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TEME-WORK ENSURES BASE RUNS SMOOTHLY



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SUPPORTING FAMILIES DURING TIMES OF LOSS



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TRENTON LEGION HAS MUCH TO OFFER



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

Cyclists pay tribute to Wounded Warriors



Photo by Alicia Vandine

Acting Wing Commander Lt. Col. Diane Baldasaro and Steve Topham, Ride Director, are shown at the opening ceremony of the 2019 Wounded Warriors Canada (WWC) Highway of Heroes Bike Ride which began at the Afghanistan Repatriation Memorial, Bain Park in Trenton, on Saturday, Aug. 24.



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The Wounded Warriors Canada (WWC) Highway of Heroes Ride began at the Afghanistan Repatriation Memorial, Bain Park in Trenton on Saturday, Aug. 24.

This ride had more than 65 people participating on either a 160 or 240-kilometre bike ride route, that crossed Highway 401 several times, using the same bridges on which Canadians have gathered to pay tribute to fallen military members, along the 170-kilometre portion of highway that stretches from CFB Trenton to the Don Valley Parkway in Toronto. This stretch has since been designated the Highway of Heroes, reflecting its use as the route for funeral convoys carrying fallen Canadian Armed Forces service men and women from CFB Trenton to Toronto.

From 2001 to 2014 more than 40,000 Canadian Armed Forces members served in the Afghanistan theatre of operations. 158 Canadian Armed Forces (CAF)

Continued on page 5



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TEME Staff: Working together to get the job done

By Makala Chapman

It's all hands on deck when it comes to ensuring operations run smoothly at Canada's largest air base. In fact, more than 5,000 employees, both military and civilian, call 8 Wing Trenton home and can be found working in dozens of different trades.

Take the members of Transportation and Mechanical and Electrical Engineering Squadron (TEME), as well as the Royal Canadian Electrical and Mechanical Engineers (RCEME). Located on the north side of the Base, the two trades work together to

ensure all things transportation related, including the upkeep of said vehicles and machinery, are taken care of. Specifically, some of the jobs members are responsible for can include transporting personnel around the base, fueling aircraft and fixing vehicles.

Civilian mechanic Kris Brunton has worked at 8 Wing Trenton for more than a decade. Whether it's a broken lawnmower or a firetruck in need of repair, he is more than capable of handling the job. His section, which consists of a team of four civilians and three military members, primarily focuses attention on the Base's heavy equipment. This can include plows, loaders, graters and more.

"I've been a tradesmen all my life," said Brunton. "I didn't know what the job would really entail when I got here but what I can now say is the experience has been fantastic and I've been fortunate enough to work on some cool projects."

In terms of his favourite aspect of the job, he explained that it's the fact that every day presents a new challenge and keeps him on his toes.

When asked what his thoughts were on the importance of civilian staffers on Base, he noted it



Cpl. Ashley Gushue pulls out the refueling hose, which weighs more than 100 pounds, from one of the fueling trucks at 8 Wing Trenton.

Photos by Makala Chapman



Kris Brunton says in his ten years working at 8 Wing Trenton, fixing the firetrucks has always been his favourite.

came down to continuity. "Military personnel are often posted in and out," he said. "As far as the equipment is concerned, as civilians who don't have to move, we've been familiar with it for years and can provide that continuity." In terms of the camaraderie amongst the civilian staff and the military members, Brunton said it was like one big family.

Continued on page 3

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424 Transport and Rescue Squadron airlifts patient to hospital from Queen Elizabeth II Park

August 27, 2019 – Trenton, Ont. – National Defence / Canadian Armed Forces

The crew of a Royal Canadian Air Force (RCAF) CH-146 Griffon helicopter from 424 Transport and Rescue Squadron evacuated a camper from Queen Elizabeth II Wildlands Provincial Park to hospital just before midnight on August 26, 2019. Ontario Provincial Police re-

quested assistance from Joint Rescue Coordination Centre Trenton to evacuate the camper, who was in suspected medical distress, from a remote part of the park on Sheldon Lake.

"We hoisted into the location along the lakeshore and walked to the patient's location through the woods. We were assisted by paramedics from Lindsey who arrived by boat shortly after us. We got the patient stabilized and hoisted him into the helicopter

Quick Facts

- The crew of the CH-146 Griffon helicopter from 424 Transport and Rescue Squadron lowered two Search and Rescue Techni-

cians by hoist.

