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INSIDE

MILITARY POLICE RAISING FUNDS FOR BLIND CHILDREN



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REMEMBERING CAMP RATHBURN AND CAMP MOHAWK



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NATIONAL PUBLIC SERVICE WEEK CELEBRATED



Story on page 7



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

8 Wing Trenton leading the way for a greener future



Photos by Makala Chapman

Members of Hydro One, 8 Wing Trenton and Enbridge/Union Gas celebrate the Wing's efforts in energy conservation and greenhouse gas reduction on June 11.

By Makala Chapman

8 Wing Trenton is being celebrated for its efforts in energy conservation and reduction

in greenhouse gas emissions. In the last three years, the Wing has generated a verified energy saving of 4,600 megawatt-hours (MWh), which is

approximately \$506,000 annually in electricity costs. In addition, greenhouse gas emissions have been reduced by 166-tonnes of carbon dioxide.



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This figure was provided by Defence Construction Canada's technical specialist Ashley Remeikis, who shared the good news with members of 8 Wing at a presentation at the National Air Force Museum of Canada on June 11. Remeikis, a certified energy management specialist, has been working with the Wing over the past six months collecting data, looking at trends and helping identify areas of improvement. "Energy management has been alive and well here in Trenton long before I got here," she said, "so it was really easy for me to step in and hit the ground running and help keep the momentum up." She noted that simple changes such as switching to LED lights could make a world

Continued on page 10



*Based on 2010 closed transactions. Source CREA and RE/MAX internal data.

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Photos of the Week

Conflict Resolution Centre celebrates first year



Photo by Makala Chapman

By Makala Chapman

Members of the Conflict and Complaints Management Services (CCMS) centre are celebrating their first anniversary at 8 Wing Trenton. CCMS provides accessible and personalized conflict and complaint management services. Helping celebrate the centre's first anniversary were members of 8 Wing Trenton as they gathered at the Yukon Galley on June 10. More on this story in next week's issue.

Mission Support Squadron: Bravo Zulu Cpl Wade



Left to right: CWO J. Saunders – RCEME Corps Sergeant Major, Cpl Wade and Col Corriveau – Director RCEME Corps

Content submitted

Corporal (Cpl) Wade was awarded Director Royal Canadian Electrical and Mechanical Engineers, Royal Canadian Air Force (RCEME RCAF) regional award on 20 May 2019 for exceptional dedication and an outstanding work ethic while employed as the Materials Technician at Transportation and Royal Canadian Electrical Mechanical Engineers (TEME) Flight. A highly dedicated, extremely talented craftsman, and professional soldier, he continually provides outstanding results in the completion of all tasks. He demonstrates a tireless work ethic and outstanding attitude regardless of his workload, earning the trust of his peers. Furthermore, he goes above and beyond by affecting positive change in standard operating procedures within the unit. Cpl Wade represents RCEME's professional reputation by conducting himself in a manner that exemplifies the values of the RCEME Corps, all the while proudly bestowing credit to TEME Flt, the Corps and the Canadian Armed Forces.

CFS Alert: Rec Trip Season



Photos by Corporal A. Medeiros

By Second Lieutenant S. Mills

It's summer time at Canadian Forces Station Alert (CFS Alert). The sun is out and the weather is good so CFS Alert personnel are taking the opportunity to get outside and enjoy the views that the Arctic has to offer. This past weekend members of CFS Alert made the first visit of the year to the BOXTOP 22 site. During the summer months, there are numerous recreational trip opportunities for Station personnel to see some of the popular sites in the area, such as Crystal Mountain, Kirk Lake, and the historical BOXTOP 22 site. The opportunity for recreational trips enhance the morale of the Station and fosters team cohesion amongst its members as they spend numerous months in this isolated environment.

