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INSIDE

NEW LEADER FOR 2 AIR MOVEMENT SQUADRON



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GOOD NEWS AT TRENTON MFRC MEETING



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CANADIAN WOMEN IN AVIATION CONFERENCE HELD



Story on page 11



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

'Husky' squadron honoured at Air Force Day in Hamilton



Photos by Makala Chapman

An official dedication ceremony was held at the Canadian Warplane Heritage Museum in Hamilton to honour the C-47 Dakota aircraft on July 6.

By Makala Chapman

While residents of the Quinte region are used to seeing aircraft from 8 Wing Trenton, not every community can say the same. When it comes to

RCAF air power, Quinte West certainly has one of the best seats in the house. Locals need only look up to the skies to see a CC-130 J Hercules or CH-146 Griffon helicopter conducting routine training. But, for one day only, residents of

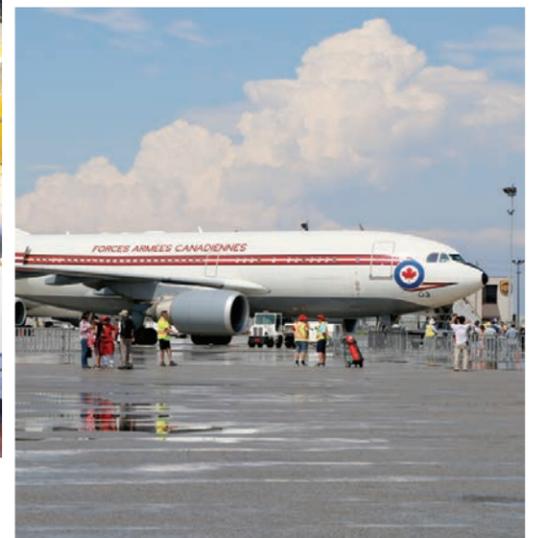
437 Transport Squadron's CC-150 Polar is was one of the main attractions at this year's Air Force Day in Hamilton on July 6.

Continued on page 10



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Photos of the Week

CFS Alert: Quarry Operations



Photos by Quarry Crew

By Lieutenant S. Mills

Every summer, members of the Quarry Crew from Kitnuna Corporation, a sub-contractor of Nasittuq, make their way up to Canadian Forces Station Alert to produce gravel for the station. The Quarry Crew plays a critical role at CFS Alert. They provide the station with the gravel that it needs

to maintain its roads, runway, and support regular maintenance. In order to create the gravel, the crew periodically blasts the rock in the quarry into smaller, manageable pieces with dynamite. Using heavy equipment, these rocks are then crushed and broken down into gravel and piled aside for use when it is needed. The Quarry Crew is a great group of people and valued members of the CFS Alert team.

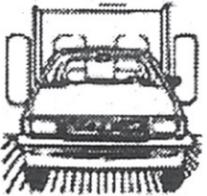
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Photo by Fsgt Harmony Deslauriers

Trenton Cadets: First Training Day!

Contact news

Course Cadets on their first day of summer training alongside peers and staff.

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Mission Support Squadron: Fire Fit



Photo by Kaitlyn Ouimette

By Captain David Campbell

The 8 Wing Fire Fit team (Left to Right Avr Harnum, MCpl Gaw, Cpl Larocque, Cpl Norton, Cpl Bergen) performed very well at the Quinte West Regional Fire Fit competition. They qualified for the Nationals in Oshawa Ontario with a time of 1:27. Nicknamed "the toughest 2 minutes in sports", the Fire Fit competition challenges competitors' fitness and agility.

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New leader for 2 Air Movement Squadron



Photos by Makala Chapman

Lt.-Col. Brown thanks the squadron for two successful years.



Lt.-Col. Sing (left), Col. Goulden (middle) and Lt.-Col. Brown (right) sign the official change of command papers noting the transfer of leadership of 2 Air Movement Squadron.



Lt.-Col. Sing leads salutes Lt.-Col. Brown during his first march past as Commanding Officer of 2 Air Movement Squadron on July 8.