Ontario Provincial Police requested RCAF assistance to conduct the evacuation due to the remoteness of the location and the challenging terrain in the area.

- The patient was hoisted on board the helicopter and flown to hospital in Peterborough, Ontario.
- 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 SAR rests with the provinces, territories and municipalities. The Canadian Armed Forces may, however, provide assistance to land and inland water rescues when requested."

Continued from page 2



Photo by Makala Chapman

As for his favourite piece of equipment to work on, he smiled, and noted it was the firetrucks. "I'm kind of that vehicle's subject matter expert," he said with a smile. "But I also work with a great group of people who have also gravitated towards certain equipment and can tell you everything about it. Rest assured, whatever it is, we've got it covered and will fix it. Maintaining the serviceability of the equipment is a priority."

On the transport side of operations is Corporal (Cpl.) Ashley Gushue. She works in the section that handles the refueling of all aircraft and equipment on the airfield that come in and out of 8 Wing Trenton. "I'm extremely happy in this trade and there's the opportunity for me to advance and be responsible for even more," she said. "I am so proud to be a part of the team and do our part to ensure things can run smoothly on the base."

A typical day for Cpl. Gushue begins with checking flight schedules and as-

sessing the number of aircraft that will be visiting and departing. Her team then sits down to divvy out tasks and calculate how much fuel will be needed that day. From there, her team will wait for Wing Operations to give them a call with a timeframe of the inbound or outbound aircrafts in need of refueling. Once the call comes in, Cpl. Gushue will grab a truck and head to the aircraft. From there the crew will tell them how much fuel they need. A grounding cable is then hooked to the ground and the airplane and the refueling hose is inserted into the aircraft while Cpl. Gushue controls the switch that allows the fuel to flow through it.

As an example, a CC-130 Hercules can take up to 25,000 litres of fuel but a CC-177 Globemaster can hold more than 100,000 litres. While it constantly changes, Cpl. Gushue estimated that the Base uses up to 600,000 litres of fuel a week.

Cpl. Gushue and her team must also complete other tasks including checking

Cpl. Ashley Gushue works in the refueling section of TEME and is responsible for ensuring all air field equipment is fueled and ready to go.

that there is no water or debris in the fuel are now civilians, who have over 30 years as that could damage the aircraft, daily inspections of all their vehicles. This all has to be done, no matter the weather. "It can be 3 a.m. and it's -25," she laughed. "Sometimes there's an inch of ice on the ramps so you have to drive carefully. The hose itself is also almost heavier than me so I have to brace myself and it can get slippery."

Cpl. Gushue noted not having her civilian counterparts would make the job a lot harder. "I have seven people on my crew, some who were military before and

experience in the trade," she explained. "They have a lot of insight and they always know what to do. That partnership is so important."

As for how she got involved in the trade, Cpl. Gushue said she had wanted a new way to continue challenging herself. It was when her father, a civilian construction labourer, had suggested being a mobile support equipment operator in the military. "I'm so glad I made the switch and I've been loving every day."



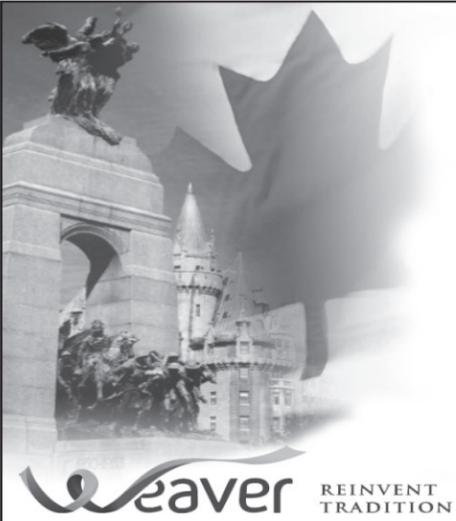
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Safety



Cycling in Traffic Safety Tips

Cyclists have the same rights and responsibilities as the drivers of other vehicles using the road. These responsibilities are defined under the Highway Traffic Act. Cyclists, who ride predictably, following the rules of the road and behaving like other vehicles, are likely to be treated like vehicles and are also more likely to be seen by other road users. Reducing conflicts among road users reduces the risk of collisions.