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Remembering the fallen at annual Deseronto ceremony

By Makala Chapman

Members of the community once again have taken the time to honour those that sacrificed their lives during the First World War. Like in years previous, a large

crowd gathered at the Deseronto Cemetery, located on the outskirts of Greater Napanee, for an annual commemoration on June 9. Those in attendance took the time to reflect specifically on the members of the Royal Flying Corps (RFC) and the RAF who lost their lives while stationed at Canadian training sites, Camp Rathburn and Camp Mohawk from 1917-1919. Out of the 14,000 Royal Flying Corps and Royal Air Force men who died in the First World War, 8,000 were killed while training.



Members of 8 Wing Trenton attended the annual ceremony held in Deseronto in honour of those that gave their lives in the First World War.

8 Wing Commander Colonel Mark Goulden and Chief Warrant Officer Eric Lafond lay a wreath at the Deseronto Cemetery on June 9.



Photos courtesy of Pat Hope

Military Police hosting softball tournament for charity

By Corporal Sheena Lee Carter

A young girl named Moira had been afflicted with cancer of the eye, causing her to go blind and subsequently leading to her passing. Her father, Colonel James Riley Stone, searched in vain for an organization that helped blind children. He found many such charities and organizations were struggling to find funds to help blind children receive the medical, educational and recreational equipment they needed to survive. In 1957, Colonel Stone turned to his Military Police branch members and asked if each member could donate a few dollars to help this worthy cause. This turned in to what is now known as the Military Police Fund for Blind Children (MPFBC). Today, this charity is completely run and managed by Military Police members of all ranks, who volunteer their time and efforts to host activities and raise money for the Blind Fund. It is a completely unique charity in the fact that it is one of the only charities recognized and approved by the Chief of Defence Staff. Its mandate is to ensure blind children across Canada under the age of 21 receive the support and equipment they need to succeed in life. This summer the Military Police of 8 Wing Trenton will be hosting various events over the next few months in order to raise money and contribute to the Military Police Blind Fund efforts. Last year we raised just under \$2,000 with our silent auction and unit functions. This year on June 21st from 5-9 p.m. we will be hosting a fundraiser at the Belleville Chapters store. Sales from this night will help us raise money that will go directly to our charity. We are also hosting a softball tournament at the RCAF ball fields on July 6. Put your team in now so that you don't miss out as we have some amazing prizes such as: a mountain bike, a composite bat and various door prizes. Last, but certainly not least, 8 Wing Trenton will be hosting the Military Police National Motorcycle Relay Ride from August 11-12. This motorcycle ride consists of veterans that dedicate their time and efforts to ride all the way from British Columbia to Newfoundland during the summer months. This ride not only raises awareness, but also collects donations towards the Military Police Fund for Blind Children. For more information check out their website: www.nationalmotorcyclerelay.ca. We hope to see you at one of our events this summer, remember this is for a very worthy cause. For further inquiries, please contact Cpl Carter at 613-392-2811 ext. 5382.



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Safety



Camping and Fire Safety

Campfire burns accounted for a large number of recreational burns treated at burn units. Be extremely careful with your children when you are camping. It is very easy for a child to fall into a campfire. Remember, too, children (like adults) are often mesmerized by the open flames and will want to “play” with the fire by poking it with a stick or adding fuel to the flames. Teach your children to respect fire. Your lessons will be strengthened by your own example.

- Never leave children unsupervised around a campfire, even for a second. Ensure a proper adult/child ratio when groups gather around a campfire.
- Make a rule that bans horseplay close to a fire pit.
- When building a campfire, do not use gasoline as a starter. The flash flame from igniting fuel-soaked materials can reach several feet beyond the perimeters of the fire pit and severely injure bystanders.
- Build a fire suitable to the task at hand, and avoid huge bonfires when children are present. Always be alert to changing wind conditions and watch for flying sparks and embers. Keep away from the downwind side of a fire.
- In addition to flash and flame burns, children are at risk for severe contact burns, particularly at campfires built in sand pits. Because ringed pits resemble sandboxes, many children mistake them for play equipment.
- Children need to be taught that the stones ringing a fire pit become extremely hot and can not only burn little hands, but melt the bottoms of shoes. Be alert to hot coals and embers that may fly outside of the fire perimeter. This is a good reason to ban bare feet near a campfire.



