home, which include maple syrup and puzzle books, Kavanaugh said she and the team are hopeful they can spread a little holiday cheer. "We're just trying to boost morale and let them know that the people back home are thinking of them," she said. "It's just a fun surprise that we hope

they will really enjoy." But what makes this year all the more special is the fact that every item in the care packages had been generously donated from businesses all across Ontario. "We usually have to go out and buy some extra stuff to top up our inventory," she said. "But, this year, the community really came through." Some of the donated goods that were packed and shipped included sweet and savoury treats, stationary items and homemade cards. Kavanaugh added that since the MFRC is a non-profit organization,

any and all help is always appreciated, but this year's support had been overwhelmingly positive. As for her message to the community, she thanked them for their support, and noted that the boxes truly do make a difference. Helping pack this year's care packages were air cadets from 151 Chadburn Squadron in Oshawa, Ont. "I wanted to help because being in cadets you learn a lot about the military and it seemed like the right thing to do," said 14-year-old Jack Smith. "We should remember those who are overseas by

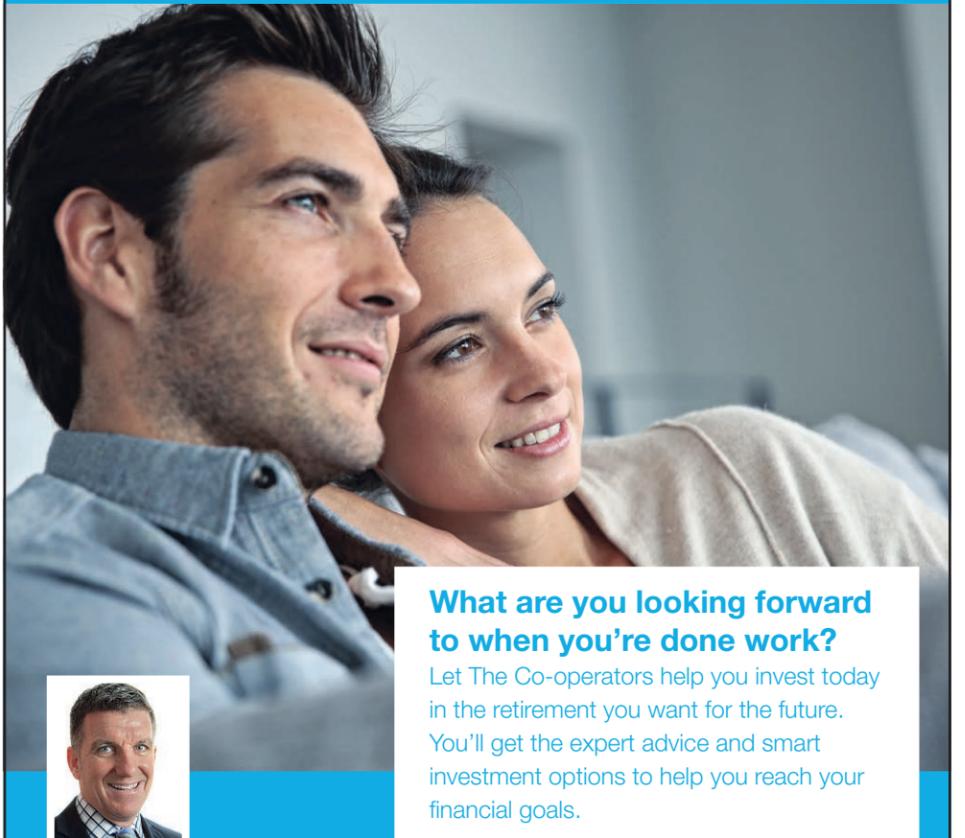
showing them our gratitude because they're the ones who are protecting our freedom." Speaking to how proud she was of the cadets for taking the time to help was Michelle Ross, a volunteer with the air cadet squadron. She noted while it's always important to give back, the holiday season is an especially good time to do so. Despite having travelled more than an hour to volunteer, she added it had been worth it as the experience was invaluable. "The lesson learned here is you should never take for granted what you

have," she said. "These cadets are learning that lesson and they will be better because of it. What a great experience for them to have." For those looking to send items overseas, it's important to follow proper guidelines. Care parcels for "any Canadian armed forces member" are not accepted. Only cards and letter mail to "Any CAF member" is accepted. Parcels must be addressed to a specific member and must follow proper procedure. The guidelines for parcel mail can be found online at www.canada.ca.



