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INSIDE

CONTROLLERS AGAINST
CANCER EVENT A
SUCCESS



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PREPARING FOR NATIONAL
DAY OF MOURNING



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VOLLEYBALL NATIONALS
CONT'D



Story on page 11



437 Transport Squadron 75th ANNIVERSARY

75e anniversaire du 437e Escadron de transport

Canadian National Volleyball Tournament held at 8 Wing Trenton



Photos by Makala Chapman

CFB Esquimalt versus CFB Kingston in the men's volleyball finals at 8 Wing Trenton on April 16, 2019.

By Makala Chapman

Volleyball is more than just a sport for the Chang sisters – it's one of the ways they keep in touch despite living more than three provinces apart. Just this

past week, 19 Wing Comox's Lieutenant (Lt.) Delanie Chang and Canadian Forces Base (CFB) Kingston's Lieutenant Navy (Lt.(N)) Kelsey Chang got the chance to reunite on the courts for this year's Canadian National Volleyball Tournament

Lt. Delanie Chang and Lieutenant Navy (Lt.(N)) Kelsey Chang both were winners at this year's Canadian National Volleyball Tournament held at 8 Wing Trenton.

Continued on page 11



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

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Photos of the Week

Mission Support Squadron



Content submitted

Mr. Adair is performing a repair on a Sellick ATT 300 tractor aircraft mule. This vehicle had coolant mixed in the engine oil which damaged the entire engine. A thorough diagnosis was performed and the proper repairs were done. These aircraft towing capabilities are essential to maintain the operational capabilities of the Wing.

CFS Alert: 1000 days!



Pictured: (left to right) Kevin Rawlings, Avr. D.J.R. Lafontaine, Banyan Lehman, Cpl. B. Mack, Maj. P. Kleinschmidt

Photo by Cpl. A. Medeiros

Content submitted

CFS Alert is much more than a military station; it is also the home of many civilians whom work in Canada's arctic. CFS Alert started as a weather station and continues to support weather and climate research to this day. Kevin Rawlings, a contractor for Environment and Climate Change Canada, has recently celebrated

his 1000th day on station. Over that time, Kevin has refined a passionate hobby of his, photography. To commemorate his 1000th day in the arctic, Kevin donated a number of his personal photographs to the station to be displayed in the Igloo Gardens mess. This is a great example of the community and combined participation of station personnel at CFS Alert. Thank you Kevin!

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.



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Controllers Against Cancer hockey tournament scores funds for charity

By Makala Chapman

A volunteer program that helps cancer patients get to their appointments can continue its services thanks to 8 Wing Trenton's Air Traffic Controllers (ATC). Like in years past, the small group of military personnel hosted the annual Controllers Against Cancer hockey tournament in support of the Canadian Cancer Society's (CCS) Wheels of Hope program. Calling upon their fellow ATC community members from base's across the region, more than two dozen participants making up a total of eight teams showed up to compete. The event, now in its 19th year, was held from April 12-14 at the RCAF Flyers' Arena on RCAF Road in Quinte West. There was also a kick-off event held at Shoeless Joe's restaurant in Belleville the evening prior. Speaking to how pleased he was that this year's tournament was yet another success was event chair Major (Maj.) Doug Blakely. "It was a fabulous year," he said. "There was lots of hockey, socializing and raising money for a great cause." He added that he was confident in sharing that the event raised over \$13,000. This figure will be added to the more than \$100,000 this particular event has already raised over the years. "That works out to be over 1,400 rides for cancer patients," he said. "Wheels of Hope is such a great program and this tournament and the money we are raising is our legacy." As for his final thoughts, Maj. Blakely noted that events, such as Controllers Against Cancer, were the perfect example of all that can be accomplished when both the military and civilian community work together. Nabbing top spot as this year's tournament was Canadian Forces Base North Bay with a 6-2 victory over Ottawa in the finals. Noting how excited he was

