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## INSIDE

MILITARY WIVES SHARE  
THEIR MUSICAL TALENTS



Story on page 2

A SPECIAL DONATION FOR  
THE MUSEUM



Story on page 3

SUPPORT FOR  
MILITARY SPOUSES



Story on page 9



437 Transport Squadron  
**75<sup>th</sup> ANNIVERSARY**  
75e anniversaire du 437e Escadron de transport

# 424 Squadron Search and Rescue Technicians run for mental health



Photo by Alicia Vandine

On Wednesday, Aug. 14, 8 Wing Commander Col. Ryan Deming congratulates SAR Techs from 424 Transport and Rescue Squadron and event coordinator Clay Williams for their efforts to end the stigma surrounding mental illness through their participation in the annual "Canal Pursuit for Mental Health" event for Mood Disorders Society of Canada.



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By Alicia Vandine

Search and Rescue Technicians (SAR Techs) from 424 Transport and Rescue Squadron embarked on a 100-kilometre relay from Bain Park in Trenton to Kingston on Aug. 14 in support of the 5th Annual "Canal Pursuit for Mental Health" event.

This event is a relay run, 750 kilometres long, starting in Port Severn, Ont. and travelling along the Trent Severn and Rideau Canals, ending at Parliament Hill in Ottawa, to help raise awareness and funds for the Mood Disorders Society of Canada.

Mood Disorders Society of Canada (MDSC)'s overall objective is to provide people with mood disorders a strong, cohesive voice at the national level to improve access to treatment, inform research, and shape program development and government policies with the goal of improving the quality of life for people af-

Continued on page 5



\*Based on 2018 closed transactions. Source: CREA and RE/MAX internal data.

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# Becoming a member of the Trenton Military Wives Choir

By Makala Chapman

It was back in 2013 that the Canadian Military Wives Choir was first started in Ottawa. Since then, a handful of other branches have popped up all across the country in various military towns – including Trenton.

Founded by Jenna Babin and Melanie Zukowski in 2016, the Trenton branch has sung everything from renditions of classical hits to the national anthem.

“The only requirements for being a part of the Trenton Military Wives Choir is that members have a passion for music and support for the local military,” says Melanie Zukowski, a former Canadian Armed Forces member.

In fact, she is hopeful more people will choose to join the close-knit group of singers. They have sung at a variety of events, including the opening ceremo-

nies of the Invictus Games in 2017. They have also performed alongside local groups including the 8 Wing Band and the Quinte Symphony. “Having these choirs all across the country is amazing,” said Zukowski. “It means when our members are posted out, there will be a choir community waiting and ready for them.”

As for the importance of a group like a choir, she said it was simple. “We all bring a little something different to the group, but it’s our connection to the military that brings us together. Sometimes you just need a little extra support from people that understand what you’re going through.”

In terms of her hopes for the choir, Zukowski said the goal is to ensure that the choir grows and continue to be a positive representation of the military community. If you are interested in joining

the choir, you can come out for a month as a trial before committing. While there is a fee to join the group, it’s merely to help cover the cost of things like uniforms, insurance and other operational costs. Once there, you will get the chance to mingle with like-minded singers who are currently being guided by music director Sherin Rizk. “We’ve seen really big improvements in our performances because of her help,” said Zukowski. “She’s just so great to work with and really encouraging. She constantly gives us feedback so we can be our very best.”

For new choir member Jenny Omdal, she said joining the group changed her life for the better. “I started by showing up to the choir meetings and the rest is kind of history,” she said. As for how she’s feeling a couple months in, Omdal smiled and said she couldn’t imagine herself singing with any other choir and

that it’s given her countless opportunities to challenge herself.

What makes the group all the more special is how quickly everyone has become like family. As a military spouse, Omdal said she often can feel alone when her husband is away on training or deployment. But since she has joined the choir, she said she has benefited from the outpouring of support from fellow spouses and community members. “At the end of the day we are all human and just looking to make our community that much better through coming together to sing,” she said. “Even if you only sing in the shower or the car, just come out and try it.”

The choir meets on Tuesday nights between 7 p.m. to 9 p.m. at the Base chapel. For more information, contact the group at [www.canadianmwc.trenton@gmail.com](mailto:www.canadianmwc.trenton@gmail.com).

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Photos by Makala Chapman

The Trenton Military Wives Choir performs at various events throughout the year.

