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ANOTHER SUCCESS FOR QUINTE WEST RELAY FOR LIFE



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NEW DEPUTY WING COMMANDER WELCOMED



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BIG MONEY RAISED AT CUT FOR THE CURE



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

## Honouring Canada's military spouses



Photos by Makala Chapman

8 Wing Commander Colonel Mark Goulden welcomes guests to the first military spouse's appreciation dinner hosted by Honorary Colonel John Cairns at his restaurant Earl and Angelo's in Belleville on June 3.

By Makala Chapman

Giving credit where it is due is important says Honorary Colonel (HCol)

John Cairns of 8 Wing Trenton's 2 Air Movement Squadron. In fact, when it comes to military spouses, he adds they are often the ones who are the

unsung heroes and could always use a little more recognition. Putting some weight behind his words, HCol Cairns took action and hosted more

than 70 guests for the inaugural military spouse's appreciation dinner held in Belleville on June 3. On top of his duties at the Wing, HCol Cairns

Continued on page 7



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# Photos of the Week

## Mission Support Squadron: TEME

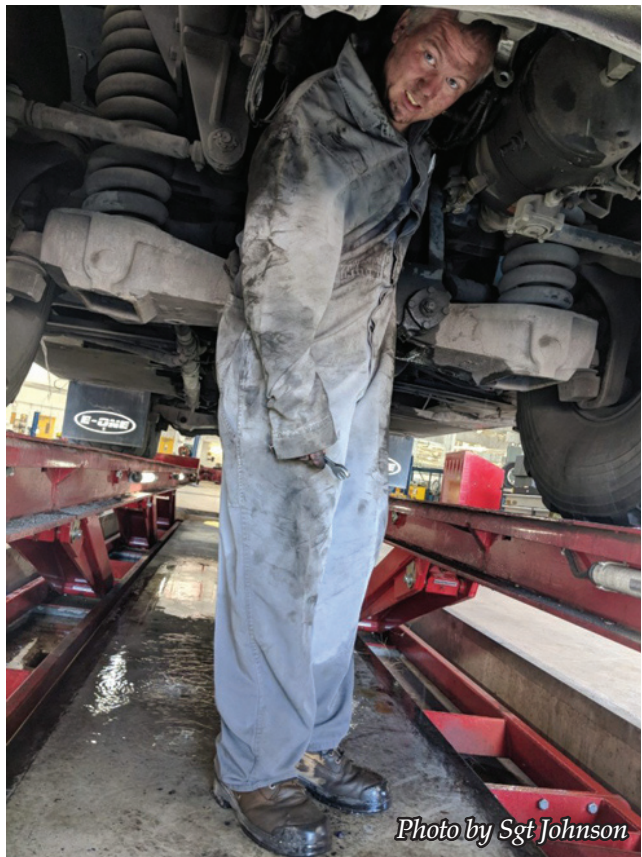


Photo by Sgt Johnson

By Sergeant Johnson, TEME

Mr. Kris Brunton, a civilian mechanic employed at Transportation and Mechanical and Electrical Engineering Flight (TEME) is conducting an emergency repair on an E-ONE Aircraft Rescue Fire Fighting Vehicle on May 21. These types of repairs are crucial in 8 Wing maintaining its aircraft rescue and firefighting capability and thus its ability to support air operations.

## Heroes Highway Ride & Rally 2019



Photo courtesy of the Heroes Highway Ride & Rally Twitter Page

Contact news

Hundreds of motorcyclists from all across the region descended upon Quinte West for the annual Heroes Highway Ride & Rally 2019 memorial ride. Using the 8 Wing Trenton area as their starting point, the motorcyclists make the trek along the Highway of Heroes before finishing their ride at Memorial Park in Port Hope. The ride is in support of Canada's soldiers, veterans and first responders.



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## CFS Alert: Change of Appointment Ceremony



Photo by Corporal A. Medeiros

Pictured (from Left to Right): MWO D. Fox, Maj M. Lepage, MWO A. Sargent.