- Often people extinguish pit fires by smothering them with sand. Unfortunately, this practice can create an oven in which coals continue to burn for hours. Children have sustained third degree burns that have required skin grafts after contact with the hot sand. Extinguish pit fires by dousing them with water, stirring the ashes, and pour-

ing more water over the site. Repeat this procedure until the pit is completely extinguished.

- Most tents are very flammable. Fatalities have occurred when tents in which children were sleeping caught fire. Make sure children do not have matches or a lighter when they are “camping out.”
- When cooking on a campfire, pick up

pots and pans with a pot holder – and only after you know where bystanders are, in relationship to your planned path.

When you are roasting marshmallows, assist young children. Never shake a flaming marshmallow – it could turn into a flying, flaming, napalm-like ball.

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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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.



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Trenton MFRC thanks its volunteers

By Makala Chapman

The Trenton Military Family Resource Centre (MFRC) and Personnel Support Programs (PSP) are once again saying thanks to all of their volunteers. In their honour, an appreciation dinner was held at Occasions By the Bay in Quinte West on May 29. Kate Buttaro, Volunteer Services Coordinator, spoke about how grateful she has been for the centre's more than 200 volunteers and all that they do. She noted that many of the programs, services and events hosted by the MFRC would not have been possible without their support. "Volunteers are critical and the most invaluable piece to the MFRC," she said. "Anybody is welcome to come be a volunteer and we certainly have many opportunities to do so. It's so rewarding to help make a difference in someone else's life and to support the families of those who serve our country." Also noting her gratitude for the volunteers was PSP's manager of Health Promotion Lisa Refausse. "PSP collaborates with the MFRC on many events," she said. "We also wouldn't be able to run a lot of our events without the volunteers." In attendance at the dinner was longtime volunteer Stuart Gilboord. He said he first got involved with the MFRC six years ago and doesn't plan to stop any time soon. "The MFRC is a wonderful opportunity to work with a broad range of people, families and to support the military," he said. "It's been really great." In his role as a volunteer, Gilboord has helped out at events such as squadron family days, the MFRC's Invisible Ribbon Gala and the summer day camp program. He also

runs a support group for fathers with children six years and under at the MFRC called Pops and Tots. As for the most rewarding part of being a volunteer, Gilboord says it's really quite simple. "It's having a child hold my hand and look up at me and call me grandpa," he said. "I don't know these kids at all but they are missing their grandparents. So having a child trust me enough to take my hand and call me grandpa really means a lot." As for his final thoughts, he urged those interested in getting involved in their community to consider volunteering and see firsthand the difference they can make. A special thanks goes to the Canadian Forces Exchange System (CANEX), Chilango's Mexican Restaurant and Forget Me Not Florist for their sponsorship and aid in helping make the event possible. For those interested in learning how they can volunteer with the Trenton MFRC, call 613-392-2811 ext. 3557 or email kate.b@trentonmfrc.ca.



Trenton MFRC volunteers enjoy an appreciation dinner in their honour on May 29.



8 Wing Trenton, MFRC and PSP staff accept a donation from CANEX retail store at the volunteer appreciation dinner on May 29.



Wing Chief Warrant Officer Troy Zuorro picks the raffle winner.

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Initiatives launched to retain and increase RCAF personnel experience levels