TOP: Approximately 60 care packages were compiled for the more than 60 military members who will be deployed over the holiday season. BOTTOM: Members of 151 Chadburn Squadron and staff at the Trenton Military Family Resource Centre spent their evening putting together care packages for troops overseas on Nov. 13. RIGHT: Handmade cards from children all across the region to the troops overseas were packed into care packages at the Trenton Military Family Resource Centre on Nov. 13.

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Local mayors tour 8 Wing Trenton



Photo by Makala Chapman

The local mayors and community leaders from the Quinte West and surrounding region stopped in at 8 Wing Trenton for a tour on Nov. 19.

By Makala Chapman

The relationship between 8 Wing Trenton and the surrounding community is vital say some of the region's top citizens. On Nov. 19, the municipal staff from the Quinte West and surrounding region were invited to tour 8 Wing Trenton. The event, hosted by 8 Wing Commander Colonel (Col.) Ryan Deming, was an opportunity to further strengthen the bonds between the military and civilian community. Amongst those in attendance were the likes of Tyendinaga Reeve Rick Phillips, Quinte West Mayor Jim Harrison and Brighton Mayor Brian Ostrander.

The visitors spent a full day learning from the daily operations conducted at the Base to what it means to be Canada's largest aviation hub. Speaking to how thrilled he was to have been welcomed on the tour was Belleville Mayor Mitch Panciuk. He noted it had been an eye-opener to see firsthand some of the military's various capabilities. The local mayor said he was especially impressed with the tour of 424 Transport and Rescue Squadron. During the visit, the mayors got the chance to speak with a search and rescue technician about the job and inquire about the training and equipment used during missions. They were also treated to a ride in a CH-146 Griffon helicopter as they got a birds-eye view of the Bay of Quinte region. "The search and rescue team and what they do for civilians is very important," said Panciuk. "It's comforting to know that we have highly-trained people that are willing to come and rescue those of us who find ourselves in distress." When asked why he felt it was important that the City of Belleville has a good relationship with the Base, Panciuk said it came down to making the community a better place for all, including military families. In addition, not only is 8 Wing an important economic driver for the region, it's a vital component to the community's identity explained Panciuk. "We appreciate the fact that we have Canada's



Photo by Makala Chapman

A member of 424 Transport and Rescue Squadron helps Belleville Mayor Mitch Panciuk try on a parachute.



Photo by Corporal Zebulon Salmaniw

Local mayors and community leaders visiting 8 Wing Trenton were given the opportunity to get a birds-eye view of the Bay of Quinte region in a CH-146 Griffon helicopter on Nov. 19.

largest air force base here in our region," he said. "The men and women of this Base are important and integrated members of our community. They are parents that help coach our teams and their kids go to school with ours. Our community just wouldn't be the same

without them."

Noting how happy he was to have the local mayors tour the Base was Col. Deming. He added that he couldn't have been prouder to show off the talents and professionalism of the members at 8 Wing. Speaking from a lead-

ership perspective, he said having the local leaders engaged and invested in the operations at 8 Wing would only stand to benefit both parties. "I wanted them to see what we do on a daily basis, so they feel ensured that their communities are safe," he said. "It's also one of those partnerships that are invaluable. This visit with the mayors further ensures we have champions for our military members and that they better understand some of the challenges, as well as triumphs, that happen here on the Base." As for what he hoped the visitors would get out of their day at 8 Wing, Col. Deming noted it was a renewed pride in the women and men that live within their communities, and relief that they were in good hands.

