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Organization founded to promote knowledge and understanding of international peace and security

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United effort

Herc Pull benefits United Way

See page 14 for story & photos

This team from ATESS gives it their all as they try to out-pull the Corrections Canada team at the second annual 424 Squadron Herc Monday.
Photo Ross Lees



Wing Commander swings into United Way campaign

Col. Lowthian shows good form as he launches the first golf ball at the kick-off event to the 8 Wing United Way campaign. See more on the Wing Commander's golf tournament on page 3 and 9.
Photo Ross Lees



Ride to Help

A padre blesses the riders prior to setting off on the Ride to Help the United Way Tuesday morning. See the full story and more pictures on page 8.

Photo Ross Lees

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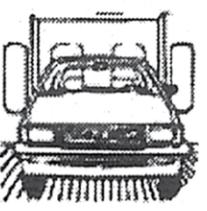
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Honouring those who fought for peace

Glenwood Cemetery Hosts Annual Veterans' Day Ceremony



Organizers of the annual Glenwood Cemetery Veteran's Day are, front left to right: Rev. William Kidnew, Padre Branch 78 Royal Canadian Legion (RCL); Pat Burrows, President Branch 78 RCL; Sandra Latchford, Chair Glenwood Cemetery Board; Mike Slatter, Sergeant at Arms, Branch 78 RCL; Back row: Doug Yates 415 Wing, Royal Canadian Air Force Association; George Court Past President 415 Wing; Robert Bird, President 415 Wing; Gil Charlebois, 3rd Vice President of Branch 78 RCL and Carl Tripple, Parade Marshall Branch 78 RCL.

8 Wing personnel will be heavily involved in the annual Veteran's Day ceremonies at Glenwood Cemetery in Picton on Sept. 21 to coincide with the end of Legion Week.

The theme of this year's ceremony is "Honouring Those Who Fought For Peace" and a senior 8 Wing member will be the guest speaker for the ceremony, which begins at 10:45 a.m.

Glenwood Cemetery, in partnership with Branch 78 The Royal Canadian Legion, 415 Wing Royal Canadian Air Force Association and 851 Prince Edward Royal Canadian Air Cadet Squadron will host the annual Veterans' Day Ceremony.

Historic Glenwood Cemetery, a 62-acre property in the heart of Picton, is the final resting place for over 200 veterans who perished in Canada's military engagements. Among those veterans are six British air-

men who died while training at the former RAF base known as No. 31 Bombing and Gunnery School. This former training base overlooking Picton was part of the British Commonwealth Air Training Plan, graduating hundreds of aircrew from many countries during the Second World War.

This special veterans' ceremony is held during Legion Week to honour Canadian veterans and to demonstrate our gratitude for the supreme sacrifice they have made in serving Canada.

As part of the service this year, a United Nations flag will be dedicated and flown along with the Canadian and RAF flags.

Miniature Canadian flags and poppies will be provided to all who wish to decorate the individual graves of our veterans.

A reception will follow in the Stone Chapel. Everyone is welcome.

August Weather Summary – average from start to finish

By MCpl J. King, 8 Wing Met Sqn

From a temperature perspective, August was average despite what seemed like long stretches of no precipitation during the month, we did exceed our precipitation normals in August.

The average maximum temperature was 25.0C and the average minimum temperature was 13.7C. The maximum temperature for the month was 29.6C on the 28th and the minimum temperature was 7.6C on the 24th. However, we did not set any temperature records for the month.

In August, we had nine days with measureable precipitation

giving us 87.7mm of rain.

More than half of that fell on just two days. Our greatest one-day total amount for precipitation was 26.4mm on the very first day of the month and this set a new record rainfall for that day. The year-to-date precipitation total so far is 562.4mm, which is less than 5mm above the norm.

Long-range charts from the Meteorological Service of Canada indicate normal values for the months of September to November. If these charts are accurate, we can expect our maximum temperature to average around 20C and precipitation at 88mm for the month of September.