From Lieutenant-General Al Meinzing-er Commander of the Royal Canadian Air Force

Quality of Life — Quality of Service

The Chief of the Defence Staff recently launched "Operation EXPERIENCE", which directs the Canadian Armed Forces to implement immediate actions to stabilize and rapidly increase levels of pilot experience. These actions are nested within a broader RCAF campaign plan, "Operation TALENT", which focuses on the quality of life and quality of service of all our personnel and their families. It addresses, in particular, the intake, training, absorption and employment of our members. Although these two directives have been published separately, be assured that they address two aspects of a single challenge and we will implement measures arising from both

in a seamless, mutually complementary and holistic manner. Together, these initiatives are vital in face of an unprecedented level of global competition for the skills of pilots, technicians, highly trained aviation specialists and support personnel. We are at risk of losing the depth of experience that our more senior personnel possess and, thus, the ability to mentor, train and transfer knowledge to our newer aviators and bring them to an operationally effective level. Without action to stabilize our levels of experienced personnel, the RCAF's operational output will be further impacted. Increasing our intake and our training capacity is not enough. We must nurture an environment where the RCAF's quality of life and quality of service make it more attractive for our members to stay than to leave. The challenge is complex, however, and will require equally complex solutions. We are already working on several solutions

to alleviate our situation. We will implement some of them quickly but others, I want to be clear, may take up to five to seven years to put in place. We're already seeing progress on the establishment of a new Air Operations Support Technician occupation (Reserve Force) that will augment force protection capabilities and provide support to aircraft maintenance and search and rescue activities. This will allow highly qualified Aviation and Search and Rescue Technicians to focus on their primary functions. We will begin accepting applications to this occupation this summer. Planning is also under way to establish an Air Operations Officer occupation (Regular Force) that will focus on non-flying activities, thereby returning more aircrew to the flight lines. More immediate actions include adjusting the restricted release policy and increasing the length of first flying tours to a minimum of four years. Additional initiatives

are outlined in our Fact Sheet (www.rcf-arc.forces.gc.ca/en/index.page). You will be able to learn more about both operations at future town halls in your locations, and we will distribute a "tool box" through the chain of command for leaders at all levels to use. We will also set up an intranet page that will keep you up to date on the progress of all our initiatives. In the meantime, I encourage you to read the upcoming edition of PERSpectives (<http://rcf.mil.ca/en/d-air-pers-strat/perspectives/rcf-perspectives.page>), which contains a more detailed account of our planned way ahead. As we work to ensure the RCAF remains an effective provider of air and space power for the Canadian Armed Forces and the Government of Canada, I encourage you to become informed, do your part and always keep in mind the words of our motto: Such is the pathway to the stars – Sic Itur Ad Astra.

Lancement de mesures visant à maintenir et à accroître le niveau d'expérience du personnel de l'ARC

Un message du lieutenant-général Al Meinzing-er, Commandant de l'Aviation royale canadienne

Qualité de vie — Qualité de service

Le chef d'état-major de la défense a récemment lancé l'« opération EXPERIENCE », qui prescrit aux Forces armées canadiennes de prendre immédiatement des mesures afin de stabiliser et d'accroître rapidement le niveau d'expérience des pilotes. Ces

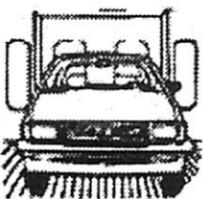
mesures s'inscrivent dans un plan d'action plus large à l'échelle de l'ARC, l'« opération TALENT », qui porte sur la qualité de vie et la qualité de service de tous les membres de notre personnel et de leur famille. Il touche notamment au recrutement, à la formation, à l'intégration et à l'emploi de notre personnel. Bien que ces deux directives aient été publiées séparément, rassurez-vous, elles portent sur deux aspects d'un seul problème et nous prendrons des mesures qui découleront de chacune de manière harmonieuse, complémentaire et globale. Ensemble, ces mesures revêtent un caractère vital compte tenu du niveau sans précédent de la concurrence mondiale pour les compétences de pilote, de technicien, de spécialiste en aviation hautement qualifié et de personnel de soutien. Nous risquons de perdre l'expérience considérable de notre personnel supérieur et, par conséquent, notre capacité d'assurer le mentorat et la formation des nouveaux aviateurs, ainsi que de leur transmettre les connaissances nécessaires, autant de choses essentielles afin de les préparer à mener des opérations avec efficacité. Si nous n'agissons pas afin de stabiliser nos niveaux de personnel d'expérience, la capacité de l'ARC de s'acquitter de ses opérations en souffrira da-