Also on the tour was 8 Wing Honorary Colonel (HCol) John Smylie, the civilian liaison between the Base and the community. He too said that he couldn't have been more pleased to host the local mayors and share some of his favourite aspects of 8 Wing. "I've never in my life seen such a bunch of talented and professional people that have such a dedication and passion to their job than here at 8 Wing," he said. "It gives me a lot of pride to have the mayors here so we can show them what goes on, on a daily basis. The men and women here work hard to secure our way of life and they do it because they want to serve their country." He added that having the mayors visit was a great way to inspire and create ambassadors and advocates for Canada's military.

As for his message to his fellow citizens, HCol Smylie asked that they take the time to look around at their neighbours. "Military families live in our communities. Maybe they're alone because their partner has been deployed for six months," he said. "Maybe their driveway might not be shovelled because they have three little kids and haven't had the time. That's an opportunity to really step up and show them what kind of community we are."

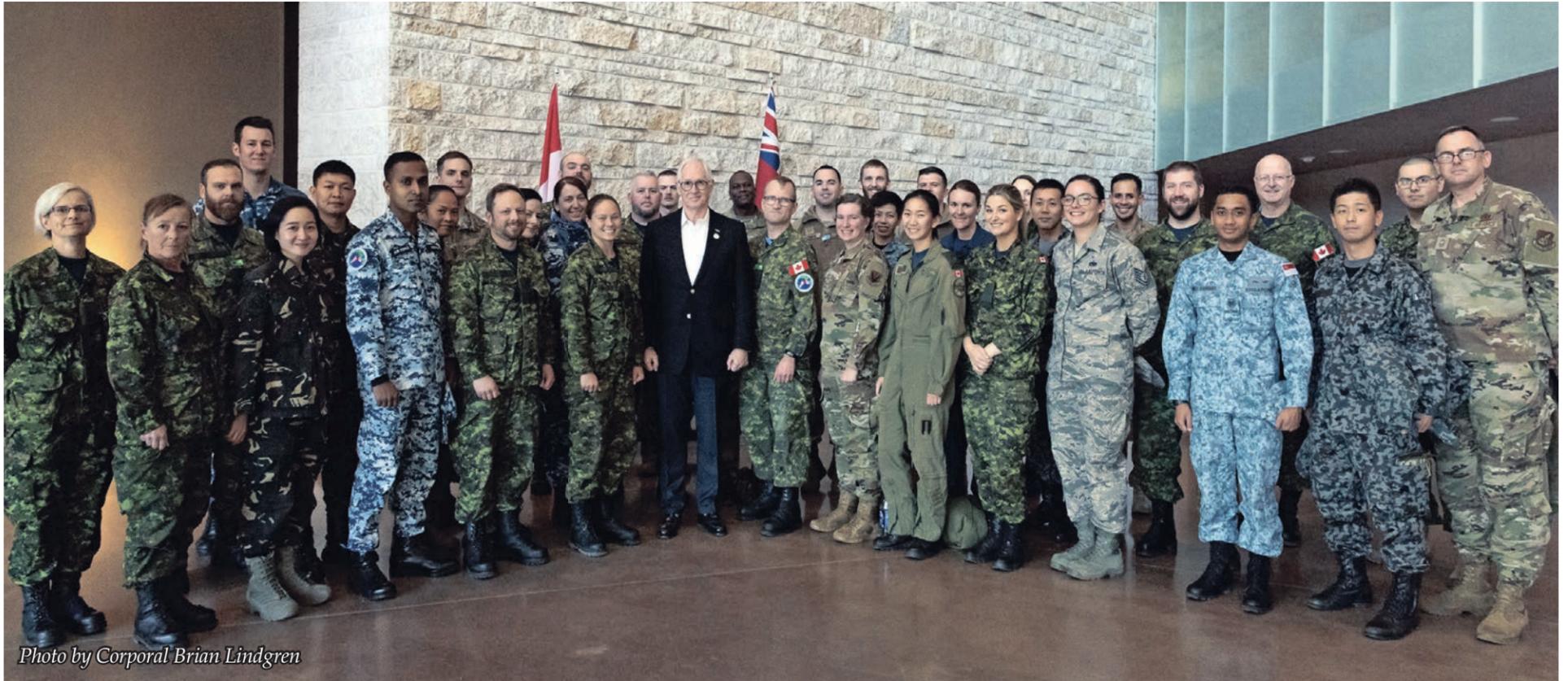


Photo by Corporal Brian Lindgren

17 Wing's Honorary Colonel Stuart Murray (centre) joins members of the Junior Enlisted Leadership Forum (JELF) for their visit to the Human Rights Museum, Winnipeg, Manitoba. The JELF, which was attended by junior enlisted leaders from several nations, was held in Winnipeg from October 21 to 25, 2019.

Investing in our junior leaders through the Junior Enlisted Leadership Forum

By Second Lieutenant Kylie Penney

If you walked into the Netherlands Theatre at 17 Wing Winnipeg, Manitoba, on the morning on Monday, October 21, 2019, you would have seen a room full of junior enlisted leaders from the air forces of Canada, the United States, Australia, New Zealand, Japan, Singapore, Bangladesh and the Philippines. They were all present to attend the 2019 Junior Enlisted Leadership Forum (JELF).

This year, the RCAF collaborated with Pacific Air Forces (PACAF), a command of the United States Air Force, to co-host the annual week-long forum at 17 Wing from October 21 to 25. The forum is hosted by a different Pacific Rim nation each year. Chief Warrant Officer Miina Piir, from 2 Canadian Air Division headquarters in Winnipeg and Senior Master Sergeant Jason Glockner, from PACAF headquarters, acted as the principal organisers and co-host lead facilitators for the event.

JELF is the ultimate opportunity for professional development for selected RCAF master corporals and sergeants from different trades to learn in an international environment. "It is a privilege to be picked for something like this and I feel like my supervisors recognized the hard work I have put in at my unit," said Master Cor-

