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437 Transport Squadron
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Atheism, religion and the Canadian military



Photo by Makala Chapman

Members of the 8 Wing community gathered for an inaugural conversation on atheism, religion and spirituality in the Canadian military on July 10.

By Makala Chapman

The chaplain team at 8 Wing Trenton is reassuring military members that they don't discriminate based on an individual's beliefs or lack thereof. In fact, the eight-

person full-time faith team is diverse with chaplains, also known as padres, of different religious backgrounds including Protestantism, Catholicism, Buddhism and the Islamic faith. Even still, some may wonder what role the military chaplaincy has in the lives

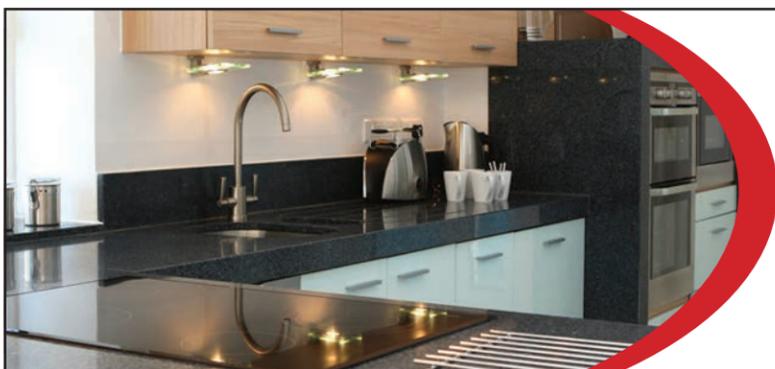
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of members who don't identify with a religion or reject the notion in its entirety. It's simple, says Captain (Capt.) John Funelas, a full-time padre at 8 Wing Trenton. He explains that while he and his colleagues are able to offer spiritual guidance to those who request it, one of the main jobs of a chaplain is to just listen. "A chaplain is here to journey with anyone," explained Capt. Funelas, "with religion or no religion, because our purpose is to support their wellbeing. We're not here to judge." To help promote conversation and answer questions on atheism, religion, spirituality and their role in the military, a public forum was held at the 8 Wing Chapel on July 10. Hosted by Capt. Funelas and 426 Transport Training Squadron's historical office, the event was attended by more than a dozen members from the

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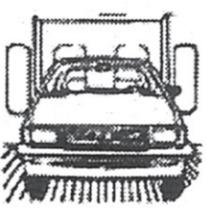
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Photo by Corporal A. Medeiros

Pictured (from left to right): Maj T. Kerr, LCol D. Brown, and Maj M. Lepage sign the official Change of Command documents.

By Lieutenant S. Mills

The trip to Alert normally takes a few hours, but as a result of bad weather and numerous delays it was a three day trip for the reviewing officer, LCol D. Brown, Commanding Officer of Canadian Forces Network Operations Centre. Despite the delay, the Station's personnel persevered and ensured a proper Change of Command parade took place. On July 12th, LCol D. Brown visited CFS Alert to oversee the Change of Command from outgoing CO, Maj M. Lepage, to incoming CO, Maj T. Kerr. The role of Commanding Officer at CFS Alert is a challenging yet rewarding experience. The CO typically holds command of the Station for six months and during that time faces unique challenges due to its isolated location. However, the team at CFS Alert works tirelessly with the CO to ensure the fulfillment of the Station's missions: signals intelligence, arctic sovereignty and scientific research. CFS Alert wishes outgoing CO, Maj M. Lepage all the best in her future endeavours, and welcomes incoming CO, Maj T. Kerr to the CFS Alert team.



Photo by Nathan Koutroulides

By Andrew Tam

8 Wing Environment's Contaminated Sites Manager, Mr. Chris McRae, is shown on the left with Defence Construction Canada's Summer Student, Ms. Claire Woodfield (Honours Bachelor of Engineering (Environmental), Carleton University) on the right, conducting surface water quality sampling along the flooded Bay of Quinte shoreline on 8 Wing/CFB Trenton's Federal Lands. DND/8 Wing Environmental Management provides contaminated sites management under the Government of Canada's Federal Contaminated Sites Action Plan. Demonstrations of scientific field sampling techniques and methodologies, while using proper personal protective equipment, are great learning experiences for field scientists and engineers. The results of the water samples will help us to better understand the general chemistry and composition of our shoreline and waters. For more information and to inquire about contaminated sites management, please contact +8 Wing Environment.

