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

## Invisible Ribbon Gala brings in over \$127,000 for Trenton MFRC



Photos by Makala Chapman

MFRC board chair Linda Blanchette (middle) accepts a surprise donation from the Belleville Senators at this year's Invisible Ribbon Gala on May 11.

By Makala Chapman

The needs of the military community will continue to be met thanks to some much-needed funds raised through this year's Invisible Ribbon Gala. The annual event, now in its 15th year, is one of the Trenton Military Family Resource

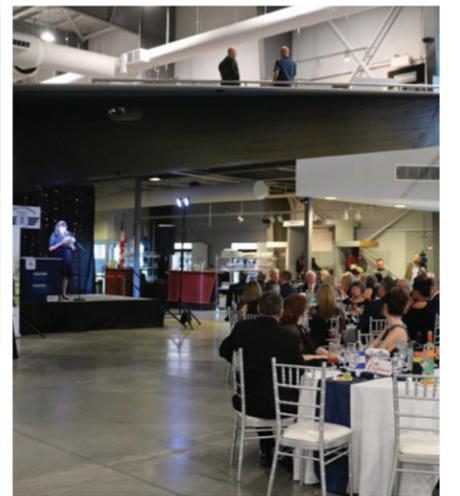
Centre's (MFRC) biggest fundraising initiatives and is critical in ensuring their various programs and services can continue to run. This year's gala was no exception as the community once again rallied together for an evening of fun at the National Air Force Museum of Canada on May 11 in Quinte West. This year's

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Hundreds descended upon the National Air Force Museum of Canada in support of the Trenton Military Resource Centre's annual gala on May 11.

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# Spitfires and Hurricanes: Winners of the Battle of Britain and their Canadian connection

By Charles Richard 'Dick' Harington

Hawker Hurricanes and Supermarine Spitfires were the thunder and lightning of the Royal Air Force (RAF) during and after the Battle of Britain (July 1 – October 31, 1940) – the bulldogs and greyhounds of the chase. Usually the slower Hurricanes took on the lower-flying German bombers, while the more agile Spitfires sought out the faster, higher flying German fighters such as the Messerschmitt Bf109s. And thanks to Canadian-born Lord Beaverbrook, Churchill's Minister for Aircraft Production, Hurricanes and Spitfires were never lacking. Among many notable Canadian pilots of these aircraft were the ace Johnny Kent of Winnipeg who, for a while, led the RAF's famous Polish 303 Squadron of Hurricanes during the Battle of Britain (Figure 1), and George "Buzz" Beurling of Verdun – the highest scoring ace (32 victories) flying Spitfires in defense of Malta. He was shot down four times and survived. It is worth remembering two great Canadian aeronautical engineers, Beverley Shenstone of Toronto and Elsie MacGill of Vancouver for their contributions to the design of the Spitfire and development of the Hurricane respectively. Beverley Shenstone (1906 – 1979), worked with the master designer of the Spitfire, R.J. Mitchell, and was mainly responsible for the beautiful and effective extra-thin elliptical wings of that aircraft. They were tailored, along with the streamlined fillets at the wing roots, to create smoother surface airflow resulting in greater speed and better lift, stall and spin characteristics, allowing Spitfires to out-turn, as well as climb and roll better than any competing German or

British fighter of the period – especially the Messerschmitt Bf109. Shenstone was born in Toronto, and taught by his uncle to sail. He designed, built and raced model yachts, accounting for his lifelong fascination with design of boats, flying boats and aircraft. He graduated from the University of Toronto in 1928 with an engineering degree, followed by a master's on research into flying boat stability under the supervision of Professor John Parkin. During a Royal Canadian Air Force cadetship, he learned to fly, earning him a permanent RCAF commission. While most aircraft were fabric-covered, wooden biplanes, Shenstone realized that metal monoplanes were the future. He got a position with Junkers in November 1929 at Dessau, Germany. After basic factory work, he studied the all-wing theories of Hugo Junkers, and was led to the premier gliding centre in Europe (the Wasserkuppe near Gersfeld, Germany) and spent the winter of 1930-31 with Alexander Lippisch developing tailless gliders and learning to glide himself. While there, he met RAF Air Commodore John Chamier who got an interview for him with Reginald Mitchell at Supermarine. Mitchell was impressed with Shenstone's expertise in aerodynamics

and gave him a full-time position, and the rest is history. The first Spitfire was produced in 1936, the last in 1947. During that time there were at least 46 different Spitfire types (Marks) filling different niches. They helped to change the fate of mankind. Also, during a 1938 trip to Germany Shenstone caught a glimpse of the still-secret Messerschmitt Me110 and was able to inform the British Air Ministry of its structure, probable speed and other capabilities. After the war, Shenstone held important technical positions in large aircraft companies such as A.V. Roe (Canada), British European Airways (1947-1964) and British Overseas Airways Corporation. He made many contributions to the establishment of gliding and soaring in Canada and was of key importance in promoting man-powered flight. He died in 1979, just weeks before the Gossamer Albatross achieved a man-powered flight across the English Channel. Elizabeth ("Elsie") MacGill (1905-1980), born in Vancouver, was the world's first woman to earn an aeronautical engineer-



Photos submitted

Flight Lieutenant Johnny Kent with his Hawker Hurricane (303 Squadron) (Courtesy of [www.www2.images.com](http://www.www2.images.com)).