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14th Annual Wing Commander's Invitational Golf Tournament officially kicks off 8 Wing's United Way campaign

By Ross Lees

Once again this year, the 14th Annual Wing Commander's Invitational Golf Tournament kicked off 8 Wing's Government of Canada Workplace Charitable Campaign (GCWCC), raising over \$13,000.

8 Wing's campaign kickoff came on the heels of the United Way of Quinte campaign kickoff the night before, where they announced this year's goal of \$2 million.

Last year, 8 Wing raised \$113,000 as part of the GCWCC as well as another \$48,000 in the Proctor and Gamble product sale.

Lt.-Col. David Lowthian encouraged everyone to take part in this year's campaign in any way they could, whether it was in some form of fundraising event or just through donations. He introduced Majors Al Merilainen and Jay Burt as the base campaign leaders this year and encouraged everyone to help them in any way they could to reach this year's campaign goal of \$120,000.

Lt.-Col. Lowthian said the golf tournament was a great event to kick off the campaign, in spite of the fact threatening skies hovered over the opening ceremonies.

"But the golf course is in amazing shape and rivals anything else in the area," he

Continued on page 9



Col. Lowthian shows good form as he launches the first golf ball at the kick-off event for the 8 Wing GCWCC. *Photo Ross Lees*



Judi Gilbert, United Way of Quinte Executive Director, speaks at the Wing Commander's Golf Tournament Sept. 13. *Photo Ross Lees*

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Central Heating Plant hosts retired members



Wing Construction Engineering (WCE) Central Heating Plant recently hosted retired members for a lunch barbecue. The eight retired guests in the front row have a collective 215 years of retirement. Most are late 80s and early 90s. In the front row are: Ollie Frost, Russ Grills, Charlie Scott, Bill Bugg, Horace Hubbs, Jerry Town, Geroge Plumpton, and Jeff Harbinson. Back row: Kevin Mumby, Joe Clements, Ryan Bannon, Bob White, Dave Robinson, Dennis Miluck, Dean Sutherland, Roy Baldwin, Randy Rushlow, Fred Jordan, Jeff Carswell, Brian Jones, and James Burn.

Wing Logistics and Engineering Picture of the Week

Shown in the picture is Pte. Atkinson, San Aerospace Telecommunications and Information System Technician (ATIS Tech) working at 8 Wing Telecommunications and Information Systems Squadron (8WTISS). Pte. Atkinson, part of the WTISS CIS Support Detachment to 436 Sqn, is seen here applying software cycle updates for CC-130 J flight planning workstations at 10 Hangar. He is part of the team that WTISS has developed to enable this critical mission system. This WTISS team is diligently working to re-configure and enable the hardware and software of the flight planning system which demonstrates the creative ways that WTISS is working towards enabling operations at 8 Wing with our integrated communications effect (ICE).



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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Freedom Trail hike features five Canadian veterans



Five Canadian veterans took part in this year's Freedom Trail hike: Yves Roy (Gatineau), Reno St-Germain (Gatineau), Mario Roy (Gatineau), Serge St-Antoine (Borden), and junior veteran Frédéric Roy (Québec). - Submitted photo

It all started on Wednesday, July 10, in St-Girons, France, a small town in the Pyrenees mountain range. The town mayor, locals and hikers had gathered at the museum of the *Chemin de la Liberté* (Freedom Trail) for a commemorative ceremony marking the 20th annual hike organized by the Freedom Trail Association.

In the crowd were the five of us, all Canadian veterans: Yves Roy (Gatineau), Reno St-Germain (Gatineau), Mario Roy (Gatineau), Serge St-Antoine (Borden) and our junior veteran Frédéric Roy (Québec). What brought us here was not a passion for hiking – apart from Yves, we were as inexperienced as they come – but rather the chance to walk the same escape route used by allied soldiers during the Second World War and to pay tribute to the locals who risked their lives helping those fleeing occupied territory.