By Second Lieutenant S. Mills

On May 28, Major Melany Lepage, Commanding Officer of Canadian Forces Station (CFS) Alert, oversaw the Change of Appointment for the outgoing Station Warrant Officer (SWO), Master Warrant Officer (MWO) Andy Sargent, and the incoming SWO, MWO Dwayne Fox. At the ceremony, personnel wish him nothing but the best in his future endeavours.

in the sustainment of the Station's operations. The SWO is responsible for many of the Station's daily functions, and in conjunction with the Commanding Officer, ensures that the morale and welfare of the Station's personnel is cared for at all times. MWO Sargent served as the SWO for the past 6 months, and the Station's personnel wish him nothing but the best in his future endeavours.

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## Taking Care of Cordless Tools

Cordless screwdrivers and other battery-powered tools are a popular toy for home improvements. Since they are detached from an electrical circuit when they are used, they reduce the chance of electric shock. However, there are still some hazards attached to the use of cordless tools and many of them the same as those of other power tools. Although the cordless tool operates on batteries, it is still recharged by plugging it into an electrical outlet. Here are some safety tips:

- The outlet, the recharging unit and the tool itself should be in good condition before doing so. Never allow the tool or recharging unit to get wet, and do not plug the unit into an outdoor fixture where it might be exposed to wet weather.
- Follow the manufacturer's instructions about how long the battery pack should be left to recharge because both over-charging and undercharging can cause performance problems. Beware of signs of battery damage such as leakage.
- If a tool becomes damaged, remove it from service immediately. It could put you at risk for electrical shock or other injuries.
- For the sake of safety, cordless tools are equipped with triggers that lock in the "off" position. This keeps them from being turned on accidentally. The trigger has to be constantly pushed down for the tool to operate.
- Make sure the screwdriver bit matches the screws you will be using. Do not improvise because a mismatch can cause the bit to slip off the screw



and possibly injure you. When using a cordless drill, use the correct bit for the material you are working with.

- Cordless tools can be easier on your hands and arms than heavier powered models. However, you still need to choose tools that are a good fit for you. For long projects involv-

ing repetitive work, choose cordless tools which are comfortable to hold and do not put pressure on the palm of your hand. The handle of the tool should reach across your hand to distribute any impact and vibration.

- Cordless tools can cause the same kinds of gouges, cuts and scrapes

as power and hand tools. Take special care to keep your off-hand away from the business end of the tool.

And, most important, always put on your safety eye wear when using any tool, including a cordless one.

### The Contact Newspaper

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

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

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

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

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

#### 8 Wing Personnel

**Publisher:** Col. Mark Goulden

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

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**PSP Manager:** John Snyder

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**Circulation:** Mitchell Clarke 705-742-8450

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

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

### ARTICLES AND PHOTOS

The Contact produces news and information about 8 Wing/CFB Trenton at home and around the world. We depend on our military community for articles, personal stories and photos.

- Articles should be typed in upper and lower case (not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.

- Do not include clip art, graphics or photos within typed pages. Additional graphics, logos and photos must be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) unit and phone number.

- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in a jpeg format at a high resolution for quality reproduction.

- Articles must be received by Monday at noon prior to print date.

### Letters to the Editor:

All letters must be signed and include the name of the author, which will be published. Include a phone number for verification. We reserve the right to edit the text while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. E-mail letters to: cfbcontactnewspaper@gmail.com

### A Military Community Newspaper

The CONTACT newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



The Contact ~Wing Headquarters  
Building Annex, 8Wing / CFB Trenton  
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ASTRA, ON, K0K 3W0



# Sports & Recreation



## 2019 Rugby Intersection



**Pre-Season Meeting:** Wing Theatre, Monday, 10 June at 1430  
**When:** 13 June through September, Thursdays 1200-1300hrs  
**Where:** RCAF Mini-Soccer Pitch  
**Who:** All CAF Members and Full-Time CFMWS & DND Staff are welcome  
**Info:** For additional information visit 8 Wing CFB Trenton's Intersection CAF Connection Page  
**Fee:** Civilians and Off Duty Class A, \$20.00 for an annual Intersection pass (1 Apr 2019 to 31 Mar 2020)  
**Register:** Contact Rachael Bertram, Military Sports Coordinator