to be taking home the trophy was North Bay's team captain Master Corporal (MCpl.) Adam Royer. He noted that winning was just a bonus on top of once again getting to participate in the hockey tournament – something he adds his team always look forward to each year. "Cancer touches everyone's lives and we all have stories we could share," he said. "That's why we come and we're happy to show our support." He went onto explain that he and his brother, who also played in this year's tournament, were playing in memory of their grandfather who passed away from prostate cancer. "He was a chief warrant officer in the Air Force and I've gotten everything in life and my values from that man," he said. "It's a detectable cancer. If he would have caught it sooner and if the awareness was around back then he would still be with us." As for his final thoughts, MCpl. Royer noted he was just honoured to be able to carry on his grandfather's legacy while doing his part to help those affected. On hand at the tournament representing the Hastings Prince Edward County unit of CCS was volunteer president Karen White. Having had both her husband and brother pass away from cancer, as well as a sister currently living with the disease, she said this particular event has always been close to her heart. "I get very emotional," she said. "But it makes me proud to be a part of a community that comes forward time after time for the Canadian Cancer Society." She went on to share that many of CCS' clients would not be able to get to their appointments without the Wheels of Hope program and was grateful that the Base once again stepped up to the plate to lend a helping hand. For more information on how to volunteer with the Canadian Cancer Society visit them online at www.cancer.ca.



Photos by Makala Chapman

22 Wing North Bay's Guardians take first place at this year's Controllers Against Cancer hockey tournament in support of the Canadian Cancer Society on April 14.



Air Traffic Controllers from base's across the region came together in support of this year's Controllers Against Cancer event held at 8 Wing Trenton from April 12-14.

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Safety

National Day of Mourning

Held annually in Canada on April 28, the National Day of Mourning is dedicated to remembering those who have lost their lives, or suffered injury or illness on the job or due to a work-related tragedy.

Beyond the Statistics

The most recent statistics from the Association of Workers' Compensation Boards of Canada (AWCBC) tell us that in 2017, 951 workplace fatalities were recorded in Canada, an increase of 46 from the previous year. Among these deaths were 23 young workers aged 15-24. Add to these fatalities the 251,508 accepted claims (an increase from 241,508 the previous year) for lost time due to a work-related injury or disease, including 31,441 from workers aged 15-24, and the fact that these statistics only include what is reported and accepted by the compensation boards, there is no doubt that the total number of workers impacted is even greater. And it's not just these numbers on which we need to reflect. With each worker tragedy there are loved ones, family members, friends and co-workers who are directly affected, left behind, and deeply impacted – their lives also forever changed.

Observance

The National Day of Mourning is not only a day to remember and honour those lives lost or injured due to a workplace tragedy, but also a day to collectively renew our commitment to improve health and safety in the workplace and prevent further injuries, illnesses and deaths. On April 28th the Canadian flag will fly at half-mast on Parliament Hill and on all federal government buildings. Employers and workers will observe Day of Mourning in a variety of ways. Some light candles, lay wreaths, wear commemorative pins, ribbons or black armbands, and pause for a moment of silence at 11:00 a.m.

History

In 1991, eight years after the day of remembrance was launched by the Canadian Labour Congress, the Parliament of Canada passed the Workers Mourning Day Act making April 28 an official Day of Mourning. Today the Day of Mourning has since spread to more than 100 countries around the world and is recognized as Workers' Memorial Day, and as International Workers' Memorial Day by the International Labour Organisation (ILO) and the International Trade Union Confederation (ITUC). It is the hope of CCOHS that the annual observance of this day will help strengthen the resolve to establish safe and healthy conditions in the workplace, and prevent further injuries, illnesses and deaths. As much as this is a day to remember the dead, it is also a call to protect the living

and make work a place to thrive.

Source: Association of Workers' Compensation Boards of Canada (AWCBC) & Canadian Centre for Occupational Health and Safety

Jour de Deuil national

Le Jour de deuil national, célébré chaque année au Canada le 28 avril, rend hommage aux personnes qui sont mortes ou qui ont été blessées, ou qui sont devenues malades en milieu de travail ou par suite d'une tragédie en milieu de travail.