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Catching up with the Trenton Cadets



Photo by Major Susan Blakely-Bazinet

Content courtesy of the Trenton Cadet Training Centre

On June 25, Trenton Cadet Training Centre hosted a Change of Appointment Ceremony from Chief Warrant Officer A. Brake, CD to Chief Warrant Officer D. Henley, CD. The Training Centre Chief Warrant Officer is an important role

on our leadership team and is responsible for maintaining standards and discipline and mentoring the Cadet Regimental Sergeant Major. On behalf of all adult staff and Cadets, we will like to thank outgoing CWO Brake for his dedication to the TCTC these past 5 years. We extend a warm welcome to CWO Henley and we wish him all the best as he takes on this important role.

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8 Wing Trenton to host National Ball Hockey Championship



Photo by Makala Chapman

Members of 8 Wing Trenton snagged gold at this year's regional ball hockey tournament held on June 21.

By Makala Chapman

8 Wing Trenton is set to be a hive of activity as they welcome over 100 athletes for this year's Canadian Armed Forces National Ball Hockey Championship. The week-long tournament is set to get underway at the RCAF Flyers Arena in Quinte

West on July 21. Present at this year's championship will be teams who have won their respective regional tournaments. This includes Canadian Forces Base (CFB) Trenton on behalf of Ontario, CFB Greenwood representing the Atlantic, CFB Cold Lake for Canada West and CFB Montreal representing Quebec.

Kendra Lafleur, 8 Wing's manager of fitness and sports, spoke about pleased she was to have 8 Wing Trenton host the nationals. She noted that a lot of work has gone in to preparing for the monumental event. "It is an opportunity to showcase the Wing and the tremendous support we have here for military sports

and the morale and welfare of our members," said Lafleur. "One of our goals with hosting this National Championship is to ensure we bring added value to the members by creating a memorable sporting experience. We strive to showcase not only the base but also our community and have implemented many events throughout the week in order to do so." Some of these events include "coffee breaks" planned for July 22 and July 23 at 2 p.m. Lafleur noted that it would be a great opportunity for the community to come out and show support for 8 Wing Trenton's team who have the home advantage. Trenton earned their way to nationals thanks to last month's 6-1 win over Garrison Petawawa at the regional tournament, which was also held at the Wing. "Sports are an integral element of the health and fitness of our CAF members," said Lafleur. "The promotion of physical fitness, enhancement of physical potential and encouraging mem-

bers to achieve higher standards of proficiency all provides immense transferable development opportunities for members. It also supports teamwork, cohesion, morale and pride while developing leadership and self-discipline skills." Opening ceremonies for the upcoming ball hockey championship will be at 8 a.m. on July 22. For more information on this event, contact the manager of fitness and sports at 613-392-2811 ext. 3754.

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Safety



Learning safety terms for flammable liquids

You need to understand these terms to work safely with flammable liquids. It is important even if you only work occasionally with small quantities. You need to understand these terms to understand container labels, Safety Data Sheets (SDS) and other hazard warnings. Flammable and combustible liquids are those which can burn.

The difference between the two is determined by their flashpoint. Flashpoint is the lowest temperature at which the liquid gives off enough vapor to be ignited. The liquid itself does not burn. Instead, it is the vapors which will burn when combined with oxygen.

- Flammable liquids have a flashpoint below 37.8 degrees Celsius (100 degrees Fahrenheit).
- Combustible liquids have a flashpoint above 37.8 degrees Celsius (100 degrees Fahrenheit).

Flammable or Explosive Limits relate to the lowest and highest concentrations of vapors in the air which will burn or explode. These are referred to as the "lower flammable limit" (LFL) and "lower explosive limit" (LEL) or "upper flammable limit" (UFL) and "upper explosive limit" (UEL). When the vapor concentration in the air is too low to burn, it is said to be too "lean". When it is too high, it is said to be too "rich" to burn.

- Auto-ignition temperature is the temperature at which the material burns without any source of ignition.

Flashback is not the same as flashpoint. Vapors from flammable and combustible liquids which are heavier than air can settle in low areas. A vapor trail can spread far from the liquid itself. When the vapor ignites, the fire can flash back along this vapor trail to the liquid.

- If a liquid is labeled as flammable, you know that its vapors will burn or explode easily when there is an ignition source.



- If a liquid is labeled as combustible, you know that its vapors will burn or explode when there is an ignition source, but not at temperatures lower than a certain point.
- If you know the flashpoint, you have an idea of the temperature range at which a flammable liquid's vapors may burn or explode.
- Auto-ignition tells you the temperature at which a substance will catch fire by itself.

There is also an important reason for understanding about flashback. If vapors are released from an open container, leak, spill or other source of flammable liquid, they can leave a vapor trail which can catch fire. Even if the vapors have drifted far from the source, they can ignite and the fire or explosion can flash back to the source. This can cause the container of the flammable liquid to burn or explode.

Understanding these terms can help you understand the hazard warnings associated with flammable and combustible materials.

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.

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- 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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Continued from page 1



Dr. John Duggan is presented with a certificate of appreciation for attending the open forum.