By Makala Chapman

Lieutenant-Colonel (Lt.-Col.) Brandon Sing has once again returned to the 2 Air Movement Squadron (2 Air Mov) family at 8 Wing Trenton. He assumed his position as Commanding Officer from Lt.-Col. Teresa Brown, who has led the squadron since 2017, at a change of command parade on July 8. Having first been posted to the squadron as the Mobile Air Movements Officers from 2005 to 2008, he once again returned as the Deputy Commanding Officer in 2015. The squadron, first established in 1951, is responsible for airlift traffic of passengers, freight, mail and other items coming to and from the Wing. In his welcome speech, Lt.-Col. Sing thanked Lt.-Col. Brown for her support of the squadron during her tenure and noted he was humbled by the opportunity to take over the reins. "Through your leadership you leave behind a legacy of mission success and well-being within the squadron," he said. "Thank you." As for his message to the members of the squadron, he said he was looking forward to once again being a part of the family and promised to do what he could to encourage success. "I will make it a priority to define and promote excellence through teamwork and to foster trust in each other," he explained, "and continue to pursue mission first, family always." Lastly, he delivered a gentle, but firm reminder that inclusivity and respect would be critical and something he expected from all members. Also thanking Lt.-Col. Brown for her service at 2 Air Mov was Colonel (Col.) Mark Goulden, Commanding Officer of 8 Wing Trenton.

He congratulated her on a "highly successful command" and noted her leadership had left the squadron well positioned for success in the future. He went on to list some of the squadron's many accomplishments over the past two years, which included the deployment of helicopters, personnel and thousands of pounds of freight to central Africa. Col. Goulden attributed Lt.-Col. Brown's success to her understanding of the capabilities of the men and women in her squadron. "You demanded the highest standard of ethics, professionalism and commitment from yourself and those who worked for you," he said. "You never lost focus of the mission but you found a way to look after your people and deliver despite the many demands." He also thanked her for her involvement in the community and helping maintain that important relationship with civilian partners. Lastly, Col. Goulden welcomed Lt.-Col. Sing and noted it was critical that he continue looking after the members of the squadron and their families. He reassured the incoming commander that he was ready for the job and was looking forward to seeing all that he accomplishes. Taking to the podium to share her gratitude for having been given the opportunity to lead 2 Air Mov was Lt.-Col. Brown. She noted she couldn't have accomplished all that she had without the support from senior leadership to her own family. As for her message to the incoming Commanding Officer, she said she had

no doubts about his ability to lead the squadron into success. "You will bring something unique to your command tour," she said. "Enjoy the path you're about to embark on with this incredible Wing and supportive, local community. Be inspired by the passion and ingenuity of the incredible men and women of 2 Air Movement Squadron."

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Cool Tips for the Hot Weather

If you work outdoors in hot weather, or work in other hot environments, you are at risk for heat illnesses. The most serious of these illnesses is heat stroke, a life-threatening condition requiring immediate medical attention. Take these precautions to avoid heat illness:

- Take it easy. Working in a hot environment is a stress on your body, so don't overdo it. Take frequent short breaks.
- Drink plenty of water, and drink it frequently. Avoid alcoholic beverages and drinks containing caffeine which can contribute to dehydration.
- Dress in lightweight fabrics that provide ventilation. Light colors are cooler than dark colors which absorb the sun's heat.
- Know you are at particular risk for heat illness if you are overweight, in poor health, poor physical condition, have heart disease, diabetes or other medical conditions.
- Know the symptoms of heat illness:
- Heat cramps are caused by heavy sweating which can deplete the body of salt. They may be accompanied by hot, moist skin and a slightly elevated body temperature. The cramps in the arms, legs or stomach can occur while you are working, or when you are relaxing after your shift. Heat cramps are a danger signal of heat stress.
- Heat exhaustion may be characterized by heavy sweating, strong thirst, cool and moist skin, a quick pulse, rapid breathing, nausea, a feeling of fatigue and possibly fainting. Heat exhaustion indicates the body's mechanism for controlling heat is beginning to break down.
- Heat stroke is a serious medical emergency that can quickly proceed to

unconsciousness and death. It occurs when the body loses too much salt and water so that sweating stops. At that point, the body's temperature control mechanism fails and body temperature increases rapidly. Symptoms include hot, red, dry skin, a quick pulse, difficulty breathing, dizziness, confusion, strange behavior, weakness and nausea. Heat stroke can quickly progress to convulsions, coma, loss of pulse and an extreme body temperature. Death can follow rapidly.