Children under the age of 10 do not have the judgement to ride bikes in traffic, but they can learn the rules of the road by riding with adults. Additionally, children and adults must master basic bike handling skills such as riding in straight lines, stopping, shoulder checking and correct signaling, before venturing into traffic.

There are basic traffic principles that allow cyclists to ride safely in most traffic situations.

Positioning

Ride on the right side of the roadway, not on the left or on the sidewalk.

Cycling in the wrong direction is the second major cause of car/bike collisions. Riders who drive facing traffic are vulnerable because motorists do not expect to meet traffic coming the wrong way.

Riding on the sidewalk is dangerous for similar reasons. Pedestrians do not expect to meet cyclists. As well, each driveway becomes a potential intersection. Local bylaws often set out the age limit or the size of bicycles allowed to drive on



sidewalks.

According to the Act, any vehicle moving more slowly than normal traffic must drive in the right hand lane or as close as practicable to the right edge of the road. The best position for a cyclist depends on the width of the lane and the bicycle's speed. Cyclists should ride far enough from the curb to travel in a straight line and avoid sewer grates, potholes, debris and the doors of parked cars. If the lane is too narrow to

share safely, it's legal to occupy the whole lane. Although courtesy should prevail, cyclists should not compromise their safety for the convenience of the motorists. It may be safer to take a different route. Increasingly, bike lanes are providing a good alternative.

A left-turning vehicle may be passed on the right. A cyclist may pass on the left if the bicycle is the faster vehicle. Cyclists should never squeeze between moving cars and the curb.

Yielding to crossing traffic

Cyclists and motorists must decide who has the right of way at an intersection. The two rules that govern intersection behaviour are a) the driver on the minor street yields to the driver on the major street. b) If arriving simultaneously, the driver on the left yields to the driver on the right.

Same direction yielding

When travelling in the same direction as other traffic, drivers of all vehicles – including bicycles – must yield to the traffic already in the lane. Before changing lanes, a rider must look behind to make sure conditions are safe, signal the lane change and negotiate with the driver behind to make sure the motorist sees the bike and agrees to let the bike in. Lane changes should be started early, with plenty of distance between vehicles.

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.

8 Wing Personnel

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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.



The Contact ~Wing Headquarters
Building Annex, 8Wing / CFB Trenton
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Continued from page 1

members made the ultimate sacrifice and thousands have been physically and or mentally injured as a result of these operations.

"Thank you to both the riders and to our members who are participating today in this event for Wounded

Warriors," said Acting Wing Commander Lt. Col. Diane Baldasaro. "I can't say thank you enough."

Riders raised funds to help support those living with operational stress injuries like Post-Traumatic Stress Disorder (PTSD) and

are helping the mission of Wounded Warriors Canada to "Honour the Fallen and Help the Living".

"While you are riding today," said Steve Topham, 2019 Ride Director, "I want you to know you are also joining your efforts today

with people in Nova Scotia who are also riding in support of the mission of Wounded Warriors too."

For more information about Wounded Warriors Canada visit www.woundedwarriors.ca.



Photos by Alicia Vandine

Participants in the Wounded Warriors Highway of Heroes Ride set out from Bain Park in Trenton Saturday morning, Aug. 24.



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Upcoming Local Events

- **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.

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| 1 | 2 Labour Day MFRC CLOSED | 3 MFRC opens at 0730 | 4 | 5 | 6 Morning Book Club | 7 |
| 8 AromaTouch Treatment | 9 Registration closes for Language Classes Bellydancing with Amara begins | 10 | 11 | 12 SNIP Parent Support Group Knit & Chat | 13 | 14 |
| 15 MFRC & PSP BLOCK PARTY 11 a.m. – 3 p.m. | 16 SNIP Building Blocks Rendez-vous francos | 17 Mental Health First Aid Mindful Masters | 18 Mental Health First Aid SNIP Visual Calendar Workshop | 19 | 20 | 21 |
| 22 | 23 Knit & Chat Second Language classes begin | 24 | 25 | 26 Evening Book Club | 27 | 28 Babysitting Course |

● **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.

\$55 for 8 classes

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

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

● **Aromatouch Treatments**

September 8 & October 26, 2019

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Contact rabia.s@trentonmfr.ca or visit our website for more information.