Dr. John Duggan, a site chaplain at Warkworth Institution, shares his ideas at the seminar on July 10.

military community, both uniformed and civilian. "I was asked how I as a chaplain am able to support a member who is an atheist," he said, "so I thought others may have similar questions and felt it was important to have this conversation." Capt. Funelas went on to explain that the chaplains should be seen as a resource that all members and their families, regardless of religious affiliation, should feel comfortable accessing. Since chaplains are not part of a chain of command, they are also able to interact and provide their services to military members of all ranks. These services can include referring members to care providers such as social workers, psychologists, the Wing's mental health team and other medical personnel. Chaplains are well known as an important link

in the multidiscipline care team that exists to support soldiers. Should a member still not feel comfortable speaking with a chaplain, they are instead able to access the chaplaincy's 'sentinel' program. This service is made up of volunteers from within squadrons who are trained to offer peer support. While they are not professional counselors, a sentinel's role is to be a trusted friend or colleague who is willing to both listen and help a member in need access additional supports and resources. "(Sentinels) have nothing to do with chaplains or religion," said Capt. Funelas. "At the end of the day, our common concern is the wellbeing of the members." Present at the seminar was third year Royal Military College of Canada student Officer Cadet (OCdt) Zhi

Jian Xu Lu. As a self-identified atheist, he noted he was originally apprehensive about attending the seminar, but stated he was pleased with the discussion and ideas shared. When asked whether he would consider the chaplaincy a useful resource for members such as himself, he noted he could indeed see their importance. "They're there for the troops and I don't think it's entirely about religion as it is them offering their support," said OCdt Xu Lu. "I personally would feel comfortable going to a chaplain because it's nice to know that there's someone whose job is to listen." As for what he got out of the forum, he noted it was a little bit of perspective from those who do root themselves in religion. "I think the most interesting thing I heard that gave me

perspective was when someone shared how they felt science and religion can co-exist," he said. "They are both ways to look at and give meaning to life. I personally believe in science, but it was interesting to see things from both sides." Regarding whether he believed atheism and religion have a place in the military, OCdt Xu Lu said he felt they were integral. "Being more open and inclusive is good," he explained. "This country was built on diversity and we should be reflecting those differences in the military." Capt. Funelas noted he would be open to the idea of additional forums on similar topics should there be interest. For more information on the Sentinel program or the 8 Wing Chaplain's team, contact them at 613-392-2811 ext. 2490/4593.



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Expeditionary Air Traffic Management in Maple Resolve

By MCpl David Leduc

Every year, the Expeditionary Air Traffic Management (EATM) capability team rolls into Alberta and sets up shop at Airfield 21, a small single runway aerodrome in the Canadian Forces Base (CFB) Wainwright training area. This year was no exception. This quiet, austere landing strip transformed from an uncontrolled landing surface into a full-on, precision approach capable, radar-enabled airfield. The control tower, call-sign "gypsy", a nod to the squadron's nomadic inclinations, as well as the MPN-25, an air transportable surveillance and precision approach radar, are deployed there annually to train the expeditionary capability, while also ensuring safe flying operations for the duration of the Exercise Maple Resolve - the Canadian Armed Force's (CAF) keystone joint land-based exercise. The deployment started when the 8 Air Communications and Control Squadron (8 ACCS) led detachment rolled off a CC-130J Hercules aircraft, and set-up the deployable radar and its control shelter on the field. Although the capability is scalable and could produce aerospace management effects with only a handful of people and light equipment, this exercise was more ambitious. Thus followed a small convoy of tractor trailers transporting the

control tower, generators and additional equipment needed for the full transformation. Within 24-hours, the operations area and training tent were erected, and the once quiet surface now echoes with the drone of the radar system. The next task awaiting the crew was training the EAM controllers for theatre certification. While the core of the capability resides at 8 ACCS, line controllers from other Wings are needed for augmentation. While they were preparing their personal equipment, the core team was developing publications, training plans and lessons. After numerous briefings by key air players such Tactical Air Control Party (TACP), Flight Safety and Canadian Mission Training Center (CMTC) personnel on various topics ranging from simple camp procedures to complex Airspace Control Plan (ACP), the practical training began. It lasted roughly one week and included written exams, tabletop scenarios, low-tech simulation methods and even equipment training such as on the deployable airfield lighting system, communication interface and ancillary equipment. At the conclusion of the week, the controllers were all ready to assume their responsibilities, just in time for the activation of the airspace which coincided with the



