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INSIDE

NEW HONORARY COLONEL
FOR 2 AIR MOV SQN



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SPECIAL OLYMPICS TEAMS
TAKES ON 8 WING



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FREE HAIR CUTS FOR
DONATIONS TO LOCAL
FOOD BANK



Story on page 11



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

437 Transport squadron returns home from Operation Impact in Middle East



Photos by Makala Chapman

Members of 437 Transport Squadron, support personnel and the CC-150 Polaris return to 8 Wing Trenton from Operation Impact in the Middle East on Jan. 28.

By Makala Chapman

A squadron and the aircraft responsible for air-to-air refueling operations in the Middle East have returned home after four and a half years. Despite the bone chilling temperatures, a large crowd came out to greet members of 437 Transport Squadron, support personnel and the CC-150 Polaris upon its arrival at 8 Wing Trenton on

Jan. 28. Those returning were some of the final members of 437 Transport Squadron and the civilian contracting team, L3-MAS, to return home from Operation Impact (Op IMPACT). The mission was one of Canada's official offers of support to the Global Coalition – an international group comprised of more than 74 countries – to defeat Daesh, an extremist jihadist group also known as the Islamic State



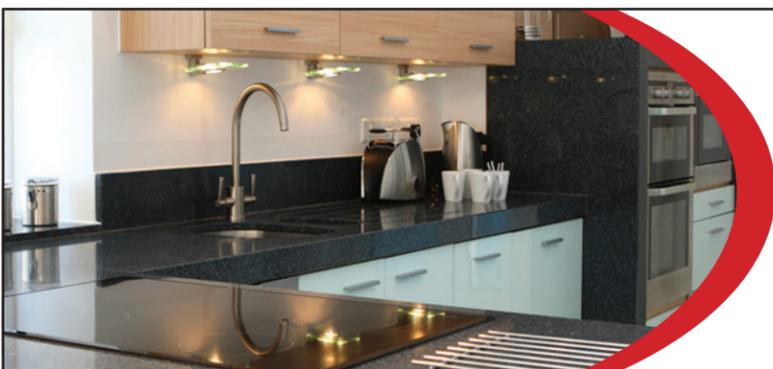
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The 8 Wing leadership team, as well as local dignitaries, greet members of 437 Transport Squadron returning from the Middle East on Jan. 28 at 8 Wing Trenton.

Continued on page 10



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Photos of the Week

Old Timer's hockey regional tournament begins



Photos by Makala Chapman

Acting Wing Commander Lt.-Col. Diane Baldasaro drops the first puck during the game against CFB Kingston and 8 Wing Trenton.



A group photo of 8 Wing Trenton's Old Timer's Team prior to playing their first match of the tournament on Jan. 28.

CFS Alert: Celebrating Robert Burns Day

Contact news

8 Wing Trenton is hosting this year's Old Timer's regional hockey tournament. The tournament began on Jan. 28. Two other teams, Canadian Forces Base (CFB) Kingston and CFB Petawawa, also stepped up to the plate to try and claim the title of regional champion. On hand to welcome the teams at the opening ceremony was Acting Wing Commander Lieutenant-Colonel Diane Baldasaro. She wished each player the best of luck and reminded them what an honour getting to partake in military sports and represents their bases can be.



Photo by Corporal A. Medeiros

Pictured from left to right is Lt. J Comeau, Lt. A. Powley (far back), D Watt, Sgt. D. Coulas and MCpl. T. Kampath.

Content submitted

On Jan. 25, Canadian Forces Station Alert honored the celebrated Scottish poet, Robert Burns, by holding a dinner to commemorate his works. Station members sampled traditional Scottish cuisine, including Scotch Pies and shortbread. Members also conducted the traditional Cutting of the Haggis Ceremony. Robert Burns lived from Jan. 25, 1759 – July 21, 1796 and authored a variety of poems and songs throughout his life. Some of his best known works include: Auld Lang Syne, To a Mouse and A Red, Red Rose.

