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## RCAF participates at the 64th annual Canadian International Air Show

By Capt. Christopher Daniel

The Royal Canadian Air Force (RCAF) proudly participated at the 64th annual Canadian International Air Show in Toronto, providing air demonstration teams and technical support over the Labour Day weekend.

"I'm thrilled to be here to represent the men and women of the RCAF and the entire Canadian Armed Forces," said Lieutenant-General (Lt.-Gen.) Yvan Blondin, RCAF Commander. "It's an honour to be part of an event that celebrates the magic and majesty of flight, an event that brings together the best of what the civilian and military flying communities have to offer."

Representing the RCAF were a SAR team and ground support technicians from 8 Wing Trenton; a CF-188 Hornet aircraft from 3 Wing Bagotville; and the Snowbirds air demonstration team from 15 Wing Moose Jaw.

"On display this year, we have the Snowbirds, a CF-188 Hornet in action, as well as a CH-146 Griffon helicopter, performing a special search and rescue demonstration," said Lt.-Gen. Blondin. "While the performance is put on for entertainment, the fighter aircraft is critical to the defence of our country and the SAR Griffon saves lives in Canada."

The RCAF's Hornets defend Canadians at home and abroad. They were deployed earlier this year to Iceland to help with air surveillance and were critical to successful operations over the skies of Libya two years ago.



The Snowbirds air demonstration team performs during the 64th annual CIAS in Toronto over the Labour Day weekend. Photo: Capt. Chris Daniel

The SAR Griffons from 424 (Transport and Rescue) Squadron out of 8 Wing Trenton were sent to Jamaica in 2011 to help the Jamaican Defence Force with SAR capabilities during the hurricane season. This summer, 424 Squadron has responded to about 100 SAR calls and has saved over 25 lives.

Corporal (Cpl.) Danny Brathwaite and Private (Pte.) Marc Landry are aerospace telecommunications technicians from 8 Wing Trenton, who assisted in setting up the air to ground radio communications for the CIAS and they also manned the RCAF display table during the show.

"It's a great experience," said Cpl. Brathwaite. "We get to see breathtaking sights and impressive demonstrations of various air capabilities of both military and civilian air fleets."

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# Capt. (Ret'd) Medric Cousineau brings Paws Fur Thought campaign to Trenton

Highlight of campaign for Cousineau has been meeting veterans

By Ross Lees

The Paws Fur Thought campaign has not only been a fundraiser for service dogs for military members suffering from Post-traumatic Stress Disorder, for Capt. (Ret'd) Medric Cousineau, it has been cathartic for him, as well.

During his visit to Trenton Tuesday morning while visiting the Afghanistan Repatriation Memorial, Capt. (Ret'd) Cousineau admitted he had been haunted by the thought of Sgt. Al Smith, the man who saved Capt. (Ret'd) Cousineau's life during that fateful rescue off the coast of Newfoundland in 1986.

Along a lonely stretch of road somewhere between the East Coast of Canada and Trenton, he was able to make peace with that memory, he told *The Contact*.

"There have been a lot of things that have happened with me (throughout the campaign), I make no bones about it," he stated. "Some of it has been a little bit cathartic. I think for the first time in

27 years on the long, lonely road somewhere, I was able to let go of a man who saved my life the night we did what we did. His name was Sgt. Al Smith and if Al had been that much slower (holding his thumb and forefinger together) I'm a dead man. A few months after that, he was killed in a truly tragic accident, one that makes no sense. I've struggled with that for the longest time because he was there for me and I wasn't there for him. I struggled hard and I was finally able to make peace with that."

Capt. (Ret'd) Cousineau readily admits he may not have raised as much money on the Paws Fur Thought campaign as he would have liked, but he will not dwell on that.

"The campaign has had its highs and its lows," he noted. "The highs were meeting the Silver Cross mothers and some of our veterans. I mean, I spent time with a guy who was taken prisoner. I met him the day after the anniversary of Dieppe, and he was taken prisoner at Dieppe and spent three years in a prisoner of war camp in Poland before being liberated by the Russians.

It was an unbelievably moving experience. I met the wife of a Korean War veteran in Peterborough who, sadly 26 years ago, took his life and now, after she heard my presentation, it doesn't make it any easier, but at least she understands more about what happened.

"There have been some challenges, but I want to look beyond them and look at the positives," he said. "We're identifying veterans that need help, garnering an army of support in places as we wander along. So you know, am I happy? Yes. Could I be happier? Yes, that could be a possibility and if you know somebody who has a really large cheque or some munificent multi-millionaire who needs a great cause, he could always help but, in the interim, we're getting it done."

His first two visits in Trenton were to the municipal Cenotaph and to the Afghanistan Repatriation Memorial (ARM) and Capt. (Ret'd) Cousineau swore to do all he could do to make sure none of the people lost in previous or present conflicts would ever be forgotten.

*continued on page 10*



Capt. (Ret'd) Cousineau and members of the Legion, including Legion Branch 110 President Everett McLean, salutes the Afghanistan Repatriation Memorial.

Photo Ross Lees



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## Wing Logistics & Engineering Picture of the Week



8 Wing Transport and RCME Squadron welcomes Cpl. Nate Hudel, posted in from 2 Service Battalion, CFB Petawawa. He is adjusting well at his new unit, from working on primarily army equipment, to inspecting and repairing a completely new fleet of vehicles. Seen here, Cpl. Hudel is performing an inspection and service on an Air Traffic Control trailer at the RCME workshop.

Photo MCpl. Giles

# Get your team into 424 Squadron's Second Annual Herc Pull Sept. 16

*Proceeds to  
Government of  
Canada Workplace  
Charitable  
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(United Way)*

**W**ant to test your strength? Want to see not only if you can pull a 90,156 pound Hercules aircraft, but how fast you can pull it 25 metres

424 Squadron at 8 Wing/CFB Trenton wants to give you the opportunity to test your team's strength.

Scheduled to take place on Sept. 16 at 2 Hangar, 1 Bay, you need a team of 20 members which will use a tug-of-war type rope attached to an approved aircraft towbar, which of course is attached to said 90,156 pound aircraft your team will attempt to pull 25 metres. Last year, the winning team accomplished the feat in 26 seconds.

Proceeds from the event go to the Government of Canada Workplace Charitable Campaign of which the United Way is the charity of choice, according to Herc Pull committee member Cpl. Leslie Blair.

Co-chairs for the event are Maj. Jay Burt (CFAWC) and Maj. Merilainen (WFSO). The Herc pull committee includes Capt. Tannis Downey and Cpl. Ramanjit Bhachu, along with Cpl. Blair, although many others are also involved by assisting with numerous tasks.