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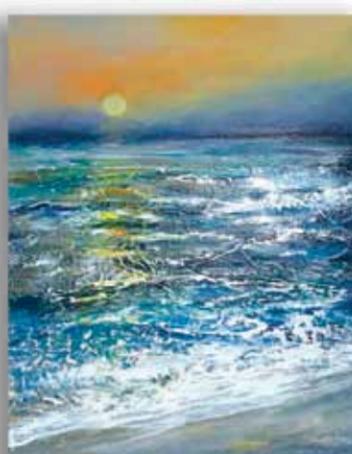
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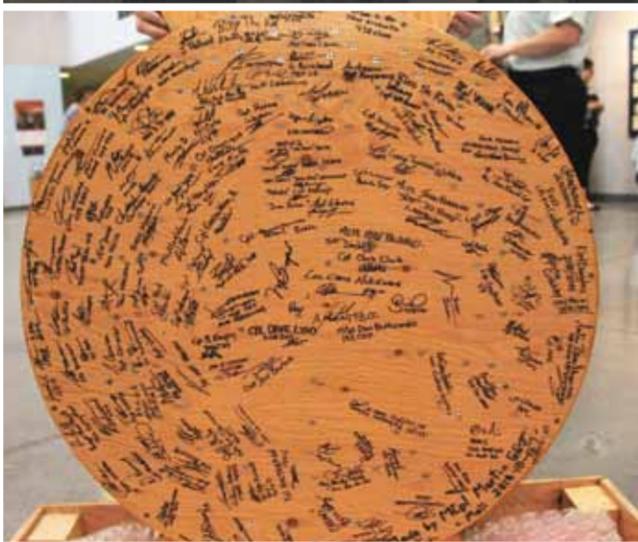
# Donation to National Air Force Museum of Canada

On August 15, 2019 Colonel Chris McKenna, former commander of Task Force Mali, visited the National Air Force Museum of Canada in Trenton, Ontario to donate a wooden plaque commemorating Canada's role in the United Nations mission in Mali, called OP PRESENCE. On hand to assist Colonel McKenna with the presentation of the plaque were members of Op PRESENCE and those who supported the operation.

The plaque was crafted out of recycled wood from around Camp Castor, the multi-national base near Gao, Mali, by Master Corporal Gaetan Martin from 3rd Battalion Royal 22e Regiment. "MCpl Martin used wood scraps from wherever he could find and even mixed the paint himself," said Col McKenna. "It was hung in the Castor Bar for most of tour."

On Christmas Day 2018 members of Task Force Mali signed their names on the back. The plaque is the National Air Force Museum's first Op PRESENCE artifact.

*Names of Task Force members adorn the reverse side of the Air Task Force Mali plaque recently presented to the National Air Force Museum of Canada.*



Colonel Chris McKenna (third right), former Commander of Task Force Mali presents Laura Imrie (fourth right) Curator of the National Air Force Museum of Canada with the Task Force Mali plaque. On hand for the presentation were Master Corporal Kateland Marois, Canadian Forces Aeromedical Evacuation Flight (far left), Lieutenant-Colonel Andy Bowser, Commanding Officer 436 Transport Squadron (second left), Corporal Melissa Davies 8 Wing Administration (far right) Major Marilou Beaucage, Flight Commander, Canadian Forces Aeromedical Evacuation Flight (second right) and Assistant Curator Jennifer Dunn (third right).




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**436 Transport Squadron**  
**75<sup>th</sup> Anniversary & Reunion Weekend**

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

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**Gala Dinner**  
 5 Oct 2019, Cocktails at 1700 hrs followed by Dinner at 1830 hrs  
 National Air Force Museum of Canada  
 Dress: Black Tie / Formal / Mess Dress Optional  
 Cost: \$60 Acquittance Roll, other payment options available just ask for info when you RSVP at the email address below.

Tickets are now on sale for Sqn members and will be open to public on 26 Aug 2019.