Beverley Shenstone as seen at Junkers, Dessau in 1929. (Photo: Shenstone family).

ing degree. During her early home-schooling years she had drawing lessons from the now famous Canadian painter Emily Carr. MacGill graduated from the University of Toronto in 1927 with a Bachelor of Applied Science in Engineering (a year before Shenstone), from the University of Michigan in 1929 with a master's degree in aeronautical engineering, and carried out doctoral studies at the Massachusetts Institute of Technology in Cambridge in 1932-34. Contracting polio just before

her graduation in 1927, MacGill was told she would probably spend the rest of her life in a wheelchair. Refusing that fate, she learned to walk supported by two strong metal canes. In 1934 she began work at Fairchild's Aircraft Factory in Longueuil as an assistant aeronautical engineer. In 1938 she presented a highly praised paper to the Royal Aeronautical Society in Ottawa "Simplified Performance Calibrations for Aeroplanes". She also presented "Aircraft Engineering in

Continued on page 3

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Hawker Hurricane (Courtesy DND/PA-145302).

Wartime Canada” as part of a Canadian Broadcasting Corporation series. In 1942 she was hired as Chief Aeronautical Engineer by Canadian Car and Foundry (CanCar) at Fort William (now Thunder Bay) to design and test a new training aircraft, the Maple Leaf Trainer II. Although she never learned to fly, she accompanied pilots on test flights – even dangerous first flights. Her role at CanCar changed when the factory was selected to build Hawker Hurricanes (Figure 5) for the Royal Air Force. MacGill streamlined production of this fighter aircraft, and winterized them by introduc-

ing de-icing and ski-landing systems. As an avid comic book fan at the time, I recall reading about her as “Queen of the Hurricanes”. Shenstone and MacGill knew one another, for in May 1945 he accompanied her to England as an adviser to ensure that Trans Canada Airlines’ North Star aircraft met British airworthiness requirements. In 1946 MacGill became the first woman to serve as Technical Adviser for the International Civil Aviation Organization. She was awarded the Order of Canada in 1971 for services as an aeronautical engineer and as a member of the Royal Commission



Elsie MacGill (1938) (Library and Archives Canada).

on the Status of Women. MacGill herself said, “I have received many engineering awards, but I hope I will also be remembered as an advocate of the rights of women and children.” In a thunderous verbal broadside that has echoed down the years, Winston Churchill, Prime Minister of Great Britain and a former First Lord of the Admiralty, near the peak of the Battle of Britain stated, “Never in the field of human conflict has so much been owed by so many to so few,” (One pilot is said to have quipped “Careful chaps, the PM has seen our mess bill.”) Of more than 100 Canadian pilots who took part in the battle – 23 sacrificed their lives and many more were wounded. But, never forget the outstanding contribution of two of Canada’s aeronautical engineers, Beverley Shenstone and Elsie MacGill.



Supermarine Spitfire showing the modified elliptical wing designed by Beverley Shenstone. (Photo: B. Shenstone).

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# Lawnmower Safety

Summertime is finally around the corner. This means that grass will start to green and grow, and people will be using lawnmowers to mow it. This also means that many people will pay a visit to emergency departments of hospitals throughout the country with lawnmower related injuries. In many cases, people use lawnmowers as part of their job. Because of the safety rules of the company, they wear the proper safety equipment such as steel toe boots and goggles. It's plain to see that this is not the case in most homes. Drive down a residential street on any summer evening and you will see people cutting lawns in sandals while their children are playing close by. On occasion, seemingly intelligent people will take a perfectly good hand and reach under a running lawnmower to retrieve something as valuable as an old stick, or a wet clump of grass. The result can be disastrous.

In order to prevent these things from happening, we must realize that lawnmowers are dangerous if used carelessly. Several features in newer lawnmowers have improved safety. For example, the deadman lever has to be kept depressed in order to keep the mower running. The rubber flap at the back helps prevent objects from being thrown by the blades. However, no safety feature is fool-proof. Always treat lawnmowers with respect.