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424 Transport and Rescue Squadron airlift person trapped on ice flow



Contactfile photo

A stock photo of two CH-146 Griffon helicopters at 8 Wing Trenton.

8 Wing Public Affairs

The crew of a Royal Canadian Air Force (RCAF) CH-146 Griffon helicopter from 424 Transport and Rescue Squadron, Trenton airlifted an individual who had become stranded on broken ice, just West of Amherst Island, near Kingston, Ontario, on Saturday, January 26. Kingston Fire and Rescue requested assistance from the Joint Rescue Coordination Centre (JRCC) Trenton to airlift the individual, due to the fact that the ice had broken up and he could not be reached safely by land. The individual was hoisted on board the aircraft by a Search and Rescue Technician (SAR Tech), where their medical condition was assessed. Once the Griffon landed on Amherst Island, the individual was handed over to the Kingston Fire Department for further medical assessment and care.

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Safety



Are you headed for burnout?

Enthusiasm and hard work are highly valued in the workplace. But workers who are wrapped up in the job around the clock eventually burn out, suffering from the physical and emotional consequences of excessive stress. Workaholics reach a point where they are no longer effective or efficient. They are not able to do quality work. A severely stressed employee cannot work safely or make good decisions.

Are you a workaholic? See if you recognize these traits in yourself:

- Are you always rushing? Do you walk and talk fast and get impatient with people who take their time?
- Do family and friends complain you are not available to them because you are always working?
- Do you frequently take work home?
- Are you unable to relax?
- Do you lie awake at night thinking about work?
- Do you have an emotional need to work constantly? Does the idea of time off make you uncomfortable?
- Are you a perfectionist?
- Do you expect others to be perfect too?
- Do you feel no one can do the work as well as you?
- Do you try to do several things at once?
- Do you skip meals to work, or eat meals at your workstation?
- Do you skip exercise so you can work?
- Do you suffer from physical symptoms of stress? These may include digestive problems, fatigue, pounding heart, trembling, headaches, nervous tics and other problems.

What can you do to reduce your work stress?

Burnout is a serious condition from which



it takes a long time to recover. Learn the symptoms so you can recognize them early.

- Try to do everything a little more slowly. Apart from working at a more reasonable pace, try to walk, talk, drive and eat more slowly.
- Take a good look at your organizational and time management habits. You may find you are wasting time on unnecessary tasks, repairing sloppy work or looking for lost information or tools.

Spend some time each day planning your work. Learn to zero in on the most productive activities. Do the most important things first.

Work regular hours. Many workaholics find they can get their work done during the regular shift if they make a goal of leaving at quitting time.

Take the time for stress reducing and health enhancing activities. Get regular exercise. Schedule your exercise into your daily planner and plan around it. Sit down to leisurely meals. Get to bed on time. Book regular time

off. Use evenings, weekends and vacations for enjoying other aspects of your life. Define boundaries between your personal life and your work life.

Spend social time with people who don't have anything to do with your job.

Your employer appreciates dedication to work. But when this dedication turns into a work addiction, nobody benefits. Keep a balance between your work and personal life.

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.

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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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Ontario's Canadian service members and veterans can now fish for free

Ministry of Natural Resources and Forestry

The Ontario government is recognizing those who committed themselves to defend our land, waters and way of life with a token of appreciation – they can fish in Ontario at no charge. Amendments to Ontario's fishing regulations came into effect January 1, enabling veterans and active Canadian Armed Forces members to fish in Ontario's waters without having to purchase a fishing licence. "Our government is working to show appreciation for those who put their lives on the line to protect what we cherish as a society," says John Yakabuski, Ontario Minister of Natural Resources and Forestry. "Ontario is blessed with an abundance of lakes and rivers that provide recreation to many generations of people living here. We want to help make it easier and more affordable for our heroes to enjoy those natural resources all year round." Canadian service members, retired and active, simply need to carry with them valid identification from the Department of National Defence or Veterans Affairs Canada while they're fishing. A Canadian Forces identification card, a record of service card, or a Canadian Armed Forces veteran's service card will act in place of an Ontario Outdoors Card and recreational fishing licence. Those who already purchased a three-year fishing licence are eligible for a refund, on a pro rata basis. Sharon McKewen, President of Ontario Command of the Royal Canadian Legion, welcomes the introduction of free fishing to their more than 100,000 members in almost 400