poral Kevin Griffin, an aircraft structures technician from 5 Wing Goose Bay, Newfoundland and Labrador. "I was excited to come and interact with other air forces." Participants learn with and from their counterparts from other Pacific Rim nations and learn about leadership challenges from senior mentors, who hold the equivalent of chief warrant officer rank, from participating nations. "It's not every day that you have the opportunity to have senior enlisted leaders from four different countries come together that are all working towards the same goals within their air forces," said Chief Warrant Officer Denis Gaudreault, RCAF command chief warrant officer. "When you talk about leadership challenges, our job as leaders is to make sure that the goals we are trying to achieve are communicated down the chain so that everybody understands what we are talking about."

The commander of the RCAF's 2 Canadian Air Division, Brigadier-General Mario Leblanc, welcomed the participants and highlighted the importance of junior enlisted leaders in the respective air forces. Throughout the week, the participants learned how teamwork, resiliency, diversity, gender and Indigenous culture tie into leadership, with a series of challenges, lectures, and group work.

Master Corporal Brent Thompson and Sergeant (retired) Devin Beaudry, from the regional Defence

Aboriginal Advisory Group, organised a Sweat Lodge for participants one evening, as an optional activity related to the Indigenous culture briefing. Corporal Kim Gilbert, a medic from the Royal New Zealand Air Force (RNZAF) participated in the sweat. "It was amazing, I love doing stuff like that to see the real Canada," Corporal Gilbert said. "I wasn't sure what to expect from the Sweat Lodge. I was a little bit nervous but it was really good. I felt super relaxed and peaceful afterwards. All the underlying Indigenous themes we talked about this week, are pretty similar to home, they are just interpreted or represented in slightly different ways in each country," she said, comparing Indigenous culture in the RCAF to Indigenous culture in the RNZAF. No visit to Canada would be complete without hockey and participants got a chance to see Winnipeg's finest in action at a Manitoba Moose practice and a Winnipeg Jets game. The week wrapped up with lessons on ethics, bias, conflict management and the geopolitical environment with Dr. Andrea Charron, from the University of Manitoba, and Dr. Sarah Meharg, an adjunct professor at the Royal Military College of Canada. A visit to Winnipeg's iconic Canadian Museum for Human Rights, underscored the reasons why cooperation and ethical leadership are essential to our air forces.