424 Squadron is the host of the event and provides the maintenance tow crews to push the Herc back to the start line



Teams gave their all in last year's first 424 Squadron Herc Pull. *Contact file photo*

after each pull. Cpl. Lynn-Ann Saunders is the lead for the maintainers.

Teams can register by contacting Cpl. Blair or Cpl. Bhachu by email or by phone at Leslie.Blair@forces.gc.ca or Ramanjit.Bhachu@forces.

gc.ca or by calling local 5134. All information is also on the Splash Page.

Twenty military teams have signed up for the event to this point but no civilian teams have registered.

## 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 Armed 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 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 or graphics within typed pages. Additional graphics/logos may be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include author's full name, rank, 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 either a jpeg format at a high resolution for quality reproduction.

- Articles must be received by Tuesday at noon prior to print date.

## Letters to the Editor:

All letters must be signed and the name of the author will be published. 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. 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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# New J Model Herc propeller repair shop comes on line

*Martin and Dowty/General Electric J Model Hercules Propeller repair shop expected to streamline process*

By Ross Lees

The new Lockheed Martin and Dowty/General Electric J Model Hercules Propeller repair shop in 2 Hangar is expected to streamline and make the repair process much more efficient, according to Ed Morris, the Contract Field Office Manager in Trenton for Lockheed Martin.

That's news Lieutenant-General (Lt.-Gen.) Yvan Blondin, RCAF Commander, is happy to hear.

He said at the opening of the new 8 Wing prop shop Aug. 29 that it was a pleasure for him to come into a facility and a program like the one in Trenton to see the airplane delivering the output and seeing the hangar finally finished and meeting the needs of the Air Force.

"It's one moment in such a long process, so to cut the

ribbon with you, it's got a special meaning," he said of the ceremony.

Strategic Customer Program Leader for General Electric Ronald Mitchell said he couldn't be prouder of the new facility.

"The Canadians really came forth and put together the facility we asked for," he noted, adding the facility was state-of-the-art no matter where it would be placed around the world. "I think we'll definitely be able to provide 100 per cent availability of the props from this facility together."

Kathleen Atkins, Lockheed Martin Program Management Director, called the facility a "...critical enabler for us to be able to provide the appropriate serviceability with the fleet. It's so terrific to be on the receiving end and to see a plan come together and to see the out-

put we've really already been able to produce."

In the works since 2010, Ed Morris, Contract Field Office Manager for Trenton Lockheed Martin noted the facility planning began even before the contract was signed to feature up-to-date requirements both from an environmental and safety concerns perspective.

"It's been great to watch it evolve to where it is today," he told *The Contact*. "Now we can actually take props in here, disassemble them, rebuild them, do whatever work needs to be done whether it's refinishing, painting, composite repairs – all of those kinds of things – and then send it back out on the floor as a serviceable unit."

He noted the props never have to leave the area, just move from station to station.



Ed Morris, Contract Field Office Manager for Trenton Lockheed Martin, stands beside a prop in the new 8 Wing prop shop.

Photos by Ross Lees



General Electric Strategic Customer Program Leader Ronald Mitchell and Kathleen Atkins, Lockheed Martin Program Management Director, flank Lt.-Gen. Yvan Blondin, RCAF Commander, at the official ribbon cutting of the recently opened Lockheed Martin and Dowty/General Electric J Model Hercules Propeller repair shop in 2 Hangar.



RCAF Commander Lt.-Gen. Blondin cuts a cake in the shape of a prop at the official opening of the Dowty/General Electric J Model Hercules Propeller repair shop Aug. 29.

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# Fitness & Health

## Poll reveals the challenges parents face in packing a healthy meal for kids

Picky eaters can stymie parents' efforts to pack nutritious food

Four out of five Canadian parents (81 per cent) pack lunches and snacks at home for their children to take to school. However, with 22 per cent of parents saying their children are picky eaters, the challenge is ensuring they eat what is packed for them.

We asked 2,000 parents across Canada about their school lunch realities in a poll conducted in June, 2013, for the Heart and Stroke Foundation. Here's what the poll revealed:

83 per cent of parents feel it's very im-

portant that their children eat healthy snacks and lunches every day at school.

A large majority (81 per cent) said that the main source of their child's lunches and snacks is food packed at home. Only one in 10 rely on a school cafeteria or lunch program.

Lunch is a full-time job: 64 per cent of parents said their child takes lunch and snacks from home five days a week.

As for the challenges, parents had this to say:

14 per cent of parents cited lack of time

as the biggest challenge they face in trying to make healthy packed lunches and snacks.

More than one in five (22 per cent) reported that picky eaters do not like healthy choices.

"Picky eaters can be a challenge," says Carol Dombrow, Heart and Stroke Foundation registered dietitian. "Try engaging your kids by getting them more involved in snack and lunch preparation. Kids who are included and have a say in the process are more likely to want to eat what you've

prepared."

As part of the *Time to Start* campaign, the Foundation is offering weekly meal plans developed by its registered dietitians at [healthcheck.org](http://healthcheck.org), complete with preparation tips and helpful hints.

Download the meal plans.

Browse lunchbag-friendly recipes kids will love.

Source: Heart and Stroke

[http://www.heartandstroke.com/site/c.ikiQLcMWJtE/b.8767319/k.2B8/School\\_lunches\\_How\\_parents\\_really\\_feel.htm](http://www.heartandstroke.com/site/c.ikiQLcMWJtE/b.8767319/k.2B8/School_lunches_How_parents_really_feel.htm)

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## Un sondage révèle les défis qui attendent les parents qui préparent des repas sains à leurs enfants

Les enfants difficiles peuvent enrayer les efforts des parents en saine alimentation.

Quatre parents canadiens sur cinq, soit 81 pour cent, préparent des lunches et des collations à la maison afin que leurs enfants les emmènent à l'école. Cependant, 22 pour cent des parents disent que leur enfant est difficile, ce qui complique la tâche de leur servir des aliments nutritifs.

Nous avons demandé à 2 000 parents des quatre coins du Canada de nous parler de leur expérience des lunches scolaires dans le cadre d'un sondage mené en juin 2013 pour le compte de la Fondation des maladies du cœur et de l'AVC. Voici ce que ce sondage a révélé :

83 pour cent des parents croient qu'il est important que leur enfant ait des collations et un lunch sain chaque jour à l'école.

Une vaste majorité (81 pour cent) dit que la maison est la principale source des lunches et collations de leur en-

fant. À peine 10 pour cent ont recours à la cafétéria ou aux programmes de diners de l'école.

Le lunch est la norme : 64 pour cent des parents disent que leur enfant apporte un lunch et des collations de la maison cinq fois par semaine.

Quant aux défis, voici ce que les parents avaient à dire :

14 pour cent des parents mentionnent le manque de temps comme principal obstacle à la préparation de lunches sains et de collations saines.