commencement of the Force on Force exercise. Shift schedule began and controllers did the job they were sent to do; control various air assets in a safe, orderly and expeditious manner. This year, the air traffic was comprised mainly of an Army National Guard HH60 Blackhawks Detachment, a 408 Tactical Helicopter Squadron CH146 Griffon Det, Discovery Air Alpha Jets and 401 Tactical Fighter Squadron CF18s flying out of Cold Lake. In addition to these customers, occasional transient CC130J Hercules and BE350 King Air flew in and out the Airfield 21. Adding to the complexity, surrogate UAVs (Cessna 182) and actual UAVs (Blackjack and Ravens) also utilized the airspace under different controlling agencies. By the end of Maple Resolve, the EAM controllers were deemed proficient with the deployable equipment and procedures. They have a working understanding of what goes into standing up and operating an austere airfield. In the next 12 months, these controllers will be kept on readiness posture to deploy for expeditionary ATC operations in a variety of situations that could range from a light flight advisory team with portable radios and makeshift shelter to assist the response to natural disasters, all the way to a full suite of ATC capabilities during summits, as was done in Op CADENCE 18. When it comes to deployable ATC, 8 ACCS, operating under 2 Air Expeditionary Wing, is ready for all situations; it can generate light and agile capabilities in a matter of hours, lead heavy deployments with a few days' notice, and everything in-between. In addition to having the high-tech equipment necessary to conduct these operations, the squadron's personnel also has the training and expertise to be self-sufficient when it comes to creating airspace and instrument approaches. To produce these niche effects, 8 ACCS EAM members follow specialty training such as TERPS (Terminal and Enroute Procedures), advanced theodolite training and RPDS/RDS mapping. While Maple Resolve is the major annual Force Generation effort, the squadron leverages many other training opportunities to maintain and hone these key skills. With the training event successfully completed, the EAM personnel redeploy to their respective bases. The exercise presented great learning opportunities for all, 8 ACCS personnel and those from other wings alike; they built a very precise Tactical ATC expertise, and the confidence required to be capable to deliver the full scale of ATC operational effect that the RCAF needs, anywhere in the world. Back at home plate, the 8 ACCS equipment is reconstituted and stored to be ready to be deployed quickly. The personnel, highly enthusiastic to use their sharp new skills, repacks their personnel kit so that they are ready to go at a moment's notice when the call comes.

*MCpl Leduc is a Precision Approach Radar controller at 8 ACCS Trenton.

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ATESS leading the way for 'Respect in the CAF'



Health Promotion manager Lisa Refausse (middle) and ATESS Commanding Officer Lt.-Col. Guy Parisien (right) and then Chief Warrant Officer Steve Compton (left) at ATESS Headquarters.

By Makala Chapman

There's no place in the military for sexual misconduct says Lisa Refausse, manager of Health Promotion at 8 Wing Trenton. To help further that message and empower military members to take a stand against such behaviours, Refausse and her team have been offering free educational workshops. Consisting of three modules and objectives, 'Respect in the CAF' is aimed at helping members recognize and prevent sexual misconduct and harassment in the workplace. In addition, the program identifies ways peers can offer support to victims. The first module looks at the magnitude of sexual misconduct in the CAF and identifies the negative impact it can have. The second module moves into bystander intervention and how to prevent future situations from occurring. The last module then looks at victim support and how to respectfully interact with individuals who have been sexually assaulted or harassed. Participants are also given a list of resources and supports they can recommend to those who may need them. These three modules are delivered through in-class presentations, interactive and participa-

tory exercises, as well as discussion. The Wing has responded well to these workshops, Refausse said she couldn't have been more proud of the various units and squadrons who have participated thus far. In particular, she noted that members of 8 Wing Trenton's Aerospace and Telecommunications Engineering Support Squadron (ATESS) have been leading the charge when it comes to 'Respect in the CAF' training. "Success breeds success," explained Refausse. "ATESS has always engaged Health Promotion and PSP (Personnel Support Programs) when it comes to professional development opportunities. This is just an extension of the good work already being done here." While the workshop is offered Wing-wide, Refausse noted she and her team were happy to offer unit-specific training days, as ATESS had opted to do. She added that one of the benefits of this model is a more comfortable environment for open discussion. Speaking about how proud he was of his squadron for their participation in the workshop was Commanding Officer Lieutenant-Colonel (Lt.-Col.) Guy Parisien. He noted that upon arrival to the unit last year it had always been his goal to ensure that the wellbeing of his members remained a priority. He explained that courses like 'Respect in the CAF' were perfect tools to help ensure his objectives were met. "We're in the midst of a clear change of culture in the Canadian Armed Forces that was long overdue," he said. "Falling in line with a number of strategic goals at the most senior levels it was clear there needed to be some investments in the people of the unit." With an objective to have 100 per cent participation from both regular and reserve force members in the unit, Lt.-Col. Parisien noted he was pleased to an-

