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

## Athletes shine at 32nd annual Surf N' Turf relay race



Photo by Leading Seaman Dan Bard

Chief Warrant Ofj cer Troy Zuorro (left) and 8 Wing Commander Colonel Mark Goulden (right) congratulate Surf N' Turf tin man winner Master Corporal Mikaël Charbonneau-Lemaire on jrst place on June 14.

By Makala Chapman

A passion for fitness and friendly rivalry are just two of the reasons the McGrath twins say they chose to compete in this year's 32nd annual

Surf N' Turf relay race at 8 Wing Trenton. Despite their competitive nature, the sisters joined forces and took on the eight-leg relay race with a team of their own on June 14. Both with busy schedules, as Caitlin McGrath



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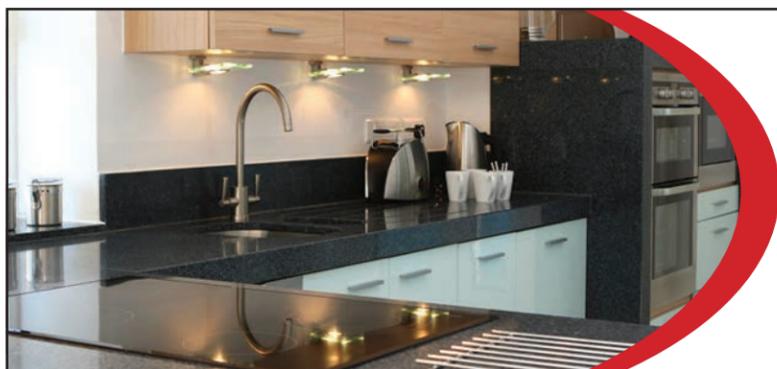
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Master Corporal Mikaël Charbonneau-Lemaire crosses the jnish line to take jrst place in the tin man category at the 2019 Surf N' Turf relay race at 8 Wing Trenton on June 14.

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# Sports & Recreation



## 2019 Ontario Region Ball Hockey

### Contact News

Trenton is just one of five teams that competed in this year's regional tournament being hosted at 8 Wing Trenton. Amongst the other teams were players from Kingston, Borden, Petawawa and North Bay. The weeklong tournament ran from June 17-June 21. For more on this story, check out next week's edition of the Contact Newspaper.



Photo courtesy of PSP CFB Trenton

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## GOLF TIP OF THE WEEK

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

### Alignment

Without a doubt, every time I give an on course lesson, I find alignment issues. The serious issue with this is your swing path is affected by faulty alignment. In most cases, the golfer is aligned to the right, (for right handers) only to swing the golf club across their body or to the left. The by-product is scooping, breakdown of the left wrist, and either a high fade or a pull shot.

A timeless visual comes to us from the great Arnold Palmer; thinking of a railway track, your target line is the right side of the railway track (where your club lays at address) and your body (feet, knees, hips and shoulders) is the left side of the track for righties. The two are absolutely parallel!!!!

#### How to get aligned:

1. Get behind the golf ball and get your belly button, the ball and your target in a straight line.
2. Once you have this in line, pick a spot about 6 inches in front of your ball.
3. Set the leading edge directly in line with your intermediate Point the leading edge of the golf club at your target. The leading edge being the front edge of the golf club face and should be a straight line, never have the toe ahead of the heel or the heel ahead of the toe.
4. Then you set your body (shoulders, hips, knees and feet) parallel to the club face.