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RVSP at [436Sqn75thAnniversary@gmail.com](mailto:436Sqn75thAnniversary@gmail.com)



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# Safety

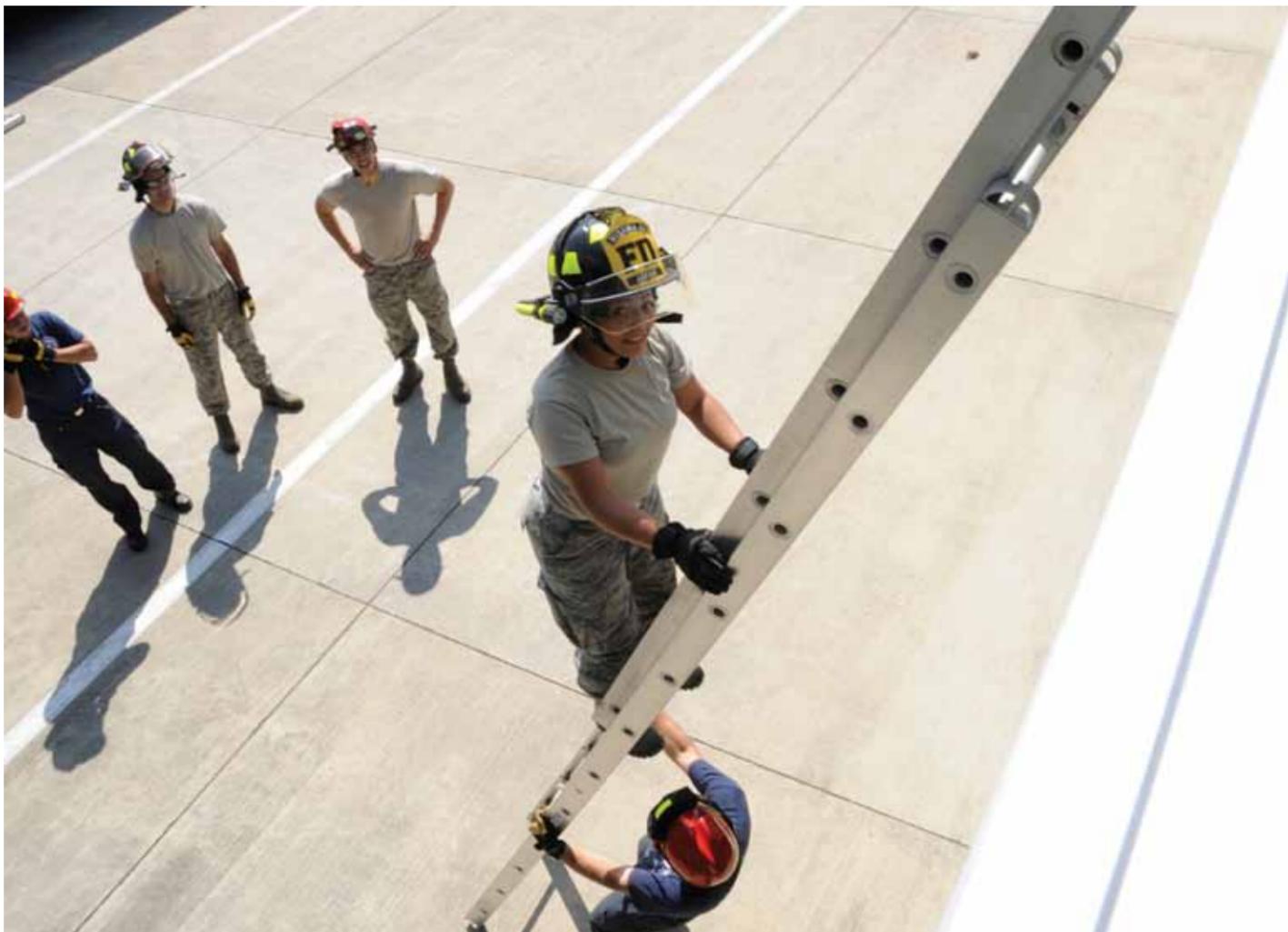


## Use Rungs and Ladders the Right Way

What do you do when your job is over your head? You get a ladder, of course. Just make sure you choose a well-constructed ladder and use it with care. Misuse of ladders is responsible for many accidents resulting in serious injuries and deaths.

Here are some tips for the safe use of ladders:

- Use the right ladder for the job. A step-ladder might be required for lower areas where it is difficult to use a straight ladder. An extension ladder might be needed for a higher point.
- Examine the ladder for defects and damage. Wooden ladders should be coated with a clear shellac, not with paint because it can disguise defects. Check for loose rungs, cracked rails, rust, corrosion, insecure bolts, damaged fittings and missing feet. Do not use a damaged or defective ladder, and do not leave it for the next person to use. Instead, tag it so it can be repaired or replaced.
- Handle and store ladders with care to prevent damage. Store them in a covered area so they will not be damaged by moisture and excessive heat and cold. Keep them away from corrosion-causing chemicals. Don't drop ladders or handle them roughly.
- Keep the ladder away from electrical circuits. Never use a metal ladder around electrical installations. It can conduct electricity to your body and cause electrocution.
- Place the ladder with the feet one-quarter of its working height away from the base of the structure. If the ladder touches the structure four feet off the ground, the base of the ladder should be one foot away from the building.
- Make sure both of the side rails are resting on the top support.
- The top should be tied off or otherwise



secured.