vantage. Toutefois, accroître l'enrôlement et la formation ne suffit pas. Nous devons favoriser l'établissement d'un milieu dans lequel la qualité de vie et la qualité de service de l'ARC font en sorte que rester en poste présente plus d'avantages que d'inconvénients pour les membres de notre personnel. Il s'agit d'un problème complexe qui nécessite des solutions également complexes. Nous travaillons à élaborer plusieurs solutions en vue d'alléger la situation. Nous en adopterons quelques-unes rapidement, mais d'autres, il faut que vous le sachiez, pourraient prendre de cinq à sept ans avant de voir le jour. Nous constatons déjà des progrès dans le processus de création d'un nouveau métier de technicien de soutien des opérations aériennes (Force de réserve), qui vise à augmenter les capacités de protection de la force, ainsi qu'à soutenir les activités d'entretien des aéronefs et de recherche et de sauvetage, ce qui permettra aux techniciens en aviation et en recherche et en sauvetage hautement qualifiés de se concentrer sur leurs responsabilités principales. Nous commencerons à accepter les candidatures pour ce métier dès cet été. Nous procédons également à la planification nécessaire à l'établissement d'un poste d'officier des opérations aériennes (Force régulière), qui portera, lui, sur les activités qui ne sont pas liées au vol, permettant ainsi à plus de membres du personnel de rejoindre les équipages sur la piste. Parmi les mesures à prendre très

prochainement figurent la modification de la politique de libération restreinte et la prolongation de la première période de service aérien à un minimum de quatre ans. Consultez la fiche de renseignements (« Les mesures portant sur la qualité de vie et la qualité de service » sur le site web www.rcf-arc.forces.gc.ca/fr) pour connaître d'autres mesures. Vous aurez l'occasion d'en apprendre plus sur les deux opérations lors de futures assemblées générales qui se tiendront près de chez vous. Nous vous ferons également parvenir une « trousse d'outils » par l'intermédiaire de la chaîne de commandement; celle-ci sera utile aux dirigeants à tous les niveaux. Par ailleurs, nous créerons une page intranet où vous trouverez les dernières nouvelles sur les progrès accomplis au sujet de chacune des mesures. Entre-temps, je vous invite à lire le prochain numéro de PERSpectives (<http://rcf.mil.ca/fr/d-air-pers-strat/perspectives/rcf-perspectives.page>), qui traitera plus en profondeur de notre plan pour l'avenir. Tout au long de notre travail afin de faire en sorte que l'ARC puisse rester en mesure d'exercer une puissance aérienne et spatiale avec efficacité au nom des Forces armées canadiennes et du gouvernement du Canada, je vous encourage à vous informer, à contribuer aux efforts et à toujours garder à l'esprit notre devise : Telle est la voie vers les étoiles, « Sic itur ad astra ».

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Photo courtesy of Corporal Desirée Thomas-Bourdon

The Royal Canadian Air Force has launched initiatives to retain and increase the levels of its personnel's experience to ensure the RCAF's continuing health and ability to achieve mission success.

National Public Service Week celebrated at 8 Wing

By Makala Chapman

The public servants of 8 Wing Trenton are being recognized for their hard work and dedication to the Wing. In their honour, a free barbecue

and social was hosted behind the Junior Ranks' Mess on June 11. Helping serve up hot hamburgers and hot dogs to the more than 500 people that attended the luncheon was new Deputy Wing Commander Lieutenant-Colonel Jennifer Kennedy, Chief Warrant Officer Bruno Poirier, 8 Wing Commander Colonel Mark Goulden, Wing Chief Warrant Officer Troy Zuorro and others. The event tied in with National Public Service Week, which was first created as a way to recognize the efforts and sacrifices made by all civilian government employees back in 1992.



Civilian government employees play a large role in helping things run smoothly at 8 Wing and were celebrated at a BBQ luncheon on June 11.