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# Photos of the Week

## CFS Alert: Op NEVUS



Photo by Sergeant M. Drouillard

## Botanical garden dedication



Photos courtesy of The Garden Place Landscaping Company

## Mission Support Squadron

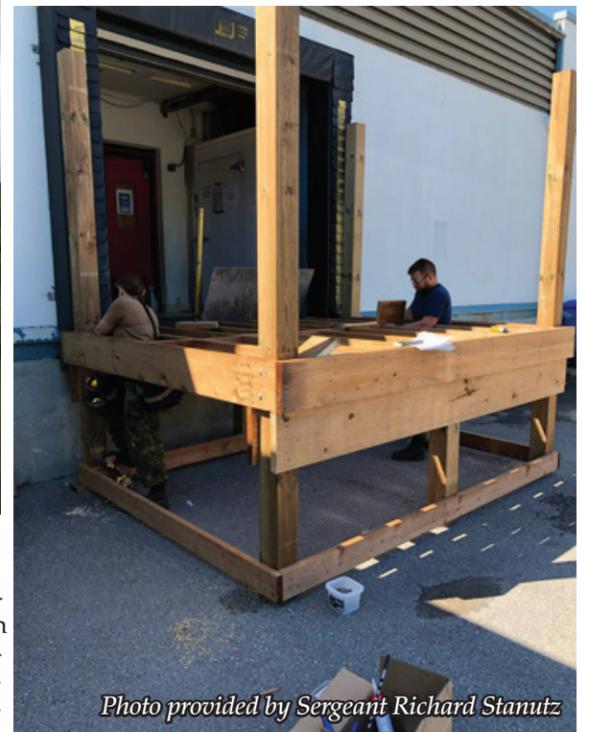


Photo provided by Sergeant Richard Stanutz

By Second Lieutenant S. Mills

Every year CFS Alert supports Operation NEVUS in executing their mandate to provide critical maintenance to the High Arctic Data Communications System (HADCS) in Fort Eureka and other microwave sites in the area. On June 13, a CC-177 Globemaster delivered two CH-146 Griffons to assist in the execution of their mission to ensure communications between CFS Alert and CFS Leitrim remain operational. In recent years, an environmental mitigation objective has been incorporated into this operation. The intent is to remove fuel barrels that have been situated in various locations on Ellesmere Island in an effort to enhance DND's positive environmental stewardship in Canada's North.

Contact News

A new garden was dedicated in honour of Canada's service members, first responders and their families at Quinte Botanical Garden early this month. The garden's plaque reads "Thank you for keeping us and our country safe". The dedication was built thanks to Deanna Groves and John Riedl, co-owners of the Garden Place Landscaping Company and Quinte Botanical Gardens. Check out this tribute in person at 664 Glen Ross Rd., Frankford, ON.



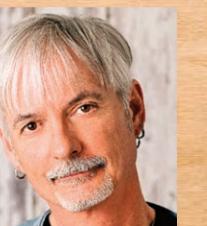
By Sergeant Richard Stanutz

Corporal Marie Guérin and Corporal Alexander Holmes-Makcrow, Construction Technicians from 8 Mission Support Squadron's 81 Construction Engineer Flight, construct a new deck at the 8 Wing Yukon Galley. This will allow simultaneous access to additional food storage trailers used to accommodate the increased demand of approximately 1000 Air Cadets training at 8 Wing during the summer months.



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# Safety



## Safety when it comes to dangerous digs

If you work in construction, or even if there is construction going on in your workplace, you need to be aware of the dangers associated with excavations. An excavation is a hole in the ground made by mechanical means - in other words, it was dug by a shovel or machine rather than occurring naturally. Excavations are a regular part of road construction. Trenches are also dug to install water, natural gas and power utilities underground. Excavations are made for basements and construction footings as building projects get underway.

If an excavation or trench is not supported adequately or dug properly, it can collapse, trapping and crushing anyone who happens to be inside or standing on the bank. Dirt is surprisingly heavy. Even if the victim's head is not buried in a cave-in, the weight of the soil can suffocate him by crushing his chest. Other hazards around excavations are falls, engulfment by running water, falling objects such as tools, exposure to underground utilities and encounters with moving equipment.

Here are some reminders for excavation safety on and off the job:

- Call the utility company so you do not cut into electrical, water or gas lines.
- The soil must be analyzed by a qualified person to determine its stability and how to support it. Danger signals include loose soil, previously excavated ground and the presence of water. Certain types of soil are more likely to crack, crumble or liquify. Vibration from nearby machinery or traffic can also affect the stability.
- Support the excavation so the soil can-



not slide, according to regulations in your area. One method is sloping the sides instead of leaving them steep. Sides of a pit can be shored up with sheets, braces, jacks and other means. A trench must be stabilized by placing a heavy metal shield or box in it to support the sides.

• Wear the required Personal Protective Equipment, including a hardhat, when working around a construction

zone. Secure the area so passers-by cannot approach or enter the excavation.