Know how to treat heat illness:

- Treat heat cramps by moving into the shade and loosening clothing. Drink a lightly salted liquid. If cramps persist, seek medical help.
- For heat exhaustion, cool the victim as fast as possible, fanning and pouring water on the victim if necessary. Have the victim drink water and call immediately for medical help.
- For heat stroke, immediately begin cooling the victim to lower the body temperature as fast as possible. Immerse him in water or use ice to cool his body. Call for an ambulance immediately.



Other hot weather hazards:

- Sunburn is another hazard of hot weather. Not only is sunburn a painful condition, but it can contribute to skin cancer. Cover up to prevent sunburn. A hat with a brim, long-sleeved shirt and pants rather than shorts can help prevent burning. Use a sunblock with a sun protection factor (SPF) of at least 15. Try to stay out of the sun during the peak hours of 10 a.m. to 3 p.m.
- Too much bright sunlight can cause temporary eyestrain and permanent

eye damage. Exposure to the sun can damage the retina inside the eye, and contribute to the development of cataracts which cloud the vision. Protect your eyes from exposure to the sun's rays. Wear sunglasses which provide protection against both UVA and UVB ultraviolet radiation.

Hot weather can bring a host of hazards. Take precautions to prevent heat illness and sunburn.

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.

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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.

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Golf Tip of The Week

Courtesy of Roundel Glen Golf Course
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Swing Tips: Posture

There are many aspects of golf that people struggle with. I believe one of the problems golfers have in trying to perfect the swing, lies in their posture. Good posture at set up will inevitably lead to a better swing and a better result. We call this "slouching". The problem with slouching is the golfer is rounded through the back and shoulders. The spine is at a disadvantage and will not be able to rotate affectively. This will lead to other areas of the body compensating and increasing the likelihood of a bad shot. A proper swing relies heavily on a proper trunk rotation. Imagine your spine as an axis. By turning on your axis with a straight spine and square shoulders you will have the greatest amount of rotation. Now imagine that you have increased your rotation and now you are like a tightly wound spring. With one twitch of the hip you are releasing the built up tension in that spring which will give an added bonus of power and thus creating more distance. Win, Win. You can start today with good posture. If you are sitting at your desk begin by sitting up straight, push your pelvis back as if you were shutting a car door with your buttocks. Pull your shoulders back (pulling your shoulder blades together). Feel the stretch through your chest. You may feel some discomfort in your lower back but this is a good pain. You are now engaging your hip flexors, chest muscles and your lower back muscles that have become weakened through bad posture practices. To test your posture on the range. Set up at address. Take your club with your right hand over your head and let it lay down the length of your back. If your posture is correct you should feel the club touching your body in three key points. The back of your head, your spine mid-way down your back and most importantly your tail bone. If the club is not touching both the back of your head or your tail bone, you are slouching. Correct your posture and try again. Bring your club back to address while maintaining proper posture and now rotate your trunk to a full back swing. Keep testing your posture on and off the course. Your body will thank you.

Till next time, enjoy the sun, the friendships and most of all, enjoy the game.

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Over 650 air cadets arrive in Trenton for summer training



Photos courtesy of Trenton Cadet Training Centre



By Captain Anabelle Dallaire

Over 650 air cadets, between 12 and 18 years of age, arrived on Sunday, July 7th, 2019 at Trenton Cadet Training Centre. While at the training centre the cadets will participate in a fun and challenging training program that will allow them to not only build their own self-confidence, but also develop transferable, career-enhancing skills that will last them a lifetime. "I am

excited for all the great experiences I will have this summer including learning about meteorology... I am really passionate about all things related to aviation," said Cadet Ammar Jaleel Mahmood from 110 Black hawk Squadron in Scarborough. "Through cadets I am really happy I have been given opportunities, like spending my summer here in Trenton, to pursue my passion." Trenton Cadet Training Centre (CTC) strives to offer programs to youth aged 12 to 18 that are challenging and will help them acquire new learning expe-

riences. Trenton strives to 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 Trenton CTC where a broad array of courses ranging from introductory to advanced courses specializing in basic aviation technology and aerospace, music as well as leadership and ceremonial instructor courses.