Statistiques et plus

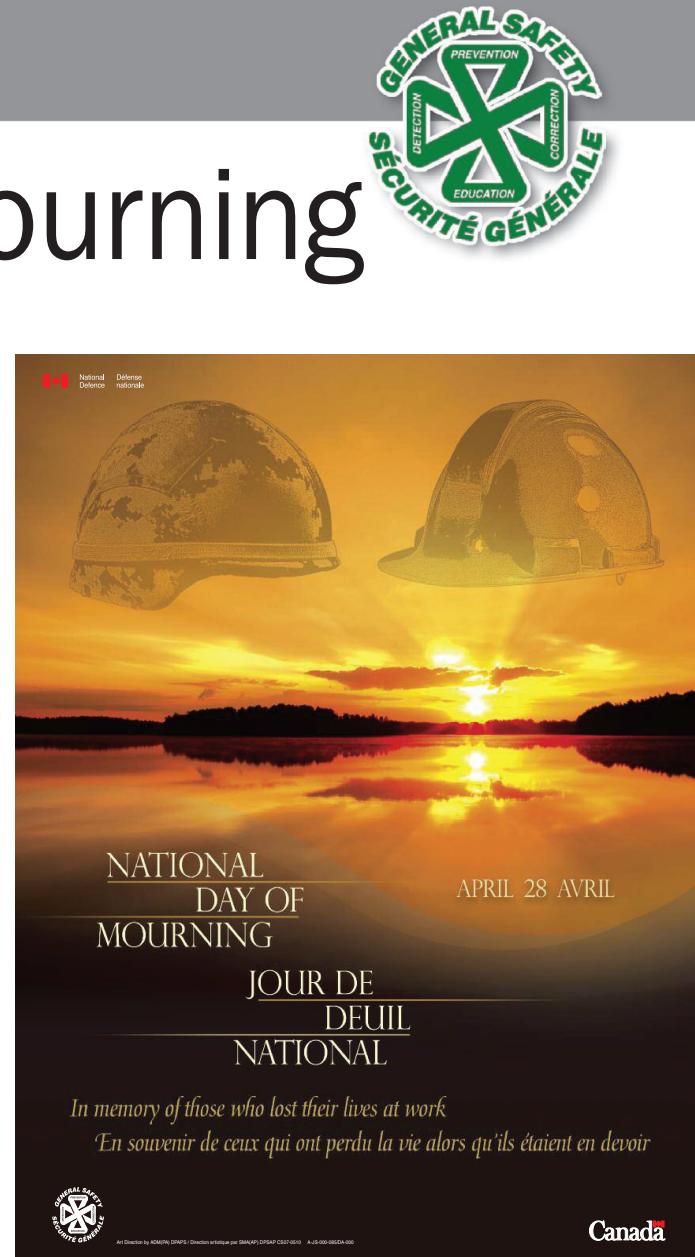
Les plus récentes statistiques de l'Association des commissions des accidents du travail du Canada (ACATC) indiquent qu'en 2016, on a recensé 905 décès en milieu de travail au Canada. Parmi les personnes décédées, 6 travailleurs étaient âgés entre 15-19, et 20 travailleurs avaient entre 20-24. En plus de ces décès, 241 508 demandes ont été acceptées pour des heures de travail perdues en raison d'un accident de travail ou d'une maladie professionnelle, y compris 29 588 demandes de jeunes travailleurs qui étaient âgés entre 15-24, et ces statistiques indiquent uniquement les accidents déclarés et acceptés par les commissions des accidents du travail. Il va sans dire que le nombre total de travailleurs touchés est encore plus élevé. Ces chiffres n'indiquent pas, toutefois, combien de personnes ont été touchées directement par ces tragédies en milieu de travail. Le décès d'un travailleur a une incidence négative sur les proches, la famille, les amis et les collègues, ce qui change leur vie pour toujours.

