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>> United Way Beard growing contest flourishes

Large number of entrants makes category decisions tough

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>> Spill Response Training Courses

Aim of training is to provide members with prompt response and proper cleanup skills

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>> Government of Canada announces creation of Memorial Ribbon

Ribbon to be offered to close family, friends of deceased CF members

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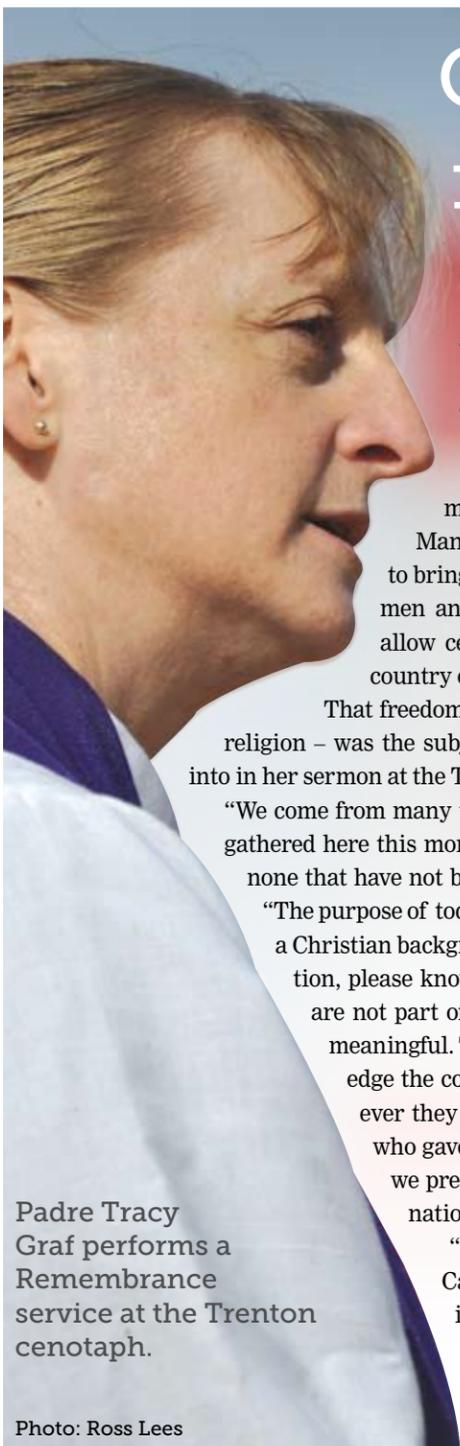
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REMEMBERING



Quinte area remembers our fallen

By Ross Lees

Extraordinarily fine weather on Remembrance Day resulted in huge turnouts at most area ceremonies.

Many families took advantage of the conditions to bring along their young children to honour those men and women who fought in world conflicts to allow celebrations like those conducted across the country on Nov. 11.

That freedom – including the freedom of expression and religion – was the subject CFB Trenton Padre Tracy Graf delved into in her sermon at the Trenton Remembrance Day ceremony.

"We come from many traditions and faiths and lands, we who are gathered here this morning, and all are welcome here for there is none that have not been touched by war in some way," she said.

"The purpose of today is remembrance, and though I come from a Christian background and this service may reflect that tradition, please know that if you are of another faith or if you are not part of any faith tradition, your presence here is meaningful. This is a time to stand together and acknowledge the cost of war; to lay aside our differences whatever they may be, and to remember those Canadians who gave their lives for the freedoms and rights that we presently enjoy today while living in this great nation.

"The price for the freedoms we enjoy today in Canada was paid in blood. May we never find it inconvenient to say thank you and to pay our respect," Padre Graf noted.

As the wreaths were laid, a sombre si-
continued on page 9

Padre Tracy Graf performs a Remembrance service at the Trenton cenotaph.

Photo: Ross Lees



Photo: Ross Lees

The unveiling of the monument was a sombre moment for everyone, but especially the family members of the fallen.

Afghanistan Repatriation Memorial unveiled

Soldiers who fell in Afghanistan remembered with memorial in Bain Park

By Ross Lees

Families of military personnel killed or wounded in Afghanistan who might have been wondering if their loved ones were forgotten or if their deaths were in vain had their minds set to rest Saturday at the Afghanistan Repatriation Memorial dedication ceremony in Bain Park.

The memorial itself was proof Canadi-

ans remember and want to honour those men and women who died in Afghanistan in the service of their country. And Afghan Ambassador to Canada Barna Karimi brought messages directly from people in Afghanistan noting how much their lives and country had improved because of the Canadians who fought on their behalf in the Afghanistan struggle.

"Today, from zero, we have over nine
continued on page 10

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(TOP) Sea Cadets rang this bell as the name of each of the 158 people on the memorial was read. (BOTTOM) Afghanistan Ambassador to Canada Barna Karimi and Federal Minister of Veteran Affairs Steven Blaney sit side-by-side during the ceremony and speeches.



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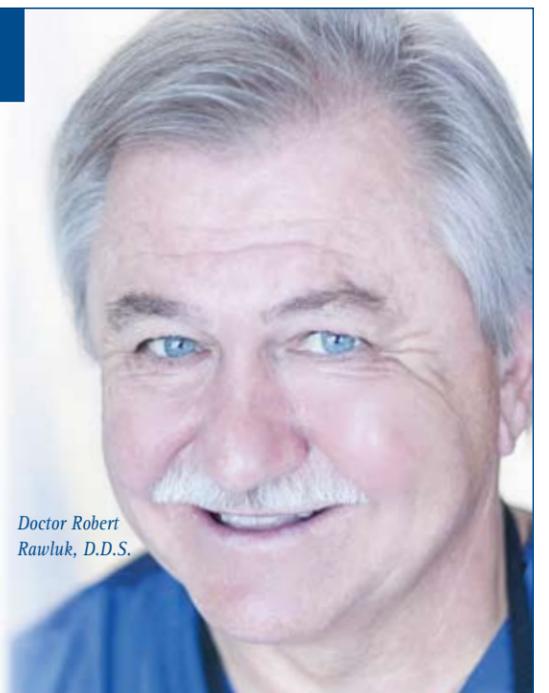
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Doctor Robert Rawluk, D.D.S.

Photos: Ross Lees

CWO Sandor Gyuk, organizer of the United Way beard growing contest stands with beard growing winners category winners Pte. Francois Landry (sparsest), Cpl Vanton Mark had the most manly beard, and Cpl. Tom O'Hara of ATESS had the most colourful beard. Rob Lafferty, owner of the Chop Shop, stands on the right.



(LEFT) CWO Gyuk and his two judges clarify some rules prior to beginning the judging. The judges had a tough job establishing winners in each category.

United Way Beard growing contest flourishes

By Ross Lees

To say the United Way beard growing contest is flourishing is an understatement.

A room full of contestants at the Astra lounge made things very difficult for event organizer Chief Warrant Officer Sandor Gyuk and his two judges.

The beards came in all shapes, sizes and colours and were divided into three categories – the longest and fullest, the most colourful, and the sparsest. The contest was tough in each category.

