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436 Transport Squadron  
**75<sup>th</sup> ANNIVERSARY**  
75<sup>e</sup> anniversaire du 436<sup>e</sup> Escadron de transport

## Ad Astra Stones honouring RCAF community



Photo by Makala Chapman

Members of the public take the time to look at the Ad Astra stones that lay in the Air Park of the National Air Force Museum of Canada on Sept. 28, 2019.



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By Makala Chapman

One of the greatest tributes an individual can give is to remember. On Sept. 28, hundreds gathered to witness the dedication of 130 Ad Astra memorial stones at the National Air Force Museum of Canada (NAFMC). Each granite stone, purchased through the Ad Astra program, honours a member of the Royal Canadian Air Force (RCAF) community. This year's additions join the more than 12,000 stones that already line the walkway of the museum's Airpark. First introduced and developed in January 1996 by Major (retired) Roy Skillicorn and Colonel (Ret) "Cy" Yarnell, the Ad Astra Stone Program continues to be a unique way to honour those who dedicated their lives to service and to their country. In addition to members of the RCAF, stone can be purchased for military spouses, allies of Canada's air force and supporters of the museum. As for the

Continued on Page 7



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# More than just clothing: Supply Section at CFS Alert

By 2Lt Sheila Tham

Operation BOXTOP has started at CFS Alert, which means a flurry of activity for the station as over 30 augmentees arrive to assist with the receipt of fuel and dry goods. One of the crucial sections for the bi-annual resupply mission is the Supply Cell. As the receivers and distributors of all incoming stock, they are an essential element in the success of the mission. Normally operating with two staff, the section triples in size for the duration of the operation. Corporal (Cpl) Helene St-Onge is one of the Supply Technicians augmented to CFS Alert. Cpl St-Onge came in from CFB Greenwood where she normally does customer service. When asked what she thinks about BOXTOP so far, she says, "It's different than sit-

ting behind a desk, that's for sure!" Operating 24 hours a day, Supply splits into a day and night shift as planes are scheduled without interruption. For this BOXTOP, over 500,000 lbs of cargo are expected to arrive at CFS Alert and be processed through the Supply Section. In charge of the section is Sergeant (Sgt) Bonnie Leung. Sgt Leung mentions how often when outsiders think of Supply Technicians they picture clothing stores. However, the trade has many different specializations. "There's such a diversity in Supply," says Cpl Celeste Dowling, "I haven't been in every section yet!" Coming from a Stock-taking position at CFB Greenwood, Cpl Dowling works as the 'Packrat' for CFS Alert. This is her second BOXTOP, having been an augmentee for one of the operations in 2015.

Even her role at that BOXTOP was different, "We were assisting with hooking up the hoses, fuelling, and recording how many litres of fuel came in," she says. "Here [in Alert] you get to touch on everything." When it comes to working in Supply at Alert, the experience can be summed up in one word - busy. But it's not always at BOXTOP pace. Even with the uptick in tempo, there has still been time to participate in events like unit PT and TGIF. "You work hard, and you play hard," says Cpl Dowling, "You can't do all the activities here. I want to, but I can't!" Being at the station this time of year is also interesting - the sun is setting and there's an afternoon glow for almost the entire day. "It's very beautiful, I love it," says Cpl St-Onge, "Very different, and very special."



Photos by 2Lt Tham

Cpl Helene St-Onge organizes crates in the warehouse. Over 500,000 lbs of cargo are expected to arrive during Operation BOXTOP.



The Supply Section (from left to right): Sgt Leung, Cpl Dea, Cpl Dowling, Avr Pelletier, Avr Porter, and Cpl St-Onge.



Avr Porter and Sgt Leung inspect an ammo mag as part of monthly inspections.



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Cpl Dowling prepares a propane tank for shipping.

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## October 2019

First Aid CPR Course	Rendez-vous francos - Focus on Vets begins	Portfolio Development Sessions – Military Spouses & Members		Special Needs Parent Support Group - Knit & Chat		
13	14 Thanksgiving MFRC CLOSED	15	16 Here's to Healthy Relationships! - Mixed Mediums Workshop - Mental Health First Aid	17 Mental Health First Aid	18	19
20	21 Bouncing Back - Knit & Chat	22 Inter-Comm	23 Mixed Mediums Workshop	24 Evening Book Club	25 Friday Finds: Campbell's Orchard	26
27	28 Kids Have Stress Too - Rendez-vous Francos	29	30	31 Halloween	1	2

### ● 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

Get together for francophones! We offer different activities each week.