Despite its historical significance, the Freedom Trail is little known outside France (Yves had learned about it only in 2012 while walking part of the Camino de Santiago de Compostela). But as discovered, we Canadians were not totally out of place up in these mountains straddling the France-Spain border. Our prior research found that in 1944 three Canadian pilots successfully made this treacherous mountain pass after their planes had been shot down in southern France. It provided extra motivation, a special reason to be here for the occasion. At the opening ceremony, our team leader Yves presented the museum with plaques from the Canadian Squadrons that served in this region during the Second World

War as well as appreciation certificates to members of the Freedom Trail Association signed by the Commander of the Royal Canadian Air Force.

The following day, July 11th, was the day we had been waiting for. We gathered at the St-Girons' bridge, alongside 120 fellow hikers from England, France, Italy and other NATO countries for a short ceremony followed by the start signal.

Crossing the bridge, we immediately started climbing "*dans la face d'un singe*" (literally "on a monkey's face", a reference to the steep, jagged terrain), an expression used quite often during those four days. We faced everything in the first four hours – humidity, heat, wind, rain, thunder and a slippery trail.

"Despite its historical significance, the Freedom Trail is little known outside France"

The conditions were testing, but the camaraderie on the trail kept everyone going. Getting to know our fellow hikers and guides, we quickly realized that our presence definitely brought down the average age. Our experienced guides were on average 65 years old, but they were fit as fiddles and had the touch to keep us motivated during the more difficult passages.

Having survived the 23 km of day

one, our first night was spent inside the gymnasium in the town of Seix. Following a delicious meal provided by the Association, we had the privilege to be invited by Mr Paul Broué, a 90-year-old mountain guide from the Second World War, for a night cap at his house. On the way there, we stopped in front of his mother's house, which was used to hide prisoners and soldiers trying to escape from the Nazis. He told us stories late into that evening, recounting how life was back then. After learning that Mr. Broué walked the Freedom Trail for the last time at age 83, there was no way we were going to quit now.

The second day was a much shorter hike (15 km) but just as challenging. We finally reached the snow fields – what incredible scenery before our eyes.

The third day (18 km) and fourth day (22 km) were the most breathtaking, with gorgeous panoramic views. We saw sheep and horse keepers; we drank water directly from the spring source; and, we cooked our own lunch sitting at more than 2,000 meters in altitude. Along this part of the trail, there were several ceremonies to remember those who sacrificed their lives to save others.

On the final day, fatigue was gaining on us, but we stayed the course and all proudly crossed the finish line at the

Continued on page 10

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8 Wing raises \$3,600 in Muscular Dystrophy Boot Drive

8 Wing Fire Department would like to thank everyone for your donations during the Muscular-Dystrophy Boot Drive held on Sept. 11. Your donations totalled \$3,600 for this year.

Well done 8 Wing!
OPI: Cpl Steinberg 3511

Le service d'incendie 8 Ere désire remercier tous ceux qui ont contribué à la campagne de financement pour la Dystrophie Musculaire qui a eue lieu le 11 sep 13. Vos dons totalisent \$3600.00 pour cette année. Bravo à la 8 Ere!
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We tend to take it too much for granted that we have two hands at our command, immediately ready to do what we want them to. They not only perform amazing manual tasks and provide us with sensation, but they also make us money. Just ask anyone who has lost the use of their hands. They may have had to learn to use other parts of their body or an artificial limb to do what hands normally do.

The workplace may be one of the most valuable places we can use our hands, but it is also one of the most likely places you can injure them. That's why it is important to take proper precautions to protect them.

To wear or not to wear gloves on the job? It depends. There are times to wear gloves on the job; they can protect you from scratches and scrapes, cuts, shock, infection, chemicals and temperature extremes of hot and cold. Many different kinds of gloves are available with different designs, made from different materials ranging from metal mesh to leather. Ask your supervisor for the right kind of glove for your job. In some situations, gloves can cause a risk of entanglement in moving machinery.

Other than wearing gloves, you can follow common-sense procedures to protect your hands at work.

- Handle tools the right way. Use the right tool and carry it properly so you do not injure yourself.