Pte. Francois Landry produced the sparsest beard, Cpl Vanton Mark had the most manly beard and Cpl. Tom O'Hara of ATESS had the most colourful.

Rob Lafferty, owner of the Chop Shop, offered discount prices for having beards shaved or barbered at his shop.

CWO Gyuk said he hoped to somehow expand the contest next year to include women, perhaps by growing their hair longer or something like that.

"I'm not quite sure how he'll do it yet, but we'll try to work something out by next year," he said.

He thanked everyone for their participation and urged them to support the United Way campaign in whatever way they could.



Photo: Ross Lees

United Way pizza lunch

Honorary Colonel John Smylie (back left) is joined by CWO Stuart Preston of 436 Sqn. and Lt.-Col Mark Goulden, CO of 436 Sqn as they serve pizza to MWO Aidan Brake from ATESS at last Thursday's United Way pizza lunch at the Yukon Galley. There are just a couple more pizza lunches before the campaign ends so all 8 Wing personnel are encouraged to come out and support these worthwhile efforts.

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Remembrance Day in Alert



Photo: Cpl. Daren Lunn

On Nov. 11, we recognized the sacrifices of members of the Canadian Forces, past and present who gave their lives in the line of duty. It began with the Remembrance Day parade in the morning, where all station personnel in Alert were present. Upon completion of the parade, military members were shuttled to the Lancaster and BOXTOP 22 grave sites at the end of the runway to pay their respects. Finally, everyone gathered in the mess where light snacks were served and we watched a slide show of all the Canadian fallen in the Afghanistan mission.

GOLDFARB

By Penney



the Contact

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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 at and 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 Forces at work.

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, CF or other agencies.

In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel Sean Friday, CD, Wing Commander, 8 Wing/CFB Trenton.

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Guidelines for submissions:

ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.

- Do not include clip-art or graphics within your typed pages. Additional graphics/ logos may be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person. Non e-mail submissions should be saved

as word documents on a disc and accompanied by a hard copy of your article.

- Articles must include author's full name, unit and phone number.

- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction. Jpeg-Maximum (8X10), 300 dpi

- Please label all disks and hard copies with article name, contact person and phone numbers, date.

- ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 pm PRIOR TO PRINT DATE AT THE CONTACT OFFICE.

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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LETTERS TO THE EDITOR: All letters and editorials must be signed and the name of the author will be published, unless otherwise requested. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. Mail, e-mail, fax or drop in person to the Contact office. Please refer to the information at the bottom of the page for how to reach us.

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Photo: Cpl. Lemarre McDonald, 8 Wing Imaging

A legionaire places a wreath at the Tweed cenotaph as a large number of spectators remember those who sacrificed life and limb for our freedom.



Photo: Pte. Nathan Moulton, 8 Wing Imaging



Photo: Cpl. Adam Baraniuk, 8 Wing Trenton

A member of 8 Wing Transportation Electrical Mechanical Engineering (TEME) Squadron pays his respects at the Remembrance Day ceremony in Consec.

A large crowd attended the Remembrance Day ceremony at the Frankford cenotaph on Mill Street.

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Adult Programs

Morning Aquafit - Mon., Wed. and Fri., Sept. 24 to Dec. 14 . 8:30 a.m. to 9:20 a.m. (34 swims).
 Senior Lane Swim - Mon., Wed. and Fri. Sept. 24 to Dec. 14 (34 swim periods), 7:30 a.m. to 8:20 a.m. and 8:30 a.m. to 9:20 a.m.
 Evening Aquafit - Tue. and Thurs., Sept. 25 to Nov. 29, 6:15 to 7:15 p.m.
 Evening Aqua Jogging - Tues. and Thurs., Sept 25 to Nov. 29, 7:15 to 8:15 p.m.

Fitness Programs

Zumba (60 minutes) Wednesdays, Sept. 26 to Nov. 21, 5:30 to 6:30 p.m. at the South Side Gym with Jen. Register at the RecPlex.
 Zumba (60 minutes) Mondays, Sept. 24 to Dec. 3, 5 to 6 p.m. at the South Side Gym or the RecPlex Gym with Mary
 Tai Chi - Tuesdays, Sept. 25 to Nov. 13, 5:15 to 6:15 p.m. at the South Side Gym. Register at the RecPlex.
 Learn to Skate for Youngsters Fridays Oct. 19 to Dec. 7, 4 to 5 p.m.
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 Shinny Hockey Starts Oct. 2, Tyke/Novice Tuesdays, 4 to 5 p.m.; Atom Wednesdays, 4 to 5 p.m.; PeeWee Fridays, 6 to 7 p.m.; Bantam/Midget Fridays, 7 to 8 p.m.

Children, Youth and Teens programs

Mix-it-up Sports - Mondays, Sept. 17 to Nov. 5, 5:15 to 6:15 p.m. for children six to eight year olds and 6:15 to 7:15 p.m. for youth nine to year olds. Meet in the RecPlex Gym.
 Kookin with Kidz - Tuesdays, Sept 25 to Nov. 13, 5:15 to 6:15 p.m. for children six to eight year olds and Kookin with Kidz and Iron Chef - Tuesdays, Sept 25 to Nov. 13, 6:16 to 7:15 p.m. for youth. Meet at the Chapel or Baker Island. Register at the RecPlex
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 Learn to Skate for Youth Fridays Oct. 19 to Dec. 7, 5 to 6 p.m.
 Skills and Drills Mondays Oct. 15 to Dec. 3, 5 to 6 p.m.
 Family Skate Starts Saturdays and Sundays Oct. 6, 1 to 2 p.m.
 Shinny Hockey Starts Oct. 2, Tyke/Novice Tuesdays, 4 to 5 p.m.; Atom Wednesdays, 4 to 5 p.m.; PeeWee Fridays, 6 to 7 p.m.; Bantam/Midget Fridays, 7 to 8 p.m.
 P.A. Day Camps Youth ages six to 12 years Friday Nov. 23

Advanced Aquatics

Junior Lifeguard Club for Youth 8 to 15 years of age - Mondays, Sept. 24 to Dec. 10, 6 to 7 p.m.
 Youth Aquatic Club for Youth 6 to 16 years of age - Mondays, Wednesdays, Fridays, Sept. 24 to Dec. 14, 4:45 to 6 p.m.
 NLS recertification (2012 Standards), Sunday, Nov. 18 from 10 a.m. to 4 p.m.
 Water Safety Instructor, Saturday, Dec. 1 and 8 and Sunday, Dec. 2 and 9 from 10 a.m. to 4:30 p.m.
 Water Safety Instructor recertification, Saturday, Nov. 18 from 10 a.m. to 3 p.m.

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CF Postal Unit Awards



MCpl P.C.S. Lei from the CF Postal Unit is being presented with the Operational Service Medal - Expedition by the Unit Commanding Officer, Maj S.A. Bouchard and the Unit Sergeant-Major, MWO T.W. Miller. This medal represents his service with TF Democratic Republic of Congo NSE during Op CROCODILE Sept. 11 to April 12.