• Excavations and heavy equipment are usually found together. Keep your distance from backhoes, dump trucks and other large vehicles. Never assume the operator sees you. Be aware of backup alarms, but never rely on them to alert you to vehicle movement.

• As a construction worker, you need training in avoiding hazards around excavations.

No matter what your occupation may be, you should know why it is important to stay away from excavations at your plant, along the streets and in your neighbourhood. For do-it-yourself weekend construction projects, find out the local requirements for supporting excavations.

### 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

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### ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case (not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.
- Do not include clip art, graphics or photos within typed pages. Additional graphics, logos and photos must be sent as separate files.

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

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

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

### Letters to the Editor:

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



### A Military Community Newspaper

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



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## Upcoming Local Events

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- **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).



### 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](http://www.trentonmfr.ca) or [www.cafconnection.ca/trenton](http://www.cafconnection.ca/trenton).





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# RecPlex Community Day

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<b>10:00-10:30am</b>	Coffee Break
<b>10:00-12:00pm</b>	OPP Bike Rodeo - RecPlex Parking Lot
<b>11:00-12:00pm</b>	Learn to Stand-up Paddle Board in our pool!
<b>11:30-1:00pm</b>	BBQ Sponsored by CANEX at the RecPlex
<b>12:00-4:00pm</b>	Pool Activities Lane Swim 12:00-1:00pm Rec Swim with Wibit 1:00-4:00pm







Contact the RecPlex for details: 613.392.2811 ext. 3361



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**Thursday, July 18th, 2019**

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### Le jeudi 18 juillet, 2019

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Please buy your tickets and register for the bus by Friday, July 5th, 2019 at the MFRC.  
Priority to the military families until June 21st.

Achetez vos billets et réservez votre siège par le vendredi 5 juillet 2019 au CRFM.  
Jusqu'au 21 juin, la priorité est donnée aux familles militaires.

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# ATESS welcomes new chief warrant officer

By Makala Chapman

Members of the Aerospace and Telecommunications Engineering Support Squadron (ATESS), housed at 8 Wing Trenton, are welcoming a new leader into their family. In an official change of appointment ceremony, hosted at the National Air Force Museum of Canada, Chief Warrant officer (CWO) Shawn Brooks took over the reins from CWO Steven Compton on June 12. ATESS is responsible for everything from customizing technology to meet the demands of the Canadian Armed Forces to restoration projects. Amongst its members there are engineers, technicians, instructors and more. In his final speech to his squadron, CWO Compton thanked the members for an “amazing ride” that he couldn’t believe was over after almost four years. In his time as chief, he noted it became evident that the people were the squadron’s most important asset. “Without the outstanding support of the members of ATESS, what we have accomplished would not have been possible,” he said. Chief Warrant Officer Compton then went on to thank ATESS’ commanding officer Lieutenant-Colonel Guy Parisien for his leadership and for everything he has done and continues to do for both himself and the

squadron. In closing, he took a moment to welcome and offer a few words of advice to the incoming chief warrant officer. “The squadron is in good hands and I know you will succeed in moving the yard stick forward,” he said. “Enjoy the ride because it will be a rollercoaster guaranteed.” Also taking to the podium to share his first official words with the squadron was CWO Brooks. He started off by thanking his predecessor for his “passion, support and guidance to ATESS” and wished him the best in his future endeavours. “You’ve set the bar high,” said CWO Brooks. “I will continue your efforts in ensuring ATESS and its capabilities are well known across the RCAF and the CAF as a whole.” He then went on to note that his priority as chief would be to visit each unit within ATESS and get a better understanding of what the members do on a daily basis so he can better support them moving on. He too reiterated the importance of family and treating each other with respect as it would only lead to success. “I hope to provide ATESS with a level of support that they deserve,” he said, “so that we continue to provide excellence.” In this instance, a chief warrant officer serves as a command team partner with the unit’s commanding officer.



Chief Warrant Officer Shawn Brooks, Chief Warrant Officer Steven Compton and ATESS commander Lieutenant-Colonel Guy Parisien at the official change of appointment ceremony on June 12.



Chief Warrant Officer Shawn Brooks thanks Chief Warrant Officer Steven Compton for all of his hard work over the past four years.