- Have someone hold the base of the ladder to steady it.
- If the ladder is in a traffic area, place barricades around it to prevent collisions.
- Check your footwear before climbing a ladder. Boots should be fastened. Soles should be made of a non-slip material and free of mud, ice or grease.
- Only one person should climb the ladder at one time.
- Face the ladder when climbing up or down.
- Keep the weight of your body between the side rails, and do not lean out from the ladder.
- Don't stand any higher than the third rung from the top of the ladder.
- Do not carry tools or materials in your hands as you climb a ladder. Use a tool belt for small items, and hoist up larger objects.

- Stay off of ladders when conditions are unsafe in the dark, in wet or windy weather and during lightning storms.
- Be sure to use a ladder when you need it. Don't use chairs, workbenches or other makeshift supports for climbing. Ladders are extremely useful devices, but they are involved in many serious accidents. Be aware of the hazards and use ladders the right way.

### 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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Continued from page 1

ected by mood disorders. by mood disorders. The annual "Canal Pursuit for Mental Health" was begun by Clay Williams, an avid marathoner, in honour of his wife, daughter, sister who all suffer from mood disorders and in memorial to his two older brothers who also suffered from men-

tal illness and ultimately ended up taking their own lives. "It became very clear that I needed to do what I could to raise awareness," said Williams. "We need to start treating mental illnesses with the same importance as we do physical injuries." "One of the other main

reasons I started this run was so that I could share my story with people and hopefully get people talking about mental illness," he said. "Due to the media coverage surrounding the military, first responders and PTSD, it really lends credibility to this discussion to have actual members in this field join me."

"We are proud to have SAR Techs from our 424 Transport and Rescue Squadron participating in today's run. They are a pinnacle of health and physical fitness to be able to accomplish this 100-kilometre leg on our behalf," said 8 Wing Commander Col. Ryan Deming. "We are also supportive of their

efforts to end the stigma surrounding mental illness through their participation today and we encourage our members and community to access support services that are available to them." On each leg of the relay, the runner carries a Canadian flag bearing the names of those affected

by mental illness or those who support more programs for treatment. Williams displayed it on Parliament Hill on Aug. 17 after completing the last leg of this run. For more information about this event or to learn more about the Mood Disorders Society of Canada visit [www.mdsc.ca](http://www.mdsc.ca).



Photo by Alicia Vandine

From left, Master Corporal Greg Hudson, MCpl Sebastian Gaudet, Sergeant PA Forgues, Sgt Cindy Goodyear, Corporal Terry Wright, Sgt Jody Hynes with Clay Williams - event coordinator of the annual "Canal Pursuit for Mental Health" event for Mood Disorders of Canada.

# Raising the next generation of Canada's military

By Makala Chapman

Despite a long and rich military career of 35 years, retired Corporal (Cpl) Michel Mailhot and his wife, Lise Belanger, will tell you that their biggest success was raising their family. As a former aircraft structure technician (ACS tech), Cpl (ret'd) Mailhot spent the majority of his career at 8 Wing Trenton, having retired last year. The Quinte West region is also where they raised their five children. When asked to reflect on the past two decades, both Cpl. (ret'd) Mailhot and Belanger smiled and noted there wasn't much they would have changed. Belanger took the role of primary caregiver of their children while Cpl Mailhot worked. On top of caring for her own, she also ran a day care. Since then, she has been an active member of the military community having worked with the Base's Personnel Support Programs (PSP), volunteering with the chapel and with the local schools. "It wasn't easy," said Belanger. "But we did what we had to do and we did it as a family." Cpl. (ret'd) Mailhot added he couldn't have been more grateful for his wife's support, especially during more turbulent times in his career. "We once had three postings in just three years," said Cpl. (ret'd) Mailhot. "It was hard because our kids had to find new schools and new