Monday, October 7 from 4 – 5 p.m. – this week is friendly soccer!

For more information and to register, please call 613-965-3575.

### ● Here's to Healthy Relationships!

Health Promotions and the Trenton MFRC are working together to bring you an evening of full resources for your personal relationships! The evening resources and speakers will be geared towards information for couples, parents and more!

The event will take place on Wednesday, October 16 from 6:30 p.m. – 8 p.m. at the Trenton MFRC. Childcare will be provided – please call 613-965-3575.

Light refreshments and snacks will be served.

Come out for an evening of information and fun!

### ● Inter-Comm

Improve Communication in Personal Relationships (InterCOMM) is an innovative program providing training in interpersonal communication and conflict management. This 12-hour course is comprised of 4 modules and offers participants instruction on conflict management concepts as well as strategies that may help when facing difficult situations or conversations with family and friends. Through experience learning, exercises and coaching, participants will learn skills in conflict management, effective communication, and how to nurture collaboration, both at home and in the community.

Tuesday October 22 and 29 from 8:30 a.m. – 4 p.m.

For more information and to register, please call 613-392-2811 ext. 4017.

### ● Bouncing Back

Along with learning what fuels anxiety and depression and learning coping tools this group also provides the opportunity to find out about other services in the community are while meeting new people.

The program takes place each Monday for 8 weeks from 4:30 p.m. to 6 p.m. starting Monday, October 21.

To register please email Santina Williams at santina.w@trentonmfr.ca.

### ● Book Club

Is your nose always in a book? Join us for our Book Club - the last Thursday evening of the month from 6 - 8 p.m.

Our next Book Club is on October 24 (due to Halloween being on the last Thursday of the month). The book is "The Wife Between Us" by Greer Hendricks.

Call 613-965-3575 for more information and to register.

\* Si vous êtes intéressé à un club de lecture en français, communiquez avec Hélène helene.cg@trentonmfr.ca or 613-392-2811 poste 2379.

### ● Kids Have Stress Too

This free program will teach stress management strategies to parents and caregivers of children ages 4 – 9. A program from The Psychology Foundation of Canada

designed to help children develop the coping skills they require to manage the stress in their lives.

Every Monday for three weeks from 6 – 8 p.m. beginning October 28.

Registration deadline is October 21. Please register by contacting Kendra at kendra.b@trentonmfr.ca or 613-392-2811 ext. 4739.

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# Safety



## Fire safety: Make an escape plan

Once you find out that there's a fire in your home, you must get out immediately. Have an escape plan. Draw up a plan of your house and mark escape routes from everywhere in the house. Determine a primary and an alternative escape route from each room. Decide on a place where everyone is to meet as soon as they're out of the house. This could be a tree, a street light, or a neighbor's front door. Make sure the meeting place is a safe distance from the house. Practice your escape plan regularly. Have someone sound the alarm, then, rehearse what you would do and where you would escape to in case of a fire. Review the plan frequently with all family members. Ask your local fire department for more information about fire prevention. Tell your children if there's a fire they must not hide in a closet or under the bed. If they're hiding it's much harder for a fire fighter to find them when searching the house. Explain to them that if they see a fire fighter during a fire he will be wearing a mask and will look scary; explain that they should run to him and not away from him. Also tell them that when there's a fire, it's okay to break a window to call for help.

*If there is a fire in your home, this is the proper response:*

- If it's night, get out of bed and crawl to the door on the floor. Smoke and heat rise. It's cooler and easier to breathe on the floor.
- Touch the door. If it's warm, don't open it. If the door is cool to the touch, open it very slowly because there may be intense heat on the other side. If the hallway is full of smoke or if you can see fire, close the door and use an alternative route out.
- When leaving the building, stay low and close doors behind you. Closed doors will help slow the spread of the fire.
- Get out of the building and stay out. No one should go back inside until the fire department tells you it's safe to do so.
- Once you're out of the burning building, go to the designated



meeting spot and make sure everybody is accounted for.