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Upcoming local events

Nov. 28 - CP Holiday Train will visit Trenton this November. Join them at RCAF Road & County Road 21, south side of railway at 10:35 a.m. The charity holiday train will be collecting donations for the Trenton Care and Share Food Bank. Performing will be Canadian artists Scott Helman and Madeline Merlo.

Nov. 30 - This year's Quinte Train Show will once again be hosted by the Belleville Model Railroad Club and the Brighton and Presqu'ile Railway Association. It will be held on Nov. 30 and Dec. 1 from 10 a.m. to 4 p.m. each day. The event will be held at Centennial Secondary School at 160 Palmer Road, Belleville.

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LE 23 NOVEMBRE - LE 12 DÉCEMBRE

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Padre's Corner



A Padre's reflection on training the next generation

By Padre Mary Anne VanHeuvelen

I had spent the first week of September preparing for the arrival of twenty-three eager new chaplains at the Canadian Forces Chaplain School and Centre (CFChSC) in Borden. This would be their first time coming to CFChSC, but certainly not their last. For chaplains, Borden is our "home-station." This is where we do our trade specific training. And this would be my first experience teaching.

The recent group of new chaplains came from all across the country, and represented all three elements. There were Regular Force and Reserve chaplains. There were Roman Catholics, different Protestant groups, Rabbi and Muslim students. It was a wonderfully diverse group, with a wealth of experiences from their varied backgrounds.

For four weeks they lived, learned, and worked together. They studied topics related to working in units, addressing issues with the Chain of Command, how to deal with duty calls, and crisis intervention, among many other chaplain related topics. At the end of the four weeks, these new chaplains graduated with the basic knowledge and skills required to begin their work in the CAF. And I was left with an empty classroom that needed to be quickly cleaned up and readied for the next class coming to CFChSC in two weeks; Intermediate Ethics. Many of the same chaplains will be back together for this course as well.

I hope that I imparted some sort of wisdom and enthusiasm for what chaplains do to those candidates. I know that being their in-



structor marked me in many ways. I have returned to my units here in Trenton with renewed energy as a sense of their eagerness for this work has rubbed off on me. I look forward to working with these new

chaplains in the years to come, and to seeing how they will help to reshape the Royal Canadian Chaplain Service through their dedication and commitment.

Kid's Night Out

Friday 13 December 2019

RecPlex

5-8pm -\$17 MC/ \$20 GP

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December 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Rendez-vous Francos	3	4 Painting 2.01	5	6	7 Breakfast with Santa's Helpers
8	9	10	11 Christmas Tunes - Deployment Christmas Dinner	12 Last day of Holiday Wreath Raffle - Knit & Chat	13 Holiday Wreath Raffle winner to be announced!	14
15	16 MFRC close at 5 p.m.	17 MFRC close at 5 p.m.	18 MFRC close at 5 p.m.	19 MFRC close at 5 p.m.	20 MFRC close at 4 p.m.	21
22	23 MFRC	24 CLOSED	25 FOR	26 HOLIDAYS	27	28

● **Trenton MFRC – Trenton Location**

Monday – Thursday: 8 a.m. – 6:30 p.m.

Fridays: 8 a.m. – 5 p.m.

Child care hours remain the same

● **Rendez-vous francos**

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● **Painting 2.01**

Paint on acrylic to get a stained-glass look

Wednesday, December 4, 2019, 6 - 8:30 p.m. at the Trenton MFRC

Cost: \$40, includes all materials; Participants: min.8, max 20

Please register and pay at the MFRC reception by November 22.

● **Breakfast with Santa's Helpers**

Our Special Needs Inclusion Program (SNIP) presents Breakfast with Santa's Helpers!