MCpl Zbigniew Rolka from the CF Postal Unit is being presented the General Campaign Star - South West Asia Rotation Bar by the Unit Commanding Officer, Maj S.A. Bouchard and the Unit Sergeant-Major, MWO T.W. Miller. The Bar denotes 210 days of eligible service in two theatres of duty during tours with TF Kabul CS Bty - Jul 03 - Jan 04 and JTF Afghanistan NSE August 2008 to October 2008.

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- Medications can slow the time it takes for your body to eliminate alcohol, mask its effects, cause unpredictable reactions, and/or make medications less effective. A hazardous behaviour is mixing alcohol, which is a sedative, with other sedating medications, herbs or supplements. This can result in confusion, severe drowsiness to unconsciousness. Read and follow the labels of your over-the-counter and prescription drugs! Not sure if you should mix? Ask a pharmacist!
- Illicit drugs can produce an unpredictable, hazardous and even deadly mix! The effect of one may suppress

or increase the effect of the other. This is a big concern with narcotics, stimulants and hallucinogens.

- Caffeine in your ice cap, sport supplement, energy drink or bar drink fools you into thinking you're not as intoxicated as you really are. The caffeine also keeps you awake and potentially drinking longer than if you didn't consume caffeine. Caffeinated alcoholic drinks come pre-mixed by a manufacturer or can be hand mixed by you or a server. What's safer? Not mixing them, but if you choose to do it avoid the hand-mixed caffeinated alcoholic drinks because you can't guarantee the amount of caffeine or alcohol in them. Premixed drinks have regulated amounts of caffeine in them and should still be used with extreme caution. Research has found that compared to drinking only alcohol, mixing alcohol with caffeine increases the chance that you will: be sexually assaulted/sexually assault someone; drive intoxicated or get a lift from an intoxicated driver; get injured, be in a fight; or not know how intoxicated you are.

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Liver problems	
Alcohol poisoning	

Follow Canada's Low-Risk Alcohol Drinking Guidelines and ask for help if you need it.

References:

- Canadian Centre on Substance Abuse (2012) A Bad Buzz;
- Canadian Centre on Substance Abuse (2012) Canada's Low Risk Alcohol Drinking Guidelines
- Centre for Addiction and Mental Health: Alcohol, retrieved from the WWW 14 June 2012 URL: http://www.camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/alcohol/Pages/alcohol.aspx
- Éduc' alcool (2008). Alcohol Combinations

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- Mental Fitness and Suicide Awareness Supervisor Training - Dec. 6.

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Spill Response Training Courses



8 Wing Environmental Management Office will sponsor two three-day Spill Response Training courses, Dec. 5-7 and Dec.12-14. If there are not enough candidates for these courses, the courses will be rescheduled after the holiday.

The aim of this training is to provide commissioned members, non-commissioned members and civilian personnel

with the necessary skills and knowledge to perform the duties and to properly advise and to support the Unit Commanding Officer on environmental or on hazardous materials (HAZMAT) subject matters.

In the event of a hazardous product spill, the individual/individuals who caused the spill is/are responsible for prompt response and proper clean-up. He has a unit responsibility to ensure personnel are trained and properly equipped with the appropriate personal protective equipment (PPE) and spill material for all hazardous products on hand.

The spill response training course is composed of lectures, hands-on and response to scenarios. The objective of this course is to develop individual skills to respond to hazardous material spills in their workplace, outdoors and under specific conditions. At the conclusion of the training, participants will have practical knowledge of workplace spill response.

Supervisor: send candidate's name including service numbers to MWO St-Onge, WHMO, by e-mail or phone (Loc 7235) soonest. The course has a maximum of 30 seats. The candidates will be informed of the location and joining instructions.

Adjm Gilles St-Onge, CDME
 (CSN) 827-7235
 Fax 613-965-3368

Formation sur les Déversements de Produits Dangereux

L'office de la gestion environnementale de la 8ième escadre va parrainer deux cours de trois jours sur les déversements de produit dangereux, les dates sont du 5 au 7 décembre et du 12 au 14 décembre 2012. S'il n'y a pas assez de candidat pour ces cours, les cours vont être recéduler après les Fêtes.

Le but de cette formation est de fournir les membres commissionnés, les membres non-commissionnés, le personnel civil avec la qualification nécessaire et la connaissance pour remplir leurs fonctions et pour conseiller correctement l'officier commandant d'unité sur les sujets environnementaux ou de substances dangereuses (HAZMAT).

En cas d'un déversement de matériels dangereux, l'individu ou les individus qui ont causé/s le déversement est/sont responsable pour une réponse prompt et d'un nettoyage approprié. Également l'unité est responsable d'avoir sous la main et disponible aux personnels les équipements de protection appropriés pour le produit chimique manipulé.

La formation entrepris comprend de l'entraînement en classes, pratiques et scénarios. L'objectif de cette formation est de développer les habilités de l'individu pour répondre aux déversements de matériel dangereux à leurs lieux de travail, dehors et dans des conditions spécifiques. A la conclusion de l'entraînement, les candidats auront eu la chance de pratiquer leurs connaissances de déversement de matières dangereuses.

Superviseur, envoyez le nom du/des candidat/s en incluant numéro de service à l'adjm Gilles St-Onge (WHMO), par courrier électronique ou téléphone, le plutôt possible. Le cours a un maximum de 30 sièges. Les candidats seront mis au courant de l'endroit et autres instructions nécessaires pour le cours.

Adjm Gilles St-Onge, CDME
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Photo: Ross Lees

United Way raffles

The United Way campaign continues to progress on 8 Wing, including the raffles for such things as the utility trailer pictured above, a quilt and gift baskets. Base personnel are encouraged to support these raffles by buying tickets at United Way events like the pizza lunches.

