

Contact

Serving 8 Wing/CFB Trenton • 8^e Escadre/BFC Trenton • <http://thecontactnewspaper.cfbtrenton.com>

Sandra Hussey

Sales Representative

Direct
613-438-5588
sandrahussey.ca



Exit Realty Group's Top Sales Agent since 2014.
Platinum Award Winner
(over 100 homes SOLD per year) since 2016,
#1 in Canada for Sales Volume and
7th internationally over 45,000 agents in 2018.
"Be Fussy. Call Hussey."

INSIDE

SEARCH ENDS FOR PILOT OF MISSING AIRCRAFT



Story on page 2

436 SQUADRON MEMBERS SPRING INTO ACTION



Story on page 3

CANEX HOLDS APPRECIATION DAY FOR MILITARY COMMUNITY



Story on page 7



437 Transport Squadron
75th ANNIVERSARY
75e anniversaire du 437e Escadron de transport

Waterloo resident calling upon military to help advocate for mental health



Photo by Makala Chapman

Members of 8 Wing Trenton and the City of Quinte West at the 2018 launch of the Canal Pursuit Relay at Bain Park.

By Makala Chapman

Helping break the stigma surrounding mental illness is a team effort says 59-year-old Clay Williams. In fact, the Waterloo, Ont. resident has once again reached out to members of 8 Wing Trenton to do just that. He added with

their help, together, they can help him bring awareness to the issue one step at a time. It was about five years ago that the avid athlete decided he would use his passion for running to garner donations for the Mood Disorders Society of Canada. Having participated in multiple ultramarathons, runs that exceed

42 kilometres, Williams said he wanted to find a way to push himself further and to help spread his message. So, in honour of his wife, daughter and sister – who all suffer from mood disorders – he decided to start the Canal Pursuit Relay. He added it also acts as a memorial to his two older brothers who also suffered from mental illness and ultimately ended up taking their own lives. "It became very clear that I needed to do what I could to raise awareness," he said. "We need to start treating mental illnesses just the same as physical injuries." The annual fundraiser is a 785-kilometre run that starts in Port Severn, Ont. and ends in the nation's capital. Each year the run takes Williams and his team of relay runners along the Trent Severn and Rideau Canals, running

Continued on page 5



Best Military Discount Anywhere!

1-877-857-7726
613-962-7100
bellevillenissan.com



*Based on 2010 closed transactions. Source CREA and RE/MAX internal data.

Choose wisely.



Numbers Talk! Real Trends Top 200 Report Highlights "137 of the top 200 Brokerages in Canada are Re/Max Brokerages". We are proud to be a part of this elite group. Whether moving across the street, across the country or across the world. RE/MAX, serving you in 100 countries and territories around the world!
NO ONE IN THE WORLD SELLS MORE REAL ESTATE THAN RE/MAX!

447 Dundas St. W., Trenton
613-392-6594

www.remaxquinte.com
1-800-567-0776

41 Main St., Brighton
613-475-6594

Search ends for pilot of missing aircraft in Val d'Or

National Defence / Canadian Armed Forces

The search for a Beechcraft Bonanza airplane missing in the Val d'Or region of Quebec has ended with the discovery of the aircraft. Unfortunately, the pilot, who was the only person on board, was found without vital signs.

The missing airplane was discovered by an RCAF Griffon helicopter crew at 7 p.m. EDT and deployed Search and Rescue Technicians.

The Sûreté du Québec has been advised.

The Beechcraft Bonanza airplane was reported overdue at 11:30 p.m. on July 29. The plane was traveling from Oshkosh, Wisconsin to Danbury, Connecticut.

On July 30, Joint Rescue Coordination Centre Trenton launched a CC-130H Hercules search and rescue plane from

424 Transport and Rescue Squadron, 8 Wing Trenton, Ont. and a CH-146 Griffon helicopter from 439 Combat Support Squadron, 3 Wing Bagotville, Qué. to conduct a search. These aircraft were later joined by another Griffon helicopter and additional Hercules from 424 Squadron. An additional Griffon from 439 Squadron and a CP-140 Aurora Long Range Patrol aircraft from 14 Wing Greenwood, N.S. were also added to the operation. Aircraft from Sauvetage et recherche aériens du Québec (SERABEC), Civil Air Search and Rescue Association

(CASARA) the Canadian Coast Guard and the Sûreté du Québec joined the RCAF aircraft on 31 July.

"While this is not the outcome we had wanted, we hope it brings closure to the family and our thoughts are with them during this difficult time," said Captain John Landry, Searchmaster, 1 Canadian Air Division. "We would like to thank the local communities for their support, as well as those that phoned in with tips. We also thank the Sûreté du Québec, Canadian Coast Guard, CASARA and SERABEC volun-

teers for their tireless efforts over the past four days."

At its height, the search involved six RCAF aircraft, a Canadian Coast Guard helicopter, a Sûreté du Québec helicopter and six aircraft from Sauvetage et recherche aériens du Québec and the Civil Air Search and Rescue Association flown by volunteers.

The RCAF contributed aircraft and personnel from 424 Transport and Rescue Squadron, 8 Wing Trenton, Ontario; 439 Combat Support Squadron, 3 Wing Bagotville, Quebec and 14 Wing Greenwood, Nova Scotia.

Approximately 100 RCAF, Canadian Coast Guard, Sûreté du Québec, CASARA and SERABEC personnel took part in the search in the air, on the ground and in the search headquarters.

Joint Rescue Coordination Centre Trenton worked closely with the RCAF's SAR partners to coordinate search efforts and ensure effectiveness and safety. A search headquarters was established at

Val d'Or airport on July 31.