Saturday, December 7 from 10 a.m. – 12 p.m. at the Base Chapel

A fun filled family morning with breakfast, games and activities, pictures with Santa's Helpers, and more! Open to all families. Please register online at:

<https://www.autismontario.com/civicrm/event/info?id=2121> **Offert seulement en anglais.**

● **Festive Tunes**

On Wednesday, December 11, 10 a.m. members of the 8 Wing Band will be spreading holiday cheer at the MFRC with Christmas carols! Join us at the Trenton MFRC as we enjoy festive tunes and yummy snacks. There will be hot chocolate, cookies and candy canes! Everyone is welcome!

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\$488,000. : MLS# 231311

732 DANFORTH ROAD

Quiet country location in Prince Edward County less than 30 mins. from Trenton. Situated on 3 acres of land with a detached double garage, this great family home features almost 2,000 sq. ft. of finished living space on two levels including a master bedroom with 3 pce. ensuite bath, two other bedrooms, 4 pce. family bath & open concept kitchen/dining/living room plus a large recreation room & 2 pce. bath in the lower level.
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14 DEMILLE ROAD, NORTHPORT

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Continued from page 1

his hopes for the factors, such as limited resources and years of high operational tempo and translating it into clear and actionable directions that would move the Canadian Armed Forces (CAF) forward. "I look forward to us challenging each other and challenging some of our perspectives and viewpoints," said Col. Deming. "As leaders we don't take the opportunity to critically think enough. Once we understand the problems, that's when we can make true, transformational change." Col. Deming introduced the four guest speakers, each with different backgrounds,

who would be presenting and offering their takes on leadership and how to overcome various challenges. First to take to the podium was Mark Patterson, Executive Director of Magnet, a social innovation platform housed at Ryerson University. He spent his time speaking about social and economic changes. Leaders were then challenged to consider what that would mean for the future workforce of the CAF. Next, Valerie Peticca, Executive Director of Human Resources and Organizational Development at Loyalist College, made her presentation. She spoke

on becoming an employer of choice. In addition, she shared her take on how to foster positive and proactive senior leadership engagement. The forum continued on into the afternoon with special guest speaker retired Lieutenant-Colonel (Lt.-Col.) Christian Lillington and Kelly Briggs, the Veteran Family Program Coordinator at the Trenton Military Family Resource Centre. In her presentation, Briggs spoke about a spouse's experience in dealing with operational stress injuries of military member. Leaders were given the opportunity to reflect on the critical nature of support-

ing those living with mental illnesses as it impacts not only their work life, but their home life as well. Lt.-Col. (ret'd) Lillington also focused his presentation on mental illnesses and how a good leader could make all the difference. He went on to share stories from his time being in a position of leadership and his journey living with PTSD. He also made a point to share personal experiences to help those in attendance understand that the path to successful leadership wouldn't always be easy. Lt.-Col. (ret'd) Lillington emphasized that at times those in positions of leader-

ship would need some direction themselves, and that it was okay to ask for help. He spoke candidly about what he described as his own shortcomings as a leader and how he remedied the situation. But, perhaps, the most impactful portion of his presentation was how his journey to recovery from PTSD and the advice he offered to those in attendance. "One of the issues I had when I first came forward (with PTSD) was that getting help was very personal," he said. "Discretion matters, especially when you want to be vulnerable." He went on to share that one of the steps leaders

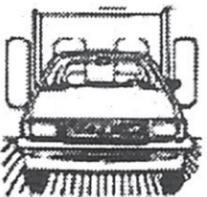
could take, prior to being approached, is to create an environment of openness, "If you openly talk about mental health that means you are open to dialogue and can then try to make things better." Lt.-Col. (ret'd) Lillington added that building trust between leaders and their subordinates was crucial and could make a significant difference. Not only would the benefit be that people would feel more comfortable coming forward, it could end up saving a life. "Have honest conversations," he said. "Take sincere interest in your people and give them the opportunity to feel supported."



Photos by Makala Chapman

TOP: Col. Ryan Deming speaks to the importance of becoming better leaders to help propel the Canadian Armed Forces forward. BOTTOM: Retired Lt.-Col. Christian Lillington speaks to members of 8 Wing Trenton on mental illness and provides tips on how to be a better leader in times of crisis.

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