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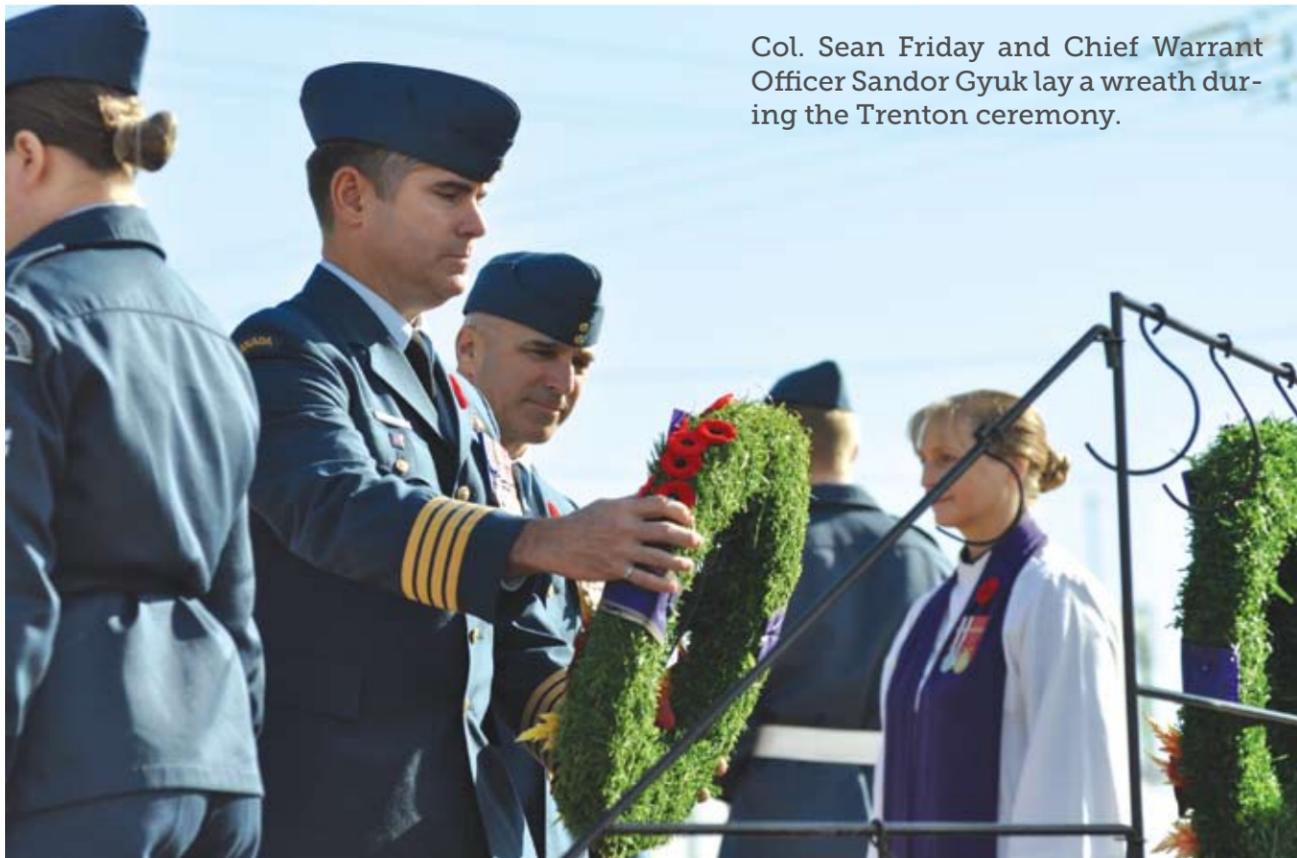
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Col. Sean Friday and Chief Warrant Officer Sandor Gyuk lay a wreath during the Trenton ceremony.



A military family observed the service with many other Quinte area families.

Photos: Ross Lees

continued from page 1

lence descended on the ceremony as veterans and their families remembered.

Memorial Cross mother Virginia Hicks laid the first wreath accompanied by her cousin Mathew Belear, injured in Afghanistan and now an OPP Constable. Military personnel from CFB Trenton joined the ceremonies throughout the area, and those not in the ceremonies showed up with their families to honour all those other service men and women who paid the supreme sacrifice.

Padre Graf welcomed the respect shown, telling those gathered of an incident experienced by Canadian singer/songwriter Terry Kelly in a drug store in Dartmouth, Nova Scotia.

As 11 a.m. approached on this Remembrance Day, an announcement came over the store's PA asking customers who would still be on the premises at 11 to pause for two minutes of silence to show respect to the veterans who have sacrificed so much for us.

Terry was impressed with the store's leadership role in recognizing the Legion's two minutes of silence. He felt it commendable that the store was purposely contributing to the education of the public of the importance of remembering the service of our veterans.

When 11 o'clock arrived on that day, an announcement was again made for the "two minutes of silence" to commence. All customers, with the exception of one man who was accompanied by his young child, stopped what they were doing and showed their respect.

Terry's anger towards the father for trying to engage the store's clerk in conversation, for demanding attention, and for setting a bad example for his child was channeled into a beautiful piece of work called, "A *Pitance of Time*."

"Thank you for being here today and acknowledging the price paid by our veterans. Canadian men and women have served in conflicts around the world and continue to do so today. It is our responsibility to remember their service and sacrifice not just today but every day, and to pass along the respect we have for our veterans and service personnel to our children and the next generation, so that they too will remember," Padre Graf noted.

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(LEFT) Many family members left mementos on the memorial of their fallen soldier. (RIGHT) Major General Michael Hood, Deputy Commander of the Royal Canadian Air Force, lays a wreath on behalf of the military community after the unveiling of the Afghanistan Repatriation Memorial.

continued from page 1

million kids going to school because of you," Mr. Karimi told the families of the people listed on the memorial, military personnel and civilians at the dedication ceremony.

He also told of one Afghanistan man pointing at a courthouse where justice was now being meted out and said that would not be happening without the Canadian intervention.

"I have it in my heart that some of you don't want to see me because looking at me, just remembering Afghanistan, will just remind you of the loss that you have and I cannot replace that, no one can. But I want to tell you that the people of Afghanistan appreciate very much what you did for them, what your sons and daughters did for them."

Afghanistan people now have access to health care services, roads and they don't live in fear of terrorists because of the sacrifices Canadian military personnel and their families made, he stated.

Mr. Karimi told the families and those at the ceremony he had called his mother that morning to get advice about what he should say. Her advice to him was to just say, "May God never engrave any names of Canadians anywhere because they lost their lives any more."

Those words supplied immediate comfort to Issam Massouh, the brother of fallen soldier Warrant Officer Hani Massouh. In his last conversation with his brother, he had asked him if he felt he was making a difference and his brother had replied "Yes."

"Today, I am sure that he was right when he said yes," Mr. Massouh said. "I feel much better and I hope that everybody feels much better with your support and recognition of their sacrifice."

Kathy Bulger, the mother of fallen soldier Cpl. Nick Bulger, said she also felt relief to see proof that Canadians do care about our military and our fallen heroes.

She was impressed with the Afghanistan Repatriation Memorial and said to the people gathered at the ceremony, "I know that the next time Nick's girls come to Ontario, Grammy will bring them here, watch them run, play and then maybe we can sit on one of the benches and reflect on what a brave man their daddy was - and all his fallen comrades, as well."

Mayor John Williams expressed his satisfaction in the memorial and the park in which the memorial is situated, noting he was proud to have the over 200 family members there for the memorial unveiling.

Federal Minister of Veteran Affairs the Honourable Steven Blaney took the opportunity to have the people gathered for the ceremony express their feelings to the family members.

"I want to tell the families of the fallen we have not forgotten and to show you what we have in our hearts for you," he said to a standing ovation for the families.

He added this was not only a testimonial to the men and women who fell in Afghanistan, but to those men and women still there in the Canadian training mission.

"If you're not moved by that, you're not a Canadian, I'll tell ya", and the families there watching was really something," Hockey Night in Canada celebrity Don Cherry noted, following the ceremony.

Federal Conservative Member of Parliament for Prince Edward-Hastings riding Daryl Kramp was impressed with the memorial and the ceremony.

"It was absolutely incredible," he stated following the ceremony. "All the superlatives you could use - the dedication, the courage, the gratitude, the sacrifice - are all there and when I see the community come together like this, it just tears at your heart. It brings home who we are and why we're here and the freedom we have did not come free. It was an absolutely incredible day for our citizens and our soldiers."