 Rachael Bertram  
 Sports Coordinator  
 Phone: 613-392-2811 x2349  
 Email: Rachael.Bertram@forces.gc.ca

## GOLF INTERSECTION LEAGUE



**When:** Tuesdays, Late May to September, 1300-1530  
**Where:** Roundel Glen Golf Course (on base)  
**Who:** All CAF Members and Full-Time CFMWS & DND Staff are welcome  
**Info:** For additional information visit 8 Wing CFB Trenton's Intersection CAF Connection Page  
**Register:** Contact Rachael Bertram, Military Sports Coordinator or your Unit Team Rep  
**Pre-Season Meeting:** Monday, 6 May at the Wing Theatre



 Rachael Bertram  
 Sports Coordinator  
 Phone: 613-392-2811 x2349  
 Email: Rachael.Bertram@forces.gc.ca



## Open Up on Short Irons

### Content submitted

Ben Hogan had the right attitude on short-iron shots. He said, "I want to be known as the man who hit them the straightest, not the longest."

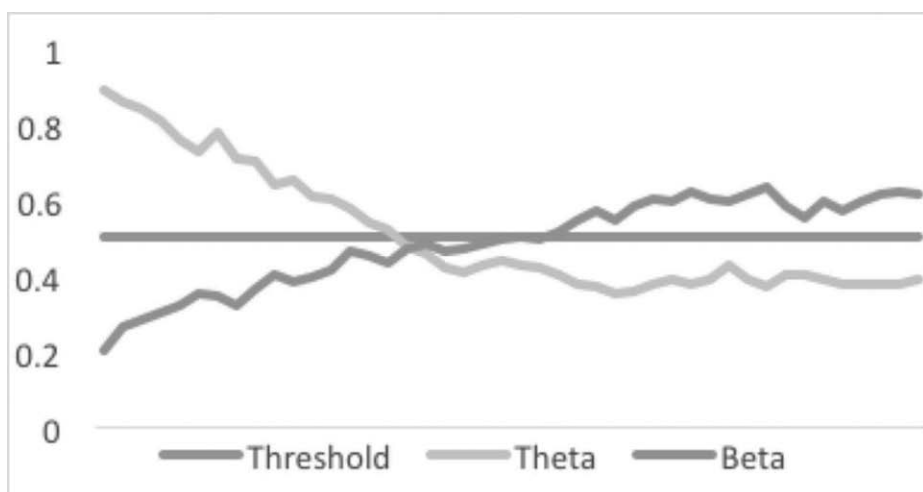
The 8-iron, 9-iron, and wedges are the control clubs, after all, so there's no point in trying to slug them. I do give these irons a full swing, but I enhance my control with an important change at address. Whereas I address the longer clubs in a square stance - my feet, knees, hips, and shoulders aligned parallel to a line extending from my ball to my target - on the short irons, I open things up a bit. I pull my left foot back a few centimetres from that parallel line, thus rotating my hips, knees, and shoulders a few degrees counter clockwise so that I'm aligned a bit to the left of my target.

This stance facilitates a more upright backswing and a more descending attack on the ball which, on the 8-iron, 9-iron, and wedges, will encourage a straight or softly left-to-right shot with a high, soft trajectory yet lots of backspin on landing.



## REDUCING EFFECTS OF ADHD

Most children love video games. They are interactive and fun, but many parents worry how it affects their child. What if there was a video game that helped encourage better brain function? Well, let us introduce **Neurofeedback**.



### What is Neurofeedback for ADHD?

Most children with ADHD have brain scans that reveal too much slow brain activity (Theta) relative to faster brain activity (Beta), especially in the prefrontal cortex (PFC) that helps us pay attention and problem solve. Having too much slow activity means that this part of the brain is under-active. Neurofeedback provides special brain training to "speed-up" the PFC to achieve a "calm-focused" brain pattern known as the sensorimotor rhythm (SMR). The process is simple and even fun. A computerized reward system allows subjects to control a video game with their brain, scoring points when the brain learns to lower Theta and increase Beta. Success is rewarded through the video game and as the brain learns to change, many of the ADHD symptoms melt away.