- Know the right operating movements when using tools. For example: too much force, vibration or repetitive movement might cause serious hand strain. Try not to twist your hands in extreme positions. Take hand breaks.

- Clean and protect your hands. Always wash your hands after you handle chemicals and materials so you don't become infected or develop a bad skin reaction. Don't clean your hands with solvents or fuels; they cause their own skin disorders and strip your hands of natural oils. Barrier creams can help to protect your hands against many substances. They are not substitutes for gloves, however.

- Watch your hands around equipment. Anything with a blade might cut you or cut off your fingers or hands. You can also crush your hands in machinery, under boxes, or in drawers or cabinets. These are called pinch points: avoid them. Respect machine guards. They are there to protect you from being injured by moving machinery. Never tamper with them or alter them.

- Immediately treat wounds and injuries, even minor cuts and scrapes. Wash wounds and cover them with a bandage and wear gloves to continue your tasks. If the wound or injury is serious, immediately seek the help of a first aid attendant or doctor. Treat your hands like a favorite person or a valued employee.

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Fitness & Health

Balancing your life

Continued from last week

Learn to manage stress effectively

Stress is a normal part of life. How you deal with it will depend on your attitude. You may become overwhelmed by things that other people deal with easily. Learning to keep a balance among work, family and leisure is difficult and needs skillful management of your time. Planning helps, and so does staying calm.

Take a five-minute vacation

Each day, set aside five minutes for a mental health break. Close your office door or go into another room, and day-dream about a place, person or idea, or think about nothing at all! You will feel like you have been on a mini-vacation.

Cope with changes that affect you

It would be nice to "live happily ever after", but there will always be challenges in our lives. Children have accidents, parents get ill, jobs disappear. Dealing with these unexpected (and often unwanted) changes can be stressful, so we need to be flexible and learn ways to cope.

Find strength in numbers

Search out a support group that deals with the issues you are facing. By teaming up with people who share your problems, you may find a fresh solution. Try starting a group of your own by using the public service announcements in your local newspaper, radio station or TV station.

Deal with your emotions

We are all challenged to find safe and constructive ways to express and share our feelings of anger, sadness, joy and fear. Your ways of experiencing and expressing emotions are unique because you are unique.

Identify and deal with your moods

Find out what makes you happy, sad, joyful or angry. How can you deal with your moods? Share joyful news with a friend; "cry on a friend's shoulder" when you feel blue. Physical exercise can help you deal with your anger. Keep a stack of your favourite funny cartoons or a collection of humorous stories or video tapes for times when you feel the need to laugh.

Have a spirituality to call your own

Learn to be at peace with yourself. Get to know who you are: what makes you really happy, what you are really passionate about. Learn to balance what you are able to change about yourself with what you cannot change. Get to know and trust your inner self.

Spend quality time with yourself

Set aside time to be totally alone. Do a breathing exercise – try counting your breaths from one to four, then start at one again. Or do something you love to do, like dancing, going to a baseball game or building a bird house – whatever works for you!

Source: Canadian
Mental Health Association
http://www.cmha.ca/mental_health/balancing-your-life/

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Équilibrer votre vie

Apprendre à gérer efficacement le stress

Le stress fait naturellement partie de la vie. La manière dont vous l'affrontez dépend de votre attitude. Vous vous sentirez peut-être dépassé par des choses que d'autres affrontent facilement. Il est difficile d'apprendre à conserver un juste équilibre entre le travail, la famille et les loisirs. Cela demande une gestion adroite de votre temps. Il est très important de planifier et de garder son calme.

Activité – Prendre une pause de cinq minutes

Accordez-vous chaque jour une pause de cinq minutes pour votre santé mentale. Fermez la porte de votre bureau ou allez dans une autre pièce et révissez à un endroit, une personne ou une idée. Vous pouvez également faire tout simplement le vide dans votre esprit! Vous aurez l'impression d'avoir pris de courtes vacances.