Search and rescue (SAR) incidents under the federal SAR mandate are defined as all aircraft incidents and all marine incidents in waters under federal jurisdiction. With the exception of federally owned National Parks, the overall responsibility for land and inland water search and rescue rests with the provinces, territories and municipalities.



Photo Courtesy of Combat camera

424 Transport and Rescue Squadron airlifts six people from Upper Raft Lake

National Defence / Canadian Armed Forces

The crew of a Royal Canadian Air Force (RCAF) CH-146 Griffon helicopter from 424 Transport and Rescue Squadron airlifted six people from Upper Raft Lake today.

NAV CANADA's Flight Information Centre (FIC) requested assistance from the Joint Rescue Coordination Centre (JRCC) Trenton following the report of a floatplane crash.

Quick Facts

- The crew of the CH-146 Griffon helicopter from 424 Transport and Rescue Squadron were tasked at approximately 10 a.m. and hoisted two Search and Rescue Technicians (SAR Techs) to the scene.
- Two additional SAR Techs parachuted from the C-130H Hercules overhead and provided medical attention to the 6 survivors. One person was found without vital signs.
- The Griffon transported all six survivors to Muskoka airport where the three injured were transferred to Emergency Medical Services (EMS) personnel for further medical assessment and care.



**INSTALL SMOKE ALARMS
IT'S THE LAW**

Every home in Ontario must have a working smoke alarm on every storey and outside all sleeping areas.



436 Squadron members spring into action during in-flight emergency



Members of Royal Canadian Air Force's 436 Transport Squadron and Canadian Rangers evacuate residents of the Pikangikum First Nation community due to wildfires in the area during Operation LENTUS, 7 July 2019.



Photos by Corporal Ken Beliwicz

Members of Royal Canadian Air Force's 436 Transport Squadron and Canadian Rangers evacuate residents of the Pikangikum First Nation community onboard a CC-130J Hercules during Operation LENTUS, 10 July 2019.

By Makala Chapman

An in-flight medical emergency recently put the training of 436 Transport Squadron members to the test. In fact, had it not been for the crew's quick-thinking, things could have been much worse for one passenger said Major (Maj.) Tyler Thorbergson.

Operation Lentus is support provided by the Canadian Armed Forces during and following natural disasters. In this instance, members of a 436 Transport Squadron CC-130J Hercules were called upon to help those previously displaced by the wildfires in Pikangikum, Ont. return home on July 21. Maj. Thorbergson explained with only 35 minutes left in the flight, he and his crew were faced with multiple decisions when one of the passengers in the aircraft he was flying began to seize uncontrollably.

The first decision was whether to re-route

the aircraft or to press onward to their final destination. The second was how to provide care to a passenger in medical distress. "The loadmaster (crew member responsible for passengers and cargo) acted quickly and cleared an area from the other (passengers)," Maj. Thorbergson explains. "It was a very significant incident and we immediately became concerned for [the passenger's] health and well-being." At the time of the incident, he added that there were more than 100 passengers on board – many who were either young children or seniors. Learning that there was adequate medical resources in Pikangikum, they decided to press on to their destination, alerting air traffic control personnel of the situation ahead of arrival. But, the crew's job wasn't over as the passenger went on to have several more seizures. "There was quite a lot of pressure on us to get the aircraft on the

Continued on page 6

HILLCREST ANIMAL HOSPITAL

Dr. Arin Por
Dr. Maarje Armstrong
Dr. Laura Teminski

Tel: 613-394-4811 • Fax: 613-394-6239
17532 Hwy #2, RR#4 Trenton, ON K8V 5P7
Food Room
Tel: 613-394-2953
www.hillcrestanimalhospital.ca

10% Military Discount!

Cleaning & Polishing Only \$99

Family Dental Centre

Personalized & Comfortable

Call Today for Your FREE Consultation and Necessary X-Ray!

Same-Day Emergencies & On-Site Denture Lab!

Early Morning, Late Evening & Saturday Appointments!

Implants • Sedation Dentistry • Invisalign®
Day Care from 10am-4pm!

Three Locations to Better Serve You!

Frankford 613-398-8888
Belleville 613-961-7050
Cobourg 905-372-7400

www.FamilyDentalCentre.com

Safety



When Sharper Is Safer

A sharp cutting tool is a safer cutting tool. That seems all wrong, but it's true. A dull cutting tool requires too much force to operate, increasing the chances of it slipping out of control.

So make sure the cutting hand tools you use are kept sharp enough to do the job properly – whether you are using a chisel in a carpentry shop or a paring knife in your own kitchen.

Follow the manufacturer's instructions about how to sharpen a tool. Some need to be sharpened on a grinder, using a particular abrasive. Wear eye protection and make sure the tool rest is adjusted for safe operation.

Many other cutting tools are sharpened by hand, swiping them across a shaping stone. You should not let a tool become excessively dull before sharpening it because it is more difficult to get it back into the right shape. Overworking a tool while sharpening it can cause it to break.

You can keep your tools sharper and in better condition if you store them properly in a rack, sheath, lined drawer or another kind of holder. Guard the cutting edge to prevent injuries and to prevent damage. Never leave a cutting tool where someone else might encounter it unexpectedly – under scrap or on the edge of a work bench.

Here are more reminders about using sharp tools safely:

- Inspect the tool before each use. Replace those with loose or damaged blades, worn handles and other defects.
- Cut away from the body – and away from other people.