Following the ceremony, family members trooped up to the memorial and many left flowers or pictures at the base of the memorial listing the names of the 158 people killed in the Afghanistan conflict.



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About the Afghanistan Repatriation Memorial

The idea for the Afghanistan Repatriation Memorial came about two years ago as a way for everyday Canadians to remember the sacrifice of our Canadian military members in Afghanistan. The memorial is a beautiful, permanent monument honouring our Canadian soldiers – the men and women who sacrificed their lives in the war in Afghanistan. The entire project is funded solely by Canadians honouring Canadian soldiers through the Give to Honour Those Who Gave campaign, with no government assistance.

Located in Bain Park on the beautiful Bay of Quinte and near Canadian Forces Base Trenton – Canada’s largest Air Force base – the Afghanistan Repatriation Memorial is a fitting tribute not far from where so many repatriation ceremonies occurred and at the beginning of our fallen soldiers’ journey along the Highway of Heroes from Trenton to Toronto.

The Afghanistan Repatriation Memorial design was selected from many entries submitted by Canadian citizens and chosen to represent our nation’s recognition of the loss of sons, daughters, husbands, wives, fathers and mothers.

The Memorial site can be approached by a walkway from a dedicated parking area off Highway 2 on the east side of Trenton at RCAF Road, alongside 8 Wing CFB Trenton. The monument itself is in a quiet and reflective low walled area containing two large granite maple leaves, one in red granite inscribed with the Canadian Forces emblem and Provincial shields. The other leaf is in black granite etched to represent a family’s loss with a solitary soldier in black granite depicting a fallen comrade and containing the names of the 158 who have fallen to date in the conflict. This solitary, silhouetted soldier stands as sentinel to the memory of our fallen soldiers. This soldier represents military colleagues standing in mournful tribute while standing watch over the memorial images of Canada, family and lamented comrades. This sentinel demonstrates the fallen are not forgotten and will continue to be honoured for their service to our country. With this symbol of permanent vigil, we stand together to express our support, pride and gratitude for their sacrifice.

The entire site is designed to be reflective and contemplative in character and harmony with its surroundings. Within the memorial’s circular form, two granite benches will provide seating for those who come to reflect and enjoy the peace and beauty of the memorial site and park.

But the final words about the memorial went to the man who suggested it, Hugh O’Neil, a former Liberal Member of Provincial Parliament for the area.

“I couldn’t be happier,” he said of the memorial and the ceremony. He noted it had been two years of hard work, but well worth the effort. “Mayor Williams and our committee worked very hard and we’ve had the support of the community and it’s especially pleasing that we’ve had over 250 family members come from all over Canada to participate in this unveiling.”

Mr. O’Neil said he was very pleased with the memorial especially the story it told of separation of family members and those who serve in the military.



A flypast was the final element of the unveiling of the Afghanistan Repatriation Memorial.

Photos: Ross Lees

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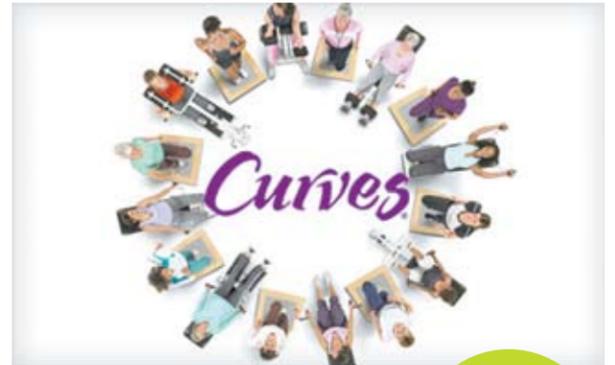
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Wood stoves and fireplaces can be deadly

While fireplaces are usually considered a decorative alternative, the use of a wood stove in the home has become quite a popular choice as the main source of heat. And while the fireplace may cut down on heating bills, keep in mind you are still dealing with fire. And fire can be deadly.

The most immediate hazards of a fireplace or wood stove are these:

- Fire may escape directly, in the form of hot coals or sparks;
- Radiant heat may be great enough to ignite nearby combustible materials;
- Flammable residues in the chimney may catch fire and spread to adjacent wood framing or to the roof.

The benefits of stoves and fireplaces can be realized in a safe home environment only through proper installation and regular maintenance.

If you plan to install or alter a stove or a fireplace, the project must be carefully carried out in accordance with the manufacturer's instructions and at the same time meet fire prevention or building code regulations of the region where you live. Find out what the building codes are in your area before you begin installations of any kind. Usually fire codes provide specific instructions for stove placement.

It is important to place the appliance a safe distance between the fire and nearby walls as wood can ignite at temperatures as low as 200F which is much less than the 800F temperature radiated by some stoves! Most codes require protective shields behind and beneath a stove and its flue to dissipate heat before it reaches combustible wall or floor materials. Most codes also specify the thickness of the masonry in a fireplace and chimney and the amount of air space that is required between the masonry and combustible interior walls.

Regular inspection, cleaning and maintenance are the best insurance against chimney fires and fires resulting from a damaged stove or flue. Thoroughly check the entire system before lighting the first fire of the season and repeat inspections on a regular basis every month or so.

Safety Tips for Stoves and Fireplaces:

Use proper accessories for your wood burning system. Cradle shaped grates will keep burning logs from falling or rolling beyond the firebox opening.

A metal container provides safe transport of ashes, which may contain hot coals.

Store them in a safe place outdoors for at least 24 hours before discarding them.

Every fireplace requires a close-fitting screen or glass doors to prevent sparks and hot coals from popping out.

Pay attention to the fire itself. Never allow a stove to become so hot the metal glows. Heat this intense can cause dangerous cracks.

There must be a sufficient supply of fresh air through outside ducts to ensure good combustion in the fireplace.

Don't burn trash, plastic, Christmas trees, wrapping paper or anything that provides a sudden, intense flame.

If you do have a chimney fire, cut off the chimney's air supply to starve the fire and call your fire department.

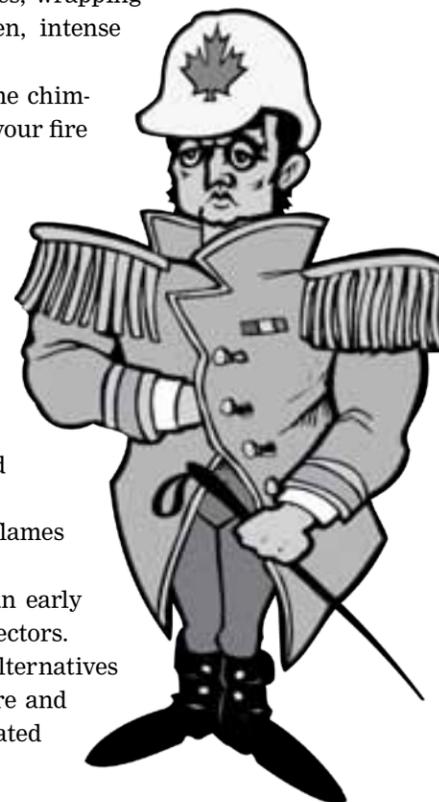
Keep a fire extinguisher handy to the fireplace or stove and be trained in its use. A fire extinguisher will not help if you don't know how to use it.