- Phone the fire department from a neighbor's house.
- If your clothes catch fire, don't run. Stop, Drop, and Roll. Stop immediately, drop to the ground, cover your face with

your hands, and roll over and over. Practice this maneuver with your children. Explain to them that rolling smothers the flames.

- If you can't get out of the house because of heat or smoke and you're on an upper floor, close

the door of the room you're in. Plug any cracks under the door with bedding to prevent smoke from entering. Open a window and scream for help to get someone's attention. Don't jump out of the window unless there is no other choice.

### 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.

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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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Photos by Makala Chapman

Major Benjamin Buscaglia, a member of Armée de l'air (French Air Force), receives the La médaille des blessés de guerre from French air defence Attaché, Colonel Jérôme Lacroix Leclair at the RAWC on Sept. 26.

## Exchange officer receives prestigious medal

By Makala Chapman,  
CWO Kent Turriff and  
Lt.-Col. Leslie Dicks

On Sept. 26, Major (Maj) Benjamin Buscaglia, a member of Armée de l'air (French Air Force), received the La médaille des blessés de guerre – known in English as Medal for the War Wounded – for injuries he sustained while supporting operations overseas in 2014. Maj Benjamin Buscaglia is currently an exchange officer working with the Royal Canadian Air Force Aerospace Warfare Centre (RAWC). The prestigious medal, awarded by the French Ministry of Armed Forces, is worn by those who have sustained physical or mental war wounds in the line of duty. On site to present the medal was the French air defence Attaché, Colonel (Col.) Jérôme Lacroix Leclair. Maj Buscaglia was deployed in Niger for Operation Barkhane in June

2014. As Flight commander of the detachment, he and his Weapon System Officer were one of the more experienced crew members accumulating many missions over Afghanistan, Libya and Chad. During one Close Air Support mission over Mali, he was leading a flight of 2 Mirages supporting troops on the ground. He was just behind a refuelling aircraft, ready for air-to-air refueling, when a major engine failure occurred. Maj Buscaglia acted immediately, but the engine failure did not permit them to return to base. The crew had to bail out when the engine shut down and consequently they both sustained back and neck injuries. Shortly after the crash and unbeknownst to them, a rescue helicopter was tasked to proceed with their immediate extraction. Supported by Attack Helicopters, they took off from Gao airfield and successfully picked up Maj Busca-

glia and his Weapon System Officer two hours later. When asked what thoughts were going through his head at the time of the incident, Maj Buscaglia noted it was mostly just trying to remember his training and remaining calm. "We all know that there are risks," he said. "As air force members our job is to assess and balance that risk in order to get the job done. But we must also be confident and rely on our training." As for Maj Buscaglia's thoughts on receiving the Medal for the War Wounded, he said he couldn't have been more honoured. But, while it represents individual bravery, he said the medal meant even more to him for one particular reason. "This is the only medal that I wear that I feel represents the sacrifices of my family," he explained. "I know how hard it was for my wife and family when they found out what happened to me." Maj Buscaglia went on to share

that during his recovery process, he had to wear a medical corset, which prevented him from doing even the smallest things such as holding his infant daughter. "Even when she would hug me, it always felt like there was a barrier between us, because of the corset," he said, "so, yes, this medal represents the sacrifice of the family." During his career, Maj Buscaglia has also received several additional honours and decorations. He received twice the Croix de la Valeur Militaire for his actions in Afghanistan and Libya, Overseas France medal, Nation's recognition award, Veteran's cross and the National Defence Gold medal. Speaking to what an honour it was to bestow the most recent award upon Maj Buscaglia was Col. Lacroix Leclair. He noted it was made all the more special by the fact that Maj Buscaglia had once been a student of his when he served as a flight instructor many

years ago. "Our lives split to some extent but here he is and here I am in Canada," he said. "I am very honoured to award this medal because it means a lot. It demonstrates the sacrifice of the individual and the family." In addition, he noted he was pleased to be able to present the medal to Maj Buscaglia on Canadian soil in front of fellow air force men and women. "His story was worth telling," he said. "In the air force community we share common values and can appreciate what (Maj Buscaglia) has achieved, what he has suffered and what his family has suffered." As for his message to all members of the air force community, Col. Lacroix Leclair said to trust one's training and to always be proud of the sacrifice and work being done. Also speaking to how proud he was of Maj Buscaglia was RAWC commander Colonel Shayne Elder. "He's a key member of our team," he