Whether you use a gas, electric, riding or a push mower, keep the following tips in mind:

- Before you use the lawnmower, read the manufacturer's directions to familiarize yourself with all the controls.
- Clear objects such as bottle caps, rocks, roofing nails etc. from the lawn. A lawnmower can hurl objects at a speed of 320 km/hr. Keep children a safe distance away.
- Don't wear sandals or go barefoot when you mow the lawn. Steel-toed shoes are much safer. Safety goggles will protect your eyes.
- Lawn mowers are loud. Wear proper hearing protection such as ear plugs or ear muffs. Look in your yellow pages under safety equipment
- to purchase hearing protection.
- Cut the grass when it's dry. Wet grass clogs the mower, you may be tempted to remove it with your hand. Mowing the wet grass with an electric mower increases the chance of electric shock.
- When using electric mowers, be careful not to run over the cord. Make sure you are using a three-pronged plug and the electrical outlet has a Ground Fault Circuit Interrupter.
- Fill the lawnmower with gas in a ventilated



area when the mower is cool. Don't smoke while filling the mower. Store the gas in an approved container. Avoid filling the gas tank right to the top; leave an air space to help prevent spillage. If you spill gasoline, wait for it to evaporate before starting the lawnmower. If you have a riding mower, don't allow extra riders. Many children have been injured or killed while riding as passengers on small tractors. These machines are not designed to carry passengers.

## 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

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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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# Sports & Recreation



## Golf Tip of The Week

Courtesy of Roundel Glen Golf Course  
at 8 Wing CFB Trenton

# How to Properly Grip a Club

Content courtesy of the Roundel Glen Golf Course

The tip of the week is how to properly grip a club - One of the most important things for beginner golfers.

*"How do you grip a golf club?"*

You'll grip a club anywhere between 70 and 100 times per round, and there's no reason why you shouldn't get it right every time. Having the correct golf grip will enable you to deliver the club square to the intended target at impact. Grip the club in the fingers and lower palm of your top hand. (Left hand for righties and right hand for lefties). The top hand placement will have the grip running diagonally from the middle knuckle joint of your index finger through to just above the top knuckle joint of your little finger. For the ideal neutral grip, your left thumb should be positioned just to the right of centre. From there, attach your right hand by gripping with the middle two fingers and forefinger. Your right thumb should sit just to the left of centre. Do what feels natural for your bottom hand little finger placement. Overlap, interlock or 10 finger grip; choose what's comfortable. If your grip is truly neutral you should be able to see two knuckles on each hand at address. If you can't, your grip will either be too strong or too weak, causing you to make contact with the ball with either a closed or open clubface. When asking how you grip a golf club, use these checkpoints to make sure you are doing it correctly.

### Positioning

One common error I often see among amateur golfers is holding the club too far up the grip. This results in a loss of control and also causes shots to come out of the heel of the club. You should look to leave an inch between the top of your grip and the end of the club. By gripping slightly further down the shaft you will improve your consistency.

### Pressure

If you can feel tension in your forearms at address, then you're gripping the club too tightly. This will prevent you from completing a full shoulder turn. It's something that happens to all standards of golfer, particularly when playing under pressure. Focus on soft hands and not gripping the club too tight. Don't forget to waggle the club at address, as this action helps to alleviate tension."



## Noon Hour Ball Hockey



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## Continued from page 1

gala theme was inspired by travel and the luxuries of being "JetSetters". Staff with the MFRC noted that the theme was both the perfect mix of adventure and a celebration of aviation – aptly appropriate given the nature of the venue. Welcoming guests was the Trenton MFRC's Executive Director Tamara Kleinschmidt. She explained that similar to how it takes a team of staff at an airport to ensure a traveler is taken care of, it takes a community to ensure the needs of military families are met. "That whole team of people includes MFRC staff, receptionists, coordinators, childcare providers and counselors," she said. "They all work together to ensure each member of the military family feels welcomed, feels understood, feels supported and feels part of our community." As for what this year's funds will help go towards, Kleinschmidt shared it would be to expand their mental health team. While the MFRC already has four counselors, they are hoping to add a masters level counselor to the fold. "Military families are still facing waitlists to access our counseling services," she explained. "Our goal is to expand our mental health team. We will be able to shorten waitlists, as well as add couple's counseling and family counseling to our list of free and acceptable services for military families." Lastly, Kleinschmidt went on to thank the community for their continued support over the years, especially those that helped make events, such as the Invisible Ribbon Gala, possible. In a show of appreciation, sponsors of the gala were presented with plaques and a round of applause. Amongst this year's sponsors were Scotiabank, Star Metroland Media, Shorelines Casino, Batawa Development Corporation and more. Each year the Invisible Ribbon Gala brings in and around \$100,000. This year was no exception as \$127,398 was raised thanks to the contributions of gala attendees, donations and the live, online and silent auctions. Some of the larger donations included a surprise \$10,000 cheque from the Belleville Senators and \$15,000 from Scotiabank. "This is the second largest amount the Trenton MFRC has raised through the Invisible Ribbon Gala," shared the MFRC's communications and development coordinator Devon Taylor. "We feel so grateful. There are so many components to hosting a fundraising event like this - the sponsors and donors who believe in our cause, the volunteers who help run the event - we wouldn't be able to do it without