Chief Warrant Officer Steven Compton gives Chief Warrant Officer Brooks' wife a gift.

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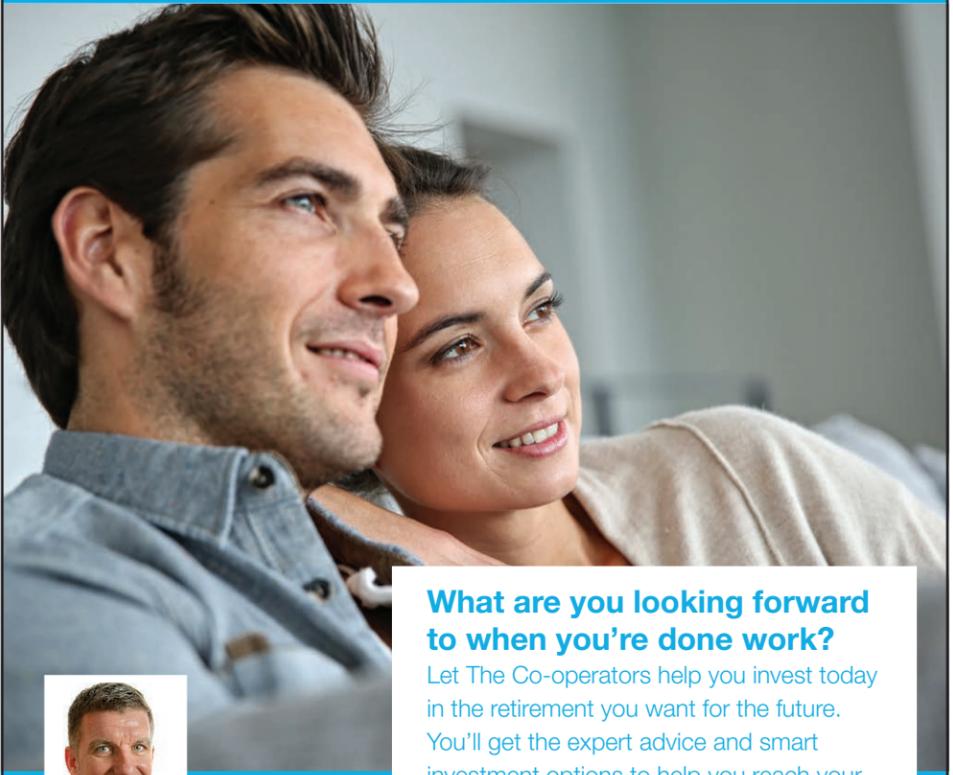
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# Surf n' Turf: Smashing,



Photos by Makala Chapman



Continued from page 1

is a local nurse and Aviator (Avr.) the docket, both agreed that the race Catherine McGrath is a financial services administrator in the military, their schedules don't often match up. But with this year's Surf N' Turf on

would serve as a great opportunity for bonding. However, the competition would be tough as they were up against 500 other athletes also looking to make their mark. Originally created in 1987 by a group of Search and Rescue (SAR) Technicians, the Surf N' Turf has since been a way to challenge and test an individual's level of athleticism. Throughout the years it has only grown in popularity and continues to promote friendly rivalry both on the Wing and within the community. The 60-kilometre race takes full advantage of the diverse terrain in the Quinte region and includes everything from mountain biking to trail running, as well as swimming and canoeing. For this year's race, the atmosphere was filled with excitement and anticipation as athletes readied themselves and their teams for the official start on Baker Island. Huddled in a corner with their team, doling out both pep talks and strategy plans, it was