Members of the 8 Wing Trenton's command team serve up hamburgers and hot dogs at the National Public Service Week barbecue on June 11.



Photos by Makala Chapman



MFRC ANNUAL GENERAL MEETING

Join us for refreshments as we review the past year & look towards another year of growth!

Thursday, June 27, 2019

6-7 p.m.

Trenton MFRC

50 Rivers Drive, East

For more information on the Trenton MFRC, please visit www.trentonmfr.ca or www.cafconnection.ca/trenton.

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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.
- **June 17** – Ball Hockey Regional tournament to be held at 8 Wing Trenton at the RCAF Arena. Opening ceremonies set for 1:45 p.m. on June 17.
- **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.

SUMMER KICK-OFF YOUTH DANCE!

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21 June / juin
7:00 - 9:30pm / 19H00-21H30
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Register & prepay at MFRC reception by June 19 / Inscription et paiement sont dus d'ici le 19 juin.

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HOME ALONE SAFETY

Saturday, June 22, 2019

9 a.m. - 4 p.m. | \$50 + HST
Trenton MFRC | Registration deadline: June 17
Ages 9-12

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Le samedi, 22 juin, 2019

9 h - 16h | 50 \$ + HST
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Les âges 9 - 12

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Golf Tip of The Week

Courtesy of Roundel Glen Golf Course
at 8 Wing G/CfB Trenton

Gain Clubhead Speed to hit it LONG!

Three easy moves that will get you further down the fairway

Speed Factor #1

Turn your back to the target.

Make a complete shoulder turn during your backswing. We all swing a little differently when we play golf but this is a fundamental that is key when trying to achieve maximum clubhead speed. You will know you have achieved a full shoulder turn when your lead shoulder (left shoulder for righties and right shoulder for lefties) settles underneath your chin and your back is pointing directly at the target.

Speed factor #2

Soften the wrists

Tension in your arms and wrists can kill your clubhead speed. Don't let your wrists get stiff on the downswing. Having supple wrists in the downswing allows the clubhead to lag behind your hands; the longer that lag lasts the more speed you'll have at the bottom of your swing when you release the club.

Speed factor #3

Turn your hips - fast

As you approach impact, make sure your turning your hips strongly to the left. This along with soft wrists, allows your lead arm (Left arm for righties and right arm for lefties) to lead the clubhead into the ball. This is a key power move - do it correctly and the club will whip through the ball at max speed.

Hitting the greens with the intersection golf league

By Second Lieutenant Ryan Ferguson

NOTE: The following is a personal account from 8 Wing intersection golf league member Lieutenant Ryan Ferguson. He, along with dozens of other golfers, participated in the opening day of the intersection golf season at 8 Wing Trenton's Roundel Glen Golf Course on June 4. In attendance to officially mark the beginning of the season and welcome golfers was Major Tricia Travers and Chief Warrant Officer Bruno Poirier. For more information on intersection golf, contact military sports coordinator Rachael Bertram at Rachael.Bertram@forces.gc.ca.

I remember it like it was just the other day. A soft drizzle gently fell, creating the telltale pitter patter against raincoats and the soddy ground. A mighty group of warriors assembled at the great fields of Roundel Glen, hardening themselves against the rain, they waited. Today would be a day different than other days. Today, these gods of the green would set the pace for what would soon become known across Ontario and talked about in hushed whispers and dark corners, the legendary tales passed down from generation to generation. Today, these mighty golfers would start the battle of 8 Wing. Through flash of iron and driven force, only one squadron would stand victorious at the end of a grueling summer of intense battle. I was not a seasoned veteran of the links like many of the warriors out there, but I stepped up nonetheless to carry the honor of 429 Squadron proudly on my shoulders. I stood alone against three of the biggest meanest ball crushers 8 ACCS had to offer, each one foaming at the mouth coupled with that crazed look in their eyes, the look that says it all: they came out to win! I approached the T-box, and steadied my gaze. The rain had begun to pelt down harder, dripping off the brim of my cap. Focusing, I selected the 'crusherator,' teed up my ball, and with the force of a C-17, blasted it down the fairway. The competition had begun.