Plus d'un parent sur cinq (soit 22 pour cent) signale que leur enfant est difficile et n'apprécie pas les choix sains.

« Les enfants difficiles posent un véritable défi, dit Carol Dombrow, diététiste de la Fondation des maladies du cœur et de l'AVC. Essayez d'impliquer davantage vos enfants en les faisant

participer à la préparation des collations et des lunches. Les enfants ainsi impliqués sont plus susceptibles de donner leur avis et d'apprécier ce que vous avez préparé. »

Dans le cadre de la campagne *Futé pour la rentrée*, la Fondation offre des plans de repas hebdomadaires créés par des nutritionnistes professionnelles sur le site [visezsante.org](http://visezsante.org), où on retrouve également des conseils de préparation et des trucs utiles.

Téléchargez les planificateurs de repas.

Consultez les recettes pour la boîte à lunch au goût des enfants.

Source : Fondation Des Maladies Du Cœur Et De L'Avc

[http://www.fmcoeur.com/site/c.ntJXJ8MMIqE/b.8767313/k.CBE2/Lunches\\_224\\_l8217233cole\\_l8217opin\\_ion\\_des\\_parents.htm](http://www.fmcoeur.com/site/c.ntJXJ8MMIqE/b.8767313/k.CBE2/Lunches_224_l8217233cole_l8217opin_ion_des_parents.htm)

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**Timings:** 9:30 a.m. to 12:30 p.m.

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# Hangar 6's massive steel post installed

Hangar 6 latest in new infrastructure construction at 8 Wing/CFB Trenton

By Capt. Christopher Daniel

The first massive steel post for the future Hangar 6 was installed at the construction site at 8 Wing Trenton on Aug. 14.

The arrival of new aircraft fleets have led to the requirement for additional support infrastructure at 8 Wing, the latest of which is the new maintenance Hangar 6 and its construction is ongoing.



Civilian contractors install the massive steel post for the future maintenance Hangar 6 at 8 Wing Trenton on Aug. 14.

Photos Cpl. Adam Baraniuk, 8 Wing Imaging

After an open tender process, a construction contract for Hangar 6 in the amount of \$72.9 million was awarded on Nov. 7, 2012 by the Government of Canada to Concord, Ontario's Bondfield Construction.

The hangar is designed by SNC-Lavalin Inc, Halifax following the green building practices of LEED (Leadership in Energy and Environmental Design) silver level, featuring a total floor area of 18,244 m<sup>2</sup> and a height of 30.48 m, with two aircraft bays, administration offices and warehouse space.

Hangar 6 will be primarily used for first-line maintenance activities on the Globemaster fleet, as well as to house the contracted maintenance support for CC-150 Polaris aircraft.

This facility will also be used to conduct work on other aircraft fleets when available, and maintenance activities in Hangar 6 will be conducted around the clock, 365 days a year.

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Agents

R001281767

# Union of National Defence Employee barbecue demonstrates appreciation



Photos Ross Lees

Close to 500 people came out to partake of the Union of National Defence Employee Appreciation Barbecue at the Junior Ranks Club Aug. 29. Union members used the barbecue to kick off the United Way season, which begins on the Labour Day weekend. All proceeds from the event, including 50/50 tickets and T-shirt sales, support the United Way Quinte. The barbecue, which has been taking place for about eight years, allowed the members who work together to also enjoy some food together.



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# Colombian Military visits 8 Wing

By Capt. Christopher Daniel

As part of their official visit to Canada, Colombia's Escuela Superior de Guerra (ESDEGUE) visited 8 Wing/CFB Trenton on Aug. 27.

Twenty-five senior military personnel from ESDEGUE, led by Lieutenant-Colonel (Lt.-Col.) Nancy Cardenas, visited 8 Wing, the Canadian Army Advanced Warfare Centre (CAAWC), and the National Air Force Museum of Canada (NAFMC).

Aside from receiving briefs about 8 Wing, CAAWC and the Canadian Forces Aerospace Warfare Centre (CFAWC), the Colombian delegation had a chance to do a static tour of the CC-130J Hercules aircraft. They also had a tour of the Canadian Army's jump school and saw various heritage aircraft at the Air Park by the museum.

"We're delighted to be a host for the Colombian military's visit to Canada," said Acting 8 Wing Commander Lt.-Col. Ryan Eyre. "Their visit fosters a spirit of cooperation, understanding and mutual respect between our forces."

Canada and Colombia enjoy a multifaceted and rapidly growing bilateral relationship consistent with Canada's engagement in the Americas: increasing economic opportunity, strengthening security and institutions, and building stable foundations through relationships.

"We enjoyed our visit at 8 Wing Trenton; it was indeed a very productive visit," said Lt.-Col. Cardenas. "Canadians are friendly and very welcoming; I would like to come back for a visit with my family."

Canada's relationship with Colombia is multi-pronged and includes dialogue on human rights, a strong bilateral com-

mercial relationship, development cooperation, collaboration on humanitarian issues, labour rights, mine action, peace and security, counter-narcotics and defense.

Last July, the Royal Canadian Air Force (RCAF) participated in the Rionegro International Air Show in Colombia, including a CC-150T Polaris aerial refueling aircraft from 437 (Transport) Squadron out of 8 Wing Trenton.

In May, the Colombian Air Force participated in Exercise MAPLE FLAG 2013 (JOINTEX 13) in Alberta, which is a four-week, international military exercise that provided critical air combat training for the aircrews of participant nations by simulating hostile air scenarios in an academic, yet rigorous training environment.

*With files from the RCAF and DFATD Websites*



Members of Colombia's Escuela Superior de Guerra pose for photo in front of the CC-130J Hercules aircraft during their recent visit to 8 Wing/CFB Trenton.



(left) Lt.-Col. Nancy Cardenas presents a memento, on behalf of Colombia's Escuela Superior de Guerra, to Acting 8 Wing Commander Lt.-Col. Ryan Eyre.

(right) Lt.-Col. Nancy Cardenas presents a memento, on behalf of Colombia's Escuela Superior de Guerra, to Major Kris Callaerts, Deputy Commanding Officer of Canadian Army Advance Warfare Centre (CAAWC), in front of CAAWC building.



Photos: Cpl Precious Carandang, 8 Wing Imaging

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*continued from page 3*

“Any man who ever wants to go to war is the biggest fool on the face of the earth,” he told the gathered veterans at the ARM. “I pray to God we never have to do that again. At the same time, I thank God that those who answered the call did so. One hundred and fifty-eight names (those listed on the ARM) are too many but thankfully not the hundreds of thousands that once were. But they were someone’s sons, daughters, brothers and sisters and we shall not forget.”

As he moved off to continue his campaign to acquire for PTSD service dogs for veterans, he made it plain he felt there was much more to do. He said he thought each service dog cost approximately \$7,000 on average, adding a dog like Thai would change the dynamic in a household.