evident that the McGrath sisters were ready and eager to get going. "Just don't come in last," Caitlin joked, "but obviously have fun." Offering a quick retort and an eye roll, Catherine reassured her sister she wouldn't. When asked what it meant to be able to the race with her sister, Caitlin noted it was special. "It's really nice to be able to do things with my sister," she said. "On top of telling each other not to screw up, we did also offer some encouragement and I know she's going to do great. This is our first time so we're pretty excited." Agreeing with her sister, Catherine added she hoped she had trained enough and was eager to do her best in the canoeing and road run portion of the race. As for the benefit of events like Surf N' Turf, Catherine noted it came down to helping encourage fitness in both the military and civilian community. "I enjoy staying physically fit and I'm glad the Base offered this opportunity," she said. "I also have this awesome female team competing with me and it's just a great chance for us to bond, have fun and show off a little girl power." Noting how pleased he was with this year's turnout was Surf N' Turf co-chair Captain (Capt.) Matthias Sinasac. Having only had a few months to prepare for this year's race, due to factors such as operational tempo at the Wing, he said he was exceptionally proud of all the committee members and volunteers that made it possible. "We had a record number of competitors," he said. "We were happy with the turnout and I can't say enough about the support we got from Wing. Overall things went pretty well." When asked to reflect on the athletes participating in this year's race, Capt. Sinasac noted it was hard to put into words how inspiring their drive and passion for fitness was. "Some of the teams and participants are doing this just to challenge themselves and that's all we can ask for," he said. "It's a good opportunity for military members and the civilian community to get out there and celebrate and work on their fitness together. What more can

Continued on page 9

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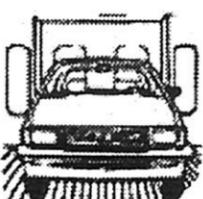
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# splashing and dashing!



### Continued from page 8

you ask for?" As the day progressed, one by one individual athletes, partners and teams ran their way through trails with puddles up to their calves and paddled their way across a windy Bay of Quinte. They then rallied through the winding roads of Batawa on their bicycles before racing through the forests of Frankford on foot. With only half the race completed, the athletes were then expected to hop on their mountain bikes and make the hilly trek up Batawa Ski Hill, where they then dismounted and completed a road run back to Trenton. Upon arrival, slapping on their swimsuits, they hopped in the pool at the RecPlex and completed a 500 metre swim. With the end in sight, athletes were required to make one last push as they made a 3.5 kilometre run to the finish line at Bakers Island. Once again reclaiming his title and taking home first place in the tin person category (solo competitor) was Master Corporal (MCpl.) Mikaël Charbonneau-Lemaire. The aviation technician completed the entire race in 3:27:50. Despite being a powerhouse and seasoned triathlete, even he noted that this year's course was not to be taken lightly and congratulated all that took part in the race. "The conditions were pretty harsh with the wind and the first run had lots of water throughout some of the sections,"

he said. "It was pretty challenging but we made the best of it and it was a great day overall." When asked what he did to keep focused when parts of the course got tough, he noted he thought of his late brother, Jordan Lemaire, and drew from his memory for motivation. "He was quite an athlete," he said. "Even more of one than I am. He always set an example for me and I drew my strength from that." MCpl. Charbonneau-Lemaire added that another fitness role model in his life has been his father, who at 61 years old, also competed in the Surf N' Turf as a tin man. "Hats off to him," he said. "My dad has always been a role model physically speaking. I remember coming home from school and he would be in the basement training and not much has changed." While he noted he was happy with second place standing overall, he was hoping to come in first place. But, he quickly noted that he had the utmost respect for the duo that did end up placing first and called them "incredible athletes". Taking home top spot in the tin mates section and first place overall was team 'Trainiac' with Corporal Chris Cheeseman and Jon Bell with a time of 3:18:57. As for the Surf N' Turf first place team winners, hats go off to four-person team 'Running Wild - Fantast' with a time of 3:43:13.

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**Location/Adresse:**  
 91 Namao Drive East / 91 Promenade Namao Est

**Office hours/  
 Heures de bureau:**  
 Monday to Friday 0800 - 1600 hrs  
 Du lundi au vendredi 08h00 à 16h00

**Services Times/  
 Heures des services religieux**  
 Protestant Sunday Service: 1100 hrs (English)  
 Service Protestant du dimanche: 11 h 00 (en anglais)  
**RC Sunday Mass:** 0900 hrs (English) 1000 hrs (French)  
 \*Last Sunday of each month: 0900 hrs (Bilingual)  
**RC Weekday Mass:** Tues, Wed, Thurs at 1200 hrs  
 (Subject to change without notice)  
**Messe CR du dimanche :** 9h00 (en anglais) 10h00 (en français)  
 \*Dernier dimanche de chaque mois : 9h00 (bilingue)  
**Messe CR en semaine:** mardi, mercredi et jeudi à midi  
 (12h00) (peut changer sans préavis)  
**BIBLE STUDY (English)/ÉTUDE BIBLIQUE (en anglais)**  
 : Wednesday at 1215 hrs/mercredi à 12h15



