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>> 3rd Annual Ride to Help the United Way Sept. 17

Organizer wants to raise more money for United Way with motorcycle ride

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>> Take Back the Night September 26 at Zwick's Park

Men, women and children, military or civilian, encouraged to attend

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>> 8 Wing Firefighters remember 911

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Firefighters hold annual Muscular Dystrophy Fill the Boot campaign

MFRC Family Day

Courtney, 4, enjoys her ride on the bucking bull at the MFRC Family Day September 8th



See full story and more pictures on pages 9 and 10.

Photo Ross Lees



This year's campaign holds special significance for one local 8 Wing team member

Kendra Lafleur of Personal Support Programs, poses beside the poster featuring her nephew.
Photo Ross Lees

By Ross Lees

The annual Firefighter Muscular Dystrophy boot drive touched the heart of at least one of the people out collecting money at 8 Wing Wednesday morning.

Kendra Lafleur, Health Promotion Director for Strengthening the Forces at CFB Trenton was wielding a firefighters boot at the Tim Horton's

near the National Air Force Museum of Canada and she had a very special reason for being there.

Posted on a fire truck beside where Lafleur and some firefighters were collecting donations was this year's Fill the Boot poster, featuring Lafleur's nephew Owen McGonigal, 9.

"I'm very proud of him," Lafleur told The Contact as she took a break from her duties to pose for a picture

with the poster.

Owen was diagnosed with a form of MD called Spinal Muscular Atrophy when he was 10 months old, according to Lafleur.

"Within one month of his diagnosis, the Fort McMurray, AB firefighters connected with the family and firefighters across this country have rallied around him providing

Continued on page 7



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Griffon SAR Team participates at Toronto Air Show

424 Squadron team also provided emergency standby capability during the show



By Capt Graeme Cooke

A Griffon search and rescue (SAR) team from 424 (Transport and Rescue) Squadron participated in this year's Canadian International Air Show (CIAS) over Lake Ontario in Toronto.

424 Squadron provided a standby SAR team in support of all participants in the CIAS. SAR support was made available during the practice day, Friday, Sept. 30, plus the subsequent air show days over the Labour Day weekend.

Our team was available to assist in any emergency that may have occurred during the air show, with the capability of getting Search and Rescue Technicians on scene at any potential accident such as extraction, stabilization, and transport of patients to a local hospital.

The CIAS is unique in that the air show stage was over water; therefore during the air show, we demonstrated an over water free entry of two SAR Technicians. This is where the helicopter hovers less than 10 feet over the water and the SAR Techs depart out of the helicopter into the water.

This type of SAR Tech insertion is performed when the SAR Techs are required on scene (to an unconscious patient in the water for example) as fast as possible. Following this, we demonstrated a high hover water hoist. In this sequence, we brought the helicopter to a 60 foot hover, and hoisted the SAR Techs out, with the second SAR Tech simulating a patient, and the first, "doubling" him into the helicopter.

It was an honour to fly at the CIAS. As a child, I was always excited to go to the CNE and get a chance to watch the CIAS, and it was a dream come true to participate in it as an adult!

Griffon SAR team from 424 Squadron conducts SAR demo over Lake Ontario during the CIAS in Toronto. Photo: Maj. John Lewis

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Making history at CFS Alert



After a successful foam test, fire crew, testers and general duty personnel pose. (left to right: Mcpl Clausen, Thomas Williamson, Cpl Poole, Sgt Farmer, Mario Gagnon, CWO Grant, Ed Kirby, Pte Savary, Pte Galloway, Cpl Earle, Pte Rosang).
Photo: Pte Anthony Mosdossy

Service testing of Air Mobile Crash Vehicles accomplished successfully

By: Sgt. Colin Farmer

It took a lot of hard work and a lot of planning, but CFS Alert's Fire Department completed its first ever service testing of its Air Mobile Crash Vehicles. The email chain from the Canadian Forces Fire Marshals office stems back over a year ago, making certain CFS Alert would have the adequate resources to complete this task.

Complying with Environmen-

tal laws and the austere condition at CFS Alert has made the testing of vehicles difficult, but not impossible.

The first step was to find a building large enough to conduct such a test. The extreme cold is always a factor, so an indoor facility was the only solution.

The next step was to find a way to contain all the aqueous film forming foam. This was accomplished by placing 120 foot plastic bags over each orifice.

The last step, which is the most

time consuming, was sucking all the foam out of the bags and placing it into barrels to be shipped to 8 Wing Trenton for proper disposal.

All of this was accomplished under the watchful eyes of the Deputy Fire Marshal, Chief Warrant Officer Geoffrey Grant. Accompanying him was a former mechanic of CFS Alert some 20 years ago and now a Hazmat Officer, Mr. Edward Kirby.