Faire face aux changements qui vous touchent

Il serait merveilleux de pouvoir vivre heureux jusqu'à la fin de ses jours, mais la réalité est souvent jonchée d'écueils. Affronter ces contretemps inattendus (et souvent indésirés) peut s'avérer stressant. Vos enfants peuvent avoir des accidents, vos parents peuvent développer une maladie ou encore vous pouvez perdre votre emploi. Nous devons être souples et trouver des moyens de s'en sortir.

Activité – L'union fait la force

Essayez de trouver un groupe de soutien qui est axé sur les problèmes auxquels vous faites face. Faire équipe avec des gens qui éprouvent les mêmes problèmes que vous vous donnera peut-être l'occasion de trouver une nouvelle solution. Essayez de former votre propre groupe en plaçant une annonce. Servez-vous d'une rubrique d'événements communautaires dans votre journal local, votre poste de radio ou votre station de télévision locale.

Maîtriser ses émotions

Nous devons tous trouver des façons pour exprimer et partager nos sentiments de colère, de tristesse, de joie et de peur qui sont à la fois saines et constructives. La manière selon laquelle vous ressentez et exprimez vos émotions est unique comme vous.

Activité – Identifier et maîtriser ses émotions

Déterminez ce qui vous rend heureux, triste, joyeux ou en colère. Qu'est-ce qui vous apaise? Trouvez des moyens de maîtriser vos émotions. Partagez une nouvelle joyeuse avec un ami ou pleurez sur l'épaule de quelqu'un lorsque vous avez le cafard. L'exercice physique peut vous aider à maîtriser votre colère. Conservez une pile de dessins humoristiques ou une collection de blagues ou de vidéos comiques pour les moments où vous aurez besoin de rire.

Découvrir sa propre spiritualité

Apprenez à être en paix avec vous-même. Apprenez à vous connaître. Qu'est-ce qui vous rend vraiment heureux? Qu'est-ce qui vous passionne le plus? Apprenez à trouver le juste équilibre entre ce que vous pouvez changer en vous et ce que vous ne pouvez pas changer. Apprenez à connaître votre moi intérieur et à y faire confiance.

Activité – Créer sa propre paix intérieure

Accordez-vous des périodes de tranquillité pendant lesquelles vous serez tout à fait seul. Faites un exercice de respiration. Essayez de compter vos respirations en comptant de un à quatre, puis recommencez à un. Vous pouvez également faire quelque chose que vous aimez, comme danser, assister à un match de baseball, construire une cabane d'oiseaux ou tout autre chose qui vous délasser!

Source : CMHA
http://www.cmha.ca/fr/mental_health/equilibrer-votre-vie/



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3rd Annual Ride to Help the United Way boasts improved numbers

42 riders support the United Way with motorcycle ride to Kingston on beautiful fall day

By Ross Lees

4³⁶ (Training) Squadron's Cpl. Nick Bernatchez's no-quit attitude is paying off.

On the third annual *Ride to Help the United Way*, Bernatchez and 41 motorcycle riders went on the largest ride of the three-year event's short life Tuesday morning.

Bernatchez recalls having over 30 riders on the first ride and only 27 last year. When he realized the numbers would be up this year, he smiled broadly and threw his arms in the air.

"I was hoping for 20 riders," he told *The Contact*. "We had been suffering from a lack of visibility problem this year and I just wasn't sure how many riders would come out. But we'll have fun anyway."

Panicked slightly by the lack of presence on the Wing's intranet site, Bernatchez printed up 150 posters about the ride and began dropping them on every motorcycle he could find on the base. He feels that this helped get out some of the extra riders.

"I'm really happy with this turnout," he said, adding that he hoped it was only the beginning of a build-up that would see the ride double or triple its numbers in the next few years.

"Word should be starting to spread throughout the units and even if people get transferred, they will perhaps spread the word on other bases that we have this ride and people transferred here will know about it," he stated.

Cpl. Bernatchez noted that the ride has always been given good support by the 8 Wing Commanders and he feels as long as that happens, the ride will continue to grow.

The ride was shortened this year as he had heard from riders the ride to Ottawa was too long, especially for those who needed to get back to meet children at school.