friends. Moving was never an easy task." Out of their five children, four have joined the Royal Canadian Air Force. "All I did was ask them to try cadets when they were younger for one year," said Cpl Mailhot. "If they didn't like it, that was okay. But I guess it had a bigger impact on them than we thought." He then joked it was especially nice to see them all wearing blue. "In the military you may give a lot, but you receive a lot," said Cpl. (ret'd) Mailhot. When asked what it was like being a military spouse and the mother to serving members, Belanger said it made her feel a sense of pride. "I know they have a nice career in front of them, as well as the support and friends that come along with the job," she explained. "The military is one big family. Wherever we went throughout my husband's career there was always somebody we knew and it will be the same for them." She added that while she is happy for her children, like for any parent, the distance can sometimes be hard. But knowing that they are living out their dreams is enough to fill the void of missing her children, she said, at least until they come home on holidays for visits. "I want my children to get to have all the experiences that the military can offer them, like travelling, because there was lots of good things," said Cpl (ret'd) Mailhot.



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**Upcoming Local Events**

- **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](http://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. 14** – The Trenton Curling Club, 293 King Street, Trenton, is hosting a vendors mart on Saturday, September 14, 2019 from 10:00 am to 4:00 pm. There is no admission fee. Come out and support our local artisans and entrepreneurs. A tour of our facilities and lunch will also be available. See you then!"
- **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 of free activities. For more information contact the MFRC at 613-392-2811 ext. 3575.
- **Oct. 5** – 436 Transport Squadron 75th Anniversary and Reunion Weekend features a Gala Dinner at the National Air Force Museum of Canada. Cocktails at 1700 hrs with dinner at 1830 hrs. Tickets are on sale now for Squadron members and will be available to the public as of Aug. 26. Remember, only 436 seats available! RSVP to [436Sqn75thAnniversary@gmail.com](mailto:436Sqn75thAnniversary@gmail.com).

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## September 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	31
1	2 Labour Day MFRC CLOSED	3	4	5	6	7
8	9 Registration closes for Language Classes  Bellydancing with Amara	10	11	12 SNIP Parent Support Group	13	14
15 <b>MFRC &amp; PSP BLOCK PARTY</b>	16 SNIP Building Blocks	17 Mental Health First Aid  Mindful Masters	18 Mental Health First Aid  SNIP Visual Calendar Workshop	19	20	21

● **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, September 2

● **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.

● **Bellydancing with Amara**

Learn the timeless art form from the Middle East

Mondays starting September 9, 2019, 7 - 8:30 p.m.

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To register call the MFRC Reception. Payment to be made in cash at first class.

For more information call 613-392-2811 ext. 2568.

● **Knit & Chat**

Our knitting and crocheting group resumes this fall! Plan to attend on any of these dates:

September 12 & 23, October 10 & 21, November 14 & 25.

For more information, please contact our Trenton reception: 613-965-3575.

● **SNIP Parent Support Group**

Special Needs Parent Support Group runs every second Thursday of the month from 6 - 7:30 p.m. beginning again on September 12. Connect with other parents and caregivers in your community and discuss topics that affect you and your family. Gain support and insight on understanding the school system, diagnosis, and managing behaviours. For more information, please email bryanna.b@trentonmfr.ca.

● **Mindful Masters**

This program provides easy strategies to help children, aged 9 - 12, focus their attention, improve on self-regulation, build resiliency and develop a positive mindset.

An 8-week program beginning on Tuesday, September 17, 6 – 7:30 p.m.

Please register by September 16 by contacting Kendra at kendra.b@trentonmfr.ca.

● **Ottawa in Autumn Bus Trip**

Saturday, September 28: 7:00 a.m. - Depart MFRC, 6:00 p.m. - Depart Ottawa to return to MFRC \*Adults Only, \$30 per person

Register at the MFRC reception by September 13, 2019.

Things to do in the Nation’s Capitol:

- Shop the Byward Market
- Explore National Gallery of Canada
- Try a famous Beaver Tail
- Revel in history on Parliament Hill
- Enjoy the Rideau Canal by foot or boat tour
- Catch a show at one of Ottawa’s many theatres
- Indulge in the foodie scene

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# Photos of the Week



Photo by Mr. Blain Lapierre

MCpl Lloyd uses a forklift to return chairs from the Wing Commander Change of Command Parade in July.

By Mr. Blain Lapierre

Supply Technicians ensure that all materials and services necessary for Canadian Armed Forces (CAF) operations, foreign

and domestic are available when and where they are required. They handle a variety of items such as food, fuel, heavy machinery, spare parts, stationery, vehicles and ammunitions to name a few. Supply Technicians are employed in all services of the CAF and may work in a warehouse, in a tent, on a ship or even out the back of a vehicle, where ever there is support needed.