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Trenton MFRC reports good year at annual general meeting

By Makala Chapman

Board members with the Trenton Military Family Resource Centre (MFRC) say they are happy to report another successful fiscal year. Items such as a finances, new board members and upcoming projects were all discussed at the annual general meeting held at the centre on June 27. Speaking to the finances portion of the meeting was the MFRC's executive director Tamara Kleinschmidt. She noted she was pleased to report that an audit confirmed what they already suspected, which was that the centre finished the fiscal year in a positive financial position. "It's a very small, positive position, which is very pleasing," she explained. "This year we are moving into an expansion into Batawa so we wanted to make sure that we were in a really clean financial position." Kleinschmidt noted that last year the centre had ended the year in a minor deficit, so this year's news was welcomed. While some may wonder why the centre is pleased to have only small positive margin in terms of this year's finances, it's simple, explains Kleinschmidt. "We're a non-profit organization and our role is to support military families," she said. "If we're leaving a large amount of money in surplus it means those dollars

aren't being spent on services and supports that are meant for military families." In terms of how the expansion in Batawa will impact this year's finances, she maintained that the numbers have all been accounted for as this project has been in the works over the last couple of years. Kleinschmidt added that she was pleased to share that the Batawa branch of the MFRC, a much-needed facility, would be opening before the start of September. "Licensed child care in the community itself was lacking and that became a real driver for the growth we are experiencing," she said. "Batawa is the last piece of that plan that started almost five years ago. It's just the final leg of a long-term plan." Speaking to the exciting changes within the board itself was chair Linda Blanchette. She noted her team welcomed four new members to the board, all who bring different experiences and skills to the table. Amongst those who will be joining



A group photo of the Trenton MFRC's board of directors.

Photos by Makala Chapman



Board members share good news of upcoming projects and positive financial numbers on June 27.

the board will be a local business owner, a former long-time MFRC staff member and military community members. Bringing assets such as finance and community engagement to the table, Blanchette noted that it was all well-come change. "It all brings our community together," she said. "They can bring in different types of opportunities for the board to work with. Their wealth of knowledge is going to be so great for the board." In terms of the board's goals for the upcoming year, Blanchette said they hope to help with doctor recruitment. "As we all know, doctors are hard to find," she said. "But the military community has a slight disadvantage because they are coming into the area and sometimes they can be on waiting lists for five or six years. We want to find ways to work with the doctors and health partners in the area to try and bridge that gap for our military families." For more information on the Trenton MFRC and services and programs they provide, visit them online at trentonmfrc.ca or at 613-392-2811 ext. 3575.



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- **July 31** – CF1 Appreciation Day with local partners on site - BMO, OK Tire, Doug's Bicycle, Duf-fers Chip Wagon lunch (11:00 – 13:00) - compliments of CANEX. Special member pricing for CF1 card holders will also be available.
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Improvaganza!
AUGUST 12TH -16TH FROM / DE: 09:00 AM - 12:00 PM
AT / À: TRENTON MFRC
\$10 Registration fee / \$10 Droit d'inscription

Open to military and civilian families / Ouvert aux familles militaires et civiles
Lights, curtain, action!! Join us 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 social skills while having fun!

Ce programme aide les enfants de 8 à 15 ans. À travers les ateliers de théâtre amusantes, les enfants apprendront de nouvelles compétences et recevront des conseils pour améliorer leur jeu.