the incredible support from our community." Taking to the podium to also express his gratitude to all those supporting the military community was special guest speaker, Colonel (Col.) Dan Harris, the Director of Military Family Services. Having grown up in a military family and raising one of his own, he noted he was especially honoured to be at the gala advocating for those in the community. "The sole reason we concentrate so heavily on supporting the military family is because we know the impact that has on the operational effectiveness of the Canadian Armed Forces," he said. "We know we have to have the family support." Col. Harris reiterated the importance of support to military families since there are major factors that separate them from non-military families. Firstly, he explained that because they are often being relocated, it can be hard for them to establish roots in the different communities they are placed. Secondly, the extended absences from deployed members can also be difficult on family members, especially those with children. His last point was focused on the risks associated with the profession, which range from illness to injury and in extreme cases death. "You can imagine there are many military families that cope with (these factors)," he said. "These things can really impact a member's wellbeing or their mental health. We need support and we acknowledge that. The military family is the strength behind the uniform." Col. Harris finished his speech by encouraging those in attendance to continue supporting military families and thanked the MFRC staff for all of their hard work. "Thank you to the community," he said. "You're a wonderful community and we feel it. We feel how well we are supported." Sharing a few words of his own to close off the gala was 8 Wing Commander Col. Mark Goulden. He noted he continues to be touched by the communities' support each and every day. He added he was especially grateful to the MFRC as their work often happens behind the scenes and goes unnoticed. Having personally accessed the support of the MFRC during his career, Col. Goulden said he was able to attest to their criticalness and effectiveness. "The MFRC and what they provided for those initial years for my family is something I'll never forget," he said. "We have been well supported in our lives and I know that's going to continue in the future."



Gala attendees peruse some of the items available during the silent auction.



Trenton Military Family Resource Centre's executive director Tamara Kleinschmidt welcomes guests to the Invisible Ribbon Gala on May 11.



Col. Dan Harris thanks the community for their support of military families.



Media sponsors, including Star Metroland Media, were thanked for support to this year's Invisible Ribbon Gala.

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# Photos of the Week

## Mission Support Squadron

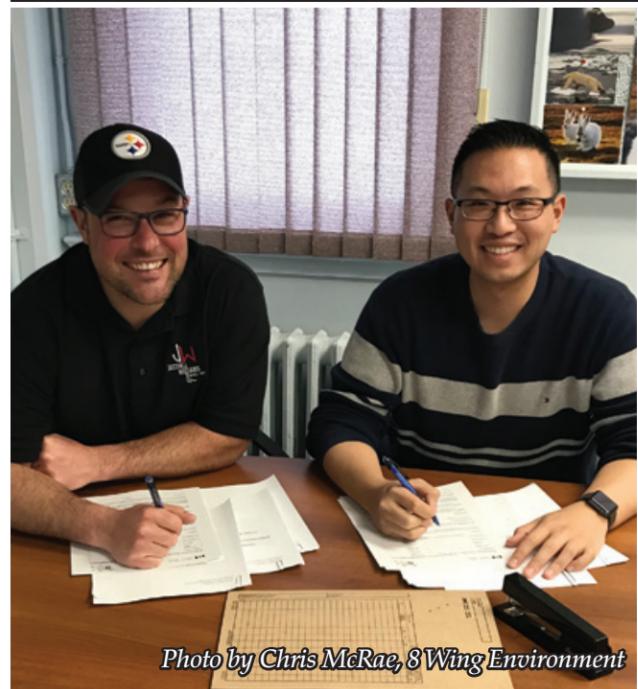


Photo by Chris McRae, 8 Wing Environment

Members of the 8 Wing Environment's Impact Review Board, from left: Mr. Nathan Koutroulides (Deputy 8 W Env O), Dr. Andrew Tam (8 W Env O), and Mr. Chris McRae (8 W Env Contaminated Sites Manager, not pictured)

By Andrew Tam, 8 Wing Environment

DND/8 Wing Environmental Management provides federal regulatory-based advice and impact review assessments for environmentally sensitive projects on DND/8 Wing Federal Lands. Environmental Specialist staff members on the 8 Wing Environment's Impact Review Board hold bi-weekly review boards to assess environmental effects and impacts for construction projects and physical activities submitted by stakeholders at 8 Wing. The review process aids in 8 Wing's compliance to the DND's Environmental Impacts Assessment Directive, the Canadian Environmental Impact Assessment Act, and in anticipation of the proposed Impact Assessment Act (Bill C-69). For more information and to inquire if your project or activity requires an impact assessment, please contact +8 Wing Environment.