The conductivity of the foam



A CFS Alert firefighter emptying the foam filled bag into a 205 litre drum for future shipment and disposal at 8 Wing Trenton. Photo: Pte Anthony Mosdossy

was analysed and given a passing grade, providing confidence to the Station Fire Chief and the Stations Commanding Officer, Major Dan Zegarac, that the Airport Recue Fire Vehicles will perform successfully in the event of an emergency.

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.

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The CONTACT is produced weekly under a Publication Service Agreement with The Independent (Brighton & Trent Hills), a division of Metroland Media Group.

8 Wing Personnel

Publisher: Col. David Lowthian

Proprietor: Her Majesty the Queen, in right of Canada, as represented by the Commander of 8 Wing, Canadian Forces Base Trenton, P.O. Box 1000 Stn. Forces, Astra, ON K0K 3W0 Canada

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Brighton, ON K0K 1H0

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SUBSCRIPTIONS: First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

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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3rd Annual Ride to Help the United Way Sept. 17

Organizer wants to eventually raise \$1 million for United Way with motorcycle ride

By Ross Lees

436 Squadron's Corporal Nick Bernatchez just will not give up.

Two years ago, he organized the first annual Government of Canada Workplace Charitable Campaign Ride to Help, a group motorcycle ride to raise funds for the United Way. Both years, he has been disappointed with the turnout, although he was encouraged last year to see new faces on the ride.

Disappointed, but not ready to quit.

"I'm going to keep doing it until I raise more funds for the United Way," he told The Contact last year prior to the bikes leaving the arena parking lot beside the National Air Force Museum of Canada.

He's right back in there swinging for the fences again this year.

The ride is scheduled to take place on Sept. 17, weather permitting, Sept. 19 if rained out Sept. 17. This year's event is scheduled to end in historic downtown Kingston after taking the scenic route to the city through Prince Edward County. Each motorcycle will pay a fee of \$20 and military members may request special leave (community affairs) from their Chain of Command. They ride as a group to Kingston but return on their own.

Registration takes place at 8 a.m. at the Flyers Arena parking lot, the ride departs the base at 9 a.m. and is scheduled to arrive in Kingston at 11:30 a.m. Riders will have lunch in Kingston (not provided) then depart Kingston at 1 p.m. with scheduled ETA in Trenton at 3:30 p.m.

Cpl. Bernatchez feels the ride is a great chance for a rider to bring along a family member.

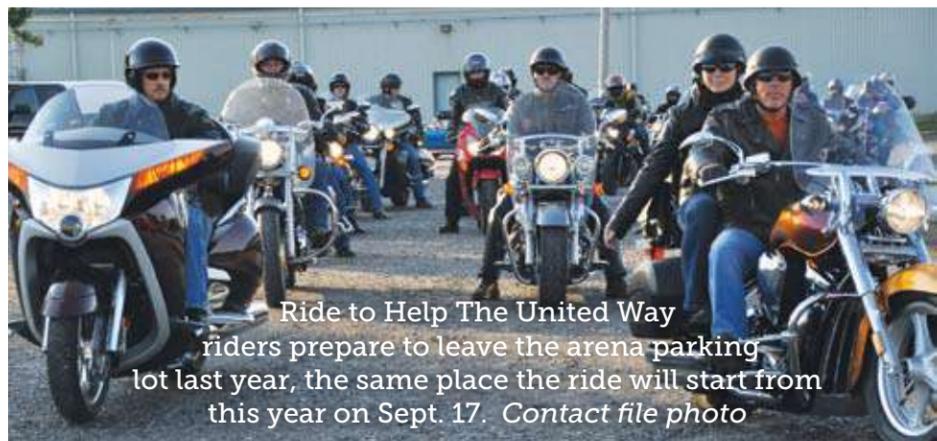
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Ride to Help The United Way riders prepare to leave the arena parking lot last year, the same place the ride will start from this year on Sept. 17. Contact file photo

Take Back the Night Sept. 26 at Zwick's Park

Men, women and children, military or civilian, encouraged to attend

By Ross Lees

The CFB Trenton Military Family Resource Centre (MFRC) is a strong supporter of Sept. 26 Take Back the Night event being held in Belleville at Zwick's Park.

"Over the years, Take Back The Night has become internationally known, as a way to take a stand against sexual violence and speak out against these horrible crimes," Ashlee Allen of MFRC told The Contact this week.

According to Allen, Take Back the Night events have been held since 1975 in North America, when one was held in Philadelphia. Since then, they've been held around the world and one was first held in Canada in 1978 in Vancouver.

"Canada has also seen its share of sexual violence against women and, 1981, The Canadian Association of Sexual Assault Centers declared the third Friday of September to be the evening for Take Back

The Night marches nationwide.(Source: Take Back the Night Foundation website)," she said.

"On a local level, we are striving to raise awareness about sexual violence in our community and to make public spaces safe for everyone. This year's event is open to all members of the community; including men and children and will feature spoken word artists, music and face painting for children and the young at heart. The event will conclude with a "Reclaim the Park" walk. If you are a writer, poet, slam or narrative artist and are interested in performing at the event or for more information, please do not hesitate to contact Elise Hineman at the Sexual Assault Centre for Quinte and District at 613-967-6300 ext 204," she stated.