- If you must use the opposite hand to hold the material, wear a cut-resistant glove, such as one containing metal chain link. A heavy leather apron, eye protection and safety footwear are also required for many jobs that involve cutting tools.
- Maintain good balance when you use a cutting tool so you can maintain control even if it slips.
- Don't use an undersized or underpowered cutting tool. Trying to slice a frozen slab of meat with a knife instead of a meat saw is asking for injury.
- If you wear a knife sheath, position

- it toward the back of your hip, not in front of you.
- Use the cutting tool designed for the job. For instance, while pocket knives and multi-purpose tools might be useful away from work, they are not made to stand up to heavy use. Pushing too hard on a pocket knife could cause it to collapse suddenly. Use a tool designed for the job, such as a sturdy hooked knife, safely-adjusted ring knife or wall-mounted cutter.
- Carton cutters are designed specifically for opening cartons quickly. The blade should be retracted when not in use.

- Take care to avoid slitting the contents of the box. An unnoticed nick in a plastic container could result in a hazardous spill.
- Don't wipe a tool on your clothing.
- Wash sharp knives separately from other utensils. When soaking, washing and rinsing, keep them in sight, not hidden under soapy water or other objects.
- It should be obvious that horseplay with cutting tools is a bad idea. Knifetossing contests and sword fights are dangerous activities and are against the safety rules.

The Contact Newspaper

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

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

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

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

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

8 Wing Personnel

Publisher: Col. Mark Goulden

Proprietor: Her Majesty the Queen, in right of Canada, as represented by the Commander of 8 Wing, Canadian Forces Base Trenton, P.O. Box 1000 Stn. Forces, Astra, ON K0K 3W0 Canada

Public Affairs, Internal Comms: 8 Wing Public Affairs

PSP Manager: Todd Peddle

Metroland Media Staff:

General Manager: Adam Milligan 705-761-7990

Advertising Sales: Orinda Johnston 613-966-2034 ext: 795015

News and Feature Content: Makala Chapman 613-392-2811 ext: 7009

Circulation: Mitchell Clarke 705-742-8450

250 Sidney Street, Belleville, Ontario K8P 3Z3, CANADA

SUBSCRIPTIONS: First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

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.



The Contact ~Wing Headquarters
Building Annex, 8Wing / CFB Trenton
PO Box 1000, Station Forces,
ASTRA, ON, K0K 3W0





Photo by Makala Chapman

Clay Williams, founder of the Canal Pursuit Relay, holds up a flag that's been signed by hundreds of Canadians who have been impacted or know someone suffering from mental illness.

rounding the military, first responders and PTSD at the time," he explained. "It also lends a little credibility to the discussion surrounding mental health if I have actual members in the field join me." This year a small team from 8 Wing Trenton will once again join in the effort to end the stigma surrounding mental illness through their participation. To date, the Canal Pursuit Relay has raised more than \$53,000 for the Mood Disorders Society of Canada. While Williams noted he is pleased with every dollar that is raised, he is even more grateful for the opportunity to continue to engage and educate the public on a subject that impacts everyone. "There's still a major stigma around mental illness," Williams explained, "so through this run I can share my story with people and hopefully get people talking." This year's run begins on Aug. 10 and will pass through Trenton on Aug. 14. at Bain Park around 11 a.m. The relay will conclude on Parliament Hill, where Williams will carry a Canadian flag bearing the names of those in support of mental illness on Aug. 17. For more information on the Canal Pursuit Relay, visit them on social media platforms such as Facebook and Twitter.

Continued from page 1

past all 88 locks, before finishing on Parliament Hill. While Williams has completed the entire trek on his own, as the event grew, he said it became apparent that people were becoming more engaged and also wanted to participate. Several community partners from across the prov-

ince have since stepped up to the plate to help carry the mantle. One of these partners includes 8 Wing Trenton, who have participated in the event for the past two years. Last year a medical team from 24 Canadian Forces Health Services Centre took up the challenge and participated in

a 90-kilometre stretch spanning from Quinte West to the city of Kingston. About ten runners shared the load by taking turns completing anywhere from 5 to 15 kilometres – something Williams noted is symbolic to the teamwork re-

quired to help overcome mental illness. As for why he wanted to involve the military, he says it's simple. "One of the other main reasons I started this run was due to the media coverage sur-




Join us in celebrating the
75th Anniversary of 436 Squadron

436 (T) Sqn Family Day
24 Aug 2019, 0930 - 1600 hrs
2 Hangar (North Side), 8 Wing Trenton
Dress: Casual
BBQ, CC130J Flights, Face Painting, Bouncy Castles, Obstacle Course & Much More. Bring cash for the kit shop

Meet & Greet Social
4 Oct 2019, 1900 - 0100 hrs
Earl of Bessborough, 8 Wing Trenton
Dress: Casual
Cash Bar

Gala Dinner
5 Oct 2019, Cocktails at 1700 hrs
Dress: Black Tie / Formal / Mess Dress Optional
Cost: \$50 Sqn Fund Mbr / \$60 Non Sqn Fund Mbr /
\$30 for first 80 tickets sold to Avr/Cpl



GALA TICKETS WILL BE RELEASED SOON. PLEASE STAY TUNED.



Join us in celebrating the
436 Transport Squadron 75th Anniversary
Gala Dinner at the National Air Force Museum of Canada on 05 Oct 2019
RSVP at 436Sqn75thAnniversary@gmail.com

Venez vous joindre à nous pour célébrer le
75^e anniversaire du 436^e Escadron de transport
Souper Gala au Musée national de la Force aérienne du Canada le 05 Oct 2019
RSVP au 436Sqn75thAnniversary@gmail.com





FAMILY FRIENDLY DENTISTRY

Good oral health habits begin in childhood! In combination with their at home oral health routine, your child should visit a dentist two or three times a year.

Dr. Ken Madison has been delivering oral care to Belleville families for over 30 years.