Burn only the fuels for which a stove is designed. Avoid any substance that could increase the heat of the fire starter fluids, coal, cardboard and especially trash such as Christmas tree boughs and plastic wrappings.

Never store extra firewood so close to the flames it might ignite outside the firebox.

If fire does break out you can ensure an early warning with properly installed smoke detectors.

Fireplaces and wood stoves are great alternatives for heating. Just make sure you are aware and can handle the possible dangers associated with them.



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The Government of Canada announces the creation of the Memorial Ribbon

The Honourable Peter MacKay, Minister of National Defence, along with the Honourable Steven Blaney, Minister of Veterans Affairs Canada, announced today the creation of the Memorial Ribbon. The Memorial Ribbon will be offered to close family and friends of deceased Canadian Forces (CF) members as a memento of personal loss and sacrifice.

“Our Government has enormous respect for the men and women who have made sacrifices in service of their country. The introduction of the Memorial Ribbon reflects our Government’s desire to provide a small token of remembrance to those close to our military members who passed away while in service of Canada,” said Minister MacKay. “The Government of Canada is determined to do everything it can to support Canada’s heroes and their families. With the new Memorial Ribbon, our Government’s ensuring that those who are not usually designated as potential recipients of the Memorial Cross will be able to honour their loved ones by wearing this Ribbon with pride.”

Memorial Ribbons may be issued in commemoration of every CF member whose death is attributed to injury or illness sustained on or after October 1, 1947, due to military service. This date coincides with the first date inscribed in Veterans Affairs Canada’s Seventh Book of Remembrance.

“The Memorial Ribbon is a profound demonstration of our care and concern for Canada’s military families — not just the men and women who bravely serve our country, but their families and other loved ones who have sacrificed so much for us,” said Minister Blaney. “This is a fitting complement to the Memorial Cross. It reflects how deeply loved and dearly missed our fallen heroes are.”

The Memorial Ribbon will now be part of the Memorial Package, which currently includes the Memorial Cross, the Memorial Scroll, the Memorial Bar, the Sacrifice Medal, and inscription in the Seventh Book of Remembrance. For those eligible recipients whose beneficiaries have previously received the Memorial Package without the Memorial Ribbon, the ribbons will be sent separately to the executor of the estate upon written request.

The Department of National Defence’s Directorate of Honours and Recognition is the office responsible for the administration of the Memorial Ribbon, which will be available in early 2013.

Le gouvernement du Canada annonce la création du ruban commémoratif

L’honorable Peter MacKay, ministre de la Défense nationale, et l’honorable Steven Blaney, ministre des Anciens Combattants, ont annoncé aujourd’hui la création du ruban commémoratif, qui sera remis à la famille et aux proches des militaires des Forces canadiennes (FC) décédés en souvenir de leur perte et de leur sacrifice.

« Notre gouvernement respecte énormément les hommes et femmes qui ont consenti des sacrifices pour servir leur pays. La création du ruban commémoratif illustre le profond désir de notre gouvernement de remettre un petit souvenir aux proches de nos militaires décédés en servant le Canada, a déclaré le ministre MacKay. Le gouvernement du Canada est déterminé à faire l’impossible pour soutenir les héros canadiens et leur famille. Grâce à ce nouveau ruban, notre gouvernement s’assure que ceux qui ne sont habituellement pas désignés comme récipiendaires potentiels de la Croix du Souvenir puissent rendre hommage à leur être cher en portant fièrement ce ruban. »

Les rubans commémoratifs peuvent être remis aux proches des militaires des FC dont le décès découlant d’une blessure ou d’une maladie liée au service militaire est survenu le ou après le 1^{er} octobre 1947. Cette date coïncide avec la première inscription figurant dans le Septième Livre du Souvenir d’Anciens Combattants Canada.

« La création du ruban commémoratif démontre à quel point nous nous préoccupons du bien-être des familles des militaires canadiens – non seulement celui des hommes et femmes qui servent notre pays avec courage, mais aussi celui de leur famille et de leurs proches, qui ont tant sacrifié pour nous, a ajouté le ministre Blaney. Le ruban s’avère un excellent complément à la Croix du Souvenir parce qu’il traduit la profondeur de l’amour et l’ampleur du chagrin que nous inspirent nos héros disparus ».

Le ruban commémoratif sera désormais inclus dans la trousse commémorative, qui comprend également la Croix du Souvenir, le parchemin commémoratif, la barrette commémorative, la Médaille du sacrifice, ainsi qu’une inscription dans le Septième Livre du Souvenir. En ce qui concerne les récipiendaires admissibles dont les bénéficiaires ont déjà reçu la trousse commémorative, les rubans seront envoyés séparément à l’exécutif testamentaire s’il en fait la demande par écrit.

La Direction – Distinctions honorifiques et reconnaissance (DDHR) du ministère de la Défense nationale est l’organisation responsable de l’administration du ruban commémoratif, qui sera disponible au début de 2013.



Precious moments

Cpl. Precious Carandang demonstrates composure as she takes a turn at the mock Tower

8 Wing Imaging photo



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Welcome to The Contact newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. The Contact is always interested in what is going on in and around CFB Trenton. Please send your coming events (from blood donor clinics to tea parties) to us at cfbcontactnewspaper@gmail.com. Each event should be typed out in the format of those below. Please do not send posters.

Trenton Trimettes

Trenton Trimenttes "Readers Choice" Award for 2010 is a support group that encourages weight loss through healthy eating and exercise with guest speakers. Monthly dues are \$10. Free registration and dues for the month of January. Trenton Trimettes meet Monday evenings from 7 to 8:30 p.m. at Bethel Church (located at the corner of Herman and Dundas St., East. For further information, please contact Sheila at 613-392-0353.

Nov. 16 – Blood Donor Clinic

Yukon Galley, Cadets' Mess, 75 Yukon Road, Astra, from 10 a.m. to 2 p.m. Book your appointment to save a life: online www.blood.ca or phone 1-888-236-6283.

16 novembre – Collecte de sang

Yukon Galley, Mess des Cadets, 75, chemin Yukon, Astra de 10 h à 14 h. Merci beaucoup de prendre un rendez-vous: online www.blood.ca ou 1-888-236-6283.

Nov. 22 - Knights of Columbus Dinner

Roast beef dinner with all the fixins, desert, tea and coffee at the Knights of Columbus Hall, 57 Stella Cres. Trenton, from 5 p.m. to 7 p.m. Cost \$10. Take out available. Everyone welcome.

Nov. 24 - 413 Wing AFAC Charter Night

413 Wing Air Force Association of Canada will be holding their 38th Annual Charter Night on Nov. 24. A tradition of Charter Night is to recognize The Air Person of the Year, an award given by 413 Wing that recognizes exemplary contributions to 8 Wing Trenton and the community. Tickets are \$20 and avail-

able at the Wing, located at 220 North Murray Road in Trenton. For more information visit www.413afac.ca or call 613-392-2774.