Allen encourages everyone, from the highest ranking military members to family members to come out to Zwick's Park in Belleville at 6 p.m. and help "Dispel the Darkness" and "Reclaim the Park."

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Balancing your life

Mental health means striking a balance in all aspects of your life: social, physical, spiritual, economic and mental. Reaching a balance is a learning process. At times, you may tip the balance too much in one direction and have to find your footing again. Your personal balance will be unique, and your challenge will be to stay mentally healthy by keeping that balance.

Here are some suggestions to help you find and keep your balance.

Build healthy self-esteem

Self-esteem is more

than just seeing your good qualities. It is being able to see all your abilities and weaknesses together, accepting them, and doing your best with what you have. For example, you may not play tennis well enough to be a star, but that should not stop you from enjoying the game.

Build confidence – Take a good look at your good points. What do you do best? Where are your skills and interest areas? How would a friend describe you? Now, look at your weak points. What do you have difficulty doing? What things make you feel frustrated? Take

a look at this list. Remember that all of us have our positive and negative sides. We let our strengths shine, and we build on our weak points to help us mature and grow.

Receive as well as give

Many of us confuse having a realistic view of our good points with conceit. We have trouble accepting kindness from others. We often shrug off a compliment with a, “Yes, but...” and put ourselves down.

Accept compliments – The next time someone compliments you, say, “Thank you! I’m glad you think so.” Then think about other compliments you have had, and how good they made you feel.

Create positive parenting and family relationships

Work on building good family relationships. Learn to value each member’s skills and abilities. Learn how to give and accept support.

Make time – Make time just to be a family. Schedule time for both serious things and fun. Listen respectfully without interruption to what each person has to say. Do it frequently.

Make friends who count

Friends help you understand that you are not alone. They help you by sharing your “ups” and “downs”, and you in turn help them. Together, you and your friends share life’s challenges and celebrate life’s joys.

Build a “friendship tree”

– Keep in touch – invite a friend to lunch. Encourage new friendships – ask your friend to bring someone you have never met.

Figure out your priorities

Advertisers try very hard to convince us that we “need” their products and services. Our challenge is to know the difference between our real needs (food, shelter, clothing, transportation) and our “wants” (bigger TV, new CD player, the latest fashions, flashy car), and to find the right balance in our spending. Financial problems cause stress, so it’s important to avoid over-spending.

Create a meaningful budget – Write out a budget for yourself. Is it realistic? Have

you planned what to do with the money left over for your “wants”? Which “wants” are most important to you?

Get involved

Being involved in things that really matter to us provide a great feeling of purpose and satisfaction. You should always remember that you make a difference, no matter how big or small your efforts.

Volunteer – Read to children at your local library; visit an elderly person at home or in hospital; serve on a committee or the board of your favourite charity; organize a clean-up of a local park or beach; help a neighbour clean out his/her garage.

To be continued next week

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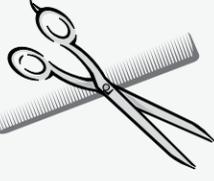


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Voici quelques suggestions qui vous aideront à trouver et à conserver votre équilibre.

Cultiver une saine estime de soi

L'estime de soi n'implique pas uniquement le fait de reconnaître nos qualités. Il faut également avoir la capacité de reconnaître l'ensemble de nos forces et nos faiblesses, de les accepter et de faire de notre

mieux avec les atouts dont nous disposons. Vous n'êtes peut-être pas suffisamment doué au tennis pour être champion, mais cela ne devrait pas vous empêcher de pratiquer ce sport avec plaisir.

Activité – Développer la confiance en soi

Prenez conscience de vos points forts. Que faites-vous mieux que toute autre chose? Dans quels domaines êtes-vous compétent? Quels sont vos champs d'intérêts? Comment vous décrirait un ami? Penchez-vous maintenant sur vos points faibles. Que trouvez-vous difficile à faire? Quelles choses trouvez-vous frustrantes? Étudiez cette liste et rappelez-vous que nous avons tous un côté positif et un côté négatif. Faire valoir nos points forts et améliorer nos points faibles nous permet de mûrir et d'évoluer.

Donner et recevoir

Certaines personnes confondent la conscience de ses qualités avec la vanité. Elles ont de la difficulté à accepter la gentillesse des autres. Elles rejettent souvent un compliment par un « Oui, mais... » en n'en faisant peu de cas et, par le fait même, s'abaissent.

Activité – Accepter les compliments

La prochaine fois que vous recevrez un compliment, répondez: « Merci! Ça me fait plaisir de le savoir. ». Pensez ensuite aux autres compli-

ments que vous avez reçus et la satisfaction que ceux-ci vous ont donné.