## CFS Alert: Canada's Most Northern Army Run



Photo by Corporal A. Tolstoy

Left to right: Capt K. Scobie, Mr. A. Fawcett, Mr. B. Basil, Lt K. Mahoney, MCpl J. Maitland, Cpl P. Creamer at the 5km run start.

By Lt S. Mills

On Sunday, 18 August 2019, CFS Alert hosted the most northern Army Run. With an overcast sky and a temperature of 0.6 degrees Celsius, it was perfect running weather. A total of 23 personnel currently on Station participated in the 10km run, 5km run, or the 5km walk. Both courses involved running from

the Station down the long, steep hill to the airfield and back. All participants left everything they had on the course and had a great time doing it. The event raised a total of \$435 towards Soldier On and Support Our Troops.

Bottom— Left to right: Cpl J. Sutton, Cpl S. Vermette, and MWO D. Fox as they pass the 4km mark on the 10km route.



## Annual Tee Off for 8 Wing United Way Campaign set for September 5

August 19, 2019 – Trenton, Ont. – National Defence / Canadian Armed Forces

It will be a full field of players for the 20th Annual Wing Commander's Golf Tournament at Roundel Glen Golf Course on September 5, 2019.

The tournament, which marks the official launch of the 8 Wing Government of Canada Workplace Charitable Campaign supporting United Way, recently filled its final foursome of golfers.

"We have had fantastic support from our community, fellow 8 Wing/CFB Trenton members and especially our sponsors," said Major Shawn Duffy, organizer for this year's golf challenge. "This tournament is always well-attended and it really

provides a spark to the Wing's fundraising efforts for United Way Hastings & Prince Edward County."

"We are also excited to have Bay Marine, Deerhaven and Belleville Nissan as Hole-in-One sponsors on the 1st, 3rd, 10th and 17th holes," said Maj Duffy. "There will be some fantastic prizes including cars and vacations for those golfers with a bit of luck and a lot of skill on their side."

While the golf tournament itself is full, there are still sponsorship opportunities for companies and individuals wanting to support a good cause at one of the premier events of late summer in the Quinte Region. Last year, the Wing Commander's Golf Tournament raised \$22,813.31 for the 8 Wing Government of Canada Workplace Charitable Campaign.

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# Supporting the Military Spouse



Photo by Hailey Makin

Devon Taylor and her husband, Master Corporal Simon Bilodeau.

By Makala Chapman

Life as a military spouse has its positives and negatives. Just ask military spouses Devon Taylor and Dawn Latrille who both work at the Trenton Military Family Resource Centre (MFRC).

Taylor admits she had very limited knowledge of the military and the lifestyle associated with it, despite growing up in the Belleville area. It wasn't until she started working at the MFRC that she began to learn from her colleagues, many of whom are military spouses, what military life was all about. "I definitely wasn't planning on having a relationship with a military person," she explained. "I was really scared about things like having to move a lot."

She joked that life has a funny habit of bringing upon the unexpected as she would later meet a man she now says she couldn't imagine her life without. "He's a military member," she laughed. "It's been a big learning curve for me in terms of seeing it from a work perspective here at the MFRC to living it every day as a military spouse."

While they have yet to be posted as a couple outside of Trenton, Taylor said she is confident in the support she receives from the military community and is ready to take on any challenge

that may come her way. But that's not to say the newlyweds have not had to face their share of difficulties. It was just last year that her then-fiancée deployed for six months overseas – the longest they had ever been apart. "People do long-distance relationships all the time," she explained. "But it's different when you don't have a choice and they have to leave." She added while it had been a great opportunity in his career, and one she fully supported, it wasn't easy to watch him go. Having just bought their first house together, Taylor recounted the difficulties of trying to deal with renovations and all the other changes they would have normally dealt with together. She reiterated the importance of having a good support system in place to help get through the more challenging days. While she was lucky to have her family and friends close by, she said she realized this isn't the case for everyone. "Don't be afraid to ask for help," she said. "The MFRC is a great resource. Here you can find someone else who has or is going through something similar. Don't isolate yourself."

As for her advice to fellow military spouses, both younger and older, when it comes to being that internal support system for a member, she said to embrace it. "There really is a strong sense of community in the military," she said. "People are willing to help you, even if they don't know you, and that's special. When it comes to sup-

porting my partner, I find it very rewarding because it makes him a better military member."