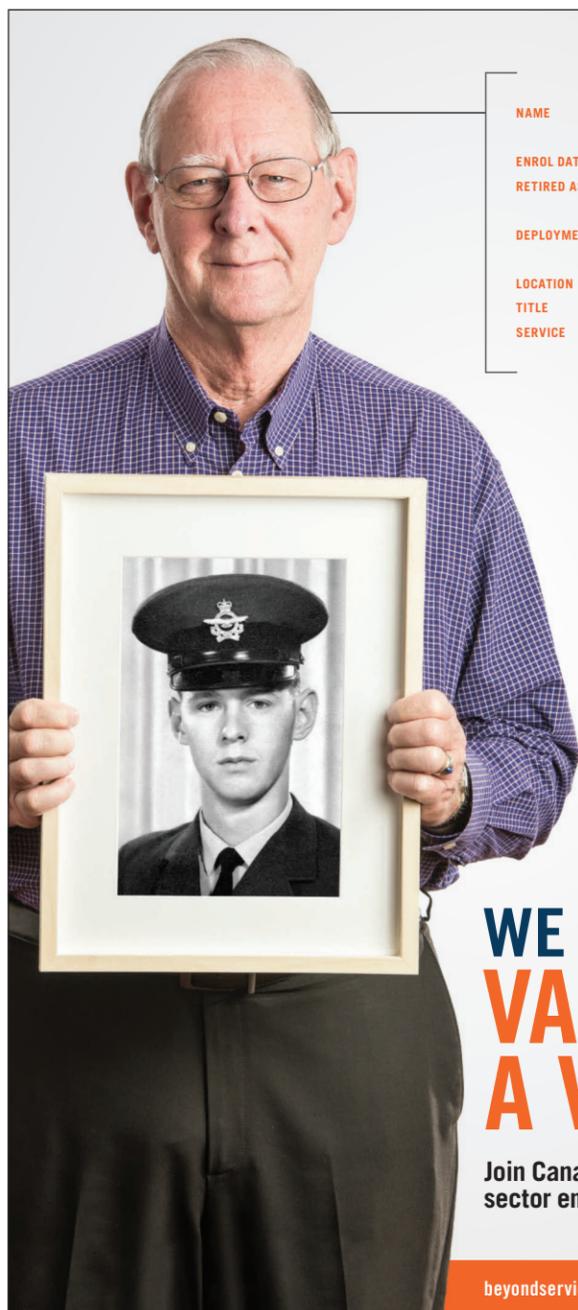
branches across the province. "Free fishing for our veteran members provides incentive for them to enjoy the sport, when desire strikes, and hopefully the fish are biting!" says McKewen. "On a quiet lake in the woods or a busy waterway, alone or with others, the challenge of the sport is making the catch; a sense of pride and peace of mind are found in the release. The enjoyment of comradeship, in the tall tales shared with laughter, is the reward. We encourage our veterans to enjoy the freedom of fishing on Ontario's waters." Recreational fishing is a \$2.2 billion industry in Ontario. The province has a great diversity of freshwater fish and is recognized worldwide for its recreational fishing. The ministry works to keep fish populations, and the habitat they depend on, healthy and abundant for anglers. Minister Yakabuski says that in addition to providing greater access to fishing, Ontario is standing up for its veterans,



Photo Courtesy of the Government of Ontario.

Canadian Armed Forces members and their families in other significant ways. "We're working to establish a new hotline for military families moving to the province, we're ensuring Royal Canadian Legion halls in Ontario are exempt from paying property tax, and we're planning to build a memorial on the grounds of the Ontario legislature that honours our heroes of the war in Afghanistan," says Minister Yakabuski. "Together, these ef-

orts demonstrate that Ontario remembers their sacrifice, celebrates their courage and is very grateful for their service." Veterans and active service members may call the Natural Resources Information and Support Centre at 1-800-667-1940 for more information about licence-free fishing or visit Ontario.ca/fishing to learn more about the province's Learn to Fish programs, fishing rules and how to plan a fishing trip.