"So we shortened it this year. We're going through Prince Edward County, across on the ferry and stopping at Kingston for lunch," he said. "Then we'll come back and hopefully be back here by about 3:30 p.m."



Riders exit the parking lot at the arena as they proceed on the *Ride to Help the United Way* Tuesday morning.

The ride has also always been blessed with good weather, and this year was no exception. It was a perfect sunny day, although cool in the morning.

"But it will warm up as we ride and, like I said before, we'll have fun," he reiterated.

Motorcycle riders register for the *Ride to Help the United Way* at the arena parking lot Tuesday morning. Photos: Ross Lees



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Continued from page 3

noted. Judi Gilbert, United Way of Quinte Executive Director, said that 2013 was a milestone year for her organization with the fundraising goal of \$2 million being set, adding the golf tournament on the base was a great way to kick off the campaign.

"The United Way of Quinte supports about 42 agencies and about 75 programs within those agencies in Hastings and Prince Edward counties," she noted.

She also added that all money raised locally, stays local.

"All money stays local, so we're thrilled everybody can see where their dollars are going and how their money is being spent in the community."

Ms. Gilbert also noted that United Way of Quinte has a very low percentage of administration fees used compared

United Way of Quinte and 8 Wing campaign members listen to Col. Lowthian talk about the 8 Wing charitable campaign for 2013.

Photo Ross Lees

to the national average.

"The national average is 30 per cent," she stated, "while the United Way of Quinte sits at 16.5 per cent., so the majority of our dollars go back into our funding streams and agencies we support."

She noted the Proctor and Gamble product sale was again in the works for this year because it was such a big hit the previous year.

Back on the green, the Golf Tournament's organizer, Capt. Andrew Davidson, was pleased with the event, noting they raised more than last year.

"It seemed to go very well and everyone seemed to have a good time," he told *The Contact*.



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Atlantic Council of Canada visits 8 Wing Trenton

The Atlantic Council of Canada (ACC) is an independent, non-profit, non-governmental organization, founded in 1966 to promote knowledge and understanding of international peace and security and the North Atlantic Treaty Organization (NATO) in Canada. It is dedicated to the view that the transatlantic relationship between Canada, the United States, and the nations of Europe, is of critical importance to Canada in terms of culture, security and economic prosperity. In order to realize this vision as the premier sponsor and

support organization of NATO in Canada, the Atlantic Council of Canada performs a number of fund raising, public outreach, and educational initiatives. The members of the ACC visited 8 Wing/CFB Trenton as part of their NATO familiarization tour. 8 Wing Chaplain, Padre Timothy Nelligan, gave a benediction and led in a brief moment of reflection at the Afghanistan Repatriation Memorial Tuesday afternoon.

Photos: Ross Lees



The Canadians who crossed the Freedom Trail

The three known RCAF members that crossed over the Pyrenees from St-Girons (France) to Esterra d'Aneu (Spain) in early April 1944 were:

F/Lt David Goldberg, RCAF (403 Sqn)
Spitfire MJ356 shot down on March 8, 1944.
Crossed into Esterra d'Aneu (Spain) in April 1944.

P/O Robert Gordon Crosby, RCAF(56 Sqn)
Typhoon JP446 shot down on Jan. 3, 1944.
Crossed into Esterra d'Aneu (Spain) in April 1944.

F/O John Hartley Watlington, Jr., RCAF (400 Sqn)
Mustang AG 641 shot down on June 22, 1943.
Crossed into Sort (Spain) in March 1944.

Continued from page 5

Col de la Cor, four days and 78 kilometres later. The adventure ended with a well-deserved meal and the opportunity to mingle with everyone and to thank the staff for being so good to us.

Throughout the four days, the *esprit de corps* of our team was at its best. Our presence and contribution to the museum was well received by members of the community, who expressed their gratitude on numerous occasions. It was a physical challenge that pushed us to our

limits (M. St-Antoine swore not to walk ever again after this!), but the experience was unforgettable and one that we hope will inspire Canadian participation in the future.