### Neurofeedback vs Medication:

Stimulant medications like Ritalin, Concerta or Adderall also speed up brain activity to improve focus and switching attention. The problem with medication is that it affects all areas of the brain, only works while you are taking it, and comes with unwanted side effects like low appetite, irritability, depression, sleep problems, and the potential to be abused.

Neurofeedback by comparison is completely non-invasive. It's just learning! Recent research shows that it is as effective as medication but remains effective even after you stop training because 'once you learn to ride a bicycle, you never forget'. Neurofeedback can improve overall brain function without the negative effects of medications.

If your child is struggling with ADHD, Neurofeedback is an effective alternative. This summer **Trent View Counselling Center** in downtown Trenton is offering a special summer program that will provide 20 hours of training and may qualify for coverage under most extended health care benefit plans. Call today as space is limited. The first six accepted will receive two hours of free training.

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# Quinte West Relay for Life changing lives of cancer patients

By Makala Chapman

Members of the Quinte West community are once again rallying to help raise money and awareness for a much-needed cause. Like in years previous, more than a hundred participants volunteered for this year's Relay for Life event in support of the Canadian Cancer Society (CCS) on June 1. Joining together at Trenton High School, community members spent their day walking laps around the school's outdoor track in an act of support for those battling cancer. Speaking to how touched she has been by the support was Quinte West Relay for Life event chair Leading Seaman (LS) Lauren Dashnay. "I'm meeting new survivors every year, hearing their stories and being inspired," she said. "It's hard to not come back each year when you know every cent and penny is helping them." Having a father who was diagnosed and survived a brain tumour, LS Dashnay added that supporting the Canadian Cancer Society was both near and dear to her heart. "The brain tumour was the size of a grapefruit in his skull," she explained. "But thanks to the help of the military and the time they gave my parents to go to appointments and the Canadian Cancer Society, he made it through and survived. I now come and walk laps with him at this event." LS Dashnay went on to add that the partnership between CCS and 8 Wing Trenton has been integral over the years. More than half, if not more, of this year's event committee are active military personnel. "It's fantastic and I couldn't ask for better support," she said. As for this year's campaign goal, LS Dashnay said it was set at \$60,000, a figure she noted she was confident the community would reach. In the last five years Quinte West has raised more \$420,000 for cancer research. "It

brings me tears of joy to know that our community would work this hard," she said. "Cancer doesn't discriminate. It's heartbreaking that there are so many people that have been diagnosed with cancer but events like this will hopefully help change that." In addition to cancer research, the money will be used to help fund the local Wheels of Hope program. This particular service sees that cancer patients without access to transportation are able to make it to scheduled appointments in and out of town. Present at the ceremony to show his support was 8 Wing Trenton's Chief of Staff Lieutenant-Colonel David Alexander. He noted he couldn't have been more proud of all those volunteering their time to make a difference in the lives of all those affected by cancer. "This is a day of reflection, hope, celebration and memory of those who couldn't be here with you today," he said. "I want to pass on thanks to our members of the military community that are here participating and involved in the planning of this event." Also sharing a few words with the crowd was local cancer survivor Bernice Collingridge. Now in her thirteenth year free of breast cancer, she expressed how honoured she was to stand before the community sharing her story of survival and hope. "I'm so lucky," she said. "I am just really grateful that people like you guys come out year after year to volunteer and raise money for research so that doctors can better treat those that need the treatments." Collingridge shared it was hard to explain what it's like to



Photos by Makala Chapman

The first lap of Relay for Life is walked by any survivors of cancer.

be on the receiving end of the community's support but reassured the crowd that it meant the world to survivors. "We fight and survive the cancer," she said, adding, "We couldn't do it without the heroes that step up to support us financially, which enables us the opportunity to extend our lives." Those interested in supporting the local campaign for the Canadian Cancer Society can do so by going online and visiting [www.cancer.ca](http://www.cancer.ca).



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Members of Trenton's Military Wives Choir came out to show their support at this year's Quinte West Relay for Life on June 1.



Members of the Canadian Cancer Society, the City of Quinte West and 8 Wing Trenton came out to show their support for this year's Relay for Life event at Trenton High School on June 1.

Cancer survivor Bernice Collingridge shares her story of survival with the help of event chair LS Lauren Dashnay.