Créer des relations parentales et familiales positives

Cherchez à créer de bonnes relations familiales. Apprenez à reconnaître les habiletés de chaque membre de votre famille. Apprenez à donner et à recevoir de l'appui.

Activité – Prendre son temps

Passez tout simplement du temps en famille. Réservez autant de temps aux activités sérieuses qu'à la détente. Écoutez attentivement ce que chaque personne a à dire sans l'interrompre. Faites-le souvent.

Se faire de bons amis

Les amis vous aident à ne pas vous sentir seul. Vous partagez vos hauts et vos bas avec eux. Ensemble, vous et vos amis affrontez les difficultés de la vie et célébrez les moments de bonheur.

Activité – Former un cercle d'amis

Gardez le contact. Invitez un ami à dîner. Favorisez les nouvelles amitiés en demandant à votre ami d'emmener avec lui quelqu'un que vous n'avez jamais rencontré.

Établir ses priorités

Les messages publicitaires ont pour but de nous convaincre que nous avons besoin de tel produit ou service. La plus

grande difficulté réside dans le fait d'établir la différence entre nos besoins réels (nourriture, logement, vêtements et transport) et nos désirs (télévision à grand écran, nouveau lecteur de disques compacts, vêtements chics ou voiture de luxe) et de trouver le juste équilibre dans nos dépenses. Les problèmes financiers sont une source de stress. Il donc très important d'éviter de dépasser nos moyens.

Activité – Se fixer un budget raisonnable

Établissez votre budget. Est-il réaliste? Avez-vous planifié que faire avec l'argent qui reste pour vos désirs? Quels sont vos désirs les plus chers?

Participer

Se livrer à des activités personnellement significatives nous donne un sentiment de raison d'être et de satisfaction. N'oubliez jamais que vous faites une différence, peu importe la portée de vos efforts.

Activité – Le bénévolat

Devenez bénévole. Faites la lecture aux enfants à votre bibliothèque locale, rendez visite à une personne âgée, chez elle ou à l'hôpital, faites partie d'un comité ou du conseil d'administration de votre œuvre de bienfaisance préférée, organisez le nettoyage d'un parc ou d'une plage dans votre quartier ou aidez un voisin à nettoyer son garage.

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Firefighters Fill the Boot campaign



Continued from page 1

tremendous support ever since," she noted. "His relationship with firefighters has given him courage, confidence, friendship and has been instrumental in his childhood development. From this support, Owen found the courage to inspire others and is now the honorary Fire Chief for the City of London as well as the National Ambassador for FF supporting MDC."

According to 8 Wing Deputy Fire Chief MWO Jacques Rene, the 8 Wing firefighters started collecting for the boot drive as far back as 1977 and on and off since then.

"To date, we have raised over \$68,000," he said. "In the last five years, the annual collection averaged between \$3,600 and \$3,750. Last year topped it all up with \$3,800.

MWO Rene noted that Muscular Dystrophy touches the lives of many people, including at least a couple connected to 8 Wing.

"This is a firefighter's 'crusade' that we will never quit until a cure is found. It is very important to all of us," he said.

MWO Rene also thanked Wing Commander Col. David Lowthian for approving and supporting their initiative.

Firefighter MCpl. Brian Marchand is shown soliciting funds for the Fill the Boot Muscular Dystrophy campaign local firefighters run each year. *Photo Ross Lees*

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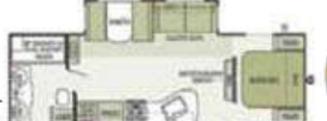
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MFRC Family Day another stellar success

Volunteer, base and community involvement produces great family experience

By Ross Lees

The Military Family Resource Centre (MFRC) dug deep into its resources this year to produce a fantastic Family Day – a day improved even more by almost ideal weather.

Laughter and fun were the themes of the day as well over 1,100 family and volunteers registered or helped make the event perhaps the best ever.

Located in Middleton Park again this year, the expanded area was nearing capacity, filled with inflatable structures, games, train rides, pony rides, a petting zoo, climbing walls, creative activities, Fire fighter displays and trucks to roam, a magician and free food – all the ingredients necessary to make for a great family experience.

“The weather definitely helps any event like this,” noted Trenton MFRC Executive Director Susan Sweetman. But she noted that a lot of hard work and behind-the-scenes organizing went into making this event the obvious success it was this year along with great cooperation from 8 Wing/CFB Trenton.

Families with several children had just one problem with the event – keeping track of where the children wanted to go next.

“They’re having a terrific time,” one mother noted as she was pulled to the next ride.

8 Wing Deputy Fire Chief MWO Jacques Rene laughed as he watched children run from place to place excitedly.

“This is just a perfect day for this,” he said. “It’s a lot better than last year,” as he marveled at the size and number of inflatable structures at the event.

In addition to the approximately 100 volunteers and community partners at the event, stellar assists from 8 Wing Fire Fighters, 21 MP Squadron, 426, 427, 429 and 2 AMS squadrons, the PMQ Community Council and Personal Support Programs and also sponsored in part by SISIP

Continued on page 10



Those serving food at the MFRC Family Day were kept busy throughout the event.