DR. KEN MADISON
BELLEVILLE DENTAL

- CHILDREN'S SERVICES
- HYGIENE & PREVENTION
- SPORT GUARDS
- INVISALIGN® & MORE

BELLEVILLEDENTAL.CA | (613) 969-8800
135 VICTORIA AVE., BELLEVILLE | 315 VICTORIA ST. N., TWEED



Photo by Corporal Ken Beltwicz

Members of Royal Canadian Air Force's 436 Transport Squadron evacuate residents of the Pikangikum First Nation community onboard a CC-130J Hercules during Operation LENTUS, 9 July 2019.

Continued from page 3

ground," said Maj. Thorbergson. "Pikangikum is a short runway of about 3,500 feet of gravel, which isn't very big, but the (Hercules aircraft) is very capable of doing that and it's what we did." While the air crew members were not medical experts, they did all have their standard first-aid certification – a proven asset said Maj. Thorbergson. In addition to their training, he noted he could not have been more proud of their ability to

act both quickly and professionally under extreme stress. "The guys in the back were outstanding," he explains. "Not only did they take care of the passengers in the back, but, also, the passenger in medical distress. They are all wildfire evacuees so you can imagine the stress is already pretty high." Once the aircraft arrived in Pikangikum and safety checks were done, the crew then transferred the ill passenger to awaiting medical personnel. "We

all took a deep breath," said Maj. Thorbergson. "To be a part of these missions is very rewarding. Operation Lentus is us as Canadians helping other Canadians." Also speaking to the events of the flight was Captain (Capt.) Devon Warner, the aircraft's co-pilot. He too noted that despite the circumstances, he was proud of everyone's efforts to ensure things went as smoothly as the situation would allow. Capt. Warner explained while the loadmasters

and tech crewman handled the situation in the back, he worked to track the sequence of events as they happened. "I requested that they let me know when the episodes were happening and roughly when they were completing so I could record them for data for the medical staff upon arrival," he said. "Overall, everyone did a great job and our ability to stay calm under a stressful situation is really what allowed us to choose the best course of

action and do our jobs." But, despite the incident, Capt. Warner noted that the mission was a success and certainly one he would remember for years to come. As for what it was like being a part of Operation Lentus, he too said it was an honour and a reminder of why he chose to serve his country. "I was happy to be a part of bringing them home," he said. "Operation Lentus truly is a rewarding experience."



11 ELIZABETH ROAD

OPEN HOUSE
Saturday August 10th
2:00 - 4:00 pm

Just over 20 minutes from CFB Trenton, this 3 bedroom, 2.5 bathroom home enjoys a wonderful rural setting. The 1.63 acre lot offers park-like surroundings with an expansive yard and a wide variety of trees. Elizabeth Road is a quiet crescent offering peaceful walks with nearby public water access.

MLS 194394 \$494,000

ELIZABETH CROMBIE ROYAL LEPAGE
REAL ESTATE TEAM ProAlliance Realty
INDEPENDENTLY OWNED AND OPERATED

104 Main Street Picton
T: 613.476.2700 • TF: 877.476.0096
crombierealestateteam.com
Live Where You Love To Visit

Trademarks owned or controlled by The Canadian Real Estate Association. Used under licence.



Elizabeth Crombie
Sales Representative

Suzanne White
Sales Representative & Licensed Assistant

613-827-6954
MAG SHUTTLE SERVICE

Serving Quinte West and surrounding area.
Cheaper alternative to taxi.
Covering all of South Eastern Ontario.
Reasonable rates and senior rates.
Return fares comfortable, affordable,
and safe. Ride at your convenience.

Call for more information and to book a time.

CANEX holds appreciation day for military community

By Makala Chapman

8 Wing Trenton's premier military store – known as the CANEX – is showing just how much they care. Like they have in years previous, the retailer welcomed members of the public to their annual Canadian Forces Appreciation Day on July 31. Hundreds came down to the local business on RCAF Road in Quinte West to enjoy a complimentary lunch, in-store deals and to tour the visiting vendors on site. Speaking to how pleased he was to be hosting the festivities was the CANEX's area manager Andrew Kerik. He noted the event was just another way to show support to the military community.

"Our mission is to serve those who serve," he said, "so this is one of the events that's mainly about having a fun day." In addition, he explained that having community vendors a part of the special day was a good opportunity for members to network and engage with local resources. Some of the visitors on premise included the Trenton Military Family Resource Centre, Brighton Speedway, the Bank of Montreal and more. "We want to partner with anyone we can because it just brings more awareness to the resources available," said Kerik. "Every year the hope is to make this event even bigger and better."



Photos by Makala Chapman

Members of the 8 Wing community enjoy the free lunch provided by the CANEX.



Several community vendors came out to showcase the resources available to the 8 Wing community.

Trenton Cadet Training Centre – Ceremonial Parade

National Defence / Canadian Armed Forces

Cadets of the Trenton Cadet Training Centre will be firing blank rounds as part of their practices and ceremonial parades until August 16, 2019. People in the local area may hear loud sequences of shots being fired between the hours of 9 a.m. to 7:30 p.m.

The Trooping of the Banner parade on August 10, which is open to the general public, will showcase the training of senior cadets on the Drill and Ceremonial Course. Guests are asked to be seated for 6:30 p.m. at the 8 Wing parade square on the south of the base. For details on the Cadet Training Centre and to learn more about the skills cadets will bring back to their home communities, please visit the www.facebook.com/TrentonCadets or www.cadets.ca.

Home Auto Life Investments Group Business Farm Travel **the co-operators**
A Better Place For You®



What are you looking forward to when you're done work?

Let The Co-operators help you invest today in the retirement you want for the future. You'll get the expert advice and smart investment options to help you reach your financial goals.



Paul Moran, CHS, CIP
Financial Advisor
Paul Moran Insurance Group Inc
175388 Highway 2, Trenton, On K8V 0A7
TEL: 613-392-3501 FAX: 613-392-3070
www.cooperators.ca/Paul-Moran

Not all products available in all provinces.