More than 130 participants gathered at Trenton High School for this year's Relay for Life event in Quinte West on June 1.

Continued from page 1

is the owner and operator of Earl and Angelo's steakhouse in Belleville, where the event was hosted. "Military spouses are the silent heroes behind the scenes that continue to give so that we as a nation get to enjoy the blanket of freedom and security we have," he said. "They are a huge part of that and often go unrecognized." As for why he volunteered his restaurant, HCol Cairns noted that putting on an event of this magnitude was something he had always wanted to do long before getting into the industry two years ago. Now, with the means to make a dream into a reality, he said he couldn't have been happier to do his part. "A seed was just planted in my

heart to use Earl and Angelo's as a platform to celebrate, honour and recognize military spouses," he said. "I hope they arrive and leave knowing how respected they are and feel pampered." HCol Cairns added he would be remiss if he did not give thanks to his staff, all of whom donated their time, to ensure the event went off without a hitch. Also partnering with HCol Cairns and his staff was the Trenton Military Family Resource Centre (MFRC). Welcoming guests at the start of the dinner was the organization's communications and development coordinator Devon Taylor — also a military spouse. She noted that having

events, such as appreciation dinners, were both touching and greatly appreciated. "We know that that you are all the strength behind the uniform and are the ones who hold the fort strong at home," she said. "We're all here to celebrate and honour you so thank you for coming." Also taking the time to thank the military spouses for their contributions was 8 Wing Commander Colonel (Col.) Mark Goulden. Having grown up in a military family and now raising one of his own, he expressed that he understood the impact of missing loved one's birthdays, anniversaries and various other milestones. But he reassured those in attendance that their sacrifices did not go unnoticed. "I'm here to say thank you very much for what you do on behalf of the Canadian Armed Forces and your country," he said. "The successes that we realize every single day are largely because of all of you." In addition to all the volunteers that helped ensure the evening ran smoothly were the donors that offered up prizes and gifts for all the military spouses. HCol Cairns noted he wished to thank Belleville's Polish Salon and Spa for their spa package donation and Live, Love and Laugh Flowers, Antiques and Gifts for providing dozens of Ecuadorian roses for the event. In addition, musician Jon Roblin, Donini Chocolate and Findlay Foods were credited for their contributions to the evening. As for what the future holds, HCol Cairns said he looks forward to hosting another appreciation dinner next year.



Members of 8 Wing Trenton's military community enjoy dinner at Earl and Angelo's in Belleville on June 3.



A group shot of all the volunteers and participants that made the inaugural military spouse's appreciation dinner possible on June 3.



The chefs at Earl and Angelo's steakhouse in Belleville served up more than 70 three-course meals on June 3.



HCol John Cairns thanks military spouses for their contributions and sacrifices.



Colonel Mark Goulden helps serve up dinner to more than 70 guests.



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## Upcoming Local Events

- **June 14** – 32nd Annual Surf N’ Turf relay race at 8 Wing Trenton. For more information visit <http://cfbtrenton.com/surfturf>.
- **June 15** – Pre-Father’s Day Brunch at St James Fellowship Church at 5 South St, Trenton, ON. We are serving bangers and mash (sausages, mashed potatoes with onion gravy), pancakes/ sausages, scrambled eggs, baked beans, fruit cocktail, coffee/tea/juice. Tickets are \$8.00 or \$10.00 at the door, Children under 6 free. Ages 6-12 are \$6.00. For more information please contact (613-827-2214).
- **June 15** – The Quinte Branch of Ontario Genealogical Society presents "Doing research from a distance using the Archives of Ontario's website" by Danielle Manning. Held at Quinte West Public Library, 7 Creswell Dr, Trenton 1-3 pm. Everyone welcome, bring a friend. Visit [www.quinte.ogs.on.ca](http://www.quinte.ogs.on.ca).
- **June 19** – Bike to the Base Breakfast. Complimentary breakfast hosted by the Health Promotion team at the Bain Park entrance. 6:30 a.m.-8:00 a.m.
- **June 29** – Operation Stand Proud - Leon’s Trenton, along with its Partners, will be hosting an Official Guinness World Record Attempt for Largest Human Maple Leaf as a show of appreciation for the men, women, and families, who have dedicated their lives to serving our country. The current Guinness World Record is 1,589 people. Our goal is 5,000! Register for free and learn more at [www.leonstrenton.com/operation-stand-proud](http://www.leonstrenton.com/operation-stand-proud).