## Invisible Ribbon Gala 2019



Photo courtesy of the Trenton MFRC's Facebook page

### Contact news

The Trenton Military Family Resource Centre (MFRC) held their 15th annual Invisible Ribbon Gala at the National Air Force Museum of Canada on May 11. More than 250 guests came out to support the organization with the goal of raising funds to help the MFRC expand their mental health team. In total, more than \$127,000 was raised thanks to donors and sponsors. Pictured here is just some of the many MFRC staff and volunteers that were needed to make this year's event a success.



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## CFS Alert: NORAD Visits



Photo by Cpl J.T. Sutton

Pictured: (Left to Right) Cmdre J. Clarke, Col T. Wall, Capt D. Dale, Mr. L. Peplinski, Maj Gen H. Pratt (front), Maj L. Martin (rear), Col J. Jennings, and Brig Gen P. Fesler.

### Content submitted

Interest in Canada's arctic has never been greater. On May 5, Canada's most northern station hosted a number of VIP visitors from the North American Aerospace Defence Command (NORAD) to showcase the importance CFS Alert to our allies. During the tour, CFS Alert highlighted its commitments to climate research, signals intelligence, and arctic sovereignty. The guests toured the CFS Alert facilities, and shared a hearty lunch from the station's mess. Afterwards, Maj Gen Pratt was presented a plaque to commemorate the visit. CFS Alert personnel enjoyed sharing their understanding of the unique challenges faced by the most northern, permanently inhabited settlement in the world with the visitors.

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5 day week- \$163 Mil Comm / \$180 GP

Registration opens 15 April for Military Community & 29 April for General Public

**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

To Register visit the RecPlex or CAF Connection  
(613)-392-2811 ext. 3361

**QUINTE CIVITAN CLUB**  
*Fundraiser*

**FREE ADMISSION**

Live Music, BBQ, Vendors, Crafters, Artisans, Silent Auction and more!

**SATURDAY JUNE 1, 2019**  
**9 AM - 3 PM**

**COMMUNITY LIVING BELLEVILLE AND AREA**  
**91 MILLENNIUM PKWY, BELLEVILLE**

Money raised will be donated to Community Living Belleville and Area and the Quinte Civitan Club!  
quintecivitan@gmail.com

**CONSTRUCTION NOTICE**

The 8 Wing Trenton Fire Hall would like to advise residences in around CFB Trenton that the demolition of Breadner School will commence on April 15, 2019. Notice to residents in the area that the site will be fenced off for 2-3 months, and since it is a construction site, people should not be permitted under any circumstances to enter the fenced area. Members of the public should find other means to traverse the site. This is particularly important once demolition begins. The Contractor will have the authority to remove anyone who enters the site during this time.

# 8 Wing/CFB Trenton DND Road and Vehicle Safety Week



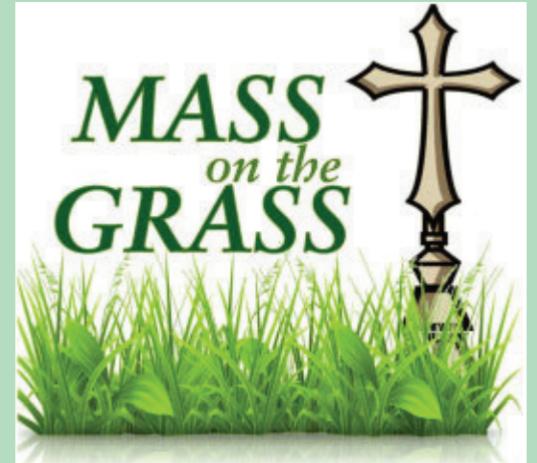
Photo submitted

MCpl Lafreniere and MCpl Burchell of 8 MSS/TEME Flight Road and Vehicle Safety Section.

By Masterr Corporal Burchell

It's that time of year again -- It is the DND Road and Vehicle Safety (RVS) Week. This annual initiative runs from May 14-20 with this year's theme being: "Unnecessary Distraction". During the RVS week, the 8 MSS/TEME Flight RVS Section will be conducting daily road patrols in and around 8 Wing Trenton where they will be looking for personnel conducting themselves in a professional manner by putting their Safe Driving Techniques to use while operating DND vehicles. Be on the look-out! So what is an unnecessary distraction and distracted driving? Distracted driving refers to a driver whose attention is diverted from the task at hand. This distraction reduces the driver's awareness, decision-making capacity, and ability to react. The result is an increase in the risk of driver error, near-crashes, and crashes. Did you know that one person is injured in a distracted-driving collision every half hour? In Fiscal Year 18/19, DND had 1,644 collisions which could have been avoided and 606 of these collisions were caused by inattention while driving. DO NOT DRIVE DISTRACTED! It could kill you, or someone you love.

## Mass on the Grass event to take place



Content submitted

8Wing Chapel RC Community will celebrate bilingual "Mass on the Grass" followed by the BBQ and Family Fun on June 2. RSVP to the Wing Chaplain Office at 4593 by May 29.