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2 Air Movements Squadron welcomes new honorary colonel

By Makala Chapman

Belleville native John Cairns can now add the title of Honorary colonel (HCol) to his already extensive resume. The local philanthropist and business owner was officially welcomed to the 2 Air Movement Squadron (2 Air Mov Sqn) family at an investiture ceremony held at the National Air Force Museum of Canada on Jan. 23. Having suffered a near-death work accident that cost him his right arm and leg in 1992, HCol Cairns has pledged much of his life to helping others turn "tragedy into triumph" through various philanthropic initiatives. Most notable is his creation of the Wheelchair of Hope Foundation, which helps give the gift of mobility to those with physical limitations. HCol Cairns succeeds HCol William Mills, who had held the position at the 8 Wing Trenton squadron since 2015. HCol Mills too took the opportunity to express his gratitude for having been able to serve alongside the men and women of 2 Air Mov Sqn. In his farewell speech, HCol Mills shared some of the highlights of his tenure that he noted he would be sure to cherish for life. Amongst his top memories, he recounted a trip to Canadian Forces Station (CFS) Alert for a resupplying mission and expressed his amazement at getting to see the squadron members in action. But he said he would miss the people the most. "I'm sorry my term as honorary colonel has come to an end," he said. "I will certainly continue to speak about the men and women of 2 Air Movement Squadron and 8 Wing Trenton with a great deal of pride and respect." In the conclusion of his speech, HCol Mills received a standing ovation from the squadron and all those in attendance. The official signing over of the role of honorary colonel soon followed after. Noting how pleased she was to welcome HCol Cairns to the family was 2 Air Movements Squadron Commanding Officer Lieutenant-Colonel (Lt.-Col.) Teresa Brown. She noted one of his main roles would be to help "strengthen our connections to the community." She added from the first day she met HCol Cairns, she knew he would be a perfect fit for the squadron. "I sincerely look forward to what we can accomplish together as a command team," she added. "You bring with you leadership, determination, compassion and a love and energy to engage with the community." Lt.-Col. Brown also took the time to thank HCol Mills for his service and noted he would be greatly missed. "Your participation in numerous community, Wing and squadron events are a solid testament to your commitment to the Canadian Armed Forces and your role as honorary colonel," she said. "We

certainly have had fun along the way. Thank you for your inspiration to enjoy life to the fullest and to never take one's self seriously."

Taking to the podium, HCol Cairns shared his delight at being selected for the job, HCol Cairns noted that he couldn't be more grateful. "My heart is bursting to stand before you as your next honorary colonel," he said. "It's truly a distinguished honour. Thank you for your vote of confidence and opening this door of opportunity." HCol Cairns went on to share that he was looking forward to serving the men and women of 2 Air Mov Sqn in any way he could. Being a survivor of post-traumatic stress disorder (PTSD), caused by his work-related accident, he added through his experience, he might be able to help others. "It's been a journey of struggle, pain and adversity," he said. "I have stared into the eyes of defeat, fear and the invisible injuries. But, what defeat and PTSD did not understand was the power of the human spirit to rise above what wanted to bury me." Moving forward in his role, HCol Cairns said he would strive to serve with "honour, dignity and credibility." He also noted over the next three years, he would do his best to help maintain squadron traditions, foster esprit de corps (a sense of community), and act as a mentor for all members.

2 Air Mov Sqn is a high-readiness squadron responsible for the organization, packaging and loading of cargo onto RCAF aircraft in support of the Canadian Armed Forces. Statistics from last year show that the squadron was responsible for the airlift of over 17 million pounds of freight and the movement of close to 46,000 personnel.



Photos by Makala Chapman

Outgoing HCol William Mills said he was grateful to have served as an ambassador for 2 AMS and would cherish the time he had with the squadron.