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[brittany.j@trentonmfr.ca](mailto:brittany.j@trentonmfr.ca)

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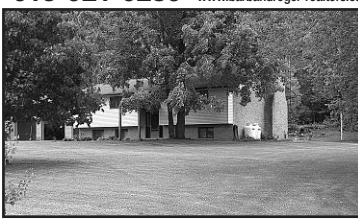
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## June 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 Babysitting Course	10	11 From the Ground Up The Puzzle Project	12	13	14	15 Dive Deep Under – Youth Centre Event
16	17	18	19	20	21 Summer Kick-Off Youth Dance	22 Home Alone Safety
23	24 Bellydancing begins	25	26	27 MFRC Annual General Meeting	28	29 Leon's Trenton Operation Stand Proud

● **From the Ground Up – New dates!**

From the Ground Up is a group for women to learn to manage negative self-talk, increase assertive communication, and how to nurture a healthy self-image and positive relationships. June 11 – July 25, 1 – 2:30 p.m. Register by calling Jaclyn Hunter at 613-392-2811 ext. 4017.

● **Deep Dive Under – Youth Centre Event**

Saturday, June 15 - The Youth Centre's special event for June is an "everything water" theme! There will be yummy snacks, games and activities, and small take-homes for the kids. Registration is required through the Youth Centre and all youth are welcome to attend! For more information, email [rabia.s@trentonmfr.ca](mailto:rabia.s@trentonmfr.ca).

● **Puzzle Project**

A support group for siblings of a child with special needs. This is to provide a fun and supportive environment for siblings to share the joys and struggles of being a sibling of an individual with special needs.

This is done through discussion, activities, games designed to be unique, upbeat and appealing to a wide ability range, craft activities, and special guests who may teach participants new skills. This is an 8-week program starting June 11 from 6 – 7:30 p.m. for children ages 9 – 13 and is open to military and civilian families. \$10 registration free. For more information, please contact [brittany.j@trentonmfr.ca](mailto:brittany.j@trentonmfr.ca).

● **Summer Kick-Off Youth Dance**

Friday, June 21, 7 – 9:30 p.m. at the RecPlex Gym  
Ages 8 – 14; \$5/person Register & pre-pay at the Trenton MFRC reception by June 19.

● **Home Alone Safety**

June 22, 2019 - This program prepares children ages 9-12 to be responsible when home alone. June 9 a.m. to 4 p.m. at the Trenton MFRC \$50 per child - Lunch is not provided To register, please contact MFRC Reception or email [rabia.s@trentonmfr.ca](mailto:rabia.s@trentonmfr.ca) with your questions.

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# New deputy wing commander welcomed

By Makala Chapman

Members of the Deputy Wing Commander Branch are welcoming a familiar face into their family. On June 3, Lieutenant-Colonel (Lt.-Col.) Jennifer Kennedy succeeded Lt.-Col. André Delhommeau as the Commanding Officer of 8 Wing Trenton's branch responsible for administration. No stranger to the area, Lt.-Col. Kennedy has called Trenton her home since 2016 and has served as the Deputy 8 Wing Administration Officer and as the Deputy Commanding Officer at 434 (Operational Test and Evaluation) Squadron in Trenton. In an official change of command ceremony held at the National Air Force Museum of Canada, Lt.-Col. Kennedy noted she was both grateful and honoured to have been chosen for the position. In addition, she thanked Lt.-Col. Delhommeau for his leadership, mentorship and friendship over the years. "I've learned so much from you," she said. "I promise to take care of what you built here and move the (branch) on into the future." In addressing the members of her team, she said she was looking forward to getting reacquainted and meeting new members of the branch. "I know what a great team we have here already," she said. "I look forward to working through, providing support and meeting 8 Wing's priorities." Also taking