“My wife, God bless her, stepped aside so that I could get my dog and establish a relationship with her and, in so doing, my wife got more of me back than she’d seen in 26 years.”

It is that kind of effect he hopes to have for 50 other veterans through his Paws Fur Though campaign.



Capt. (Ret'd) Cousineau and Thai are piped into the Afghanistan Repatriation Memorial by members of the Royal Canadian Legion.



(above) Capt. (Ret'd) Medic Cousineau points to some of the familiar names on the Afghanistan Repatriation Memorial in Trenton Tuesday.

(left) Medic Cousineau pauses to remember the fallen along with other Legion Branch 110 members.



Capt. (Ret'd) Medic Cousineau poses for a picture with Thai, his PTSD service dog, in front of the Trenton Cenotaph prior to setting off on his daily walk with the Paws Fur Thought campaign.



Capt. (Ret'd) Cousineau is joined at the Afghanistan Repatriation Memorial by Royal Canadian Legion Zone F2 Commander Don Ramsey.

Photos by  
Ross Lees



The most enjoyable part of Paws fur Thought campaign for Capt. (Ret'd) Medic Cousineau was the opportunity to meet and talk with veterans, which he does here at the Afghanistan Repatriation Memorial.

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**Children's Deployment and Life Skills Programs for September 2013**

For more information about any of these programs please contact Kelly Briggs at 613-392-2811 ext 4527. To register, please contact Mona Levesque at 613-392-2811 ext 4528.

**What About Me**

Wednesday's from 4 p.m. to 7:30 p.m. starting Sept. 11 (ages five to 12), deployment support group for children who have a parent away.

**P.A.L.S  
(Peers Assisting with Life Skills)**

Monthly Program - next event Sept. 20. P.A.L.S is a program that promotes resiliency skills in military children in a fun supportive environment. Supper is provided. There is a fee of \$5 per event or you may purchase a membership. Please contact Kelly for more information. Theme for the month of September is All About Me.

**Rainbow s - It doesn't need to hurt forever (ages 4 to 11)**

The rainbows program is a weekly program open to children who are experiencing a death, divorce or loss in their lives. The program will be running an eight week session starting Sept. 16 and ending Nov. 18. Programs are divided by age.

**Programme de la séparation et de la réunion des enfants pour le mois de septembre 2013**

Pour information au sujet de l'un ou l'autre de ces programmes contactez Kelly Briggs au 392-2811 poste 4527. Pour inscription à ces programmes contactez Mona 392-2811 poste 4528.

**What About Me? (Et moi alors?)**

Saviez-vous que nous offrons aux parents et aux enfants de militaires un soutien individuel pour la séparation et la réunion? Le programme de Séparation et de réunion des enfants offre un appui aux enfants de 5 à 12 ans et aux parents qui vivent une séparation dû au style de vie militaire. Les rencontres ont lieu tous les mercredis de 18 h à 19 h 30. La première rencontre aura lieu le 11 septembre.

**P.A.L.S.  
(Programme A.M.I.S aide sur les compétences de vie par les pairs)**

Les enfants de familles militaires âgés de cinq à onze ans sont invités, une fois par mois, à venir s'amuser avec Ashlee et Kelly pour une soirée de jeux et de divertissement tout en travaillant sur leurs habiletés d'adaptation telles que les façons de gérer le stress, d'exprimer ses sentiments et d'interagir avec les autres. Le souper est inclus. Frais de 5 \$ par évènement ou payer la cotisation annuelle. Pour information contactez Kelly au 392-2811 poste 4527. Le thème pour le mois de septembre: Tout sur moi

**Programme Arc-en-ciel – Inutile de souffrir longtemps**

Le programme Arc-en-ciel est un programme

hebdomadaire qui s'adresse aux enfants qui font face à un décès, un divorce ou à une perte dans leur vie. Les séances se dérouleront sur huit semaines du 16 septembre au 18 novembre. Le programme est divisé par groupe d'âge.

**Learn to run**

Tuesday evenings at 7 p.m. starting Sept. 17. Meet at the MFRC. All levels welcome, it doesn't matter if you've never ran before. The aim is to get out, meet people and get active. Already know how to run but want to get out and socialize? We can pair up runners with similar paces and distances. A great way to meet running buddies. Register at the MFRC or by emailing JRCASEY@DAL.CA Free!

**Apprenez a courir**

Les mardis à 19h, débutant le 17 septembre. Point de rencontre au CRFM Gratuit! Tous les niveaux sont bienvenus. Vous n'avez jamais couru, pas de problème. Le but est de sortir, rencontrer des gens et être actif. Vous savez déjà comment courir, mais aimeriez sortir et socialiser. Nous pouvons jumeler les coureurs avec le même rythme et longueur de pas. Une belle façon

de rencontrer des copains/copines pour courir. Inscription au CRFM ou par courriel à JRCASEY@DAL.CA

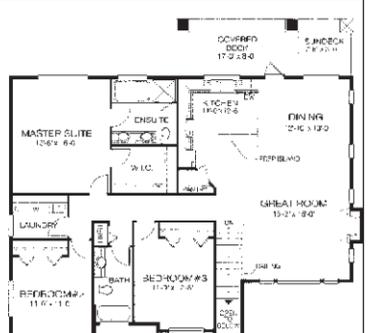
**12-Week Latin and Ballroom Dance Session**

*Beginner/Experienced beginners*  
Dates: Every Wednesday from Sept. 25 to Dec. 11. Time: 7:45 p.m. to 9 p.m. Location: RCAF Museum. Dances offered: Foxtrot, Cha cha, and Swing. Cost: \$135 per couple or \$80 per single individual

*Intermediate*  
Dates: Every Wednesday from Sept. 25 to Dec. 11. Time: 6 p.m. to 7:30 p.m. Location: RCAF Museum. Dances offered: Cha cha, Waltz, Merengue and Samba. Cost: \$150 per couple or \$90 per single individual Payments will be handled at the beginning of the first class and will accept cash or cheques. Please come 15 minutes earlier to register. Please register early with the MFRC 613-965-3575 by Sept. 18 to ascertain your spot in the course and to avoid cancellation of the course due to insufficient enrolment. Minimum of 10 people required per class. Note: There is no guarantee that a partner will be available for you so for that reason, it is recommended to bring along a partner.