Incoming HCol John Cairns said he looks forward to serving as a mentor to the squadron members and all that they will achieve together.



HCol Mills (left), Lt.-Col. Brown (middle) and HCol Cairns (right) sign the official documentation noting the change in honorary colonel at an investiture ceremony on Jan. 23.

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8 Wing Trenton hosts Special Olympics basketball team



A group photo of the Quinte West Special Olympics team and the 8 Wing Trenton basketball team.



A member of the Quinte West Special Olympics team makes a shot from the three-point line.

By Makala Chapman

Quinte West's Special Olympics basketball team is heading to their provincial qualifiers thanks to an exhibition game against 8 Wing Trenton. To help ensure their spot, the Quinte West 'Smelters' competed in a friendly game of basketball at the South Side Gym on Jan. 24. Bringing their best skills to the court, the Quinte West players were sure to put 8 Wing Trenton's team to the test. Executing strong drives to the net and a good offensive game, the Smelters proved to be tough competitors. In return, the 8 Wing Trenton team demonstrated solid defensive plays and impressive shot accuracy that resulted in an 80-66 win for the Base team. Despite the loss, the Quinte West players were all smiles as they posed for a group photo following the game.

Speaking to how pleased he was with how the matchup went was Quinte West's James Stone. "We're technically an A-level team, but there's only B-level teams around to play against," he said, "so it was fun to play against (8 Wing Trenton) and have them challenge us." As for what he felt his team did best, he said it was their communication and overall effort. Noting how proud she was of her players was Quinte West's head coach Debbie May. She expressed that the chance to play against the Base team was one she greatly appreciated, as it was a good challenge. "They played well," she said. "They're always great offensively and my team will work on their defensive game. But, overall, they did a great job." May noted she was most impressed with her team's camaraderie and noted their love of the game was infectious. "They're a good bunch and work well together," she explained. "They've been playing together for so long, it's like they read each other's minds. In fact, a lot of them are close best friends that grew up with a basketball in one hand and a baseball in the other." Also speaking to the results of the game was the 8 Wing Trenton team's coach and player, Corporal (Cpl.) Alan Albano. He noted he was thoroughly pleased with the opposition's shooting capabilities and their ability to



8 Wing Trenton (left) and the Quinte West Special Olympics basketball team at the tip-off at the South Side Gym on Jan. 24.

move the ball down the court. Cpl. Albano added the games against the Special Olympics team are something he looks forward to and hopes to be able to play with them more often. "It's important for us to engage with the community because it gives us a chance to give back and connect through basketball," he said. "We live in the community, our kids are playing with their kids, so it's just a great experience overall." As for what's next for the Base team, they will be busy with practices, as they will be hosting the regional championship on Feb. 22.

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Upcoming Events

Feb. 9 -- Trenton Legion presents its Annual Valentine's Dinner and Dance featuring live band "Cowboys Don't Cry". Tickets are available in the Trenton Legion Office or by calling 613-392-0331. Ticket prices per person are \$20 Legion Members and \$25 for Non Legion Members. For more information, visit their website www.rcl110.ca.

Feb. 16 -- The Quinte Branch of Ontario Genealogical Society presents "The Family History Reno Project (the easy do-over)" by Bob Dawes. Held at Quinte West Public Library, 7 Creswell Dr, Trenton 1-3 p.m. Everyone is welcome. For more information visit www.quinte.ogs.on.ca.

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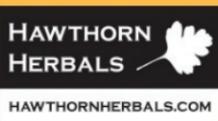


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Employment Café

Café Emploi

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SOCIAL MEDIA

CONTENT

Information Session
Session d'information

Trenton MFRC Wed. February 20th 10-noon	CRFM de Trenton Mercredi 20 février De 10h à midi
---	---

Hands-on Session
Session pratique

Loyalist College Computer Lab 2L13D Wed. February 27th 10-noon	Loyalist College Laboratoire d'ordinateur 2L13D Mercredi 27 février De 10h à midi
---	--

Opportunity to have LinkedIn profile photo taken at the Information session

Possibilité de prendre une photo de profil LinkedIn lors de la session d'information