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**Wing Chaplain/Aumônier de la 8e Escadre:**  
 Major (Padre) Richard Bastien

**Unit Chaplains/Aumôniers des unités:**  
 Capt (Rabbi) Bryan Bowley  
 Capt (Padre) Audrey Brown  
 Capt (Padre) John Funelas  
 Capt (Imam) Mustafa Kaya  
 Capt (Padre) Jonathan London  
 Lt(N) (Padre) Gleb Pistruga  
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# Padre's Corner



## Understanding “Spiritual Resiliency”



A j le photo of the 8 Wing Trenton chapel.

By Padre Jonathan London

Since joining the Regular Force Chaplaincy only a short time ago, this is a term that I have been hearing a lot. By definition, spiritual resiliency refers to “an emotional, psychological and physical strength that allows each of us to stand in the face of life’s hardships, and have the fortitude to adjust or ‘bounce back’ from the dify cult things we face, more readily than those who overlook or neglect this discipline in life.” Given the need and importance of this discipline to the life and well-being of every individual, I can most certainly understand why the topic of spiritual resiliency receives so much attention in today’s Canadian Armed Forces. The development of this much needed and crucial discipline begins with the recognition that “spirituality” is just as vital to the overall health and wellness of each individual as every other dimension of human life. When the

spiritual dimension of the individual is allowed to exist in equal proportion to the Physical, Social, and Emotional, we will have the opportunity to know a well balanced life, just as it is also true that we will experience the opposite when one (or more) of these dimensions is lacking or underdeveloped. If well-being is our goal, then balance between each of these dimensions is key. “What is one of the biggest obstacles to achieving balance and resiliency in life,” you might ask? The problem (I would sometimes suggest), is that unlike the Physical, Social and Emotional dimensions of life, the Spiritual dimension is given too little attention relative to its importance and place in the human experience. Sure, we may feel that we are doing great in each of the former three, and that we do not need to concern ourselves as greatly with the “spiritual” things of life, but let me ask you this: how many of us would be content taking a trip from Trenton to Vancouver in a vehicle with only three, properly inflated tires? No matter how strong one’s resolve, having just three serviceable tires will only take a vehicle so far, just like spiritual resiliency is all but impossible when our lives do not give proper attention to, and exist in balance with, all dimensions of the human experience. Yes, spiritual growth (like every other dimension of life) doesn’t come naturally and can take a lot of hard work and discipline on our part but the good news, for those that do make the effort, is that this growth not only contributes to our well-being in life, but even more than this, it serves as a place from which we derive a spiritual resilience that will help us to not only survive the dify cult time that we face, but help us to thrive amidst the valleys and storm clouds that come our way.



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## June & July 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1 Canada Day – MFRC Closed!	2 Youth Centre, Ages 6-8	3 Youth Centre, Ages 8-12	4 Youth Centre, Ages 10-14	5	6
7	8	9 Triple P Seminar  Youth Centre, Ages 6-8	10 Youth Centre, Ages 8-12	11 Youth Centre, Ages 10-14	12	13
14	15	16 Youth Centre, Ages 6-8	17 Youth Centre, Ages 8-12	18 Canada's Wonderland Bus Trip Youth Centre, Ages 10-14	19	20

● **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	

● **Canada's Wonderland Bus Trip**

Join us as we take a road trip to Canada's Wonderland! Enjoy the water park and roller coasters, including the brand new Yukon Striker coaster as we spend a full day in the park.

Thursday, July 19 - We will depart the MFRC at 7 a.m. and leave Canada's Wonderland at 8 p.m. Adult - \$49.43 Junior/Senior - \$44.91\*3 years and under 48" or 60+ years The cost includes admission, and an all-you-can-eat buffet lunch. Coach Bus Transportation (limited seating): \$5 per person (military families) \$10 per person (civilians) Please buy your tickets and register for the bus by Friday, July 5 at the Trenton MFRC. \*Priority is given to military families until June 21 For more information, call 613-965-3575.

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