nounce the goal has almost been reached. "We're over 95 per cent," he shared. Lt.-Col. Parisien noted that his favourite element of the unit-specific workshop was the ability to have an open discussion with the unit members and the command team. "It gives us the opportunity to talk openly with the members on course and clarify what they expect of their chain of command," he explained, "as well as what we expect of them." While the workshop is a great tool, Lt.-Col. Parisien noted it was merely a starting point and that the agent of change is within each member. ATESS' Chief Warrant Officer (CWO) Steve Compton noted that the 'Respect in the CAF' course had been invaluable and something he would advise all chain of commands to encourage their members to engage in. "It takes education to change the way we see things," he said. "We don't expect to change things in a day, but we expect the members to start thinking within these new lines. People will educate each other as we go

along." As for Department of National Defense civilians working on the Wing, Refausse noted that two spots out of each training serial would now be reserved for them, should there be interest. For more information on the programs offered by Health Promotion, contact them at 613-392-2811 ext. 3768.



Health Promotion manager Lisa Refausse (middle) and ATESS Commanding Officer Lt.-Col. Guy Parisien (right) and then Chief Warrant Officer Steve Compton (left) worked hard to ensure access to 'Respect in the CAF' training to all members of ATESS.



Lt.-Col. Parisien thanks Health Promotion's Lisa Refausse with a unit coin for all of her team's hard work in delivering 'Respect in the CAF' training to members of ATESS on May 30.



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Upcoming Local Events

- **July 21-27** – 8 Wing Trenton will be hosting the Canadian Forces Ball Hockey National Championship at the RCAF Arena in Quinte West. Come out and support the local team.
- **July 28** – Rededication of the Belleville Cenotaph at Memorial Park, 130 Station Street, Belleville. The ceremony begins at 1 p.m. In addition, there will be a learning fair all day at the armouries
- **July 31** – CF1 Appreciation Day with local partners on site - BMO, OK Tire, Doug's Bicycle, Duffers Chip Wagon lunch (11:00 – 13:00) - compliments of CANEX. Special member pricing for CF1 card holders will also be available.
- **August 3** – The 4th annual Salute to our Forces night at the Brighton Speedway. The event is presented by your CANEX with complimentary tickets being available to all CAF members and their families. The races are Aug. 3 with tickets being available at the CANEX starting July 17.

HEALTH PROMOTION UPCOMING COURSES

JULY & AUGUST 2019

To register visit HP.CFBTrenton.com or contact
613-392-2811 local 3768
*HealthPromotion@CFB Trenton@Trenton or healthpromotionTrenton@forces.gc.ca

COURSES	DATE	TIME
RitCAF - Respect in the CAF	9, 17, or 23 July	0830-1600
AODGGA - Addictions Awareness (MITE Coded Course)	10 & 11 July	0830-1600
MAM - Managing Angry Moments	16 July	0830-1600
WWLP - Mission Nutrition Weight Wellness Program	18 & 25 July	0830-1200
RitCAF - Respect in the CAF	13, 22 or 27 August	0830-1600
MFSA - Mental Fitness Suicide Awareness (MITE Coded Course)	14 & 15 August	0830-1600
STC - Stress Take Charge	20 August	0830-1600
SPTP - Supplementary Physical Training Program Health Promotion Classroom Sessions	Every Thursday	0830-0930

Improvaganza!

TRENTON MFRC PRESENTS

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



FIRST AID/CPR C

JULY 27 & 28
9 a.m. - 5 p.m. | \$90
For military families only

Register and pay at MFRC Reception |
Inscription et paiement à la réception
du CRFM

COURS DE PREMIERS SOINS/RCR
NIVEAU C

JULY 27 & 28
9h à 17h | 90\$
Offerts aux familles militaires seulement

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\$8 military community - \$9 general
or
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\$56 military community
\$64 general public
(taxes included)

It's time to name our new search and rescue aircraft



Photo courtesy of FWSAR procurement project

An artist's concept of the new CC-295 fixed-wing search and rescue aircraft, painted in RCAF search and rescue colours.

Royal Canadian Air Force

The arrival of the Royal Canadian Air Force's new fixed-wing search and rescue (FWSAR) aircraft fleet is getting closer and closer. In March 2019, the first aircraft rolled off the assembly line in Spain. And now, with delivery expected to begin next year in Comox, British Columbia, it's time to name the RCAF's newest bird! The project management office and 1 Canadian Air Division, which are jointly responsible for naming new aircraft fleets, consulted with the operational search and rescue community to come up with several possible names for the CC-295. The commander of the Royal Canadian Air Force, Lieutenant-General Al Meinzing, will have the final say on the name.

Five names have been shortlisted for his decision. They are, in alphabetical order:

CANSO II: Canso aircraft served with 11 RCAF squadrons during the Second World War. They operated from both coasts and were employed in coastal patrols, convoy protection and submarine hunting. After the Second World War, Cansos served with the RCAF in photo reconnaissance and search and rescue roles until they were finally retired in November 1962.