Community Events
generously sponsored by...

independent
YOUR INDEPENDENT GROCER

OWNED & OPERATED BY
SMYLIE'S
YOUR NEIGHBOURS

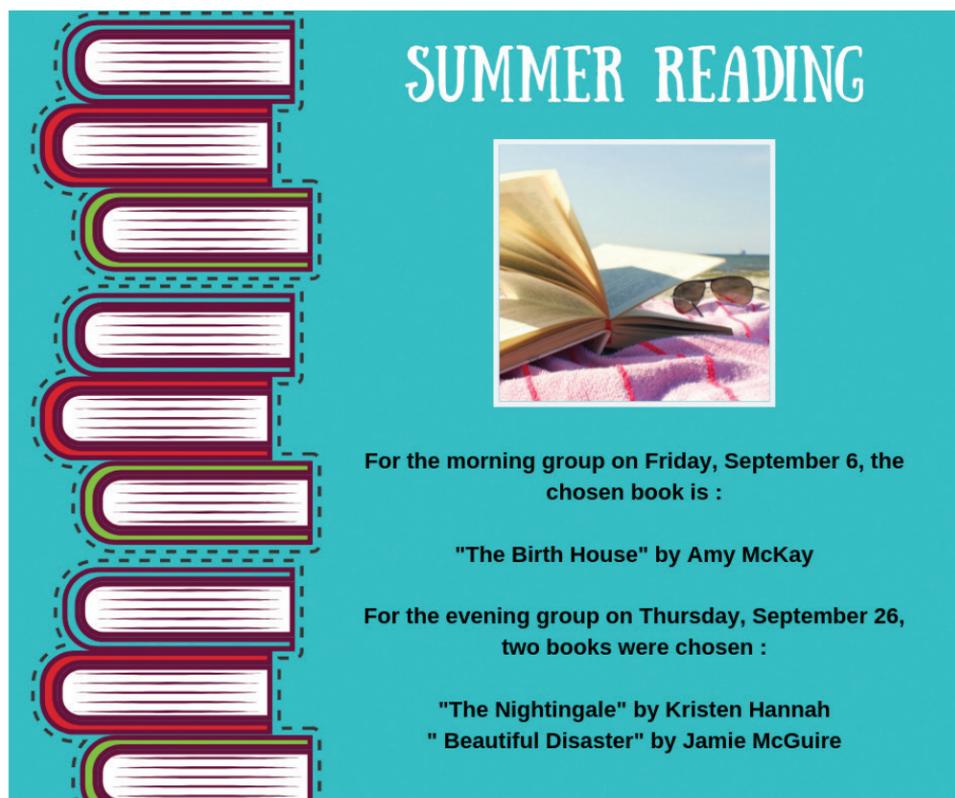
DRUGStore
PHARMACY

President's Choice

CFB Trenton | Smylie's Independent Grocer
(Hwy #2) Dundas St. E.
293 Dundas St. East, Trenton • 613-392-0297

Upcoming Local Events

- August 14** – 5th Annual Canal Pursuit - An annual run for Mood Disorders of Canada in supporting mental health programs. A team from 8 Wing Trenton will be running from Bain Park in Trenton to Kingston (90 km). Approximate time of arrival is 10:45 a.m. Come out to show your support.
- Aug. 24** – Highway of Heroes Ride and Rally starting at Bain Park in Trenton approximately 8 a.m. For more information visit www.heroeshighwayride.ca.
- Sept. 14** – Legion Week begins with a myriad of activities for veterans, current-serving members and the military community. Things kick-off on September 14 at their downtown branch in Quinte West. For more information contact the Legion at 613-392-0331.
- Sept. 15** – The Trenton Military Family Resource Centre will once again be hosting their annual Block Party. All members of the military community, of any age, are welcome to come out and enjoy a range



SUMMER READING

For the morning group on Friday, September 6, the chosen book is :

"The Birth House" by Amy McKay

For the evening group on Thursday, September 26, two books were chosen :

"The Nightingale" by Kristen Hannah
" Beautiful Disaster" by Jamie McGuire



Le lundi 19 août, de 18 h à 20 h

BOÎTE À LUNCH SANTÉ

en partenariat avec PSP
Promotion de la santé

L'été tire déjà à sa fin et la rentrée scolaire approche à grands pas ainsi que le retour des boîtes à lunch! Découvrez des idées de recettes pour mettre de la couleur dans votre boîte à lunch et celle de vos tout-petits.

Monday, August 19. 6 pm - 8 pm

HEALTHY LUNCH BOX

In partnership with Health Promotion offered in French

Summer vacation is almost over, school will start soon, and with this, is the return of lunch boxes! Discover ideas to add colours to your and your kid's lunch.

613-965-3575

Inscription au CRFM d'ici le 16 août
Service de garde d'enfants, réservez avant le 13 août, 3 \$ / enfant / heure

Register by August 16 at the MFRC
Childcare available, register by August 13
\$3 /child / hour

BY APPOINTMENT ONLY

VACCINATION CLINIC

August 22 | Trenton MFRC
9 a.m. to 4 p.m.



CLINIQUE DE VACCINATION

AVEC RENDEZ-VOUS SEULEMENT

Le 22 août | CRFM de Trenton
9 h - 16 h

Téléphonez le 613-966-5500 poste 221 pour prendre rendez-vous

Mentionnez, s.v.p., le site du CRFM Trenton. Vous devez apporter le carnet de vaccinations au rendez-vous.