*Continued on page 13*

**Home of the Week**  
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A spacious great-room complex with an open kitchen, dining area and great room makes this attractive two-storey, three-bedroom home ideal for a growing family, thanks to the two future bedrooms in ground-floor's unfinished basement, included with the plans. Entry is on the ground floor and into a foyer with a coat closet on the left, adjacent to a doorway to the double garage. To the right is the staircase to the second-floor living and sleeping area. At the top of the staircase, protected by a railing, is the great room, which overlooks the front garden. In the cooler months, a gas fireplace will cast its warmth into the dining area and the kitchen. Come summertime, the sundeck and adjoining covered deck, easily accessible from the kitchen, will be ideal for al fresco dining and just plain relaxing. The kitchen's L-shaped counter configuration will save steps for the cook, who will never feel isolated because the dining area, with three windows, is separated from the work area only by a prep island. A pantry will provide always-useful storage space. In the sleeping area, the master bedroom enjoys a view of the back garden, and includes an en-suite with a double basin, a tub and a separate shower stall. The walk-in closet will be roomy enough for any couple's clothing and accessories. The secondary bedrooms overlook the front garden and share a three-piece bathroom, with a linen cupboard just outside its door. Located between the master suite and the secondary bedrooms, the laundry room and corridor will provide soundproofing. Downstairs, in addition to a den that opens onto a covered patio – ideal for a home office or studio. Also, two roughed-in bedrooms and a larger area that opens to a covered patio, as well as to the side-yard, might find use as an in-law suite or mortgage-helper. The double garage is large enough to accommodate a workshop, and includes access to the other side-yard. Exterior finishes, which include horizontal siding, wood shingles and painted trim, as well as pilasters with stone bases, add curb appeal. This home measures 48 feet wide and 50 feet, 10 inches deep, for a total of 1,794 square feet. The finished area on the lower floor measures 158 square feet.

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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](mailto:cfbcontactnewspaper@gmail.com). Each event should be typed out in the format of those below. Please do not send posters.

**Emergency Childcare Providers required**

Would you like to become an emergency child care provider for military families? We are currently recruiting and screening a pool of Emergency Childcare Providers to work with the Trenton MFRC Emergency Respite Childcare Program to provide respite and emergency childcare for military members and their families.

For information contact Kelly Briggs at [kbriggs@cogeco.net](mailto:kbriggs@cogeco.net)

Voulez-vous devenir un fournisseur de services de garde d'urgence pour les militaires et leurs familles? Nous recrutons actuellement un bassin de fournisseurs de services de garde d'urgence pour travailler au CRFM de Trenton pour le Programme de services de garde d'urgence et de répit pour les militaires et leurs familles.

Pour information contactez Kelly Briggs au [kbriggs@cogeco.net](mailto:kbriggs@cogeco.net)

**Sept. 6 – Education Fair**

An Education Fair will be held Sept. 6 at the Warrant Officers' and Sergeants' Mess from 10 a.m. to 3 p.m. Education is the key to professional development, career enhancement, personal empowerment and professional designation. Take this opportunity to ask questions and gather the information required to make an informed decision about your career and your future. This open forum event offers easy access to the various universities, colleges and learning centres. They can provide the information and tools you need to get started. The WPSO will be on site to respond to questions you may have. Some of the education facilities which will be on hand include: Academy of Learning and Business College; Athabasca University; Brock University; Loyalist College Continuing Education; Ministry of Training, Colleges and Universities; Queens University; Quinte Adult Education; Royal Military College; Royal Roads University; Trenval Business Development Corp.; and, many more.

**8 Wing PMQ Community Council**

Next event: We are hosting the BBQ for the MFRC Family Day on Sept. 8. More info to follow! Look us up at Facebook/8 Wing PMQ Council.

**Sept. 11 – 8 Wing Officers' Mess Ladies Club In-door Picnic Meet and Greet**

The Officers' Mess Ladies Club 2013-2014 season begins with an indoor picnic dinner meet and greet event at 6 p.m. at the Mess. Admission: Free dinner with new membership. Invited guests of members pay \$15. For info, e-mail [chambersj@live.ca](mailto:chambersj@live.ca)

**Sept. 12 - Knights Roast Beef Dinner is back**

The Knights of Columbus Roast Beef Dinner with all the fixings, including desert, tea and coffee is back at the Knights of Columbus Hall, 57 Stella Cres., Trenton, from 5 p.m. to 7 p.m. Cost is \$10. Take out available. Everyone welcome!

**Celebrity Chefs garnish performance with laughs**



Lt.-Col. Tressa Home aka Gordon Ramsay and CWO. Ted Poper, 8 AMS SCWO aka Guy Fieri, drew many laughs when they showed up as Celebrity Chefs for the Wing Headquarters Celebrity Chef Barbecue Challenge Aug. 16. They admitted they may not have produced the most funds, but they feel they were the best dressed and garnered more laughs than their competition. Submitted photo

**Food bank is desperate for food and volunteers for food drive**

By Ross Lees

The Trenton Care and Share Food Bank is desperately in need of food and volunteers to help them restock their shelves.

Valerie Middaugh, Trenton Care and Share Food Bank annual food drive coordinator, said the shelves at the food bank are empty.

"This is the worst I've seen it in quite a while," she told *The Contact* Wednesday. "During the summer, we normally get really short, but our shelves are empty right now."

Getting that low in food causes another problem for the volun-

teer-based organization. It takes a lot of volunteers to gather food from the community and replenish their shelves, Middaugh noted.

"We also need volunteer walkers and drivers to go through the community to pick up food," she said, including during their annual food drive on Oct. 5.

According to Middaugh, the volunteers come to the food bank around 9:30 a.m. on the day of the food drive and leave to begin collecting food around 10 a.m.

"They are generally back around noon," she stated.

Often, school children make up

the bulk of the volunteers as they strive to achieve their required volunteer hours, but she said they also need volunteer drivers to go with the children and bring back the collected food.

"Everything at the food bank is done by volunteers," she said.

Those wishing to help can contact Valerie Middaugh at 613-394-4519 and leave a message. She is busy at the present time, but she promises to get back to anyone who calls to volunteer or who needs more information.

Volunteers from the base will have to seek approval from their Chain of Command.

**BOWLING LEAGUES**  
Bowling leagues will start on first week of September!  
(Join as a team or individual)

**ADULT LEAGUES**  
Monday men, Tuesday mix, Wednesday mix, Thursday Frankford league, Thursday mix, Friday mix, Sunday mix. Leagues start bowling at 6:30pm. Tuesday senior leagues start at 1:00pm. Tuesday Brighton senior league starts at 4:00pm. Wednesday special Olympic start at 4:00pm. Thursday ladies start at 12:30pm. Friday senior start at 1:00p.m.

**YOUTH LEAGUES**  
Peewee (age 4-7) bantam (age 8-10) junior (age 11-13) and senior league (age 14-18) Register each Saturday 11:00am. with 2 free games, bowl every Saturday with certified coach, tournament, free banquet and trophies. Cash spin wheel prize.