Register before February 13th
Inscrivez-vous d'ici le 13 février

elizabeth.nicholas@forces.gc.ca







TRENTON Military Family Resource Centre

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February 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4 Kids Have Stress Too! HERCS – French (new dates!)	5	6 Manulife Information Briefing HERCS – French (new dates!) Communication Connection What About Me?	7 Knit & Chat	8	9
10	11 HERCS - French	12	13 Picasso & Pinot Community Connection What About Me?	14 Mindfulness Special Needs Parent Support Group	15	16
17	18 MFRC CLOSED – Family Day (holiday)	19	20 Employment Café - Linkedin Community Connection What About Me?	21	22	23

● **Mindfulness**

Mindfulness means paying attention in a particular way, on purpose, in the present moment, and nonjudgmentally. Join us for our monthly mindfulness sessions, offered twice a month from 12 – 1 p.m. The session is free of charge! Register with Rabia by at rabia.s@trentonmfr.ca. Upcoming dates in 2019 are:

- February 14 & 28 • March 14 & 28

● **Living Life to the Full: 12 hours that can change your life**

Want to feel happier, have more energy, gain confidence, enjoy better relationships, feel less stressed and develop skills to deal with life’s challenges?

Date/Time: February 28, March 7, 14, 21 & 28 from 1800 hrs to 2000 hrs Cost: Free Location: Trenton MFRC To register please contact Tanya Bown at 613 392 2811 ext 4779 or tanya.b@trentonmfr.ca.

● **Essential Oils: Mighty Moods**

February 21, 2019

Feeling moody? Learn to understand your moods and how to quell them with

essential oils.

\$10 per person - Hands-on (and nose) experience with oils, including a free take home essential oil roll-on blend.

6:30-8:30 p.m.

Register by February 19, 2019

● **Living with Post-Traumatic Stress**

A psychosocial support group for military spouses. Tuesdays for 8 weeks beginning February 12, 3:30 – 5:30 p.m. At the Trenton MFRC To register, please contact linda.r@trentonmfr.ca.

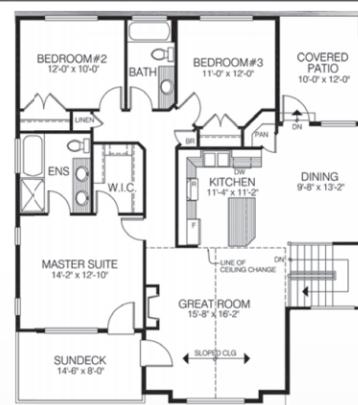
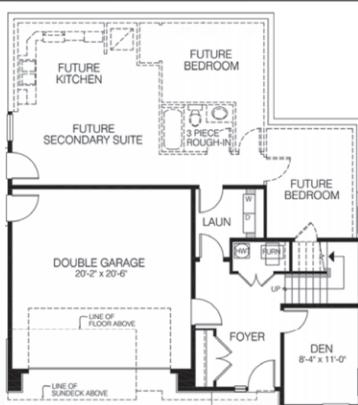
● **Casual Child Care - Available now!**

The Trenton MFRC is now offering Casual Child Care, Monday – Friday. Child care will be available in ‘family age groupings’ for ages 0-12 years. This is a licensed child care program offering parents an option to access casual child care. For requirements, fees, and more information, please visit www.trentonmfr.ca or www.cafconnection.ca/trenton.

For inquiries, please contact Susan Stoddard at susan.s@trentonmfr.ca or 613-392-2811 ext. 2442.

Home of the Week

Your Building Renovation Experts



Plan No: 2-3-765

This attractive three-bedroom, two-storey home will make a welcome addition to any neighbourhood, thanks to the heritage-style details on the facade and the decorative woodwork at the front door.

Entry is on the ground floor, through a covered porch. The foyer includes a roomy coat closet to the left, and the U-shaped staircase to the upper floor living area is to the right.

The open plan great room features a sloped ceiling as well as a

gas fireplace. A doorway leads to the sun deck overlooking the front garden.