HASTINGS PRINCE EDWARD
Public Health



Call 613-966-5500 ext. 221 to book appointment

Please indicate MFRC Trenton Location

Immunization records must be provided at appointment



TRENTON MFRC / CRFM

PRESENTS

IPRC/IEP WORKSHOP

Presented by: Maria Relucio, PhD, BCBA

August 22, 2019
5-7pm @ Trenton MFRC

THIS WORKSHOP WILL PRESENT:

- a roadmap and guide to Identification, Placement, and Review Committee (IPRC) process
- the essential components of an Individualised Education Plan (IEP)
- how can a team supporting the child include ABA methods.

Ce programme n'est offert qu'en français.

For More Info or to Register, Contact:
brittany.j@trentonmfr.ca

Brighton resident was born to fly, one way or another



Photo by Catherine Stuft

Marty Zimmer shown here at home.

By Vic Schukov

Born and raised in St. Catharines, Marty Zimmer attended Niagara College in Electronic Engineering Technology before joining the RCAF. "It was kind of a fluke. I'd been into radio-controlled modeling since I was 16. At 23, I walked into the Recruiting Centre to get documentation and photos for a model I was building. They asked if I was interested in becoming an RCAF pilot as there was a shortage. I had my private pilot's licence so it was an easy decision; it was my dream, ever since Dad took to me to my first air show." Zimmer went to Canadian Forces Aircrew Selection in Toronto to complete aptitude testing. "I was off to three months Officer training in British Columbia before commencing the year and a half flying training program, the majority done on Tutor jets - same as the Canadian Forces Snowbirds Air Demonstration Team fly - in Moose Jaw. I discovered pulling G was not for me, so when they brought a small helicopter to the Base for familiarization rides, I found it a challenge to hover, and decided I wanted to become a search and rescue helicopter pilot."

For the next 32 years, most of his military career was in search and rescue. His first posting was in Moose Jaw, flying the Iroquois (Huey) helicopter. Here, he and wife Sharon started their family with sons Ian and Tyler. In 1991, they moved to Gander for four years where he flew Labrador helicopters at 103 Squadron. From there, another transfer to Comox on Vancouver Island to 442 Squadron flying the Labrador, eventually becoming Pilot Leader position, then an instructor pilot. In 2000, he was selected one of four pilots on the Cormorant helicopter implementation program. The highlight of his career was ferrying the first two Cormorants on the historic flight from Italy to

Comox. In 2002, he was transferred to Winnipeg to 1 Canadian Air Division. "After three flying tours, it was time for my staff job. In 2011, I became Officer in Charge of Joint Rescue Coordination Centre in Trenton. We handle all aviation and maritime distress incidents from the BC/Alberta border to the middle of Quebec and along the USA border and the Arctic." In 2014, Major Zimmer became Commanding Officer of the CF Aircrew Selection Centre, now in Trenton: "We moved to Brighton in 2011. I never had the chance to do a tour in Ontario so Sharon (a nurse) and I looked at this as an opportunity to wind down from our careers. We love Brighton. Everyone here seems to be looking for the same thing, to be part of a nice, quiet town. I ended my career commanding where it began - the Aircrew Selection Centre." Retiring in 2017, he joined the Reserves at 424 Transport and Rescue Squadron as Liaison Officer between the military and the Civil Air Search and Rescue Association. Marty trains and evaluates civilian volunteers on how to effectively home distress beacons and augment military SAR crews as spotters on Hercules aircraft.

"I still wear a military uniform. Our two boys have careers in the RCAF. That also keeps me connected with them. We are all proud to still be part of the military family." Marty is President of the Brighton RC Hawks, a model aviation flying club. "As I no longer fly in my career, I fly radio-controlled model jets and quadcopters. Some jets are over a meter and a half long. Our members maintain a prepared grass strip for flying aircraft and a race track for quads with First Person Viewing goggles in a field off County Road 64. In the winter, we fly smaller models in the ENSS gym. We have around 40 members, half retired or serving military and half civilian, a nice mix. We're always looking for new members, so come out to the field or drop by ENSS Friday night." Marty's philosophy: "Treat everyone fairly, with respect. I tell my kids, apply the three Fs in leadership; Be firm, friendly and fair."

For info on Brighton RC Hawks, go to their Facebook Page. (Brighton resident Vic Schukov is a long-time journalist and writer of biography books for everyday people; victorschukov@gmail.com)



Public Service Announcement

Trenton Cadet Training Centre – Ceremonial Parade

August 7, 2019 – Trenton, Ont. – National Defence / Canadian Armed Forces

Cadets of the Trenton Cadet Training Centre will be firing blank rounds as part of their practices and ceremonial parades until August 16, 2019. People in the local area may hear loud sequences of shots being fired between the hours of 9 a.m. to 7:30 p.m.

The Trooping of the Banner parade on August 10, which is open to the general public, will showcase the training of senior cadets on the Drill and Ceremonial Course. Guests are asked to be seated for 6:30 p.m. at the 8 Wing parade square on the south of the base.

For details on the Cadet Training Centre and to learn more about the skills cadets will bring back to their home communities, please visit the www.facebook.com/TrentonCadets or www.cadets.ca.

Contacts

Capt Nicole McKay, Public Affairs Officer
Regional Cadet Support Unit (Central)
Phone: 705-424-1200 x 7045
Email: nicole.mckay@forces.gc.ca

- 30 -



"YOUR ONE STOP BUILDING CENTRE"

**COLE'S
TIMBER MART**

COMPLETE LINE OF BUILDING SUPPLIES
KITCHEN & BATH SHOWROOM
DELIVERY AVAILABLE • RENTAL CENTRE
www.colestimbermart.ca

47 Ontario St., Brighton
613-475-2810
1-888-265-3742

CANADIAN SPORT SUBS
51 South Pinnacle St., Belleville, On K8N 3A1
(613) 966-8903

OPEN
Mon. - Fri. 9 am - 5 pm
Saturday 9 am - 3 pm

**PADI 5 STAR
INSTRUCTOR
DEVELOPMENT
CENTRE**

★★★★★

- Guaranteed Personalized Service
- Dedicated Instructors - We Work For-You
- All Training Levels

Join the Underwater World!