Also speaking to the nature of being a military spouse was Dawn Latrille, a mother of three and a wife of 24 years. Like Taylor, she noted things weren't always going to be easy, especially if children are involved. In her time as the receptionist at the MFRC, she noted she sees different people come in who have all had to face various challenges. Whether it's trying to get a doctor or navigating another province's services, it can be difficult. "That's definitely a downside for people that are always on the move," she said. "But here at the MFRC we will listen and can help." She added she has felt blessed to be able to use her experience as a military spouse to help make the lives of others walking similar paths a bit easier. "I like to hear their stories," she said. "It's nice to be able to let them know of our services so they know they're not alone. Sometimes they will surprise me by telling me something they can offer and that's great."

Lastly, she said it was beneficial to take pride in one's role as a support system to their partner. "I'm very proud of my husband," she said, "and I'm happy to be a part of the military community."

For more information on the supports offered for military spouses and families at the MFRC, feel free to reach them at 613-965-3575.

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# More than 700 Cadets graduate at Trenton Cadets Training Centre final graduation parade



Photos by: Sarah Pennington and Harmony Deslauriers

It was a perfect morning as more than 700 young people participated in the Trenton Cadet Training Centre graduation parade on Friday, Aug. 16. During the event, several trophies were presented to deserving cadets from across the province. Above left, Lieutenant-Colonel Barry Leonard, Commanding Officer of the Regional Cadet Support Unit, serves as the Reviewing Officer for the parade.

### Capt A.Dallaire

On August 16, the Trenton Cadet Training Centre hosted a graduation parade for just over 700 cadets. The parade gave course cadets the chance to showcase their hard work and show off their newly-mastered skills, while also bringing a close to the training season.

The Reviewing Officer for the parade was the newly appointed Commanding Officer of the Regional Cadet Support Unit (RCSU), Lieutenant-Colonel Barry Leonard. The parade was under the command of Warrant Officer First Class Ross Stewart.

During the parade, course cadets that were recognized for outstanding achievements.

The Lieutenant Colonel S.L. Beaton Trophy was awarded to Cadet Joseph Kendrick of 585 Squadron, Smiths Falls, Ontario and Cadet Justine Barretto of 614 Squadron, London, Ontario for demonstrating the highest personal drill, dress and deportment and maintaining a high level of enthusiasm and esprit de corps among their flight and squadron.

The 413 Wing Royal Canadian Air Force Association Award was presented to Cadet Daisy Quian Xin Huang, of 351 Squadron, Markham, Ontario for excelling in the study of aviation fundamentals.

The Lieutenant-Colonel James Gale Air Cadet League of Canada Award was presented to Cadet Claire LeDonne, of 779 Squadron, Mount Hope, Ontario for excelling in the study of the fundamentals of aerospace, airport operations, aircraft manufacturing, and aircraft maintenance.

The Lieutenant-Colonel J.M. Donnelly Trophy was awarded to Cadet Palacios Pablo of 94 Squadron, Newmarket, Ontario for excelling as a specialist, instructor, and team leader in aviation activities.

The Top Intermediate Musician Award was given to Cadet James Araiche, of 62 Squadron, Grimsby, Ontario.

The Top Advanced Musician Award was given to Cadet Channing Gordon, of 2 Squadron, Oshawa, Ontario.

The Army, Navy, and Air Force Veterans' Medal awarded to Cadet Zumeel Hamilton, of 151 Squadron in Oshawa, Ontario and Cadet Bogdan Nepomniashchy, of 540 Squadron, Oakville, Ontario.

The Order of St. George medal was awarded to Warrant Officer Second Class Grace Mubiala, of 151 Squadron in Oshawa, Ontario.

Trenton Cadet Training Centre strives to offer challenging programs which foster and encourage team spirit, mutual assistance, comradeship and physical fitness in a safe and fulfilling climate. Each summer, approximately 1000 course cadets, 90 staff cadets and 120 adult staff from all across Ontario attend the Trenton Cadet Training Centre. The centre offers a broad array of training that ranges from introductory to advanced courses in aviation technology and aerospace, music, as well as leadership and ceremonial courses.

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](http://www.cadets.ca) and click on "Find Us" and visit our Facebook page to see their adventures! [www.facebook.com/centralregioncadets](http://www.facebook.com/centralregioncadets)



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# Voting changes for Canadian Armed Forces members

## Canadian Armed Forces

With the coming into force of Bill C-76, known as the Elections Modernization Act, the way Canadian Armed Forces members vote in federal elections has changed, allowing them to vote like any other Canadian elector.