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Above: Ashley, 2, concentrates on building this wood en plane at the MFRC Family Day.

Photos by Ross Lees

Left: This Canada Goju Quinte West duo of Nathen Deaton and son Gavin (5) demonstrate some of he weapons used in their discipline.

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helped make this a day to remember for hundreds of military family children and their adult companions.

While the pleasant weather was the chief improvement over last year's event, Mrs. Sweetman said there were some other contributing factors to the success of this year's event.

"We advertised more and had more units participating, which helped get the word out," she noted. "We had similar attractions this year with the addition of our fabulous magician and our wonderful DJ, Maj. Leo Phillips."

It was one of those events where the children had a hard time figuring out what they wanted to do first. Many just ran to the nearest event and started there, running wide-eyed to the next event as soon as they were finished.

Mrs. Sweetman thanked all of the volunteers and people who helped make the event the huge success it was.

"We couldn't do it without them," she stated.

For all of those still excited children, it is not that long until this day comes around again, according to Mrs. Sweetman.

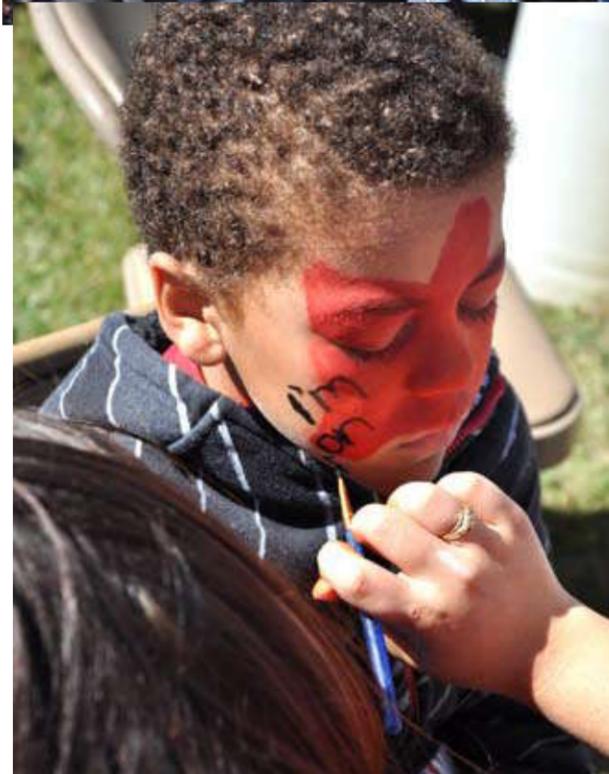
"We have next year's date set for Sunday, Sept. 7 from 11 a.m. to 3 p.m. again," she said.



One-and-a-half-year-old Emily steers the fire truck at the MFRC Family Day Sunday.



Two-year-old Evelyn enjoys a ride on a pony at the Military Family Resource Centre (MFRC) Family Day Sunday.



Four-year-old Hayley Hainse gets his face painted at the MFRC Family Day.



It's hard to know who is having more fun in this picture – the firemen or the children – at the MFRC Family Day.



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Little Caesars Pizza Fundraiser

For the Daycare. Order pizza kits, bread kits or cookie dough. Order forms available at the MFRC reception and daycare. Order form due on Monday, Sept. 23, pick up day is Thursday Oct. 3. Payment methods accepted are cash, debit and cheques (payable to the Trenton MFRC Daycare).

Collecte de fonds 'Pizza Little Caesars'

Pour la Garderie. Commandez des trousseaux pour pizza, pain ou de la pâte à biscuits. Les formulaires sont disponibles à la réception du CRFM et à la Garderie. Les commandes sont dues le lundi 23 septembre, et pourront être ramassées le jeudi 3 octobre. Les méthodes de paiement acceptées sont argent comptant, débit et chèques (payable à Trenton MFRC Daycare).

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.

Rainbows - 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 événement 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

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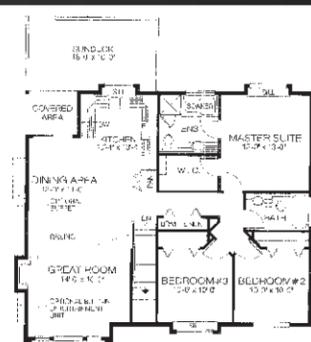
Apprenez a courir

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.

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With its gables, partly mullioned windows and pilaster-framed entry porch, this three-bedroom family home combines old-fashioned charm with up-to-the-minute amenities.

The ground-floor entry leads into a compact foyer with a den on the left. Ideally located for a home office, the den's windows look out on a homey veranda, enclosed by a spin-

dle half-rail and classic pilasters with stone bases. A coat cupboard is located near the stairway leading up to the main floor.

At the top of the stairs is the open-plan great room, dining area and kitchen. To one side of the great room's fireplace, sure to make this space popular during the cooler months, is an optional built-in entertainment centre. Large windows

overlook the front garden.