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Continued from page 11

### Session de 12 semaines Danses sociales et latines

*Débutants/Débutants avec expérience*

Dates: Tous les mercredis du 25 septembre au 11 décembre. Heure: de 19h45 à 21h. Endroit: Musée de l'Arc. Danses : Foxtrot, Cha Cha et Swing. Coût: 135\$/couple ou 80\$/célibataire

*Intermédiaire*

Dates: Tous les mercredis du 25 septembre au 11 décembre. Heure: de 18h à 19h30. Endroit: Musée de l'Arc. Danses : Cha Cha, valse, merengue et samba. Coût: 150\$/couple ou 90\$/célibataire.

Les paiements sont dus au début de la première classe. Nous acceptons l'argent comptant et les chèques. SVP, arrivez 15 minutes à l'avance. Inscrivez-vous tôt au CRFM, 613-965-3575, avant le 18 septembre pour vous assurer d'une place et éviter la cancellation du cours à cause d'un manque de participation. Un minimum de 10 personnes est requis par session. \*Il n'y a aucune garantie qu'un/une partenaire sera disponible pour vous, il serait donc préférable que vous ameniez un/une partenaire avec vous.

### 2013 Fall Cooking Classes With Grace

(Eight weeks) from Sept. 9 to Nov. 4. (Every Monday evening, except Oct. 7.) Grace's cooking class is coming back. We will share the different ingredients, spices, cooking skills, and food culture together as usual. You will gain amazing ideas of the most popular International Cuisines and bring more happiness to your family and friends! Visit our website FamilyForce.ca for the list of meals you will prepare. Class time: 6-8 p.m. Location: MFRC office kitchen. Sign up in person: At the MFRC reception. Call: (613) 965-3575. Minimum number in each class four to six. Please remember to bring your own apron, cutting board, and cooking knife. \$200 per person (register and pay for classes before Aug. 30).

### Cours de cuisine avec Grace, automne 2013

(Huit semaines), du 9 septembre au 4 novembre (Tous les lundis, à l'exception du 7 octobre). Les cours de cuisines avec Grace sont de retour. Nous partageons, comme toujours, les différents ingrédients, épices, talents et culture alimentaire. Vous découvrirez des idées des cuisines internationales populaires et votre famille et amis apprécieront la nouveauté. Visitez notre site internet Forcodelafamille.ca pour la liste des mets que vous préparerez. Heures : de 18h à 20h. Endroit: La cuisine du CRFM. Inscription au CRFM, 613-965-3575. Le minimum de participants/tes requis est de 4-6 par classe SVP, apportez un tablier, une planche à découper et des couteaux de cuisine.

Coût: \$200 par personne, l'inscription doit être payée pour le 30 août.

### Good Baby Box now available through the MFRC

Brought to you by the Community Development Council of Quinte, you can now order your 'Good Baby Box' at the MFRC as well as the popular

'Good Food Box.' For more information, please see our website FamilyForce.ca or call the MFRC reception at 613-965-3575.

### "Good Baby Box" maintenant disponible avec le CRFM

Un programme du Community Development Council of Quinte's, vous pouvez maintenant commander votre "Good Baby Box" au CRFM, tout comme le 'Good Food Box', la boîte de nourriture qui est très populaire. Pour plus de détails, visitez notre site internet Forcodelafamille.ca ou téléphonez notre réception au 613-965-3575.

### Quinte West Pops and Tots

Open to everyone from the community - Bilingual drop-in playgroup. A program designed for dad's to interact, have fun, and enjoy dinner with their little ones.

Play - Learn - Create. From Sept. to May, Thursdays from 5 p.m. to 7 p.m. at the MFRC. Open House on Sept. 5. For registration or information contact Jim or Rob at popsntotstrenton@gmail.com

### Papas et Bambins de Quinte West

Ouvert à toute la communauté - Groupe bilingue de jeux. Un programme où les papas peuvent partager, s'amuser et apprécier un repas avec leurs petits. Jouez - Apprenez - Créez. De septembre à mai, les jeudis de 17h à 19h au CRFM. Soirée Portes ouvertes le 5 septembre. Pour vous inscrire ou pour plus de détails, contactez Jim ou Rob à popsntotstrenton@gmail.com

### Spanish classes

#### Beginners Level I

Monday evening from 6.30-9 p.m., starting Sept. 16. Duration - 10 weeks. Cost - \$70 military and military family member/\$80 non-military.

#### Beginners Level II

Tuesday evening from 6.30-9 p.m. starting Sept 24. Duration - 10 weeks. Cost - \$70 military and military family member/\$80 non-military.

Minimum five persons required to run each course. Instruction will be in English.

Please contact Nathalie Vadeboncoeur to register at (613) 392-2811 ext.3855 or email: nathalie.vadeboncoeur@forces.gc.ca

### Cours d'espagnol

#### Débutants Niveau I

Le lundi soir de 18h30 à 21 h commençant le 16 septembre. Durée - 10 semaines. Coût - 70\$ pour les membres des familles militaires et 80\$ pour les non-militaires.

#### Débutants Niveau II

Le mardi soir de 18h30 à 21 h commençant le 24 septembre. Durée -10 semaines. Coût - 70\$ pour les membres des familles militaires et 80\$ pour les non-militaires.

Un minimum de 5 participants est nécessaire. L'enseignement sera en anglais. Pour vous inscrire, veuillez contacter Nathalie Vadeboncoeur au 613-392-2811, poste 3855 ou par courriel : nathalie.vadeboncoeur@forces.gc.ca

### French Conversation Club

Do you want to improve your French speaking skills? Come and join our French Conversation Clubs where a bilingual instructor will be on hand each week to help keep the conversation flowing and organize games! All levels welcome. Open to everyone (16+) - military members, military spouses and civilians. The target language will be use all the time by the instructor. When: French: Tuesday 12-1 p.m. or Monday 7-8 p.m., starting Sept. 23-24. Where: MFRC (Military Family Resource Centre) 50 Rivers Drive, Trenton. Cost: \$35 for eight weeks (Minimum of five persons is required to run a club). For more information, contact Nathalie Vadeboncoeur on 613 392 2811 ext. 3855 or by email: Nathalie.Vadeboncoeur@forces.gc.ca

### Club de conversation en français

Désirez-vous améliorer votre français? Alors rejoignez l'un de nos clubs de conversation en français. À chaque semaine, un instructeur bilingue animera la conversation et les jeux! Vous êtes les bienvenus quelque soit votre niveau. Ce programme est offert à tout le monde (16+) - aux membres militaires, aux conjoint(e)s de militaires et aux civil(e)s. Notez que la langue ciblée sera utilisée en tout temps par l'instructeur. Quand: Français : mardi de 12h à 13h ou lundi de 19h à 20h commençant les 23 et 24 septembre 2013

Endroit: CRFM (centre de ressources pour les familles militaires) 50 Rivers drive, Trenton. Coût: 35\$ pour 8 semaines (un minimum de 5 participants est requis). Pour de plus amples informations, contactez Nathalie Vadeboncoeur au 613-392-2811, poste 3855 ou par courriel Nathalie.Vadeboncoeur@forces.gc.ca

### Self-employment

A women's self-empowerment program that teaches assertiveness skills, healthy communication, builds self-esteem, promotes self-care and emotion management skills. Tuesdays from 6-8:30 p.m., Sept. 24 to Nov. 12. To register or for information contact Audrey Gillis 392-2811 ext 4017 or Ashlee Allen ext 5541 before Sept. 14.