GUARDIAN: A guardian is an entity that protects a community under a set of values.

IRIS: Iris refers to the faculty or power of seeing. Iris was also the goddess of sea

and sky in ancient Greek mythology.

KINGFISHER: Found all across Canada, this bird patrols up and down rivers, constantly searching for prey. Within the First Nations of the Northwest, the kingfisher has long been recognized for its speed and agility, as well as its keen searching and hunting skills. A kingfisher was depicted on the 1986 Canadian five-dollar banknote in the "Birds of Canada" series.

TURNSTONE: Turnstones are one of the migratory marvels of the Arctic bird world. They have been known to fly more than 1,000 kilometres (600 miles) in a single day.

The short list complies with basic legal principles and gender-based analysis considerations, as well as guidance set out by the International Civil Aviation Organization (IACO) and Transport Canada. They have also been assessed to ensure they respect the conventions for an aircraft's "popular" name that are contained in the Department of National Defence's "Technical Airworthiness Manual" (TAM), which provides the direction on aircraft naming. These conventions for a popular name, by which an aircraft is known within DND, include the following:

- If a new aircraft already has a suitable official and commonly-used name, that name will be retained.
- The name must have a Canadian connotation.

- The name shall consist of only one word, and be selected to conform to the characteristics of the aircraft and its basic mission rather than the source of the aircraft's manufacture
- The name should appeal to the imagination without sacrificing dignity, and should suggest confidence in the capabilities of the aircraft.
- The name must not duplicate those in use for other types of equipment.
- Previously associated names may be utilized if suitable (i.e., Musketeer / Musketeer II and Harvard / Harvard II).

- All aircraft series within a basic mission and type will retain the same name (for instance, CC-130E, CC-130H and CC-130J Hercules).

Once Lieutenant-General Meinzing selects a name, it will be formally protected under the "Trade-marks Act" before we announce it to ensure that we avoid any form of complaints or conflict with another organization.

If we find that the selected name cannot be cleared for use, the commander will make another selection. To submit your vote, visit the Royal Canadian Air Force online at rcaf.forces.gc.ca.

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July/August 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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
4	5 Civic Holiday MFRC - CLOSED	6 Youth Centre, Ages 6-8	7 Youth Centre, Ages 8-12	8 Treetop Trekking Youth Centre, Ages 10-14	9	10

● **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	July 16: Pikachu’s Geyser Experiment
Wednesday	6 – 9 p.m.	9 – 12 years old	July 17: Pokémon Minute to Win It
Thursday	6 – 9 p.m.	12 – 16 years old	July 18: Squirtle’s Water Challenge
Friday	CLOSED		

● **First Aid CPR C Course**

Instructor Carmen White will be providing First Aid and CPR C to military spouses and families at the MFRC. The course is offered through Perri-Med and certification is valid for 3 years. If Health Care Provider (HCP) CPR is required, please let reception know. July 27 & 28, 9 a.m. - 5 p.m. (Both days for a total of 16 hours) at the Trenton MFRC \$90 per person
Please register and pay at Trenton reception by July 19, 2019.
For more information, please call 613-965-3575.

● **SNIP: Improvaganza!**

Lights, curtain, action! Join SNIP for Improvaganza! where we’ll use drama, comedy, skits, props, and our own talent to explore the world of improvisational theatre. Improvaganza! is a theatre program designed for children and youth ages 8-15 to build skills while having fun! Open to military and civilian families; please bring a water bottle.
August 12 – 16, 9 a.m. – 12 p.m.
For more information, please contact Brittany.j@trentonmfr.ca.

● **Treetop Trekking**

Need a fun day trip to keep your kiddos entertained this summer? Sign them up for Treetop Trekking offered through our Youth Resiliency Program.
Thursday, August 8, 7:30 a.m. – 2:30 p.m. (approx.. return time) at Ganaraska Forest Centre
Cost: \$35/trekker
Minimum height is 4ft. 7in. (55") with shoes on; maximum weight is 250lbs. All youth must be able to actively engage and participate independently in the day’s activities, including remaining in the group, attentively listening and following instructions. Must bring own lunch and water. Register and pay at Trenton MFRC reception by August 2, 2019.
For any additional questions, please email kendra.b@trentonmfr.ca.

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JULY 2019

Welcome to the Trenton MFRC Youth Centre!