Commémoration

Le Jour de deuil national n'est pas seulement un jour pour rendre hommage aux personnes qui sont mortes ou qui ont été blessées par suite d'une tragédie en milieu de travail, mais est aussi un jour pour renouveler l'engagement à améliorer la santé et la sécurité en milieu de travail et à prévenir les blessures, les maladies et les décès. Le 28 avril, le drapeau canadien sera hissé à mi-mât sur la colline du Parlement et sur tous les immeubles du gouvernement fédéral. Les employeurs et les travailleurs commémorront le Jour de deuil de plusieurs façons. Ils peuvent allumer des bougies, déposer des couronnes ou porter une épingle commémorative, un ruban ou un brassard noir, et observer un moment de silence à 11 h.

Historique

En 1991, huit ans après l'adoption du Jour de deuil par le Congrès du travail du Canada, le Parlement du Canada



NATIONAL
DAY OF
MOURNING

APRIL 28 AVRIL

JOUR DE
DEUIL
NATIONAL

In memory of those who lost their lives at work

En souvenir de ceux qui ont perdu la vie alors qu'ils étaient en devoir

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- In order to be eligible to win, entries must be received by April 18, 2019 at 11:00 P.M. EST.



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May 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29 Knit & Chat SNIP: Building Blocks begins	30	1 Invisible Ribbon Online Auction begins Inter-Comm	2 Herbal Health Workshop: Digestive Health	3	4
5	6 Invisible Ribbon Online Auction ends Focus on Vets begins (VFP)	7	8 Inter-Comm	9	10	11 Invisible Ribbon Gala
12	13	14	15	16	17 Supporting Student Success Conference	18

● **SNIP: Building Blocks**

An evidence-based social skills program using LEGO building blocks to assist in the development of communication and appropriate social interaction. Starts April 29 from 6 – 7:15 p.m. at the Trenton MFRC Ages 6 – 10 years old Register by emailing Brittany Jones: brittany.j@trentonmfdc.ca.

● **Inter-Comm**

May 1 and 8 Improve Communication in Personal Relationships is an innovative program providing training in interpersonal communication and conflict management.

This 12-hour course is comprised of 4 modules

and offers participants instruction on conflict management concepts as well as strategies that may help when facing difficult situations or conversations with family and friends. Through experience learning, exercises and coaching, participants will learn skills in conflict management, effective communication, and how to nurture collaboration, both at home and in the community. *This is an excellent course for parents of teenagers For more information on Inter-Comm, please contact the Health Promotion Office: 613-392-2811 ext. 3768.

● **Herbal Health Workshop: Natural Support for Digestive Health**

With registered herbalist Tamara Segal

Thursday, May 2 at 6:30 p.m.

The digestive system is one of our most important systems for our overall health. Digestive health impacts our energy levels, our moods, immune function, hormone balance and more. Gain some tips and insights into repairing and/or maintaining digestive health to improve your daily life. Make and take home herbal vinegar to support proper digestion and absorption of essential nutrients.

\$35 (includes take-home herbal vinegar) Register in advance at Trenton MFRC reception.

● **Invisible Ribbon Online Auction: May 1-6, 2019**

Want to support military families when you're

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the Trenton MFRC is hosting its fifth annual Invisible Ribbon Online Auction as part of the Invisible Ribbon Gala campaign.