### Un programme d'empowerment pour femmes

Ce groupe est un programme d'empowerment pour femmes, qui enseigne l'affirmation de soi, la communication saine, l'estime de soi, prendre soin de soi et la gestion des émotions. Mardi de 18 h à 20:30, du 24 septembre au 12 novembre. Pour information ou inscription contactez Audrey Gillis au 392-2811 poste 4017 ou Ashlee Allen poste 5541 avant le 14 septembre.

Questions or Comments?

(613) 392-2811 ext. 3976

cfbcontactnewspaper@gmail.com

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## Sports & Recreation



**Red Cross Swim Lessons Fall 2013**

Registration: Military Community starts Thursday, Sept. 5., Online and In-person from 1:30 p.m. at the RecPlex - General Public starts Thursday, Sept. 12., Online and In-person from 1:30 p.m. at the RecPlex. Lessons are held: Tuesdays, Sept. 24 to Nov. 26, Thursdays, Sept. 26 to Nov. 28, Saturdays, Sept. 28 to Dec. 7 (No classes Saturday, Oct. 12). All classes are 10 lessons in duration. Registration for all will continue until the first class.

**Skills and Drills**

Open to beginner hockey players of all ages - Mondays, Aug. 26 to Sept. 30, 5:30 to 7 p.m.

**Provincial Park Passes**

The Community Recreation Association has two passes which may be rented for use at any of the Provincial Parks in our area. (Sandbanks; Presqu'île; North Beach; Ferris; Bon Echo). This service is available to serving military personnel and CRA members in possession of a current PSP facility membership. One pass per family may be rented. Sorry... but passes cannot be reserved in advance. They are available on a first come, first served basis. When renting a pass, the pass must be returned by close of business on the same day or no later than 8:30 a.m. the following day. Available at the Kiosk at the south side Gym. \$ 8.85 + HST = \$10.

**Fitness Programs**

Learn to Skate for Adults - Fridays, Oct. 4 to Dec. 6, 6 p.m. to 7 p.m.  
 Zumba - Wednesdays, Sept. 25 to Nov. 27, 5:30 p.m. to 6:30 p.m.  
 Coret Fitness - Mondays, Sept. 23 to Dec. 9., 4:30 p.m. to 5 p.m.  
 Boot Camp Fitness - Mondays, Sept. 23 to Dec. 9, 5 p.m. to 6 p.m.  
 Squat Challenge - Mondays, Sept. 23 to Nov. 18., 6 p.m. to 6:15 p.m.  
 Gentle Boot Camp - Mondays, Sept. 23 to Dec. 9, 6:20 p.m. to 7:20 p.m.  
 Vinyasa Flow Yoga - Tuesdays, Sept. 24 to Dec. 3, 4:30 p.m. to 5:30 p.m.  
 New! Slow Flow Yoga - Tuesdays, Sept. 24 to Dec. 3, 5:30 p.m. to 6:30 p.m.  
 Tai Chi - Tuesdays, Sept. 24 to Dec. 3, 5:15 p.m. to 6:15 p.m.

**Youth programs**

Learn to Skate for Youngsters Ages four to seven years of age - Fridays, Oct. 4 to Dec. 6, 4 p.m. to 5 p.m.  
 Skills and Drills - Mondays, Oct. 14 to Dec. 9, 5 p.m. to 6 p.m.  
 Mix-It-Up Sports - Mondays, Sept. 30 to Dec. 2, six to eight years of age, 6 p.m. to 7 p.m. and nine to 12 years of age, 7 p.m. to 8 p.m.  
 Kookin with Kidz - Tuesdays, Oct. 1 to Dec. 3., six to eight years of age, 5:15 p.m. to 6:15 p.m. and nine to 12 years of age, 6:15 p.m. to 7:15 p.m. Pre-register by Monday, Sept. 30.  
 Iron Chef Ages 13 to 16 years of age - Tuesdays, Oct. 2 to Dec. 3, and Wednesday, Oct. 2 to Dec. 4., 6:30 p.m. to 7:30 p.m. Pre-register by Tuesday, Oct. 1.

Shinny Hockey - starts Sept. 30. - Tyke/Novice (under nine years old) - Fridays 7 p.m. to 8 p.m., Atom (under 11 years old) Wednesdays - 4 p.m. to 5 p.m., PeeWee (under 13 years old) Tuesdays - 4 p.m. to 5 p.m., Bantam/Midget (under 18 years old) Mondays - 4 p.m. to 5 p.m. at the RCAF Flyers Arena.  
 Family Skate stars Saturday, Oct. 5 to Dec. 22, Saturdays and Sundays - 1 p.m. to 3 p.m.

**Advanced Aquatics**

Junior Lifeguard Club for Youth eight to 15 years of age - Mondays, Sept. 23 to Dec. 9, 6 p.m. to 7 p.m. (No classes on Oct. 14 and Nov. 11)  
 Youth Aquatic Club for Youth six to 16 years of age - Mondays, Wednesdays and Fridays, Sept. 23 to Dec. 13, (12 weeks) 4:45 p.m. to 6 p.m.  
 Syncro Swim Club - Wednesdays, Sept. 25 to Nov. 27, 6 p.m. to 7 p.m.  
 Red Cross Babysitter's Course - Nov. 9 or Dec. 21.  
 High Five (Principles of Healthy Child Development) Saturday, Nov. 16, 10 a.m. to 5 p.m. and Wednesday, Oct. 30, 10 a.m. to 5 p.m.  
 Bronze Star with Basic First Aid and CPR A - Mondays, Sept. 23 to Dec. 9, 7 p.m. to 8 p.m.  
 Bronze Medallion and Emergency First-Aid with CPR C and AED (crash course) Sept. 28, 29, Oct. 5, 6, Saturdays 9 a.m. to 5 p.m., undays 12 noon to 5 p.m.  
 Bronze Cross and Standard First-Aid with CPR C and AED (crash course)

Oct. 18, 19, 20, 25, 26, and 27, Fridays 4:30 p.m. to 8:30 p.m. - Saturdays 9 a.m. to 5 p.m. and Sundays 12:30 p.m. to 4:30 p.m.  
 National Lifeguard Course (2012 standards) Nov. 22, 23, 24, 29, 30 and Dec. 1, Fridays 4:30 p.m. to 8:30 p.m. - Saturdays and Sundays 9 a.m. to 5 p.m.  
 NLS Re-certification (2012 Standards) Dec. 1, 10 a.m. to 4 p.m.  
 Red Cross Assistant Water Safety Instructor Tuesdays, Oct. 1, 8, 15, 22, 29 and Nov. 5, 12, 19, 4 p.m. to 8 p.m.  
 Red Cross WSI Re-certification - Dec. 20, 10 a.m. to 4 p.m.  
 Lifesaving Society Lifesaving Instructor with Emergency First Aid and CPR C Instructor Dec. 27, 28, 29, Friday, Saturday and Sunday 9 a.m. to 4 p.m.  
 Lifesaving Society First Aid Update Clinic Sunday, Sept. 22, 12 noon to 4 p.m.