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
	1 CLOSED Oh Canada →	2 Mounties Water Balloon Hunt Ages 6-8 6-9 p.m.	3 Poutine & Ball Hockey Ages 8-12 6-9p.m.	4 Beaver dam Building Ages 10-14 6-9p.m.	5 CLOSED	6 CLOSED
7	8 CLOSED Wild Wild West →	9 Saloon Bingo Ages 6-8 6-9 p.m.	10 Rodeo Night Ages 8-12 6-9p.m.	11 Square dancing Ages 10-14 6-9 p.m.	12 CLOSED	13 CLOSED
14	15 CLOSED Pokémon →	16 Pikachu's Geyser Experiment Ages 6-8 6-9 p.m.	17 Pokémon Minute to Win it Ages 8-12 6-9p.m.	18 Squirtle's Water Challenge Ages 10-14 6-9 p.m.	19 CLOSED	20 CLOSED
21	22 CLOSED British Invasion →	23 Crumpets & Tea Ages 6-8 6-9 p.m.	24 Cricket Match Ages 8-12 6-9p.m.	25 Royal Visit Ages 10-14 6-9 p.m.	26 CLOSED	27 CLOSED
28	29 CLOSED Savvy Sailors! →	30 Pin the tail on the Whale Ages 6-8 6-9 p.m.	31 Setting 3 Ball Balloon Toss Ages 8-12 6-9p.m.	August 1 Ship Mending String Art Ages 10-14 6-9 p.m.	CLOSED	CLOSED

<p>We're open all summer long! Summer Hours: Tuesday Ages 6-8 Wednesday Ages 8-12 Thursday Ages 10-14</p>	<p>Themed Weeks Every week has a new fun theme. Feel free to dress up to the theme and come prepared for fun!</p>	<p>Summer reminders The kids are outdoors most nights - please remember appropriate clothing and sun protection when coming to the Centre.</p>	<p>CALLING ALL TEENS! Summer is a great time to volunteer at the Youth Centre. Contact rabia.s@trentonmfr.ca and learn how to get your volunteer hours at the MFRC.</p>
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Sports & Recreation



SUMMER 2019 Pool Schedule July 2nd - August 31st CFB Trenton RecPlex



INDOOR POOL SCHEDULE						
SUMMER JULY 2ND- AUGUST 31ST 2019						
Monday Lundi	Tuesday Mardi	Wednesday Mercredi	Thursday Jeudi	Friday Vendredi	Saturday Samedi	Sunday Dimanche
Masters 0600-0715		Masters 0600-0715		Masters 0600-0715		
Lane Swim 0730-1030	Military Lane 0730-0830	Lane Swim 0730-1030		Lane Swim 0730-1030	Rec Swim 1000-1200 WIBIT Swim 1030-1130	
NOON HOUR LANE SWIM MILITARY/ DND/ NPF EMPLOYEES (Tues/ Thurs outdoor pool) 1200-1300					Lane Swim 1200-1300	Lane Swim 1200-1300
PSP Physio 1300-1400		PSP Physio 1300-1400		PSP Physio 1300-1400		
Lane Swim 1530-1730	Lane Swim 1530-1730	Lane Swim 1530-1730	Lane Swim 1530-1730	Lane Swim 1530-1730		
	Red Cross Swim Lessons 1630-1930		Red Cross Swim Lessons 1630-1930			

OUTDOOR POOL SCHEDULE						
SUMMER JULY 2ND- AUGUST 31ST 2019						
Monday Lundi	Tuesday Mardi	Wednesday Mercredi	Thursday Jeudi	Friday Vendredi	Saturday Samedi	Sunday Dimanche
Adult Swim 1200-1300	Mil Lane 1300-1400	Adult Swim 1200-1300	Mil Lane 1300-1400	Adult Swim 1200-1300		
Rec Swim 1300-1900	Rec Swim 1300-1900	Rec Swim 1300-1900	Rec Swim 1300-1900	Rec Swim 1300-1900	Rec Swim 1300-1600	Rec Swim 1300-1600

GOLF TIP OF THE WEEK

COURTESY OF ROUNDEL GLEN GOLF COURSE
AT 8 WING/CFB TRENTON

Greenside Bunkers

You might not believe it now, but there will come a point when you think getting out of greenside bunkers is easy. When that day arrives, turn your attention to improving your control of the ball once it lands on the putting surface—especially on short sand shots. When you need to stop the ball quickly on a green, you have to create a fair amount of clubhead speed.

But if you try to get that speed by making a standard-length swing, the ball will fly too far. Instead, you need a fast swing but a short follow-through. You've got to hit the brakes once the club enters the sand. Momentum will still carry the clubhead toward the target, but the finish will feel very abbreviated. This fast-but-abrupt swing imparts enough force to get the ball out of the bunker, but it won't go very far past the lip once it lands.

The key is committing to making an aggressive downswing. Don't be afraid that the clubhead speed you're creating is going to shoot the ball over the green. If you enter the sand an inch or two behind the ball and let all that acceleration dissipate just after contact, you can trust that the ball won't go very far. Having that kind of touch in the bunker will have your friends calling you the Sand Master.