The voting methods now available to them include:

- advance polls;
- regular polls on civilian voting day;
- voting at Elections Canada offices anywhere in Canada;
- voting by mail from anywhere in Canada or in the world; and
- voting at military polls established at their base or unit.

In the past, voting methods for Canadian Armed Forces members was more limited than those of the general Canadian voter. Under the old system, members of the Canadian Armed Forces were registered to vote based on their Statement of Ordinary Residence (SOR) and could only vote for a candidate in the riding that corresponded to the address on their SOR. The only way to update an SOR was to go to a base orderly room and

have a clerk make the change. Furthermore, changing one's address during an election period was not allowed. For the first time, Canadian Armed Forces members can now register themselves on the web – or update their registration – using Elections Canada e-Registration service. Canadian Armed Forces members are encouraged to register or to update their registration as soon as possible, as an up-to-date registration will facilitate the voting process during the next federal election. In addition to e-Registration, Canadian Armed Forces members will now benefit from all registration opportunities available to other Canadian electors, and will have the right to update their registration at any time, including at military polling stations. When registering, Canadi-



an Armed Forces members must provide their service number and the address of ordinary residence: this is the place they call home. At election time, members will then vote for a candi-

date running in the electoral district associated with that home address. When a federal election is called, members of the Canadian Armed Forces living in Canada will receive Voter Information Cards providing information on the civilian polling locations where they can vote. To vote in a federal election, a Canadian Armed Forces member must be a Canadian citizen, and be 18 years of age or older on civilian election day. When voting at a civilian polling location, members will have to provide proof of ID and residence. Members will also receive information from their chain of command on the availability and location of military polling stations. At a military polling

location, members will have to provide proof of ID and of their service number. Civilian personnel are not allowed to vote at special military polls. However, Canadian civilian electors who accompany a Canadian Armed Forces member outside of Canada will receive information on how to register on the International Register of Electors in order to vote by mail. For more information on the changes that affect Canadian Armed Forces members, and to register or update your registration, visit [elections.ca/forces](http://elections.ca/forces).



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# Tactical Airlift Detachment deploying to Uganda to support United Nations' peace operations

## National Defence

Canada will provide the United Nations with tactical airlift support out of Entebbe, in Uganda, during the next 12 months, beginning as early as August 2019.

The Tactical Airlift Detachment will consist of a Royal Canadian Air Force CC-130J Hercules aircraft, operated and supported by up to 25 Canadian Armed Forces (CAF) members. It will deploy for up to five days each month to assist with transporting troops, equipment and supplies to the UN Organization Stabilization Mission in the Democratic Republic of the Congo (MONUSCO) and the UN Mission in South Sudan (UNMISS).

Canada is dedicated to supporting United Nations (UN) peacekeeping by providing innovative contributions and addressing critical capability gaps. This includes ensuring the UN has reliable and predictable access to high-end military capabilities required to support sustainable peace and security in areas affected by conflict.

During the UN Peacekeeping Defence Ministerial hosted by Canada in Vancouver in November 2017, Canada committed a number of "smart pledges" of high value military capabilities to be deployed in a five-year timeframe with planned

and predictable rotations with other member states. These pledges were a Quick Reaction Force and accompanying equipment; an Aviation Task Force (ATF) of medium utility and armed helicopters; and a tactical airlift support to address critical gaps in the UN's ability to transport troops, equipment, and supplies to their missions.

"Today's announcement fulfills a commitment we made during the Peacekeeping Defence Ministerial in Vancouver in November 2017," said Defence Minister Harjit S. Sajjan on August 15, 2019. "This capability will play an important role in helping supply military and police personnel on UN peace operations in the region, with critical resources. We look forward to working with other Member States to turn this flexible capability into another smart pledge rotation."

In the coming days, the CAF and the UN are expected to finalize the details and arrangements of the first deployment.

In March 2018, Canada committed to deploying the ATF to MINUSMA for a period of one year. Known as Operation Presence-Mali, the ATF became operational in August 2018 and is providing critical medical evacuation, logistics and transportation capability to the UN out of Gao, northern Mali. The ATF will complete its mission on August 31, 2019.



File photo by Aviator Jerome Lessard

The Tactical Airlift Detachment will consist of a Royal Canadian Air Force CC-130J Hercules aircraft from 8 Wing/CFB Trenton, operated and supported by up to 25 Canadian Armed Forces (CAF) members.

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