Flowing seamlessly from the great room is the dining area, with an optional built-out buffet that would come in handy for special-occasional meals. Access to a covered outdoor area, ideal for year-round barbecuing, as well as a large sundeck beyond, will make serving al fresco meals easy.

The kitchen features

a deep-silled window above the sink that overlooks the back garden. The U-shaped counter configuration will save steps for the cook, and a pantry will add always-welcome storage space.

The master suite, located at the back of the house for privacy, boasts a walk-in closet with built-in shelves, capacious enough for any couple's clothing. The en-suite includes a

shower stall and a soaker tub, for a touch of spa-like luxury. A window with an extra-deep sill might contain a window seat, the perfect spot to curl up with a good book.

The second and third bedrooms share a three-piece bath, and Bedroom No. 3 contains an extra-wide window sill. Broom and linen closets are conveniently placed nearby.

Back on the ground floor, a three-piece bathroom has been roughed in, near space for a fourth bedroom, which enjoys access to a covered patio. The unfinished basement includes a roughed-in wet bar.

The laundry room is also on the ground level, with access to the side garden. A double garage completes the lay-out on this level.

Exterior finishes include wooden siding, painted trim, stone accents and board-and-batten detailing in the gables.

The home measures 39 feet wide and 42 feet deep, for a total of 1,220 square feet of living space.

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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.

Fire Prevention Week 2013

This year's Fire Prevention Week is scheduled to run from the Oct. 6 until Oct. 12. The theme for this year's event is "Prevent Kitchen Fires and Get Cooking with Fire Safety!" As in prior years, the 8 Wing Fire Department will be holding fire drills at various buildings throughout the base. All Wing personnel are advised to review their work place Fire Orders in order to ensure they are familiar with the procedures to follow in the event of a fire. For further information, please contact the Fire Prevention Office at local 7880 or 3910.

Semaine 2013 de protection contre l'incendie

Cette année, la Semaine de prévention des incendies se déroulera du 6 au 12 octobre. Le thème de cette année est «Éviter les incendies dans la cuisine. La sécurité-incendie au menu!» ». Tout comme les années précédentes, le service d'incendie de la 8e Escadre mènera des exercices d'évacuation dans divers bâtiments de la base. On conseille à tous les employés de l'Escadre de réviser les consignes d'incendie de leur lieu de travail afin de s'assurer qu'ils connaissent bien les procédures à respecter en cas d'incendie. Pour de plus amples information, veuillez communiquer avec le bureau de prévention des incendies aux postes 7880 ou 3910

Sept. 15 – Annual Trenton Terry Fox Run

The annual Trenton Terry Fox Run takes place this year at the Trenton Rowing and Paddling Club on the east bank of the Trent River in the Kiwanis Park on Ontario Street. The event starts at 9 a.m. and carries through until 2 p.m. Run, walk or wheel over the course. Event organizer is Tanya de Witt, 613-921-0242 or tdewitt@kawarthacu.com

Sept. 16 – 424 Squadron 2nd Annual Herc Pull

424 Squadron's 2nd Annual Herc Pull will take place at the North Ramp at 1 Hangar. Teams of 20 members will compete to pull a 90,156 pound Herc 25 metres using a tug-of-war type rope attached to an approved aircraft tow bar. The

feat was accomplished in 26 seconds to win last year's event. To enter a team or for more information, contact Cpl. Blair or Cpl. Bhachu by email or by phone: Leslie.Blair@forces.gc.ca or Ramanjit.Bhachu@forces.gc.ca; Call local 5134. All information is also on the "Splash" page.

Sept. 17 – Great Waterway Annual General Meeting

The Great Waterway Annual General Meeting begins at 11 a.m. at the National Air Force Museum of Canada, Trenton. The Great Waterway is a regional tourism organization (RTO 9) established in 2010 to promote and invest in tourism along Lake Ontario, The Rideau Heritage Route and the St. Lawrence River from Prince Edward County in the west to the Quebec border in the east, and includes the cities of Quinte West, Belleville, Kingston, Gananoque, Brockville and Cornwall. Registration starts at 11 a.m., lunch begins at 12 noon and the annual general meeting begins at 1 p.m. Six Board of Directors seats will be filled at this meeting representing Prince Edward County, the Bay of Quinte, Kingston, Brockville and two at large seats. Deadline for general delegate registration to attend the AGM is Sept. 10. Voting delegates must be associated with the tourism industry in The Great Waterway tourism region. One vote only per organization or business is permitted. For more information on The Great Waterway's Annual General Meeting including general registration, visit www.region9tourism.ca or call The Great Waterway office at 613.344.2095.