said, "so it was only fitting that we have a ceremony to recognize the importance of this award, right here. Any opportunity we get to recognize an individual's operational service is worthwhile and beneficial." Col Elder went on to note that he's appreciated having Maj Buscaglia at the RAWC and spoke on the benefits of international, military partnerships. "Warfare centres need to share information so we don't duplicate it and can help each other," he said. "A key part of that is having exchange officers so we can quickly exchange information. Maj Buscaglia is able to bring a different perspective to our approach to things and it's been a win-win outcome." As for what's next for Maj Buscaglia, next month he will be honoured with the Légion d'honneur (Legion of Honour) – the highest French order of merit for military and civil merit.

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## Upcoming Local Events

- **Fire Prevention Week October 7th to 14th** - 8 WING Fire Hall will be conducting Fire drills throughout the base. Any Building can be targeted any time. Go over you drills and procedures, be ready and be safe!!!
- **Semaine de la Prévention des Incendies du 7 au 14 Octobre** – La Caserne des Pompiers du 8ieme Ere entreprendra des exercices d'incendies parmi la base. Tout bâtiment peut être cible à tout moment. Révisez et pratiquez vos procédures et exercices; Soyez prêt et prudent!!!

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Course begins  
October 7  
le cours commence  
7 octobre

**AGES 19+**

# Friday Finds

**OCTOBER 25, 2019**  
**3:00 - 5:30 PM**

Campbell's Orchard  
1633 County Rd. 3, Carrying Place

Please register by calling MFRC  
reception at 613-965-3575

# Fundamentals of POWERLIFTING

## Squat Technical workshop

October 10<sup>th</sup>, 14h-16h  
Max 12 participants



## Deadlift Technical workshop

October 22<sup>th</sup>, 14h-16h  
Max 12 participants



## Bench Press Technical workshop

November 7<sup>th</sup>, 14h-16h  
Max 12 participants



## In class Programming Workshop

December 5<sup>th</sup>, 14h-16h  
Max 20 participants

Day	Exercise	Reps	Sets	RPE
Mon	Competition Squat	3-6	3	8/10
	Competition Bench	3-6	3	8/10
	Competition Deadlift	3-6	3	8/10
	Competition Bench	8-12	3	8/10
Tue	Front Squat OR 2-Count Power Squat	3-6	3	8/10
	Over or 2-Count Power Bench	3-6	3	8/10
	Lighting/Tripod Introduction	8-12	2	8/10
	Handcuffing/Car Lift Demo	3-6	3	8/10
Wed	Competition Squat	3-6	3	8/10
	Competition Bench	3-6	3	8/10
	Competition Deadlift	3-6	3	8/10
	Competition Bench	8-12	3	8/10
Fri	Front Squat OR 2-Count Power Squat	3-6	3	8/10
	Over or 2-Count Power Bench	3-6	3	8/10
	Lighting/Tripod Introduction	8-12	2	8/10
	Handcuffing/Car Lift Demo	3-6	3	8/10
Sat	Competition Squat	3-6	3	8/10
	Competition Bench	3-6	3	8/10
	Competition Deadlift	3-6	3	8/10
	Competition Bench	8-12	3	8/10

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Participants: min 8, max. 15

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le 11 octobre  
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Expérimentez avec un projet de médiums mixtes et décorer quelques citrouilles en coulant la peinture, à temps pour l'Halloween.  
Et garder votre maison propre!

Continued from page 1

proceeds collected, each purchase goes towards supporting the museum, which strives to keep the history of the RCAF fresh in the minds of Canadians. Speaking to the success of this year's ceremony was the museum's chair of the board, Steve Bolton. "A lot of people turned up, we had great speakers and I really couldn't have asked for more," he said. He added that this year's event, focused around the theme of maritime patrol and those that served in that sector, really added to the overall experience. In his speech, he took the time to share a history of some Canada's aviation pioneers, such as John Alexander Douglas McCurdy. "His involvement in aviation helped move things forward," he explained. "Here at the museum we are story