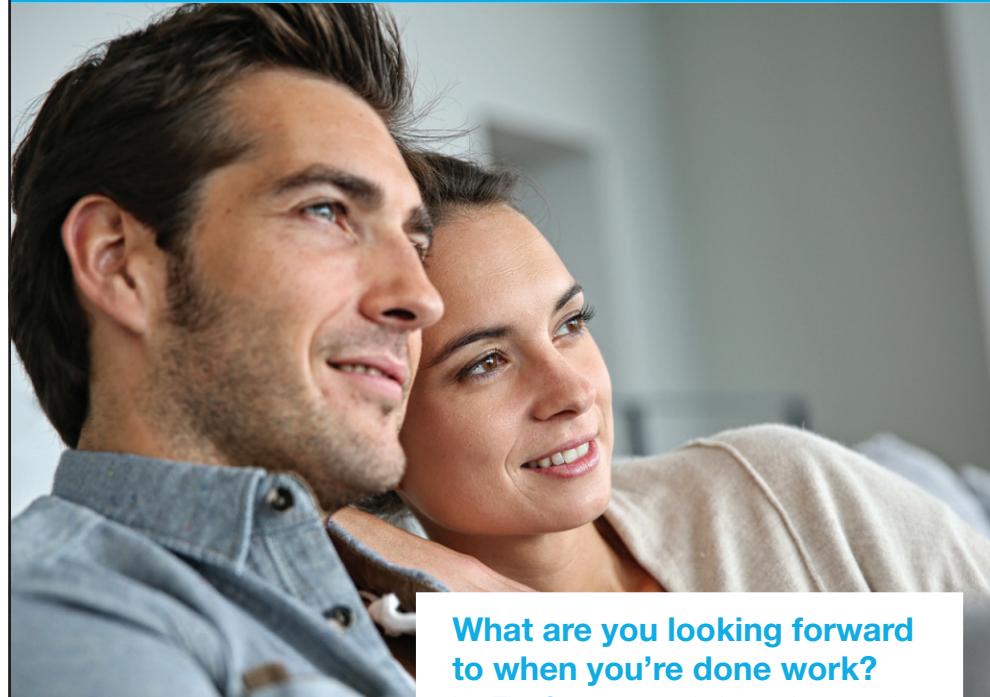
All monies raised from the Invisible Ribbon Online Auction will support the Invisible Ribbon campaign. This year, the goal is to expand the Trenton MFRC mental health team. Adding a Masters Level Counsellor to our Trenton MFRC mental health team will help shorten our waitlists for counselling as well as add couples

counselling and psychotherapy to our list of services available to military families. Visit trentonmfdc.ca/invisibleribbon or the Trenton MFRC Facebook page for more information.

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Padre's Corner



Easter and the Übermensch Challenge

By Padre (Capt) John Funelas

The celebration of Easter is considered to be the highest solemnity in the Christian faith. It is "the word-event", as revealed in the Bible. It narrates the story of Jesus Christ's suffering, death, resurrection from the dead and his ascent into "heaven" to reveal His glory and power. Christians believe that Jesus liberated humankind from the damnation of evil, restored the broken relationship between God and his people, and revealed Jesus' mysterious being as both a human and a divine. The younger generation may not be much into "organised religions" due to what anthropologists call its distinct creed (belief systems), code (written scriptures), and cult (forms of worship or liturgies). But, despite this, most still express some form of belief or "spirituality" and recognize that there may be "something out there" or "something beyond." Yet, superhero characters, those with super human powers, who are always protecting and saving humanity from evil, are still popular. Nietzsche, an atheist philosopher, has his concept of an "Übermensch", a super human being. For him, "God is dead" and humanity should instead strive itself on being a superwoman/superman. It is interesting to note that for Christians, the first human beings, Adam and Eve, possessed what could be considered super human gifts, and lost them when they disobeyed the Creator. And hence the challenge: "with great gift comes great responsibility."



Photo submitted by Padre Funelas

Members of the Protestant Chapel Guild. One of their outreach projects is to send cards to deployed members during Easter.

was lost, not in a physical spatio-temporal, but in a spiritual sense. The Easter event is a reminder that for human beings, there seemingly is a constant longing for something higher, for something beyond, or for what some German philosophers would call a heimat, "a homing instinct." The question of faith and reason has always been interesting, complex and could be controversial at times. From the known history of humanity, there has always been attempts to explain faith through reason. But for those who believe, rational explanations may neither be enough for Christians, the first human beings, nor necessary. Faith is a gift from the Divine. For Christians, Easter is the most empowering, the greatest gift from God. And hence the challenge: "with great gift comes great responsibility."