Sept. 17 - Government of Canada Workplace Charitable Campaign Ride to Help

The third annual GCWCC Ride to Help is a group motorcycle ride taking place on Sept. 17 (rain date Sept. 19) on a route from Canadian Forces Base Trenton to the historic downtown area of Kingston, with travel on municipal roads and the 401 Highway. Participants will travel to Kingston on their own personal motorcycles, ridden in a group formation, and will return on their own time. Military members may request approval for special leave (community affairs) from their Chain of Command. For more information, contact OPI Cpl. Bernatchez 436 (T) Sqn. At 613-392-2811, ext. 7080.

Sports & Recreation

Call for nominations CISM team manager for women's volleyball

The position for the CISM Team Manager for women's volleyball is currently open. The CISM Team Manager position will be for a four-year term and will begin in 2013. The position of CF CISM Team Manager can be very rewarding. The Team Manager is an officer (Capt. and above), NCM (Sgt. and above), or a full-time employee of the staff of the NPF, Canadian Forces. The Team Manager is appointed by the CF Sports Manager and is responsible for planning, organization, and conduct of the annual activities of the team, purchase, control, maintenance, and disposal of clothing and equipment. For a more detailed list of responsibilities, contact the Military Sports Coordinator Dan Cormier at 3373.

When submitting an application, all the following information must be included, Full name, rank, unit, base, work phone number; list of all soccer related qualifications, list of related experience (military and civilian (all levels), list of related experience in sports specific administration or management, list of other related experience in administration or management, letter(s) of recommendation, letter of approval from the chain of command and any other information that is pertinent or the applicant would like to share.

If you have any questions relating to the position or the application process, please contact the CFISM at (613) 995-7605. Submit your application to the Military Sports Coordinator Cormier DG@CFB Trenton PSP@Trenton no later than Sept. 20.

Appel aux candidatures gestionnaire d'équipe du CISM pour le volleyball féminin

Le poste de gestionnaire d'équipe du CISM pour le volleyball féminin est vacant. Il s'agit d'une affectation de quatre ans qui commencera en 2013 et qui peut être très valorisante. Le gestionnaire d'équipe doit être un officier (capitaine ou grade supérieur), un militaire du rang (sergent ou grade supérieur) ou un employé à temps plein des Fonds non publics des Forces canadiennes. Nommé par le gestionnaire des sports des FC, le gestionnaire d'équipe est responsable de la planification, de l'organisation et de la mise en œuvre des activités annuelles de l'équipe ainsi que de l'achat, du contrôle, de l'entretien et de l'élimination des vêtements et de l'équipement. Pour obtenir une liste plus détaillée des responsabilités, veuillez communiquer avec Dan Cormier, coordonnateur des sports militaires.

La candidature doit comprendre tous les renseignements suivants : nom complet et grade, unité et base, numéro de téléphone au travail, liste de toutes les qualifications liées au volleyball, expérience pertinente (militaire et civile à tous les niveaux), expérience liée à l'administration ou à la gestion dans un milieu sportif, autre expérience en administration ou en gestion, lettre(s) de recommandation, lettre d'approbation de la chaîne de commandement et tout autre renseignement pertinent ou que le candidat juge utile de communiquer.

Pour toute question au sujet du poste ou du processus de mise en candidature, veuillez communiquer avec le gestionnaire des sports des FC au (613) 995-7605. Veuillez faire parvenir votre candidature au coordonnateur des sports militaires (Cormier DG@CFB Trenton PSP@Trenton) au plus tard le 20 septembre 2013.

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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8 Wing Firefighters remember their fallen brothers and the soldiers who made the ultimate sacrifice in the war on terror at a special ceremony in front of the headquarters building at 9 a.m. Wednesday morning. Photos Ross Lees

By Ross Lees

8 Wing Firefighters paid tribute to their fallen comrades in a special remembrance ceremony in front of the headquarters building at 9 a.m. Wednesday, Sept. 11.

In saying a few words of remembrance at the ceremony, Base Chaplain Capt. Alex Lewanowicz noted few dates will go down in history as having more significance for the fire service than Sept. 11, 2001.

He also noted it was ironic that day was chosen for the attack on the World Trade Centre, as the 11th day of the ninth month also becomes 911, the typical emergency number firemen often respond to.

"For us, 911 has been the call for help," he

said. "Two planes were flown into the Trade Centre, the first one hitting the North Tower at 8:47 a.m. and the second plane striking the South Tower at 9:03 a.m. The world changed at that moment."

He commented on the impact on firefighters around the world.

"Four us, this day became a day that saw the loss of over 300 firefighters and other emergency personnel. These brave people should never be forgotten for they made the ultimate sacrifice - they gave themselves while trying to rescue so many."

Capt. Lewanowicz also noted the impact on the military of this one incident.

"This day also initiated the war against terrorism and the military commitment to fight terrorism wherever it exists and today we will also recognize those soldiers

who gave their lives in the fight against terrorism."

And he reminded everyone at the ceremony to remember the families who have had to survive losses he said we all hope our own families never need to know.

"We hope that they take comfort in knowing that on this day, wherever firefighters gather, they will remember our fallen brothers and soldiers. They will never be forgotten!"