Nov. 24 – Home for Christmas Salute to Troops

Tea and Sale, upstairs at Branch 110 Royal Canadian Legion, Home for Christmas salute to the troops from 1 p.m. until 3 p.m. Craft table, bake table, silent auction, door prizes, sandwiches, dessert and coffee/tea, \$2 per person.

Nov. 25 - Quinte Secular Humanist Association

Meeting at 1:30 p.m. at Loyalist College, Training and Development Center, Pioneer Building, room P-22, Wallbridge-Loyalist Road, Belleville. This is your chance to participate in a secular future. Visit www.quintehumanists.ca

Nov. 25 - Knights of Columbus Breakfast

Scrambled eggs, bacon, sausages, toast, potatoes, pancakes, baked beans, cereal, juice, tea, and coffee. Twelve years and over \$7.50, six to 11 years, \$5., five and under free. Everyone is welcome.

Nov. 30 – ATESS Food Drive in support of local Trenton families

The ATESS 16th Annual Food Drive will take place at the North side 8 Wing entrance just off RCAF Road. All proceeds (food and monetary donations) go to the Trenton Care and Share Food Bank.

Dec. 1 & 2 – Quinte's 17th Annual Christmas Model Railroad Show

Quinte's 17th Annual Christmas Model Railroad Show is scheduled to take place at Quinte Secondary School from 10 a.m. to 4 p.m. There

will be 11,000 square feet of vendors and displays along with door prizes. Sales of and expert advice will be available on model railroad construction and Christmas gifts will be available for young and old. Admission is \$5 for adults, \$4 for seniors and students, \$2 for children and the family rae is \$10. For further information, contact Rick Potter at 613-398-7260 or at email rickp@reach.net. Sponsored by the Belleville and Brighton Model Railroad clubs.

Dec. 3 – International Day for Persons With Disabilities Lunch and Learn event

The 8 Wing professional development event for the International Day for Persons with Disabilities will take place between 11:15 a.m. to 13:30 p.m. at the Astra Lounge. Disabilities – Tapping into the Untapped Resource speakers include: Maj.-Gen. C. Whitecross, OMM, CD (COS IE) opening remarks; Mood Disorders Association of Ontario – The Elephant in the Room, Garry Laws; OSISS Be the Difference; Integrated Personnel Support Centre and Return to Work Program, Mike Douglas.

Refreshments and food sampling provided. This event is open to all Cf/DND employees. Limited seating, pre-register at: +DAGPWD@CFB Trenton@Trenton

Déc. 3 – Journée Internationale des Personnes Handicapées Diner-Conférence

Un événement de développement professionnel de la 8e escadre pour la Journée Internationale des Personnes Handicapées de 11h15 à 13h30 dans la salle Astra. Divers habiletés – puiser dans cette ressource inexplorée conférenciers : Major-général C. Whitecross, OMM, CD (CEM IE) Message d'ouverture ; Mood Disorders Association of Ontario, The Elephant in the Room, Garry Laws ; SSVSO (Soutien social aux victimes des stress opérationnels) Soyez la différence ; CISP (Centre intégré de soutien du personnel) Reprise du travail, Mike Douglas. Des rafraichissements et une légère collation seront fournis. Ce diner-conférence est ouvert à tous les employés et membres du MDN/FC. Les places sont limitées alors inscrivez-vous a: +DAGPWD@CFB Trenton@Trenton

TEME SQN poses for a photo at Camp Maple Leaf

A team of Teme Sqn. workers descended on Camp Maple Leaf from Sept. 17-21 to help with building maintenance and closing the camp for the winter. Left to right are Cpl. Mathieu Gosselin, Cpl. Benjamin Chabot, WO David MacIntosh, Cpl. David Young and Cpl. Shahid Mirza.

Photo: MCpl Timothy Giles, Teme Sqn

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Protestant 10:15 a.m.
RC Mass English 11:30 a.m.
RC Daily Masses12:15 p.m.
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Unit Padres:
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Capt Blair Ross
Capt Robert Lavoie
Capt Gerson Flor
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Messe CR en anglais.....11 h 30
Messe CR quotidienne 12h15
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du 8e Esc
Aumôniers d'Unité:
Capt Alex Varga
Capt Blair Ros
Capt Robert Lavoie
Capt Gerson Flor
Capt Chinedu Chukwu
Stephen An, Clergé Officiant Civil

Horoscope

WEEK OF NOVEMBER 11 TO NOVEMBER 17, 2012

THE LUCKIEST SIGNS THIS WEEK: AQUARIUS, PISCES, AND ARIES



ARIES
A professional or personal project allows you to progress in leaps and bounds. You could even join a movement of a very enriching, spiritual nature.



TAURUS
Even if people are putting pressure on you, think carefully before making even the smallest of decisions. Your intuition will guide you to the right answer.



GEMINI
You have to sacrifice many hours at work to prepare an important negotiation if you want it to be successful. Any changes will be in your favour.



CANCER
Your artistic and creative talents are increasing exponentially. You also spend quite a bit of time renewing your wardrobe and your appearance after calculating what you can afford.



LEO
It is hard to get you out of the house. You might even do some of your work in the comfort of your own home or you could decide to do a thorough housecleaning.



VIRGO
There is some confusion concerning a member of the family. Don't wait too long before setting things straight. Try to work out who exactly will make the decisions in your home.



LIBRA
You may benefit from an unexpected promotion after the departure of a colleague. You're sure to be in a good position to take over the boss's chair for a while.



SCORPIO
Everything falls into place as you take important steps in the development of your business affairs. Your client base should increase considerably in record time.



SAGITTARIUS
You make your home much more comfortable. You will find lots of inspiration and will unearth the perfect decorating feature. You'll also find some great bargains.



CAPRICORN
You are likely to be responsible for coordinating a group of people in a very special activity. The results will reflect the effort you put into this project.



AQUARIUS
You have rather a lot of responsibilities at the moment. You will succeed in establishing your priorities in an order that suits your capabilities. Your intuition will help you plan your strategy.



PISCES
Preparing for a return to school is not easy. However, the effort will be very much to your benefit in the long run. Perseverance is the key to success, even when it concerns a family matter.

CROSSWORD

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
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53					54				55			
56					57				58			

ACROSS

1. Slide
5. Turf
8. Urge
12. Apiece
13. "___ Good Lookin' "
14. Ore source
15. At all
16. Poetical before
17. Aware of
18. March
20. ___ board (nail file)
21. Basker's goal
24. Footwear
27. That man's
28. Hot drink
31. Frying liquid
32. Pricker
34. Klutz
35. Miniature
36. Ink tool
37. "All ___ Eve"
39. Soft wool

41. Upside-down smile
45. Of the mind
49. Mature
50. Citrus quencher
52. Seventh month
53. Received an "A" on
54. Religious sister
55. Woodwind instrument
56. Yearns
57. No's opposite
58. Comprehends

DOWN

1. Trickle
2. Volcano's flow
3. Bakery worker
4. Group of words
5. Gloss
6. Above, in poetry
7. Change color
8. Purple fruit
9. Heavy cord
10. Smell
11. Reject

19. Cleaning crew's utensil
20. Tangle up
22. Sandal
23. Tire filler
24. Miss Piggy, e.g.
25. Hasten
26. Mexican cheer
28. Likewise
29. ___ de Cologne
30. Fore-and-___
33. Egg source
38. Guitars' kin
40. Signs
41. Ravel
42. Paddy crop
43. Uncover
44. Unites
46. Inner ___
47. Burn-soothing plant
48. Soap-making substances
50. Whatever
51. Now payable



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Welcome to all the newcomers

to 8 Wing/CFB Trenton! This is your Centre, come to visit and get your moving-in goodies. Give your opinion and share your ideas and get involved! Moving to a new community can be a challenge. Come for a visit and see what we have to offer.