The dining area includes two windows that look out to the side garden, and is separated from the kitchen by a large prep island. A doorway leads to a covered patio, providing a space for year-round grilling.

The kitchen’s L-shaped counter configuration will spell efficiency for the cook, and a roomy pantry will provide always-welcome

storage space.

The master suite is located at the front of the home, and enjoys a doorway to the sun deck. The ensuite includes a soaker tub with its own window, as well as a shower stall. Double basins will ease the morning rush-hour. The walk-in closet will provide lots of room for a couple’s clothing and accessories.

The second and third bedrooms look out to the back garden and share a three-piece bathroom.

Plans for the ground floor include space for a secondary suite with two bedrooms, as well as a roughed-in three-piece bathroom. The laundry room is nearby. The den to the right of the foyer is well-located to serve as a home office.

The double garage provides access to the foyer, as well as the side garden.

Exterior finishes include horizontal wood siding, brick accents, ornamental woodwork and painted trim.

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Continued from page 1



Members of 437 Transport Squadron are all smiles upon their return from Operation Impact on Jan. 28.



Members of 437 Transport Squadron receive honours and awards for their participation in Operation Impact on Jan. 28.

of Iraq and Syria (ISIS). While Canada offers its support in the form of training, as well as medical services, one of their most important roles was as in-flight refueling specialists. Tasked with ensuring Canada and nations like the UK, France, Italy, Germany, Australia and the US's aircrafts remain fueled for their long treks across the Middle East, 437 Transport Squadron's CC-150 Polaris has delivered more 65 millions pounds of fuel since the beginning of the operation in October 2014. On hand to speak to how proud he was of the squadron and its members was 8 Wing Commander Colonel (Col.) Mark Goulden. "This has truly been a team effort," he explained. "For over four years, the men and women of 437 Squadron and L3 have enabled an operation that has returned Iraq to a level of security that has not been enjoyed for generations." He went onto add that this was significant as it meant that citizens in Iraq might soon be able to look to a future without "fear and oppression." He added that he was especially proud of 437 Transport Squadron since they are the only team in the RCAF that can provide the capabilities offered by the CC-150 Polaris. Col. Goulden also thanked the families of the deployed for standing by their member's side during such a crucial time. Many of the deployed members and civilian contractors were gone for months at a time, with some having been gone for upwards of 200 days. Col. Goulden noted he was especially grateful for the partnership with civilian contractors, such as L3,

as they were critical to the mission. "It's an old airplane and it's not easy to keep going," he shared. "They do a phenomenal job and are a very important part of our defence team and without them they we just simply would not succeed." In terms of what's next for the squadron, Col. Goulden said their capabilities were in high demand and they would be busy conducting more training in the coming months. As for the RCAF's current presence in the Middle East, there are still two CC-130 Hercules aircraft and a deployment of CH-146 Griffon helicopters providing personnel and equipment transportation. Also on hand to speak to the experience of being deployed on Op IMPACT was 437's Major (Maj.) Jamie Arbuckle. Having spent six months overseas as the detachment commander this past summer, Maj. Arbuckle was chiefly responsible for overseeing the fleet. He further elaborated on the importance of the air-to-air refueling missions and noted they were essential to allowing



The Askin children patiently await for the arrival of their father, Sean Askin, a L3-MAS civilian contractor working alongside 437 Transport Squadron.

coalition fighter jets to operate upwards of 8 hours a day. Since many of the jets were not based directly in Iraq, Maj. Arbuckle noted the jets would often need to be refueled. "It would be almost impossible to maintain the mission the way we were doing things without that air refueling capability," he explained. "The same fighter we might refuel four times in a day. It allows them to continue to do the mission and stay on target where they are." As for what it was like being away from home for so long, he said it definitely had its challenges but noted it was an important sacrifice he was happy to make. "It's a great honour to go and to be able to serve our country," he said, "and to be doing a mission that's help-

ing the Iraqi people. To look at where they were in 2014 versus where they are now, where their democratic institutions are being rebuilt in the country and where they have a military capable of defending itself, it's great to be a part of that." Since 2014, the squadron has flown 1,166 missions totaling over 7,000 flying hours. At any given time, the CC-150 Polaris can simultaneously fuel two aircraft in approximately 15 minutes. In addition to refueling operations, 437 Transport Squadron is also responsible for transporting VIPs, like the prime minister, as well as military personnel. The squadron currently has five aircrafts and has close to 100 members.