tellers and find it important to share these kinds of things so people have a better understanding of how we got to where we are today." As for why events, such as the Ad Astra stone ceremony, are so critical, he said it came down to the need to remember the sacrifices of all those that have served. "These stones show a legacy," he explained. "It shows how big the air force community is, as well as the diversity within it." In his final thoughts, he noted this year's event would not have been possible without the efforts of the volunteers and thanked them for their hard work. As for what's next, staff will start planning for next year's ceremony in the upcoming weeks. Also in attendance at this year's event was retired Captain (Capt) Barry Hunter, a volun-

teer tour guide at the museum. He noted he now has nine memorial stones in the Air Park, one for himself and one for each cherished member of his family. But what makes the stones extra special is their location. Laid to rest, side by side, the Hunter family stones are positioned under the watchful eye of the museum's Canadian CP-107 Argus - a maritime patrol aircraft once used for reconnaissance. "In my time serving I was a pilot," said Capt (ret'd) Hunter. "I spent many, many hours on this aircraft." Recalling his time in the cockpit of the Argus, he noted the highlight was getting to be up north, viewing the mountain ranges and the arctic tundra in its full glory. He then pointed to several adjacent stones, noting that he recognized sev-

eral of the names, as many of them were old friends and colleagues. "I really respect a lot of these people," he said. "We've got to remember them." When asked if he has any more stones to place, he smiled, and noted he's got 11 grandchildren and will have to wait and see what the future holds. Over the years, the program has raised more than \$1.1 million, which has gone towards the general operations of the museum and various expansion projects. On hand to help commemorate at this year's stone dedication ceremony were members from 173 Royal Tigers Canadian Air Cadets, 704 Air Force City Royal Canadian Air Cadet Squadron, as well as the different members of 413, 415 and 418 Royal Canadian Air Force Association.



Members of local cadet squadrons and legions helped form a colour party for this year's Ad Astra Stone Dedication Ceremony at the National Air Force Museum of Canada.



TOP: Retired Captain Barry Hunter, a former RCAF pilot, stands under the CP-107 Argus that watches over his family's Ad Astra stones at the National Air Force Museum of Canada. BOTTOM: The colour party is led out by Pipe Major Sergeant Josh McFarlane at this year's Ad Astra Stone Dedication Ceremony.



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# Local school celebrates Franco-Ontarian Day and flag

By Makala Chapman

It was a sea of green and white as students at the local French immersion school celebrated Franco-Ontarian Day on Sept. 25. Making their way to the soccer fields, students at École secondaire publique Marc-Garneau held a pep rally in honour of the momentous occasion. To help celebrate, search and rescue technicians (SAR-techs) from 424 Transport and Rescue Squadron at 8 Wing Trenton, also parachuted into the festivities.

Each year, members of the Franco-Ontario community gather to celebrate their more than 400 years of history and culture in Canada. As it currently stands, outside of Quebec, Ontario has one of the largest francophone communities in the country. The anniversary of the Franco-Ontario flag, a symbol of the collaboration of cultures, was also celebrated as it was first flown in 1975. It features a green band with a fleur-de-lis and a white band with a trillium. The selected colours are

said to be a nod to Ontario's two predominant climates: summer and winter.

Speaking to how excited she was to share the annual celebration with her students was the school's principal Chantal Paquin-McAlpine. "It's a celebration of multiculturalism," she explained. "We are very much a vibrant community. Despite being a minority community in Quinte West, we always feel welcomed, and this is just a great way to honour that relationship." Also speaking to how proud he was to be a Franco-Ontarian and to be sharing the special day with his four children was substitute teacher and artist Marc Keelan-Bishop. He noted it was especially important for his family to embrace their French culture since many of their ancestors did not have the freedom to do so. "It's been a challenge to keep our heritage alive over the past 400 years," he said. "But, it's days like today, where we can come together and teach our children about the importance of preserving our culture that is more important than ever." When asked why someone

might consider learning to speak French, he noted it would open up them up to a whole new culture, which also just so happens to include poutine.