● **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.

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Photos of the Week

8 MSS Picture of the Week



Photo by Sgt Robert Crouchman

Mr. Germain Flamand

By Sgt Robert Crouchman

Mr. Flamand is a Flight Line Technician, a key player of the organization for 8 Mission Support Squadron.

He had over 20 years of service in the Canadian Armed Forces as a Vehicle Technician before retiring.

As a civilian member within the 8

Wing Trenton work force, he completes running repairs and quick inspections on ground equipment at the unit's location, expediting turn-around time for mission essential equipment. His mobile repair vehicle is equipped with on board tooling to complete a wide variety of tasks. Mr. Flamand's dedication to the Canadian Armed Forces is exemplary.

CFS Alert: Most northern Quarry Crew gains a member



Photos by Lt Scott Mills

Avr Miller donning her Quarry Crew shirt after participating in her first blast at CFS Alert.

By 2Lt Sheila Tham

Aviator Angie Miller from Brighton, Ontario joined the world's most northern quarry crew this week.

The Kitnuna crew kept a close eye while she pushed the plunger to detonate over 700 lbs of dynamite in the quarry at Canadian Forces Station (CFS) Alert. During the summer months, quarry employees regularly use dynamite to turn the shale into manageably sized rocks to be made into gravel for use around the station.

Avr Miller impressed the quarry workers with her work ethic while on general duties at the station, "Angie worked hard for us and we liked her," said Scott Strickland, Foreman for the Kitnuna Quarry Crew. For her dedication, she was asked to be the honorary foreman for the blast. She was also given an official Quarry Crew shirt for the initiation.

Volunteering is a trend for Avr Miller – last April, while serving as a reservist at 424 Transport and Rescue Squadron in Air Maintenance Support, her shift was asked who was interested in going to CFS Alert this summer and she raised her hand, "It sounded like a really cool

opportunity." Having recently joined in March 2018, she was excited that the new reserves program gave her the chance to try out the military lifestyle. "I wanted to do something more than just get up for work every day, I wanted to give back," she said. She mentioned that this is one of her first full-time military experiences and she feels lucky to have the opportunity to serve at the station while she awaits her transfer to the Regular Force as an Aviation Systems Technician.

Although the quarry blast tops the list, Avr Miller says her favourite thing about Alert is experiencing the landscape, wildlife and the unique experiences that go along with working as a military member 817 kilometres from the North Pole. Her passion shines through when she speaks about the wolves, seals, foxes, and caribou that are so often seen at Alert, and she eagerly shares her experience of flying in a Twin Otter during Op NEVUS. When asked what she misses from back home, Avr Miller was quick to mention her boyfriend, friends, and family, as well as her cat, William Catner, and that she is lucky to have a family that made this experience possible for her.

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8 Wing at the CNE



Photo by Capt Simon Roy

Members of the Royal Canadian Air Force Engagement and Attractions Team from 8 Wing meet people at the Canadian National Exhibition, in Toronto on August 26. Members of 8 Wing are helping to tell the RCAF story to Canadians by showcasing air force careers, equipment and personnel throughout the CNE.

Designated Assistants: Supporting military families during times of loss

By Makala Chapman

Losing a loved one can be hard enough, let alone having to navigate the formalities that come with an untimely loss. But it's in these moments that someone very specific has been tasked to help carry some of that burden – at least on the logistical side of things.

This is where a Designated Assistant (DA) will be assigned to a family to aid in things such as the funeral arrangements, legal paper work and more. They also act as the direct link between the Canadian Armed Forces and the military member's family.

Warrant Officer (WO) Mark Meyer, the chief loadmaster instructor for the CC-130J Hercules, at 426 Transport Training Squadron, has been a DA for more than five years. During that time he's aided four families and noted while's he's always been honoured to help, it's never an easy job. "My priority is the families and to ensure they're taken care of," he explained. "As a DA, our hope is by taking on as much stress as possible from the family, they can focus more on the healing process."

When asked what it's like being embedded in the lives of fami-

lies who have just lost a loved one, WO Meyer noted it was extremely hard. "You become very attached to the families," he said. "You are creating a connection with them and they become your own family and want to go that extra mile for them."