La Chapelle CR de la 8 Escadre célébrera une Messe bilingue, suivie d'un barbecue et de divertissements en famille. RSVP au bureau de l'aumônerie de l'escadre au 4593 avant le 29 mai.

Where/Où: Baker Island

When/Quand: 2 June, Sunday at 10:00/ dimanche le 2 juin, à 10h00

Who/Qui: Everyone is welcome/ tout le monde est le bienvenu

### Unnecessary DISTRACTION

A MOMENT OF INATTENTION WITH DISASTROUS CONSEQUENCES

ALONG WITH SPEED AND AGGRESSIVE DRIVING, OCCUPANT PROTECTION, AND IMPAIRMENT, DISTRACTED DRIVING IS ONE OF THE FOUR FACTORS THAT CAN AFFECT THE RISK OF DYING OR BEING SERIOUSLY INJURED IN A CAR CRASH.

DISTRACTED DRIVING REFERS TO A DRIVER WHOSE ATTENTION IS DIVERTED FROM THE TASK AT HAND. THIS DIVERSION REDUCES THE DRIVER'S AWARENESS, DECISION-MAKING CAPACITY, AND ABILITY TO REACT. THE RESULT IS AN INCREASE IN THE RISK OF DRIVER ERROR, NEAR-CRASHES, AND CRASHES.

DON'T DRIVE DISTRACTED! IT COULD KILL YOU, OR SOMEONE YOU LOVE

STATISTICS:

- ONE PERSON IS INJURED IN A DISTRACTED-DRIVING COLLISION EVERY HALF HOUR
- A DRIVER USING A PHONE IS FOUR TIMES MORE LIKELY TO CRASH THAN A DRIVER FOCUSING ON THE ROAD
- IN 2015, THE SURVEY ALSO SHOWED THAT THE MOST COMMON SOURCE OF DRIVER DISTRACTION IS THE USE OF A CELL PHONE (TELEPHONE AND TEXTING) (17%)
- THE SURVEY ALSO SHOWS THAT NEARLY ONE OUT OF EVERY TEN DRIVERS WAS DISTRACTED WHEN TRAVELING (IN 2015, 9.6%)

THE AVERAGE DAILY PROPORTION OF ACCIDENTS RESULTING IN BODILY INJURY DUE TO DRIVER DISTRACTION IS:

- 11.4% ON WEEKENDS (SATURDAY AND SUNDAY)
- 14.2% AT THE BEGINNING OF THE WEEK (MONDAY, TUESDAY AND WEDNESDAY)
- 17.2% AT THE END OF THE WEEK (THURSDAY AND FRIDAY)

### La DISTRACTION

UN PETIT MOMENT D'INATTENTION AUX CONSÉQUENCES DÉSASTRÉUSES

OUTRE LA CONDUITE AVEC LES FACULTÉS AFFAIBLIES, LA PROTECTION DE L'OCCUPANT AINSI QUE L'EXCÈS DE VITESSE ET LA CONDUITE DANGÉREUSE, LA DISTRACTION EST UN DES QUATRE FACTEURS QUI ONT UNE INCIDENCE SUR LE RISQUE DE MOURIR OU DE SE BLESSER GRAVEMENT LORS D'UNE COLLISION SUR ROUTE.

LA DISTRACTION DÉFINIT TOUT CE QUI DÉTOURNE L'ATTENTION DU CONDUCTEUR DE SA TÂCHE PREMIÈRE. CETTE DIVERSION RÉDUIT SA VIGILANCE ET SA CAPACITÉ DE DÉCISION ET DE RÉACTION, CE QUI AUGMENTE LE RISQUE D'ERREURS, DE COLLISIONS ET DE QUASI-COLLISIONS.

ÉVITEZ LA DISTRACTION AU VOLANT! IL EN VA DE VOTRE VIE ET DE CELLE DE VOS PROCHES.

STATISTIQUES:

- UNE PERSONNE EST BLESSÉE DANS UNE COLLISION CAUSÉE PAR LA CONDUITE INATTENTIVE TOUTES LES DEMI-HEURES
- UN CONDUCTEUR QUI UTILISE UN TÉLÉPHONE EST PLUS SUSCEPTIBLE D'AVOIR UN ACCIDENT QU'UN CONDUCTEUR QUI GARDE LES YEUX SUR LA ROUTE
- EN 2015, L'ENQUÊTE MONTRÉ AÉSSUI QUE LA SOURCE LA PLUS FRÉQUENTE DE DISTRACTION CHEZ LES CONDUCTEURS EST LE CELLULAIRE AU VOLANT (TÉLÉPHONE ET TEXTE) (17 %)
- L'ENQUÊTE A ÉGALEMENT RÉVÉLÉ QUE PRÈS D'UN CONDUCTEUR SUR DIX EST DISTRAIT DE SA CONDUITE LORS D'UN DÉPLACEMENT (EN 2015, 9,6%)