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MAY 11, 2019

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BOARDING BEGINS AT 6 PM

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Community Events

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pancake breakfast balloon animals petting zoo
 face painting games area fire truck & police car display
 Junior hunt (infant-5 years): 10:00am
 Senior hunt (6-12 years): 11:15am
Easter Egg Hunt - \$2
 (Free with purchase of a kids breakfast)
 Adult pancake breakfast - \$8 Kids pancake breakfast - \$5
 Enough chocolate for 1,000 kids!! (First come first serve)

Thank you to our generous sponsors!



SO THAT WE MAY BE FREE.

FOR EVERY WAR, THERE ARE MANY WHO BRAVELY AND PROUDLY LEAVE THEIR LOVED ONES BEHIND TO PROTECT THE FREEDOMS THAT WE AS CANADIANS ARE AFFORDED.

IT IS THESE BRAVE FEW WE HONOUR.

Trenton East
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Trenton West
 170 Dundas St. W.
 613-392-3579

4TH ANNUAL SUPPORTING STUDENT Success

May 17, 2019

LUNCH INCLUDED
 Family Members \$10 each & Professionals \$15 each
 ALL PARTICIPANTS WILL RECEIVE CERTIFICATES OF ATTENDANCE
 LOCATION: The Pentacostals of Quinte 490 Dundas St W, Belleville, ON
 To Register please contact Brittany.J@TrentonMFRC.ca

Please 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 will be Supporting Mental Health in People with ASD Across the Lifespan, followed by 3 Workshops: Nutrition and Mental Health in ASD and ADHD, De-Escalation Strategies and Mindfulness.

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Continued from page 1

held at 8 Wing Trenton from April 13-16. In an impressive demonstration of athleticism and skill from some of the country's top athletes, it was the western region that captured gold in his former team, both the men and women's divisions. As for the Chang sisters, neither left the competition empty handed as both worlds. Cpl. Tremblay added that he couldn't have been more thrilled to be included in this year's tournament. "You get to see friends and co-workers from all over the country," he said. "You build new relationships and it's just a great time all around." As for his thoughts on the level of competition at the tournament, he said he was impressed by his fellow athletes and noted that anyone watching from the stands could tell that everyone put their best foot forward. Despite his team falling short of CFB Esquimalt during the gold medal game, Cpl. Tremblay said he was proud to be taking home silver. "Gold would have been preferred, but getting to play in the finals was a great time all around," he explained. "The competition was great, they put in a solid effort and came out with the win." Like the Chang sisters, he too credited his volleyball career in the military for opening up new opportunities and noted he's looking forward to next year's competition.



8 Wing Commander Colonel Mark Goulden gives Cpl. Jeremy Tremblay his silver medal.



The CFB Esquimalt team took home gold at this year's Canadian National Volleyball Tournament held at 8 Wing Trenton.

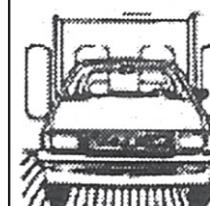


19 Wing Comox took home gold at this year's Canadian National Volleyball Tournament held at 8 Wing Trenton.

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**BEAUTIFUL WATERFRONT
 1105 Frankford Stirling Road**



48 acres of beautiful waterfront, includes home, hobby farm, barn, riding ring, tack room and an Island. 20 minutes to CFB Trenton and all amenities.

MLS# 168849* \$850,000

**EXECUTIVE 2 STOREY HOME
 1776 Radge Road**



4.35 acres! Executive 5 bed, 3 bath 2-storey-home located on a quiet dead end road, only 10 minutes to Cataraqui Mall Kingston and 20 minutes to CFB Kingston.