8 Wing Firefighters normally hold a brief service at the fire hall every year on this date but because they were spread throughout the base doing their Muscular Dystrophy Fill the Boot drive on Wednesday morning, they decided to hold an impromptu remembrance ceremony in front of the headquarters building this year.





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Safety



Safety first

Don't get sidelined by a weekend accident

We'd like to see you back at work on Monday.

Weekend accidents on the road, at home and during recreational activities account for a great deal of lost work time. Take good care of yourself this weekend and keep these safety tips in mind:

- Never drink and drive, and never ride with a driver who has been drinking.
- Wear your seat belt any time you travel in an automobile. Insist all occupants buckle up.
- Wear head protection for activities such as bicycling and in-line skating. Wear the appropriate personal protective equipment (PPE) for any sports. Remember to wear safety shoes, gloves, eye protection, hearing protection and other PPE when doing home maintenance and building projects.
- Install smoke detectors in your home. Maintain them by checking and changing the batteries regularly.
- Have family fire drills at least twice a year. Make sure everyone knows how to get out alive.
- Inspect your home for safety hazards. Look for improperly stored flammable liquids, poisons and other hazardous materials. Check for electrical problems such as damaged cords, loose plugs or overloaded circuits.
- Read the labels and follow directions when using any chemicals, even common household cleaning products.
- Use ladders correctly. Get a step-ladder instead of climbing on a makeshift scaffold such as a chair or table. Open the ladder fully and lock the spreaders in place. Never use a metal ladder for any kind of electrical work, even changing a light bulb.
- Avoid excessive exposure to the sun. Wear a hat, long sleeves and long pants to protect yourself from sunburn, and put on a sun-blocking cream. A sun burn can keep you from coming to work, and it can also lead to skin cancer.
- Post emergency numbers at each telephone in your home. Along with the numbers for fire department, ambulance and police - you should also put your own address because it is easy to forget it in a crisis.

*You are needed here at work.
 Don't let a weekend accident sideline you.*

Sports & Recreation

Call for nominations CISM team manager for men's soccer

The position for the CISM Team Manager for the sport of men's soccer is currently open. This position will be for a four-year term and will begin in 2013. The position of CF CISM Team Manager can be very rewarding. The Team Manager is an officer (Capt. and above), NCM (Sgt. and above), or a full-time employee of the staff of the NPF, Canadian Forces. The Team Manager is appointed by the CF Sports Manager and is responsible for planning, organization, and conduct of the annual activities of the team, purchase, control, maintenance, and disposal of clothing and equipment. For a more detailed list of responsibilities, contact the Military Sports Coordinator Dan Cormier at 3373.

When submitting an application, all the following information must be included: Full name, rank; unit, base; work phone number; list of all soccer related qualifications; list of related experience (military and civilian (all levels); list of related experience in sports specific administration or management; list of other related experience in administration or management; Letter(s) of recommendation; letter of approval from the chain of command. Any other information that is pertinent or the applicant would like to share.

If you have any questions relating to the position or the application process, please contact the CFMSP at (613) 995-7605.

*Submit your application to the Mil Sports Coordinator
 Cormier DG@CFB Trenton PSP@Trenton NLT Sept. 20.*

Appel aux candidatures Gestionnaire d'équipe du CISM pour le soccer masculin

Le poste de gestionnaire d'équipe du CISM pour le soccer masculin est vacant. Il s'agit d'une affectation de quatre ans qui commencera en 2013 et qui peut être très valorisante. Le gestionnaire d'équipe doit être un officier (capitaine ou grade supérieur), un militaire du rang (sergent ou grade supérieur) ou un employé à temps plein des Fonds non publics des Forces canadiennes. Nommé par le gestionnaire des sports des FC, le gestionnaire d'équipe est responsable de la planification, de l'organisation et de la mise en œuvre des activités annuelles de l'équipe ainsi que de l'achat, du contrôle, de l'entretien et de l'élimination des vêtements et de l'équipement. Pour obtenir une liste plus détaillée des responsabilités, veuillez communiquer avec Dan Cormier, coordonnateur des sports militaires.

La candidature doit comprendre tous les renseignements suivants : nom complet et grade, unité et base, numéro de téléphone au travail, liste de toutes les qualifications liées au soccer, expérience pertinente (militaire et civile à tous les niveaux), expérience liée à l'administration ou à la gestion dans un milieu sportif, autre expérience en administration ou en gestion, lettre(s) de recommandation, lettre d'approbation de la chaîne de commandement et tout autre renseignement pertinent ou que le candidat juge utile de communiquer.

Pour toute question au sujet du poste ou du processus de mise en candidature, veuillez communiquer avec le gestionnaire des sports des FC au (613) 995-7605. Veuillez faire parvenir votre candidature au coordonnateur des sports militaires (Cormier DG@CFB Trenton PSP@Trenton) au plus tard le 20 septembre 2013.

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