Bienvenue aux nouveaux arrivants

de la 8e escadre/BFC Trenton! C'est votre Centre, venez visiter et recevoir vos gâteries d'arrivée. Donnez votre opinion et partagez vos idées. Impliquez vous! Emménagez dans une nouvelle communauté peut être un défi, venez nous visiter et découvrez ce que nous pouvons vous offrir.

The Playroom

The Playroom renovation has begun. We are looking forward to expanding our programs. While the renovations are being done, we are trying to maintain our programs in The Hangar which is located just west of the Siskin Centre. Due to the fact that we are sharing space, we may have to suspend Playroom programs. We are determining this week to week. We appreciate your patience while this is going on. Any inquires, please contact Susan Stoddard at 613-392-2811 ext. 3598.

La salle de jeux

Les rénovations de la Salle de jeux sont commencées. Cela permettra d'accroître nos programmes. Durant la période de rénovation, nous partageons l'espace dans le Hangar, situé à l'ouest du Centre Siskin, nous essaierons d'offrir nos programmes, autant que possible, il y aura peut-être des annulations, cela sera déterminer à chaque semaine. Nous apprécions votre patience et si vous avez des questions, contactez Susan Stoddard au 613-392-2811 poste 3598.

Attention all

For every purchase at Connon Nurseries between Nov. 1 and Dec. 24, 10 per cent will be donated back to the MFRC Daycare just by you mentioning the Daycare. What can you get at the Connon Nurseries at this time of the year? Poinsettias and houseplants, Christmas trees, garland, roping, wreaths, boughs, winter outdoor urn arrangements, garden gifts and décor, gift certificates and more! For more information please call 613-965-2442

Une note pour chacun

Pour chaque achat fait à Connon Nurseries entre de 1er novembre et le 24 décembre, la Garderie du CRFM recevra 10% de ces achats, mentionnez la Garderie lors de l'achat. Que pouvez-vous trouver à ce temps-ci de l'année dans une pépinière? Poinsettias des plantes de maison, arbres de Noël, guirlande, cordes, couronnes, branches, arrangements dans des urnes extérieures, cadeaux de jardin et décor, certificats cadeaux et beaucoup plus. Téléphonnez au 613-965-2442 pour plus d'information.

Purdy's Chocolate Fundraiser

One of the great features of the Purdy's Chocolate fundraiser is that you can order online with your credit card. By us-

ing the Invite Code 1265-15624 the order will be attached to the Trenton MFRC Daycare and be shipped here on Monday, Dec. 3. Please place your order before Nov. 23.

The instruction are as follows: 1. Go to www.purdysgpp.com and click on "Sign Up." 2. Fill in your contact information, create your own personal password and click "Register." 3. Type the Invite Code: 1265-15624 and click "Join Group." 4. Browse the Market Place and place your order. It is that simple. It is recommended to print or save a copy of your order for your records. You can also bring your order with a cheque or cash at the MFRC reception. If you have any questions, please contact Denise Currie at 613-965-4121. Catalogues are available. Thank you for your support!

Collecte de fonds avec les chocolats Purdy

Un des avantages de la collecte de fonds avec les chocolats Purdy est que vous pouvez commander en ligne avec votre carte de crédit. En utilisant le code 1265-15624, votre commande sera attachée à la Garderie du CRFM de Trenton et nous sera expédiée le lundi 3 décembre. Commandez, svp, avant le 23 novembre. Suivre les instruction suivantes: 1. Visitez www.purdysgpp.com et cliquez sur "Sign Up" (le site web est en anglais seulement). 2. Remplissez les casiers, créez votre mot de passe personnel et cliquez "Register." 3. Tapez le Invite Code: 1265-15624 et cliquez "Join Group." 4. Parcourez le "Market Place" et placez votre commande. C'est très simple. Il est recommandé

d'imprimer ou de sauvegarder votre commande pour vos records. Vous avez aussi le choix d'apporter votre commande à la réception du CRFM accompagné d'un chèque ou d'argent comptant. Si vous avez des questions, contactez Denise Currie au 613-965-4121, des catalogues sont aussi disponibles. Merci pour votre support!

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This charming Craftsman-style bungalow includes an unfinished basement, allowing room for expansion as the occupants' family grows or elders require a safe haven.

A covered entry leads into the foyer, with a staircase to the left and a powder room and coat closet to the right.

Ahead, through an archway, is the open-plan great room complex, including space for family activities and entertaining, as well as a dining area and kitchen. The great room features sliding doors to a covered deck that overlooks the back garden, as well as a gas fireplace, making it a room for all seasons.

The dining area looks out to a sundeck, and boasts an optional built-in buffet, which will increase serving and storage space.

The kitchen is open to the great room and dining area, allowing the cook to participate in family conversations. A spacious corner pantry will provide lots of storage space, and the L-shaped counter configuration promises step-saving efficiency.

Adjacent to the kitchen is the laundry room, with a coat closet and access to the double garage, allowing it to double as a mud room.

The sleeping wing includes the master suite, separated from the foyer by an archway. The room looks out on to the back garden for privacy, and includes an ensuite and walk-in closet. The four-piece ensuite contains a soaker tub for a touch of spa-like luxury, as well as double basins.

The second bedroom features a window with an extra-wide sill, and is conveniently located next to a three-piece bathroom. Ceilings throughout the home measure nine feet.

Exterior finishes include horizontal siding, brick accents and shingles in the three gables, which also feature decorative woodwork. Painted trim and partly mullioned windows enhance the home's traditional look.

This home measures 40 feet wide by 58 feet, four inches wide, for a total of 1,388 square feet of living space, plus the unfinished basement.

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E	V	E	R		E	R	E		U	P	O	N		
P	A	R	A	D	E				E	M	E	R	Y	
					S	U	N	T	A	N				
S	H	O	E	S		H	I	S		T	E	A		
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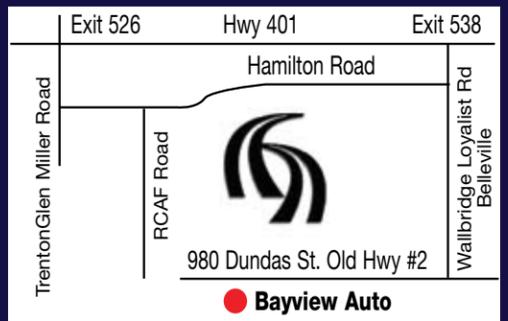
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