Focusing on the positive, WO Meyer noted he was glad that initiatives such as the DA program existed and was humbled to be a part of it. He went on to encourage anybody interested in learning more to look into and consider getting involved. However, he offered a stern warning in that it is an honour to be a family's support system, one that should not be taken lightly. "It's not something you should do if you're just looking for personal or professional development points," he said. "You're dealing with a tragedy, human emotions from sadness to anger, and if you're not going to put your all in it then it's not something you should be doing. You could be called at two o'clock in the morning and be there all night if they need you. They become your primary responsibility."

In addition, he noted it was important to look after one's own mental health, as the stress of the job can be a lot. His advice was

to be open to talking about your own feelings to a trusted friend or family member. "My wife was instrumental in my success as a DA," he said, "as well as the support from 8 Wing as a whole from the Base Commander to my chain of command. My success was not me alone, it was a massive group effort."

While he humbly insisted he was just doing his job, much to his surprise, WO Meyer was nominated for the Chief of Defence Staff Commendation Award this past June. Each year, only six people in all of Canada are recognized for the award – WO Meyer being one of them.

He and the other recipients were invited to attend a three-day function, which included meeting the Chief of Defence Staff, and touring the nation's capital.

"It's actually quite an honour to be even nominated for something like this," said WO Meyer. "But I'm more proud to be a part of an organization that sees the importance of family and helping each other out in those times of need and to get the job done."

As for his final comments, he urged all chain of commands to take the time to look at their members and give appreciation to all those who have gone above and beyond their call to duty.



Photos By: Master Corporal Levarre McDonald

Warrant Officer Mark Meyer is a loadmaster instructor at 426 Transport Training Squadron at 8 Wing Trenton.



Warrant Officer Mark Meyer was one of a very small handful of people to receive the Chief of Defence Staff's Commendation Award in Ottawa in June, 2019.

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Getting active in the community with the local legion

By Makala Chapman

Whether it's heading south to warmer weather or spending more time in the garden, retirement and what you choose to do with that newfound time is up to you. You might consider taking a more active role in your

local community. This idea stems into multiple facets from the volunteering aspect to just wanting to socialize with like-minded people. If you're wondering how to incorporate the two, you might consider looking into your local Legion.

Yes, while these hubs were his-

torically seen as places just for veterans, they have evolved into much more than that.

"We have quite a lot of civilian members," said Douglas Duff, president of Canadian Legion Branch 110 in Trenton, Ont.

"They are critical in helping ensure the memory

of those that have made sacrifices for our country is not forgotten. They are also important in helping raise awareness for youth education and giving back to the community."

Having been an active Legion member since 1995, Duff noted his community has greatly benefited from the organization and its members. Each year the Legion raises and disperses up to \$50,000 to various community organizations and to those in need. This includes groups

such as the Victorian Order of Nurses, local cadet squadrons and more. "We are all a part of the community," he said. "It's important to look out for each other." As for what it takes to become a member, it's easy, said Duff. Just fill out an application form, pay the appropriate dues and you're in. When it comes to seniors and why they might consider joining the Legion there are many reasons. "In this Legion we keep extremely active and there's activities going on every day," he said. "It could be anything such as luncheons, dance lessons, dance parties, ladies' clubs and outings. It's also important to note that a lot of senior citizens have lost their spouse and may live alone. This is a great opportunity to get to know other people and improve one's quality of life."

Duff was quick to make note of the fact that since not all Legion members were seniors, it was a great place for adults of all ages to interact and enjoy each other's company. In addition, a person is able to join any Legion of their choosing and aren't locked into any specific one based on their geographical location. "If you're getting up finding you have no place to go or just want to do something," said Duff, "this is the place to go and we will welcome you with open arms. Don't be shy."

The Legion had changed her life after retirement was Quinte West local Judy Fox. She had noted that she and her husband had been looking for ways to keep themselves active. That's when she stumbled upon the Legion and hasn't looked back since. "It's been wonderful and we're here at least four days a week," said Fox. "It's the best decision we've ever made. We like to come for the dances, we've been to barbecues and there's just so many other things to do."

When asked what she would be doing in her retirement if she hadn't joined the Legion, she laughed, and noted it would be a lot of watching television and sitting around. "We both had bad hips and when I first retired I wasn't doing a whole lot and found my memory was starting to fail," she explained, "but once I got here we got dancing and everything started coming back to me. What I learned is it's important to keep active and keep engaged with people."