**BELLEVILLE'S LEADING
SCUBA SCHOOL**
Established 1989
COURSES STARTING NOW

CAMPBELL'S AUTO SHOP
327 COLEMAN STREET, BELLEVILLE

- COMPLETE COLLISION REPAIRS SINCE 1915
- ALL WORK GUARANTEED
- FREE ESTIMATES • PAINT ROOM
- CUSTOM JOB SPECIALISTS
- FRAMES • UNIBODY & RAIL
- ENVIRONMENTALLY FRIENDLY PAINTS

613-968-5791 E-mail: autoshop@bellnet.ca

Rolf THE JEWELLER

Wendy Ouellette
Accredited Jewellery Professional, (GIA)

103B Dundas St. W. Trenton, ON K8V 3P4
613.392.3383 | www.hdrofthejeweller.com
hdrof103@gmail.com

**RIVERSIDE
MUSIC**

Register for lessons in Guitar, Piano, Drums, Singing, Violin, Band Instruments and Art.
We are a CANEX partner.

16 Dundas St. W. near the bridge in downtown Trenton.
613-394-4891
riversidemusic.com

FRIEL
HEATING & AIR CONDITIONING INC.
"Fireplace Showroom"
Specializing
in your Home Comfort

REDUCE YOUR ENERGY COSTS
WITH AN AMANA HI-EFF
NATURAL GAS OR
PROPANE FURNACE

Built better than it has to be with a lifetime unit replacement warranty plus 10 years parts & labour.

THINKING CENTRAL AIR?
CALL TODAY TO BOOK AN APPOINTMENT.

Heating & Air Conditioning
Amana
LASTS AND LASTS AND LASTS

Call or visit us today for your FREE No Obligation quote
"You'll Be Glad You Did!"

122 Parks Dr. Belleville
613-966-8848
Locally owned and Operated to Serve You Better Since 1995



TRENTON Military Family Resource Centre

www.trentonmfr.ca • 613-965-3575 • 50 Rivers Drive East, Siskin Centre • With locations in Belleville & Frankford

**TOGETHER
WE ARE
STRONGER**

August 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11	12 SNIP: Improvaganza!	13 SNIP: Improvaganza! Youth Centre, Ages 6-8	14 SNIP: Improvaganza! Youth Centre, Ages 8-12	15 SNIP: Improvaganza! Youth Centre, Ages 10-14	16 SNIP: Improvaganza!	17
18	19 Boîte à lunch santé (Healthy Lunch Box – offered in French only)	20 Youth Centre, Ages 6-8	21 Youth Centre, Ages 8-12	22 Vaccination Clinic (SNIP) IEP, IPRC, ABA Workshop for Parents Youth Centre, Ages 10-14	23	24
25	26	27 Youth Centre, Ages 6-8	28 Youth Centre, Ages 8-12	29 Youth Centre, Ages 10-14	30	31
1	2 Labour Day MFRC CLOSED	3	4	5	6	7

● Trenton MFRC Summer Hours – Trenton Location

Monday – Friday: 7:30 a.m. – 5 p.m.

Child care hours remain the same

*Please note that the Trenton MFRC will be closed on Monday, August 5

● Summer Youth Centre Hours

The Trenton MFRC Youth Centre's summer hours are in effect.

Please refer to the monthly activity calendars available on our websites, Facebook page, or for pick-up at the Trenton reception for more information.

Monday	CLOSED		
Tuesday	6 – 9 p.m.	6 – 8 years old	August 13: Coconut Stomp
Wednesday	6 – 9 p.m.	8 – 12 years old	August 14: Leis & Skirts
Thursday	6 – 9 p.m.	10 – 14 years old	August 15: Beach Volleyball
Friday	CLOSED		

● SNIP: Improvaganza!

Lights, curtain, action! Join SNIP for Improvaganza! where we'll use drama, comedy, skits, props, and our own talent to explore the world of improvisational theatre. Improvaganza! is a theatre program designed for children and youth ages 8-15 to build skills while having fun!

Open to military and civilian families; please bring a water bottle.

August 12 – 16, 9 a.m. – 12 p.m. at St. Mary's School

For more information, please contact Brittany.j@trentonmfr.ca.

● Boîte à lunch santé

L'été tire déjà à sa fin et la rentrée scolaire approche à grands pas ainsi que le retour des boîtes à lunch! Découvrez des idées de recettes pour metre de la couleur dans votre boîte à lunch et celle de vos tout-petits.

Le lundi 19 août de 18h à 20 h Inscription au CRFM d'icile 16 août. Service de garde d'enfants, réservez avant le 13 août –

3 \$ / enfant / heure.

613-965-3575

● (SNIP) IEP, IPRC, ABA Workshop for Parents

August 22, 5 – 7 p.m. at the Trenton MFRC

The IEP, IPRC, ABA Workshop will be held August 22nd from 5 – 7 p.m. This workshop is meant for parents looking for more information regarding IEP's, IPRC and ABA in relation to navigating the school system. It will present:

- a roadmap and guide to Identification, Placement, and Review Committee process (IPRC)

- the essential components of an Individualized Education Plan (IEP)

- how can a team supporting the child include ABA methods

For more information, please contact Brittany.j@trentonmfr.ca.

*Ce programme n'est offert qu'en français

● Vaccination Clinic

Thursday, August 22, 2019, 9 a.m. - 4 p.m. at the Trenton MFRC

The Trenton MFRC is partnering with Hastings and Prince Edward Public Health to offer a vaccination clinic for military families.