Promote Your Business Locally

Direct your marketing message to more local consumers when you promote your business in The Contact Newspaper.

The Contact Newspaper has been the voice of the Canadian military in Trenton since 1940 and strives to provide accurate and timely coverage of issues and events at 8 Wing/CFB Trenton. It is published weekly by the Wing Commander and contains his message to the troops, so it is very important to all military members. It is your one-stop direct link to over 3,000 Canadian Forces Members and their families and 1,200 civilian workers located at CFB Trenton with one of the largest payrolls in the Quinte area with planned expansion over the next several years.

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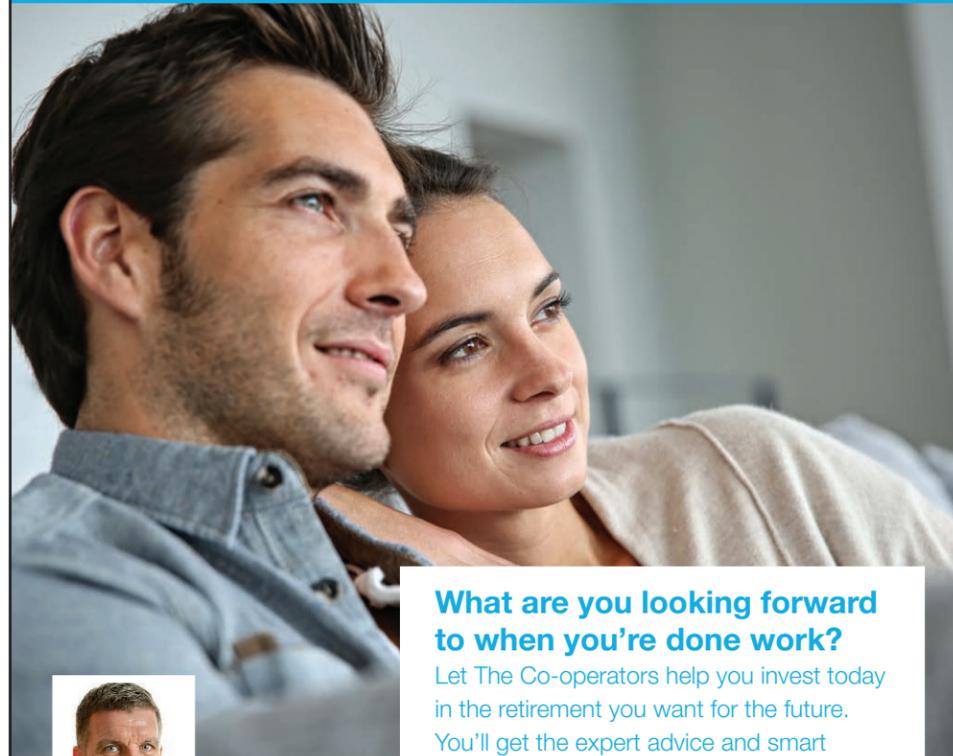
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705 CLOSSON ROAD**



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6285 OLD HIGHWAY 2

**SPECTACULAR HIDDEN GEM
77 CRESTVIEW LANE**



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**VACANT LAND
1037 GULL LAKE ROAD**



FANTASTIC LAND!! Beautiful 92+ acres of vacant land with 80 acres of bush, 6 acres cleared, huge outbuilding, Bunkie, outhouse, flag trails & small waterfalls. 15 minutes to Cloyne and 8 minutes to ON-41.

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5001 STIRLING MARMORA ROAD**



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**IMPECCABLE MULTI FAMILY HOME
109 FOXBORO-STIRLING ROAD**



Impeccable multi family 5 plex with 4 occupied units, with bachelor/office space used by owner and separate commercial building on a supersized lot with plenty of parking just North of the 401.

MLS#200627* • \$650,000



26 HICKORY GROVE



68 CROWN STREET

**4.4 ACRES
676 THOMASBURG ROAD**



Situated on 4.4 acres, this property boasts a grand post and beam house w/ large great room, master bed & ensuite. Property also includes a separate duplex. Conveniently located between Belleville, Tweed & Madoc.

**MLS#208825* & 209027
\$425,000**



14 NORTHVIEW LANE

**SUPERSIZED LOT
2078 HAMILTON ROAD**



Pride of ownership, 3 bed, 1 bath bungalow on a supersized lot with a huge shed, just minutes to CFB Trenton.

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**IMPECCABLE COLORADO
BUNGALOW
65 JARVIS RD**



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**FANTASTIC NEIGHBOURHOOD
75 PARKVIEW HEIGHTS**



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19 KIDD AVENUE



188 CATALINA DRIVE



12 NORTHUMBERLAND BOULEVARD



134 MACLELLAN AVENUE