**MLS# 172129*
 \$625,000**

**SPECTACULAR BRICK BUNGALOW
 1087 Carman Road**



Spectacular 3 bed, 3 bath brick bungalow completely renovated on 3.2 acres. 15 minutes to CFB Trenton, 5 minutes to the 401, Walmart, schools, and all amenities.

**MLS# 173643*
 \$400,000**



SOLD!

14 Bogart Crescent



SOLD!

7 Westview Drive



SOLD!

34 Jason Crescent

**IMPECCABLE BRICK BUNGALOW
 138 Greenhill Lane**



Impeccable 4 bed, 3 bath, 3.5 year old brick bungalow with hot tub and double driveway in a desired neighbourhood.

**MLS# 179376*
 \$425,000**

**REMARKABLE COLORADO BUNGALOW
 473 English Settlement Road**



Remarkable 4 bed, 2 bath plus den, Colorado bungalow with double car garage on 1/4 of an acre, minutes to CFB Trenton and all amenities.

**MLS# 177469*
 \$400,000**



SOLD!

67 First Ave



SOLD!

22 Oak Street



SOLD!

33 Second Avenue

**GORGEOUS WATERFRONT BUNGALOW
 569 Hillside Drive**



Gorgeous 5 bed, 4 bath waterfront bungalow with complete in-law suite on main level, .88 of an acre with garage minutes to hospitals, shops, all amenities and less than 35 minutes to CFB Trenton.

**MLS# 180106*
 \$650,000**



SOLD!

2703 County Road 40



SOLD!

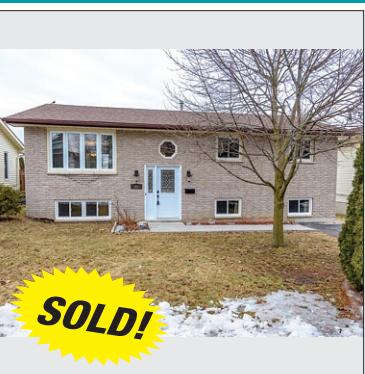
2 Marchen Court



**3 LEVEL SPLIT HOME
 188 Catalina Drive**

3 bed, 2 bath, 3 level split home with double garage, a huge 4 season sunroom, sunken hot tub and so much more. 5 minutes to CFB Trenton.

**MLS# 183423*
 \$360,000**



SOLD!

31 Bleeker Avenue



195 Nicholas Street



SOLD!

110 Nicholas Street

**4 LEVEL SPLIT WITH POOL
 27 Janlyn Crescent**



3 bed, 2 bath, 4 level split with in ground pool, separate fenced grass area, and double garage in the heart of Belleville.

**MLS# 186140*
 \$319,000**

**SPECTACULAR CENTURY HOME
 53 North Front Street**



Spectacular century 3 bed, 1 1/2 bath with custom kitchen, large fenced yard and single garage. Walking distance to all amenities in Belleville and only 15 minutes to CFB Trenton.

**MLS# 186118*
 \$275,000**

**HUGE FENCED IN YARD
 16 Auburn Street**



3 bed, 2 bath, double carport, fenced in huge yard with custom kitchen in Belleville.

**MLS# 186067*
 \$310,000**



3 Dunnett Drive

**OPEN HOUSE: SAT 20TH APRIL
 FROM 11 TO 12 PM
 81 IRELAND**



Impeccable 5 bed 2 bath bungalow with 2 car garage, in a desired location, minutes to CFB Trenton.

**MLS# 187525*
 \$350,000**

**OPEN HOUSE: SAT 20TH APRIL
 FROM 1 TO 2 PM
 95 TABERNACLE RD, FRANKFORD**



5 bed 2 bath bungalow with attached 3 car garage and detached 4 car garage/shop, plus walkout basement on 1 acre lot in Frankford.

**MLS# 187526*
 \$300,000**

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SOLD!

12 Manor Crescent



SOLD!

1193 Frankford Road



SOLD!

70 Farley Crescent



SOLD!

16 Baylea Drive