LA PROPORTION MOYENNE QUOTIDIENNE D'ACCIDENTS AVEC DOMMAGES CORPORELS CAUSÉS PAR LA DISTRACTION AU VOLANT EST DE:

- 11,4% À LA FIN DE SEMAINE (SAMEDI ET DIMANCHE)
- 14,2% AU DÉBUT DE LA SEMAINE (LUNDI, MARDI ET MERCREDI)
- 17,2% À LA FIN DE LA SEMAINE (JEUDI ET VENDREDI)

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# New docudrama filmed at 8 Wing Trenton

By Makala Chapman

Remembering the sacrifices of those who lost their lives during the Afghanistan War remains critical to Canada's identity says Alberta film producer Karen Storwick. To help ensure their story is shared with both current and future generations, she and artistic director Robert Curtin have embarked on a decade-in-the-making film project. Entitled "Fallen Heroes: Their Journey Home", the feature-length educational docudrama will focus on the history of repatriation ceremonies "The message that we really want to convey is how these grassroots ceremonies changed the relationship between Canadians and the armed forces," she explained. "We want that support to continue that began during the War in Afghanistan and hope this (film) will be inspiring. It is a documentary, but there will be recreations and animations." As for the beginnings of this project, Storwick said it all started in 2008 when she and Curtin were first told the story of the first ramp ceremony (memorial service for fallen soldiers) held in Afghanistan. This particular story resonated with the duo as it detailed the origins of the first four Canadian soldiers to die during the Afghanistan War in 2002. In total, 154 additional Canadians would be killed and more than a thousand injured during the war. "The ramp ceremonies were really a Canadian initiative," she said. "It was against the advice of the American base commander that they hold this (initial) ceremony because that was not the way things were done. In those days they sent the fallen home in the dark of night under cover. No press, nobody knows and no one says goodbye." Storwick went on to explain that despite being advised not to, Canadian soldiers held the ramp ceremony. "This was the first time we had ever brought fallen soldiers home in a ceremonious kind of way," she said. "There had been repatriations in Canada through the peacekeeping years, however, the fallen were sent home unceremoniously just to be received by their families." By the time the War in Afghanistan began drawing to a close, ramp ceremonies had made such an impact that they became Coalition standard for all fallen soldiers. As for the importance of the film, Storwick noted that it would be critical in explaining how these particular ceremonies had a role in shifting the public's perception of war. Stor-

wick suggested that the peacekeeping era had fostered a lack of respect for men and women in uniform. "The idea of peacekeeping really took hold and it formed our national identity in such a way that people forgot our peacekeepers were actually trained combat soldiers," she explained. "Canadians had really embraced the idea of peacekeeping as something that reflected our values. At the same time it held a disdain for combat soldiers." However, through the publicizing of ramp and repatriation ceremonies, she argued a noticeable shift in people's perception of war, especially those fighting on behalf of their country, began to change. Not only did these memorial services humanize the individual behind the uniform, it put into perspective the dedication and sacrifices they were making. Reflecting on the present, Storwick said that this docudrama will be essential in preserving the legacy of Afghanistan. Hav-



Photos by Makala Chapman

Karen Storwick and Robert Curtin have spent more than a decade working on a film project meant to highlight the history of ramp and repatriation ceremonies.



Former 8 Wing Honorary Colonel John Williams prepares to be interviewed for the educational film.



Karen Storwick and Robert Curtin have interviewed more than 200 veterans, soldiers and members of the military community on the War in Afghanistan for their feature-length docudrama over the last decade.

ing interviewed more than 200 veterans and soldiers, Storwick said she is often saddened to hear that they feel that the society is beginning to forget their sacrifices made in Afghanistan. As a result, she said she hoped that the film, which will air next year, will help aid with that concern. "It's a critical time to bring this message out in a way that makes Canadians feel proud about how they responded to the fallen soldiers and their families," she said. "I think it's really important that we don't sink back in to that cynical anti-war, anti-military and anti-soldier kind of sentiment. Not everyone has to support the mission, but you can support our troops." As for why this film has taken more than a decade to produce, Storwick explained that a project of this magnitude has required a great amount of partnerships, funding and planning to execute. But, thanks to partners like the Alberta government and the Princess Patricia's Canadian

Light Infantry, the film is well on its way to completion. In terms of what's next, Storwick and Curtin will finish conducting interviews and filming the reenactments by fall of this year. They will then take the winter season to edit and compile the film. The official unveiling of the docudrama is slated for 2020 in Alberta. Storwick added she hopes they will also have it premiered on the video platform YouTube. "This is not a profit-driven venture," she said. "This is a project from the heart."

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Karen Storwick and Robert Curtin visited 8 Wing Trenton to conduct interviews and collect footage for their educational film on the War in Afghanistan.