**Baker Island Community Centre**

The Community Centre is located on Baker Island overlooking the beautiful Bay of Quinte. The Centre is available at no cost for military operational requirements, unit parties, and unit family days and it's also available for rent for weddings, family parties and corporate events. For information on rental costs and other information, please go to: [www.cfcommunitygateway.com/trenton](http://www.cfcommunitygateway.com/trenton) or + BakerIsland-CC@forces.gc.ca.

# 64th annual Canadian International Air Show

The Snowbirds air demonstration team performs during the 64th annual Canadian International Air Show (CIAS) in Toronto over the Labour Day weekend.

*Photo: Capt. Chris Daniel*



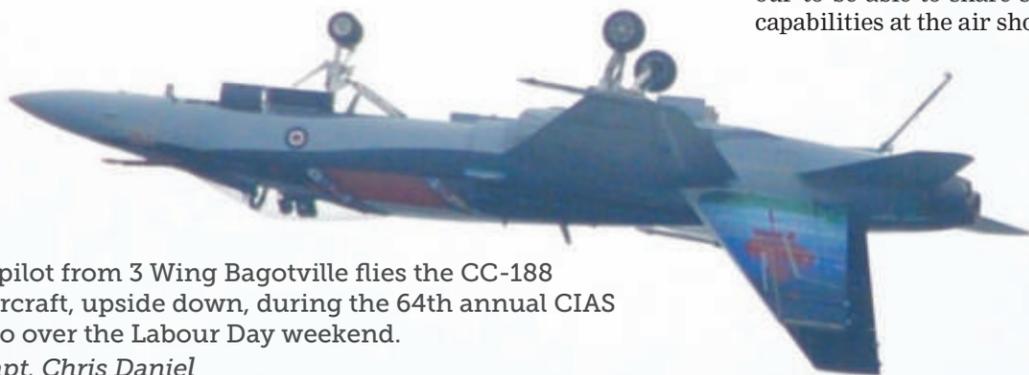
*Continued from page 1*

Ground support team leader from 8 Wing Trenton, Sgt Jerry Parsons, said that they provided support to the airport crew when required. "We're glad to be of help when needed."

In opening the air show, Lt.-Gen. Blondin said that the dedicated airmen and airwomen of the RCAF are working for all Canadians every day.

"They patrol our skies, conduct numerous SAR missions across Canada,

protect our sovereignty, and help in times of natural disasters," he said. "They proudly represent you when they help provide security in unstable parts of the world, sometimes risking their lives in the process. It's an honour to be able to share some of their capabilities at the air show."



A fighter pilot from 3 Wing Bagotville flies the CC-188 Hornet aircraft, upside down, during the 64th annual CIAS in Toronto over the Labour Day weekend.

*Photo: Capt. Chris Daniel*



Trevor Coffin plays with an RCAF display item while waiting for the air show; he said he loves airplanes.

*Photo: Capt. Chris Daniel*



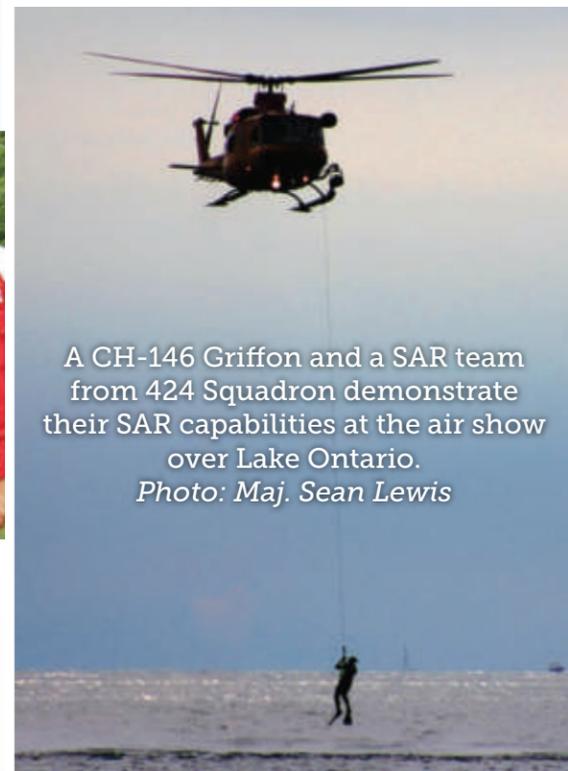
Lt.-Gen. Yvan Blondin speaks with the Lieutenant Governor of Ontario, the Honourable David C. Onley, before the start of the air show.

*Photo: Capt. Chris Daniel*



Some members of the Snowbirds air demonstration team pose for a photo with Canadian astronaut and former Snowbirds member, Mr. Chris Hadfield.

*Photo: Capt. Chris Daniel*



A CH-146 Griffon and a SAR team from 424 Squadron demonstrate their SAR capabilities at the air show over Lake Ontario.

*Photo: Maj. Sean Lewis*



Ground support team from 8 Wing Trenton poses for photo in front of one of the participating aircrafts at the air show in Toronto. *Photo: Sgt. Jerry Parsons*



Cpl. Danny Brathwaite and Pte. Marc Landry speak to an air show volunteer while manning the display table at the pavilion.

*Photo: Capt. Chris Daniel*



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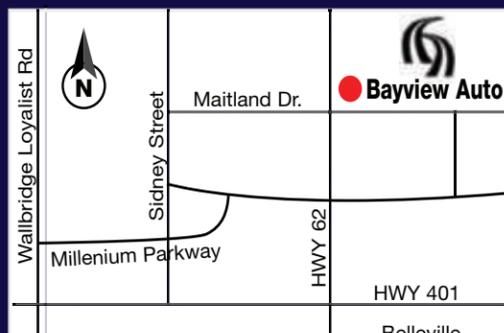
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