Vaccines can be provided for all ages. HPEPH will help you identify what vaccines you need if you are new to Ontario.

Preliminary consultation is required before booking appointment, to help HPEPH identify which vaccines you will need at your appointment.

By appointment only; No walk-ins will be accepted.

Please note: Immunization records must be provided at appointment.

Call 613-966-5500 ext. 221 to book appointment. Please indicate the Trenton MFRC location.

● Block Party!

Save the date for the MFRC's annual Block Party, in partnership with 8 Wing PSP. On Sunday, September 15, from 11 a.m. - 3 p.m., the MFRC & PSP will host a welcome event for military families. There will be a free lunch, community booths, inflatables, a petting zoo, and activities for all ages! More information can be found at trentonmfr.ca, cafconnection.ca/Trenton, or at MFRC reception.



“
HELLO!
BONJOUR!
HOLA!
”

ANGLAIS

FRENCH

REGISTER FOR SECOND LANGUAGE
CLASSES/CLUBS BY SEPTEMBER 9, 2019!

INSCRIVEZ-VOUS POUR LES COURS/CLUBS DE LANGUE
SECONDE, AU PLUS TARD LE 9 SEPTEMBRE, 2019.

Learn more/Pour plus d'information : trentonmfr.ca/education
Email/Courriel : nathalie.v@trentonmfr.ca
Call/Téléphone : 613-392-2811 ext/poste 3855

Photos of the Week

8 CESF Farewell BBQ



Photo by Staff Sgt. Stoyer of the 171st Construction Engineering Squadron.

Members of the 171st CES stand alongside 8 CESF at a farewell BBQ.

8 Construction Engineering Support Flight

From 17th June to 12th July, 8 Construction Engineering Support Flight (CESF) hosted the 2019 Deployment for Training in support of two Air National Guard Squadrons, the 119th Construction Engineering Squadron from Fargo, North Dakota and the 171st Construction Engineering Squadron from Pittsburgh, Pennsylvania. During this training, 8 CESF supported a total of 94 Air National Guard Members to complete various construction projects on the Base and the surrounding area.

CFS Alert: Polar Bear Sightings



Photo by Cpl J. Sutton

Lt S. Mills

The Arctic is a unique and harsh environment, but it's just right for polar bears. Recently, Canadian Forces Station (CFS) Alert has had numerous sightings of these enormous carnivores within close proximity to the station. The photo above, of an adult female and her two adolescent cubs, was taken near the end of the runway last week, on the coast of the Arctic Ocean.

serious safety precautions that are activated when there is a polar bear sighting on or around the station. These precautions are necessary due to the potential threat that these animals pose to humans. At CFS Alert, the Station Warrant Officer (SWO) is also the Animal Control Officer. As such, it is part of the SWO's responsibilities to attempt to keep the polar bears away from the Station in order to keep all personnel safe in the conduct of their duties.

Although polar bear sightings are exciting for station personnel, there are also

BUNGALOW FOR RENT IN BRIGHTON



Raised Bungalow for Rent in Brighton 2 bedroom up and 2 down. 2 bathrooms. Open concept kitchen and living room. Basement is fully finished features 2 sitting areas, fully fenced backyard in a great neighbourhood. Available August 1st. \$2,250 per month plus utilities. Contact number is 613-922-6594

SO THAT WE MAY BE FREE.

FOR EVERY WAR, THERE ARE MANY WHO BRAVELY AND PROUDLY LEAVE THEIR LOVED ONES BEHIND TO PROTECT THE FREEDOMS THAT WE AS CANADIANS ARE AFFORDED.

IT IS THESE BRAVE FEW WE HONOUR.

Trenton East
29 Bay Street
613-394-2433

Trenton West
170 Dundas St. W.
613-392-3579

Weaver REINVENT TRADITION
www.weaverfuneralhomes.com



Readers Choice 2018 Favorite Dentist

Come meet our doctors: Andrew, Sue & John



Marinovich
D E N T A L

WE ARE ACCEPTING NEW PATIENTS

Direct payment from insurance company's accepted upon request.

Call Us To Book An Appointment Today!
613-392-3939 | info@marinovichdental.com
MarinovichDental.com



FEATURED LISTING OF THE WEEK



56 Cavendish Drive, Belleville

4 beds, 4 baths - 1,914 living area
\$459,900 • ID: 101392065



TRAVIS ROYLE
613-403-4140
travis.royle@century21.ca
Retired RCAF
BROKER



CORINNA HAY
REALTOR®

TRAVIS MOUNTENAY
REALTOR®



Military Relocation **Buying or Selling** **Real Estate Investing**

theroylegroup@century21.ca
613-967-4621 | www.century21.ca

LANTHORN REAL ESTATE LTD.
Brokerage*

*Each Office Is Independently Owned And Operated



Want to Quit Smoking?
Design your own program!

The Canadian Cancer Society knows most people can't just say, "I'm going to quit smoking now," then quit for good. But our

smoking cessation program – **One Step at a Time** – can help change the way you think about your smoking and provide you with tools to create the best way for **you** to quit.

Take the first step to becoming smoke-free. Call your local office of the Canadian Cancer Society, or the Society's toll-free Cancer Information Service,

1-888-939-3333, for your free copy of **One Step at a Time**. Also available online at www.cancer.ca/tobacco

CANADIAN
CANCER
SOCIETY

SOCIÉTÉ
CANADIENNE
DU CANCER



1:45 PM
It is the vacation of a lifetime.
There is an emergency.
The doctor is asking questions.
You're not able to answer.

1:57 PM
You don't speak the language.



Medic Alert®

Speaks For You.

www.medicalert.ca • 1-800-668-1507

Your next home could be just a click away...

www.homefinder.ca

Visit today to view homes in your area