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For more information contact:
Pour plus d'information contactez:
brittany.j@trentonmfr.ca

Register online at:
Inscrivez-vous en ligne à:
brittany.j@trentonmfr.ca





TRENTON Military Family Resource Centre

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



July/August 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14	15	16 Youth Centre, Ages 6-8	17 Youth Centre, Ages 8-12 Deployment: Community Connections & What About Me	18 Canada's Wonderland Bus Trip Youth Centre, Ages 10-14	19	20
21	22	23 Youth Centre, Ages 6-8	24 Youth Centre, Ages 8-12	25 Youth Centre, Ages 10-14	26	27 First Aid/CPR C Course
28 First Aid/CPR C Course	29	30 Youth Centre, Ages 6-8	31 Youth Centre, Ages 8-12	1 Youth Centre, Ages 10-14	2	3

JULY 2019

For more information about our Youth Centre & Programs please contact:

Rabia Stobbart – Youth Services & Personal Development Coordinator
613-392-2811 x2568 | rabia.s@trentonmfr.ca

Sat/Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED	CLOSED Oh Canada →	Mounties Water Balloon Hunt Ages 6-8 6-9 p.m.	Poutine & Ball Hockey Ages 8-12 6-9 p.m.	Beaver dam Building Ages 10-14 6-9 p.m.	CLOSED	CLOSED
CLOSED	CLOSED Wild Wild West →	Saloon Bingo Ages 6-8 6-9 p.m.	Rodeo Night Ages 8-12 6-9 p.m.	Square dancing Ages 10-14 6-9 p.m.	CLOSED	CLOSED
CLOSED	CLOSED Pokémon →	Pikachu's Geyser Experiment Ages 6-8 6-9 p.m.	Pokémon Minute to Win it Ages 8-12 6-9 p.m.	Squirrel's Water Challenge Ages 10-14 6-9 p.m.	CLOSED	CLOSED
CLOSED	CLOSED British Invasion →	Crumpets & Tea Ages 6-8 6-9 p.m.	Cricket Match Ages 8-12 6-9 p.m.	Royal Visit Ages 10-14 6-9 p.m.	CLOSED	CLOSED
CLOSED	CLOSED Savvy Sailors! →	Pin the tail on the Whale Ages 6-8 6-9 p.m.	Setting Sail Balloon Toss Ages 8-12 6-9 p.m.	Ship Mending String Art Ages 10-14 6-9 p.m.	CLOSED	CLOSED

We're open all summer long!
Summer Hours:
Tuesday | Ages 6-8
Wednesday | Ages 8-12
Thursday | Ages 10-14

Themed Weeks
Every week has a new fun theme. Feel free to dress up to the theme and come prepared for fun!

Summer reminders
The kids are outdoors most nights - please remember appropriate clothing and sun protection when coming to the Centre.

CALLING ALL TEENS!
Summer is a great time to volunteer at the Youth Centre. Contact vol@trentonmfr.ca and learn how to get your volunteer hours at the MFRC.

● **Trenton MFRC Summer Hours – Trenton Location**

Monday – Friday: 7:30 a.m. – 5 p.m.
Child care hours remain the same

● **Summer Youth Centre Hours**

Beginning Tuesday, July 2, the Trenton MFRC Youth Centre's summer hours will be 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 – 8 p.m.	6 – 8 years old
Wednesday	6 – 9 p.m.	9 – 12 years old
Thursday	6 – 9 p.m.	12 – 16 years old
Friday	CLOSED	

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¹No purchase necessary. The 2019 CDCB Customer Appreciation Contest (the "Contest") begins on May 22, 2019, at 12:00:01 a.m. Eastern Time and ends on September 25, 2019, at 11:59:59 p.m. Eastern Time (the "Contest Period"). There are thirteen (13) prizes in total (each a "Prize"), with total prizes valued at \$80,000 available to be won. There will be one (1) Grand Prize of \$20,000 cash and an additional twelve (12) prizes of \$5,000 cash. Odds of winning depend on the number of eligible entries received. Before being declared a winner, a correctly answered mathematical question is required. Full contest details are available at bmo.com/cdcbcontest. ²The monthly Performance Plan fee is waived. You are responsible for all transaction, service, and product fees not included in the Plan. ³Proof of CDCB eligibility is required.