As for the parachute demonstration and flypast of the CC-130 Hercules, Paquin-McAlpine said she couldn't have been more grateful to the members of 424. "We have a great partnership with the Base as about 70 per cent of the families at the school are military," she said. "To see the men and women of our military in action is great for the students." Expressing how honoured he was to be a part of the occasion was SAR-tech Master Corporal (MCpl) Denis Abazovic. He noted it was a rush of excitement to see all the students as he parachuted closer into view. "I've never done anything like that before," he said. "I've just come off training so I've only ever landed in front of my fellow students. But it was great experience and a lot of fun to see the kids and have them cheering us on." As for his thoughts on Franco-Ontarian Day, while he doesn't speak French, MCpl Abazovic

said he had a great appreciation for the culture. Since many of his colleagues are francophone, he agreed it was important to celebrate diversity and was happy to celebrate with them. "As military members we come from and work all across Canada," he said, "so it's important that we can appreciate and respect each other's culture."

de Chantal Paquin-McAlpine

Aujourd'hui, le 25 septembre, on s'affiche fièrement en tant que Francophone. C'est l'occasion parfaite de rendre hommage à la contribution exceptionnelle de la communauté francophone, à l'histoire et à l'avenir de l'Ontario.

Quelle fierté de voir resplendir nos couleurs, soient le vert et le blanc, sur les vêtements des élèves et du personnel de l'école élémentaire publique Cité Jeunesse et l'école secondaire publique Marc-Garneau et ainsi transmette notre appartenance à une communauté vibrante.



Photos by Makala Chapman

Students hold up the official Franco-Ontarian Flag.



A member of 424 Transport and Rescue Squadron parachutes into a field at École secondaire publique Marc-Garneau on Sept. 25.



A student poses with Master Corporal (MCpl) Denis Abazovic and waves a small Franco-Ontarian flag.



Students are smiles as they prepare for the SAR-techs to perform a parachute demonstration.



Photos by Makala Chapman

SAR-techs MCpl Sam Howard and MCpl Denis Abazovic take a moment to take pictures with students at École secondaire publique Marc-Garneau on Sept. 25.



SAR-techs MCpl Sam Howard (left) and MCpl Denis Abazovic (right) say they were more than honoured to help celebrate Franco-Ontarian Day on Sept. 25.



A CC-130 Hercules airplane, from 424 Transport and Rescue Squadron, does a flypast over École secondaire publique Marc-Garneau on Sept. 25.



Students at École secondaire publique Marc-Garneau held a pep rally in celebration of Franco-Ontarian Day on Sept. 25.



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# We train like we fight: 8 Wing members take part in Exercise Mobility Guardian

*By Captain Graeme Scott, 8 Wing Public Affairs*

Members from multiple integral and lodger units of 8 Wing took part in Exercise Mobility Guardian 2019 at Fairchild Air Base, Washington, USA from 8 to 20 September. Mobility Guardian is a United States Air Force (USAF) led exercise where allies and partners test the ability of individual and joint air mobility capabilities to execute rapid global mobility missions in dynamic, contested environments. These capabilities include: airlift, air refueling, aeromedical evacuation and mobility support. Each unit had their own training goals for the exercise and worked together to make the most out of this opportunity. "This exercise was hugely beneficial to all the different sections that participated. This kind of inter-operability training is crucial to achieving mission success in today's world." Major Michael Gohier, Detachment Commander for Mobility Guardian 2019.

436 Transportation Squadron, focused on interoperability and standardization of air mobility between nations. They took advantage of the opportunity to complete a number of training objectives for their pilots and loadmaster. Their contingent included four complete crews, a maintenance detachment, an operations cell which integrated into the international mission planning cell, as well as additional first officers and instructor pilots who need to complete various training objectives.

The CF Aeromedical Evacuation (AE) was comprised of Flight Nurses and Medical Technicians from the CF AE Flight and 426

Squadron augmented by Critical Care AE Nurses from 1 Canadian Field Hospital. Throughout the two weeks the team trained in collaboration with USAF and other Five Eye nations to transport critically wounded soldiers via various military aircraft from the battlefield medical facilities to higher echelons of care thus preserving life and limb. This exercise provides a platform for Five Eye nations to share best practices and procedures in order to provide the highest standard of medical care that all our wounded soldiers deserve.