As for her message to those who may be on the fence about what their next move should be after retiring, without hesitation, Fox said to join the Legion.

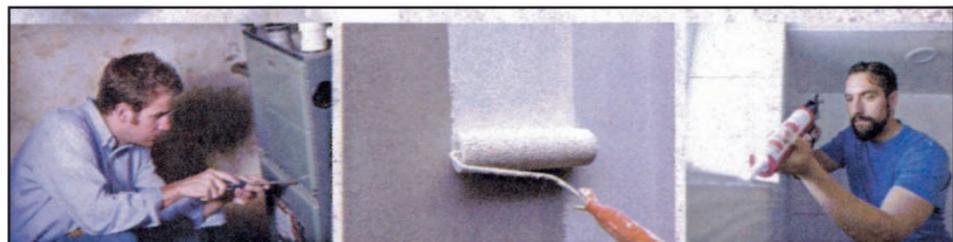
"It will keep you young," she laughed. "It really does."

With more than 1,400 Legions established across the country, many in small towns, perhaps it's time to look into the one closest to you.



Photo by Makala Chapman

Judy Fox and her partner say the Legion has changed their lives. They enjoy the events they put on, including dance lessons. Legion president Douglas Duff says the doors of the group are always open and they are happy to welcome both military and civilian members.



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| COURSES | DATE | TIME |
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| RitCAF - Respect in the CAF | 11, 12, 24 SEPT 3, 10 OCT 5, 14, 26 NOV 3, 10 DEC | 0830-1600 |
| AODGGA - Addictions Awareness (MITE Coded Course) | 17 & 18 SEPT 19 & 20 NOV | 0830-1600 |
| MAM - Managing Angry Moments | 26 SEPT 28 NOV | 0830-1600 |
| Injury Reduction | 8 OCT | 0830-1130 |
| Top Fuel For Top Performance | 16 & 17 OCT | 0830-1600 |
| WWLP - Mission Nutrition Weight Wellness Lifestyle Program | 3, 10, 17 & 24 OCT | 1800-2030 |
| MFSA - Mental Fitness Suicide Awareness (MITE Coded Course) | 1 & 2 OCT 4 & 5 DEC | Day One 0830-1600 Day Two 0830-1200 |
| InterCOMM | 22 & 29 OCT | 0830-1600 |
| STC - Stress Take Charge | 30 OCT 11 DEC | 0830-1600 |
| FORCE TEST Preparation and Improvement (a part of the SPTP-Supplementary Physical Training Program) | Every Thursday | 0830-0930 |

Operation PRESENCE underway in support of UN operations in Uganda



Photo by MCpl Jordan Lobb, Canadian Forces Combat Camera

Pilots from 436 Transport Squadron deployed on Operation PRESENCE-Uganda begin the return flight to the United Nations Regional Service Centre in Entebbe, Uganda with cargo from United Nations Mission in South Sudan, 21 August 2019.

By Combat Camera

Starting August 2019, the CAF will deploy a Tactical Airlift Detachment on a monthly basis to Entebbe, Uganda to assist the United Nations' Regional Support Centre in the sustainment of ongoing UN operations.

In doing so, the CAF will play an important role in helping to supply approximately 80,000 military and police personnel as well as thousands of civilian staff on peace support operations across the African continent with critical resources.

While deployed on Operation PRESENCE - Uganda, a Tactical Airlift

Detachment will operate from Entebbe, Uganda, able to transport personnel, equipment and supplies on behalf of the UN to sustain ongoing missions in the region. This capability will be provided to the UN for up to five days a month for approximately one year.

The Canadian Tactical Airlift Detachment will be comprised of:

- a CC-130J Hercules aircraft; and
- approximately 20 personnel. *

*This includes crew and support staff, to assist in the sustainment of several ongoing UN operations from the UN's Regional Support Centre in Entebbe, Uganda.



Photo by MCpl Jordan Lobb, Canadian Forces Combat Camera

Captain Colin Wilkins, a pilot from 436 Transport Squadron, coordinates with a member of Operation SOPRANO, the Canadian Armed Forces support to UNMISS in Juba, South Sudan while cargo is unloaded on 21 August 2019.



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