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Offering a helping hand to the local food bank



Rob McGregor and Susan Blakely with one of the donation bins they will keep in their shop to help collect donated goods.

By Makala Chapman

Finding ways to help the community when possible is important to Susan Blakely. As the owner of Hair Central, a salon and barbershop located at the CANEX, she said her business will be sure to continue to do its part. Whether its hosting fundraisers for the restoration of the National Air Force Museum of Canada's historic Avro Lancaster, or offering free cupcakes on Halloween, Blakely said there's always something that can be done. In fact, her latest initiative will see that members of the communities most vulnerable won't be going hungry anytime soon. Moving forward, all patrons visiting Hair Central will receive a stamp on their loyalty card for every monetary, canned or non-perishable food items donated to the local Trenton Care and Share Food Bank. Once they have made at least 15 donations, they will then be eligible to receive a free haircut. As for where she came up with the idea, Blakely said she was inspired by the efforts put forth by 8 Wing Trenton's Aerospace and Telecommunications Engineering Support Squadron (ATESS) during their annual holiday food drive. As a result, she too wanted to see what she could do for the local food bank. "I found out that all that food they collected (from ATESS) was dispersed in a couple of days," she explained. "Then I was speaking to someone heavily involved in the communities of Quinte West and Belleville and she was telling me how bad it is out there for people in need." With that information in mind, Blakely said the idea to reinstate the loyalty card came to her in her sleep. Now, a large bin sits at the front of Hair Central awaiting donations from the community. "It doesn't even have to be a large donation, maybe a loonie, a toonie or a canned good," she explained. As for whether she thinks the initiative will be a success, she noted she has no doubt the community will step up to plate as they always have. She added in just four days, her shop has collected \$300 in monetary donations, as well as a whole bin of food. "It's so caring," she said. "We are all one community that is showing just how much we care, share and love each other." Also supporting the local food bank with various donation bins around the community, including one at Hair Central, is local realtor David Weir from Team Weir. As a retired captain with

more than 20 years in the military, he too expressed his interest in wanting to continue to serve his community through giving back. "I've had people that worked for me while I was in the military that needed help for whatever reasons," he said. "Things can turn on a dime." In the last four years that he and his team have collected donations for the Trenton Care and Share Food Bank. He estimates they have been able to raise at least \$7,000 and 3,500 pounds of food. For those looking to make a donation to the local food bank, they can do so by dropping goods off at the Pelham Street facility or by making a donation at Hair Central. Team Weir will also be stopping by and collecting donations at the Forrest Ridge, Orchard Lane and several other subdivisions in Trenton and Frankford on the Sunday morning of the Family Day weekend. Stopping by to pick up the donations from Team Weir and Hair Central was the Trenton Care and Share Food Bank's general manager Sergeant (retired) Al Teal. "They keep our shelves stocked," he said. "It just shows that people care about their community." Sgt. (ret'd) Teal estimated at least 285 households accessed the food bank last month - a number he projected easily going up with changes in the economy. Reflecting on his last 25 years at the food bank, he said if there's one thing that's for certain, it's the continual support of the community. "Trenton is the most generous community that I've ever lived in," he said. "It's been tremendous and it has never changed."

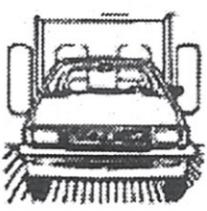


Members of Hair Central and Team Weir with their donated goods for the Trenton Care and Share Food Bank.



Al Teal looks over a poster that Hair Central will be hanging up to promote the loyalty card and support for food bank donations.

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 Publishing: March 28, 2019

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 Publishing: June 13, 2019

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