8 Air Communications and Control Squadron (8 ACCS), sent a team of four to demonstrate the Deployable Airfield Ground Lighting (DAGL) system. This is a lightweight runway lighting system that is being tested, on loan from the Royal Australian Air Force (RAAF). They set up and operated the DAGL in the austere environment at Selah airstrip in the Yakima Training Center from 10-18 Sept. They also showed the DAGL to representatives from multiple countries, in order to help them determine if it is a capability that they would want to acquire for their own Air Force.

2 Air Movements Squadron worked tirelessly, with their counterparts from other countries, to build and load pallets for the various aircraft participating in the exercise. This gave them the opportunity to work with aircraft and equipment that they don't see on a regular basis.

Every member that participated in this exercise gained valuable experience that will enable them to more effectively operate in a joint air mobility environment at home or abroad. We train like we fight!



*Photos by Cpl Lisa Fenton, 8 Wing Imaging*

Master Corporal David Leduc from 8 Air Communications and Control Squadron, and Sergeant Mathew Coubrough of the Australian Defense Force, unpack the deployable airfield ground lighting system, during EXERCISE MOBILITY GUARDIAN 19 at the Yakima Training Centre, in Washington, on September 14th, 2019.



Canadian Forces Aeromedical Evacuation Flight treat simulated patients on a United States Air Force Globemaster during a multiple casualty exercise, during EXERCISE MOBILITY GUARDIAN 19 in Spokane, Washington on September 11th, 2019.



A CC130J Hercules from 436 Squadron, flies in formation flight with United States Air Force, during EXERCISE MOBILITY GUARDIAN 19 in Spokane, Washington on September 12th, 2019.



Traffic Technicians from Canada and Australia build pallets to be dropped from aircraft as part of EXERCISE MOBILITY GUARDIAN 19 in Spokane, Washington on September 13th, 2019.

# Photos of the Week

## Mission Support Squadron



Photos by Capt David Campbell



By Captain David Campbell

The 8 Wing Fire Department's Aerial Firetruck has undergone numerous modifications and refits since its arrival in 2017. Following a critical safety recall repair, the truck is now fully operational. With this new capability, firefighters will be able to conduct rescues and fight large structure fires in ways not possible before. 8 Wing Firefighters recently received training on the safe and effective operation of the aerial firefighting vehicle; which will greatly enhance our fire response capabilities.

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- Who:** All CAF Members and FULL-TIME CFMWS & DND Staff,
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- Register:** Due by 15 Nov. Contact Heather Ripley  
[www.cafconnection.ca/trentonsports](http://www.cafconnection.ca/trentonsports)
- Pre-season meeting:** Wednesday, 23 Oct 2019 at noon, SS Gym Conference Room

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**Heather Ripley**  
 Sports Coordinator  
 Phone: 613-392-2811 x2349  
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# Riverside Music celebrates 25 years in Quinte West

By Jason Wryghte

Quinte West Mayor Jim Harrison visited Riverside Music to extend his congratulation on Oct. 1. A certificate from the city reads in part: "On behalf of the Members of Council and the Citizens of Quinte West, it is my pleasure to extend warm greetings and express our sincere congratulations on the celebration of Riverside Music's 25th Anniversary. In recognition of your commitment to being 'a teaching studio, a community centre and a retail store with a passion to nurture joy in music and the arts', we are honoured to share in the celebration of this wonderful milestone..."

Jason Wryghte, present owner of the downtown Trenton studio and store, also announced 25th anniversary sales promotions including 25% off when customers spend \$100 or more, and 25% off for new students. A school teacher by trade, Jason says, "It's the teaching part that comes naturally to me. Our number one priority as an organization is music lessons. We also do school tutoring and art lessons, but music lessons come first. The retail side is significant, and it is designed to meet the needs of beginners and intermediate players."

Today, Riverside Music teaches about 100 lessons each week. All of its instructors are thoroughly vetted, experienced and talented musicians. Located inside the old Trent Port Mall, the store can be hard to find. But look again, across the street from Pizza Pizza near the Dundas St. Bridge in downtown Trenton, there's the old Riverside Music sign, still welcoming locals to shop and to grow their skills. The Mayor offered his final words. "I'm glad to hear you're doing well," he said. "Music education is so important for so many young people." Riverside Music intends to keep on providing exactly that.



Photo submitted by Jason Wryghte

Quinte West Mayor Jim Harrison presents Riverside Music with a certificate of congratulations in honour of the business's 25 anniversary.



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