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STRONGER**

## May / June 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19	20 Victoria Day – MFRC Closed	21 Veteran Family Program: Shake It Off dance lessons	22 Picasso & Pinot	23	24	25
26	27 Knit & Chat	28 Social Media Safety for Parents From the Ground Up begins	29 Manulife Briefing	30 Book Club	31	1
2	3 Military Spouse Appreciation Dinner	4 Mental Health First Aid – VFP	5 Mental Health First Aid – VFP	6	7	8

● **Supporting Student Success Conference**

May 17, 2019 8:45 a.m. – 3:45 p.m. at the Pentacostals of Quinte, 490 Dundas St W, Belleville  
Join us and our keynote speaker Dr. Jonathan Weiss for a full day of learning and resources to assist you in supporting your students' success. This year's topic is Supporting Mental Health in People with ASD across the Lifespan. There will be three workshops: Nutrition and Mental Health in ASD and ADHD, De-Escalation Strategies, and Mindfulness. Family members - \$10 Professionals - \$15 Lunch is included.  
\*All participants will receive a certificate of attendance  
To register, please contact Brittany.j@trentonmfr.ca.

● **From the Ground Up**

A group for women to learn to manage negative self-talk, increase assertive communication, and how to nurture a health self-image and positive relationships.  
May 28 – July 16 from 1 – 2:30 p.m.  
Register by May 14 by calling Jaelyn Hunter at 613-392-2811 ext. 4017.

● **Social Media Safety for Parents**

We welcome guest lecturer Matt Richardson on May 28. From 6 – 8 p.m., he will expand on the safe use and awareness of social media for parents. Child care will be provided. To register, please email marya.p@trentonmfr.ca.

● **Manulife Briefing**

May 29, 9 – 11 a.m. at the Trenton MFRC  
The Veteran Family Program presents: Manulife Briefing presented by Gilles Tremblay, Vocational Rehabilitation Counselor. Learn about what options may be available to medically releasing military members with the Vocational Rehabilitation program. This will be a small group session allowing questions. Family members are welcome to attend with the member. To register, please email Tanya.b@trentonmfr.ca.

● **Shake It Off: Veteran Family Program**

Fight negative thoughts and self-doubt through folkloric dance. Side effects may include: laughter, friendship, confidence and lots of fun!  
When: 4 weeks beginning May 21 at 6 p.m.  
Where: Trenton MFRC  
Free! Class will include hip scarf and veil starter kit  
Instructor: Lisa-Marie Register by emailing Tanya Bown: tanya.b@trentonmfr.ca \*Greens to Jeans Programming - Made possible by a grant from the True Patriot Love Family and Veteran Transition Fund.

**Welcome to the Trenton MFRC Youth Centre!**

May 2019

For more information about our Youth Centre & Programs please contact:  
**Rabia Stobbar** – Youth Services & Personal Development Coordinator  
613-392-2811 x2568 | [rabia.s@trentonmfr.ca](mailto:rabia.s@trentonmfr.ca)

Sat/Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CLOSED	2 Robot Wars Ages 10-14 6-9 p.m.	3 Murder Wink Ages 8-12 6-9 p.m.	4 CLOSED
5 CLOSED	6 Bubble Snakes Ages 6-8 6-8 p.m.	7 'Chill Zone' Ages 12-16 6-9 p.m.	8 CLOSED	9 CLOSED	10 CLOSED	11 CLOSED
12 CLOSED	13 Hopscotch/ Foursquare Ages 6-8 6-8 p.m.	14 'Chill Zone' Ages 12-16 6-9 p.m.	15 CLOSED	16 Cards Night Ages 10-14 6-9 p.m.	17 CLOSED	18 CLOSED
19 CLOSED	20 CLOSED	21 'Chill Zone' Ages 12-16 6-9 p.m.	22 CLOSED	23 Who Am I? Ages 10-14 6-9 p.m.	24 Cross Canada Ages 8-12 6-9 p.m.	25 CLOSED
26 CLOSED	27 Pudding Night Ages 6-8 6-8 p.m. \$1.00	28 Charades Ages 12-16 6-9 p.m.	29 CLOSED	30 Wood Burning/ Carving Ages 10-14 6-9 p.m.	31 Tower Building Contest Ages 8-12 6-9 p.m.	CLOSED

**CANTEEN**  
We have a cash canteen full of fun treats! A toonie is all you need to get a delightful snack!

**Youth Centre CLOSED**  
May 11 is our Annual Fundraiser. On May 9 & 10 the Youth Centre will be closed for event preparation.

**Food Nights**  
We LOVE food nights in the Youth Centre. Please be aware some of them have a small cost associated - indicated on the calendar.

**'Chill Zone' - Tuesdays CALLING ALL TEENS!**  
Don't miss out on a night of fun. You set the theme of the night; board games, video games.



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Fight negative thoughts and self doubt through folkloric dance!

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