Continued from page 1



Guests had the opportunity to climb aboard 437's CC-150 Polaris for a firsthand look.

the City of Hamilton were treated to an air show of their own on July 6. In recognition of Canada's rich aviation history, the Canadian Warplane Heritage Museum opened its doors to the public for a static display of some of the RCAF's greatest airframes. On top of the museum's already impressive collection, aircrafts from all across the region were invited to partake in the festivities. Amongst those accepting the invitation was 437 Transport Squadron from 8 Wing Trenton. Operating the CC-150 Polaris, a twin-engine, long-range jet aircraft, members of the 'Husky' squadron hopped aboard the airbus and made their way to Hamilton. The CC-150 Polaris serves in

multiple roles from carrying passengers to transporting freight overseas. It can also be used in air-to-air refuelling missions when needed. Speaking to how pleased he was to have the 'Huskies' in town was the museum's CEO and chairman, Major (retired) Dave Rohrer. He added it was especially important to have 437 Squadron present since the museum would be holding an official dedication ceremony for the squadron's first aircraft – the Douglas C-47 Dakota. Stationed at RAF Blakehill Farm in Wiltshire, England, 437 Transport Squadron and the C-47 Dakota played an integral role providing transport to the RCAF starting in 1944. "It's unbelievable to have this

aircraft (FZ692) here in the museum," said Maj. (ret'd) Rohrer. "It's 76 years old, flew in harm's way for 224 operational missions in World War Two and then came back (to Canada) to serve in search and rescue with the RCAF until 1971." In addition to the aircraft's already impressive accolades, it then went on to serve with Environment Canada, where it was used for mineral and environmental surveys up until 2014. Once donated to the museum, volunteers worked hard to refurbish the aircraft and restore it back to its original Second World War paint scheme it would have worn with 437 Transport Squadron. But, perhaps the most impressive fact about the C-47 Dakota is that it still flies. "It's one of the nicest flying airplanes in our collection," said Maj. (ret'd) Rohrer. "It's a labour of love to keep this aircraft up and going. But everybody on the team is so dedicated to keeping the memory of that service, duty and sacrifice alive of those who flew it." As a trained pilot, Maj. (ret'd) Rohrer noted he has been fortunate enough to fly FZ692 on special events and added it has been an honour each time. "There's nobody who has flown a C-47 who hasn't fully enjoyed it," he

said. "From a pilot's point of view, it's very tight and has good handling. The fact that it's still flying 76 years later is a testament to how well built they were." As for the CC-150 Polaris, he noted he was grateful to have it at the air show for young Canadians to see firsthand and to give exposure to a modern-day RCAF. Also present at the dedication ceremony was 437 Squadron's commanding officer Lieutenant-Colonel (Lt.-Col.) Diane Baldasaro. "Today we are here to celebrate Armed Forces Day, to take pause, remember, learn and respect our roots," she said. "Canada's rich military history is something to be rejoiced." She went on to thank the countless volunteers who gave their time to keep both the war bird and the memory of those who served with it alive. "She's absolutely breathtaking," said Lt.-Col. Baldasaro. "It's truly an honour to be here absorbing its presence." Following the ceremony, members of 437 Squadron allowed visitors to climb about the CC-150 Polaris and ask questions. As for the C-47 Dakota, Maj. (ret'd) Rohrer said he intends to fly it to 8 Wing Trenton in celebration of the squadron's 75th anniversary in the fall.



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Lt.-Col. Baldasaro thanks the museum for honouring her squadron at the dedication ceremony of the C-47 Dakota at the Canadian Warplane Heritage Museum on July 6.



Several vintage aircrafts from across the region attended Air Force Day in Hamilton on July 6.