Lt.-Col. Jennifer Kennedy (left) officially takes over leadership of the Deputy Wing Commander Branch from Lt.-Col. André Delhommeau (right) in the presence of 8 Wing Commander Colonel Mark Goulden (middle) at a change of command ceremony at 8 Wing Trenton, Ontario on June 3.

to the podium to share his thanks for all the hard work put forth by the outgoing commander and his expectations for Lt.-Col. Kennedy was 8 Wing Commander Colonel (Col.) Mark Goulden. He reassured Lt.-Col. Kennedy that the job would come with its challenges but noted he was confident she was fit for the job. "You should both be very proud of your service and proud for being trusted by the Royal Canadian Air Force to be appointed

as the Deputy Wing Commander of this great formation, 8 Wing Trenton," he said. "My sincere gratitude also goes out to everyone who serves at the Deputy Wing Commander Branch." Col. Goulden then went on to share that without their help, operations both domestically and abroad would not be possible. He then pointed to examples such as 8 Wing's recent assistance in evacuating victims of the forest fires plaguing the Pikangikum First Nation community. "What you all do (at the Deputy Wing Commander Branch) is critical to our success in enabling Canadian Armed Forces operations," he explained, "and guarantees the security of our nation." Lastly, Col. Goulden thanked Lt.-

Col. Delhommeau for his service and noted that his leadership would have a lasting impact at the Wing. "By serving at 8 Wing you will never have to wonder if you made a difference," he said. "I could not have hoped for a better officer to work with and to lead this Wing. Be proud of what you accomplished." Bidding farewell to his colleagues, Lt.-Col. Delhommeau said he couldn't have asked for better staff and was honoured to have been in a position of leadership. "To the women and men of the branch and the partner organizations, I can't thank you enough for everything you do," he said. "Your successes in helping support the members and their families are what help to make Trenton, in my opinion, the best Base in the country to be posted." As for his final words to his successor, he said there was no better replacement and was confident she would do just fine.



Lt.-Col. Jennifer Kennedy thanks Lt.-Col. André Delhommeau for his years of leadership, mentorship and friendship.



Photos by Makala Chapman

Lt.-Col. André Delhommeau says he's honoured to have worked alongside such a great team of dedicated and hardworking staff.

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# Cut for the Cure event a success



Members of 8 Wing Trenton present the Canadian Cancer Society with a donation for cancer research and the Wheels of Hope program.

By Makala Chapman

Members of 8 Wing Trenton are once again making sure to do their part to support the Canadian Cancer Society. This year's Cut for the Cure fundraiser, which helps raise money for cancer research and local programming, was held at the Warrant Officer and Sergeant's Mess at 8 Wing Trenton on May 23. Through the canvassing by various members, a cheque for \$500 was presented to the Canadian Cancer Society. Speaking to how pleased he was of the campaign's success was event coordinator Corporal (Cpl.) David Hummel. "This is significant because every dollar

helps us work towards a cure," he said. "There's no greater honour than knowing you're doing something good for the community and your country at large." Chiming in to add how happy she has been to be a part of the event for the past six years was former event coordinator Corporal (Cpl) Donna Nixon. As a survivor of cancer, she noted having events, such as Cut for the Cure, was crucial. "Not only civilians get cancer," she said. "There are lots of people in the military who are being affected by



Photos by Makala Chapman

Cpl Donna Nixon steps up and gets her hair cut in support of those battling and who have survived cancer.



A volunteer gets his hair cut at this year's Cut for the Cure event.

said to never lose hope. "Realize you're not alone," she said. "Sometimes just being there for someone can be enough." On hand at the event to accept the donation from 8 Wing Trenton was Canadian Cancer Society's local fundraising specialist Jessica Klein. She noted the Wing's par-

icipation in the Cut for Cure event has always been appreciated since raising funds for cancer research and local programming is critical. "Roughly one in four Canadians are still dying from cancer," she explained, "so this is huge for things like cancer research and for local programming and services like Wheels of Hope." As for her thoughts on those stepping up to get their hair cut at the event in support of those battling cancer, she noted she couldn't have been more inspired. "It's really wonderful to see," she said. "We couldn't do what we do at the Canadian Cancer Society without members like those here at the Base."

## From the Ground Up Apprendre à s'épanouir



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