Members prepare for their first game of the 2019 intersection golf league.



Major Travers teeing off at the Roundel Glen Golf Course on June 4.

Photos by Makala Chapman



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Defence Construction Canada's technical specialist Ashley Remeikis presents 8 Wing Trenton's energy savings in the last three years.

of difference. As a result, one of the big projects she said she would be tackling will be replacing the lights in Hangar 1, located on the north side of the Wing, with LED lights. "We're basically going to be cutting (energy) consumption in half by going to LED," she said. "That's expected to save approximately \$80,000 a year in electricity costs and that's just in Hangar 1."

Remeikis added that the Wing's participation in incentive programs offered by companies such as Hydro One and Enbridge/Union Gas, through government funding, have also helped contribute to the overall success. As an example, the installation of three condensing make-up air units (MUA) at 2 Air Movement Squadron

resulted in a \$12,900 incentive from Enbridge/Union Gas. A condensing make-up air unit is a piece of machinery that can heat, filter and disperse fresh air within large buildings. This retrofitting of technology alone is expected to save the Wing approximately \$7,000 per year. "It's not just



Enbridge/Union Gas' Bryce Oliver presents 8 Wing Trenton with an incentive cheque at a presentation held at the National Air Force Museum of Canada on June 11.

about looking for new opportunities," said Remeikis. "It is also about integrating energy efficiency into existing operations." As for Hydro One, they too cut the Wing a cheque for various incentives and requirements met for a grand total of \$140,130. More than \$83,000 of that figure was amassed thanks to the Wing's most recent build, the construction of Hangar 6, which incorporated energy efficient technologies where possible. For the future, Remeikis said she's looking forward to helping the Department of National Defence (DND) reduce their carbon footprint by 40 per cent by 2030. She noted they were well on their way to achieving that goal and are currently sitting at 22 per cent. "We also want to get to 80 per cent by 2050," said Remeikis. "It's important to be accountable as a federal agency. On a personal level, climate change is real and anything we can be doing to help mitigate and adapt to that is important." In attendance at the presen-

tation on behalf of Enbridge/Union Gas was energy conservation advisor Bryce Oliver. He noted his company has been in the energy conservation industry for about 20 years and are always pleased when customers take it upon themselves to incite change. "It's great to see that the federal government and its bases are getting on board with this initiative and leading by example," he said. "Enbridge Gas has a strong mandate on (greenhouse gas) reduction and we're very strongly tied to the communities that we serve. We only have one planet so it's important for all of us to use what we have more efficiently to make it last longer." On hand at the presentation to accept the incentive cheques was Major (Maj.) Natasha Bolduc. She is the officer commanding of the Real Property Operations detachment at 8 Wing Trenton and her team is responsible for the infrastructure portfolio at the Wing. "It's an important initiative because it's multifaceted," she said. "The money from the savings are going to be reinvested back into our infrastructure, which will further compound additional savings moving forward." She added while 8 Wing has always been conscious of their carbon footprint, a strong focus on leveraging an energy management savings plan first came into play around 2012. Maj. Bolduc noted she has been proud of the efforts put forth by the members of the Wing. "It's not only a government initiative," she said. "We need to look at it from a cultural perspective as far as the environment in which we live in and preserving it for the future. Energy management is everybody's responsibility."

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June & July 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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
30	1 Canada Day – MFRC Closed!	2	3	4	5	6

● **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.
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 with your questions.

● **MFRC Annual General Meeting**

Thursday, June 27, 6 p.m.
Join us for our Annual General Meeting! You'll hear what the MFRC has accomplished in the last year, browse through the latest Annual Report, as well as review proposed bylaw amendments for the MFRC. (Copies of the bylaws are available upon request). Refreshments will be served. For more information, please contact Adele Johnson, Executive Assistant: 613-392-2811 ext. 3899 or adele.j@trentonmfr.ca.

● **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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