Canadian Women in Aviation conference held in Ottawa

Content submitted by Major Eric Martinat

The Canadian Women in Aviation (CWIA) conference was recently held in Ottawa from June 19-22. 412 Squadron, in partnership with Transport Canada and the ASD Training Centre, was pleased to host the attendees on Friday the 21st of June. CWIA is a collective of women who work in Canadian Aviation in both civilian and military environments. The conference provided a forum for members to network, discuss aviation best practices, and experience different services provided within the industry. MCpl Meaghan McCabe, cook and flight steward for 412 Squadron, provided a tour of 412 Squadron's cooking facilities that are used to provide their passengers with true VIP service. Details of how meals are cooked from scratch with dietary and allergy restrictions in mind combined with difficulties of providing the same level of service for passengers while on the road had the attendees boiling over with questions. MCpl McCabe was very thorough in her responses to questions, making sure to pepper in first-hand experiences of creative solutions she had to come up with. 412 Squadron provided a static display of a Challenger 604 Aircraft. 406 Squadron happened to be in town and were able to provide a static display of their CH-148 Cyclone. Both were big hits among the tour groups as it gave people a chance to see two different types of aircraft that operate in very different roles for the RCAF. Overall, the event was a big hit among the attendees as many exclaimed how much they learned and how interesting they found the experience. Having created an opportunity for learning and expanding networks, the event can be seen as a success for all involved.



CWIA Attendees receiving information on Challenger aircraft from TC employee Chris Plumber [I think? May want to check on this] as they tour the aircraft



MCpl Meaghan McCabe having in-depth discussions with members of CWIA.



Photos submitted

CH-148 Cyclone pilots Captains Denise Juckers (Left) and Chelsey Llewellyn (Right) were present at the CWIA tour to provide information to attendees about the new RCAF acquisition

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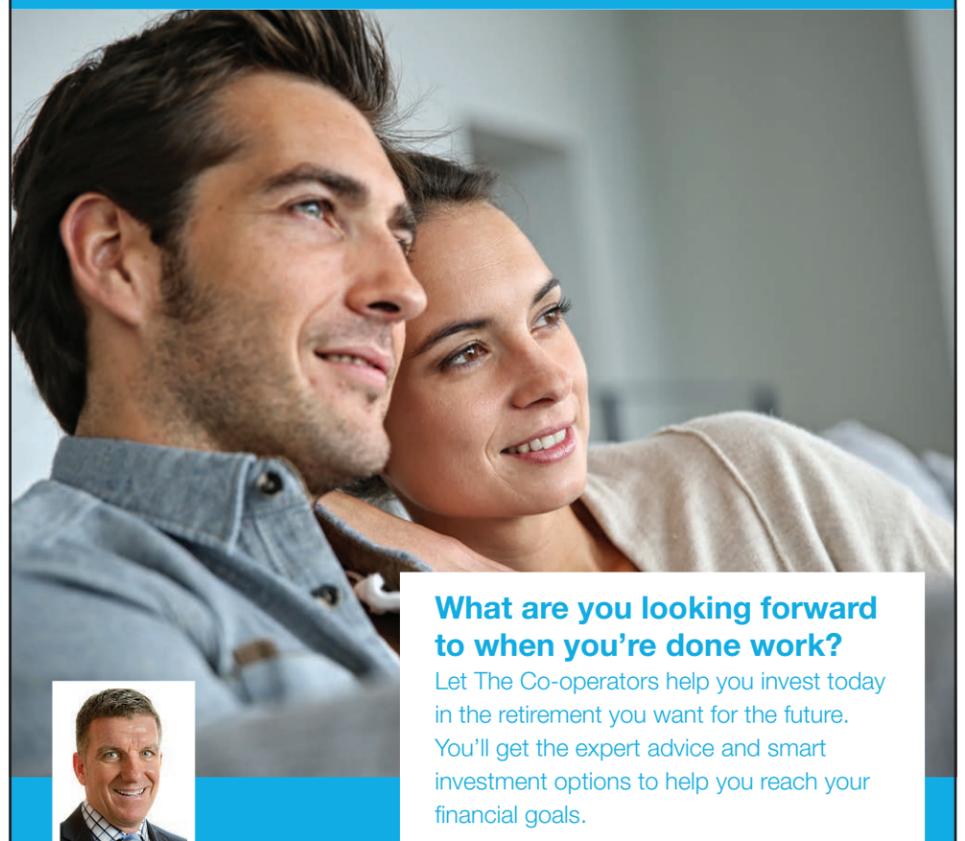


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