Thank you

We would like to thank our sponsors who assisted us financially in making this adventure so memorable: Air Force Heritage, Air Force Association of Canada, Soldier On, and Les Armoires MR de Gatineau.

Background on The Freedom Trail

Le Chemin de la Liberté (Freedom Trail) was one of 20 or so routes in Belgium and France forged during the Second World War by brave and determined locals (*passeurs*). Their aim was to guide allied servicemen to escape from the occupying forces into neutral Spain and back to England via British-controlled Gibraltar. The Freedom Trail begins in St-Girons, a small town south-west of Toulouse. From St-Girons there are numerous valleys that radiate out in a southerly direction towards the mountains bordering Spain.

Official statistics tell us that between the years 1940 and 1944, there were

33,000 successful escapes by French nationals and allied servicemen along the entire length of the Pyrenees. Of these, 782 escaped over the mountain peaks along or close to the Freedom Trail.

In 1994, the Freedom Trail was inaugurated as a memorial route to commemorate the safe-house keepers, couriers, and mountain guides of the area who assisted allied forces members and other fugitives to escape from occupied Europe. Participants, some of whom are relatives of the escapees, retrace this route every year during a memorial hike organized by the Freedom Trail Association.

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Mother/Daughter Teenage Boot Camp

For Moms and Daughters (Grades 8-10). This program will discuss communication between mothers and daughters including issues that are pertinent to teens right now, and in the future, and how to talk about them. Next session: Basics for a positive relationship and self-esteem, Monday Sept. 30, 6 p.m. to 8:30 p.m. at Trenton MFRC. Pre-Registration is required. Contact: mlevesque@cogeco.net or 613-392-2811 ext 4528.

Camp d'entraînement Mère - Fille pour adolescence

Pour mères et filles (de 13 à 16 ans). Ce programme permettra de discuter de la communication entre les mères et les filles, y compris les problèmes qui sont pertinents aux adolescentes aujourd'hui et dans l'avenir et, comment les aborder. Prochaine Séance: Base pour une relation mère/fille positive et estime de soi, Lundi le 30 septembre de 18h00 à 20:30 au CRFM de Trenton. Inscriptions requises contactez: mlevesque@cogeco.net ou 613-392-2811 poste 4528.

Toolbox for Couples

Join us to learn tools for a healthy and vibrant relationship, Tuesdays 6 p.m. to 7:30 p.m., Nov. 19 to Dec. 10 at the MFRC. Please register by Nov. 12. Subsidized childcare provided. For information contact Emily Lopez ext.4635.

Boîte d'outils pour couples

Venez chercher des outils pour vous aider à vivre une relation de couple saine et vibrante, les mardis du 19 novembre au 10 décembre, de 18h00 à 19:30 au CRFM. Inscription avant le 12 novembre. Services de garde subventionnés. Pour information contactez Emily Lopez poste 4635.

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HERCS - Helping Entrepreneurs Reach Complete Success

Presented by ENACTUS Loyalist College. A two-day workshop focusing on: entrepreneurship, business planning, marketing, social media and financing for small business. Open to all family members of the military community. Tuesday, Nov. 19, 9 a.m. to 3 p.m. and Thursday, Nov. 21, 9 a.m. to 3 p.m. Cost: \$40 for manual, handouts and guest speaker. At the MFRC. Visit our website to know more.

HERCS - Aider les entrepreneurs à atteindre le succès (offert en anglais)

Présenté par ENACTUS Loyalist College. Un atelier de 2 jours qui se concentre sur les sujets suivants ; entrepreneuriat, la planification d'entreprise, le marketing, les médias sociaux et le financement pour les petites entreprises. Accessible à tous les membres de la famille de la communauté militaire. Le mardi 19 novembre, de 9h à 15h et le jeudi 21 novembre, de 9h à 15h. Coût: 40\$ pour le livre, orateur, etc. Au CRFM. Visitez notre site internet pour plus d'information.

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 troussees 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.

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

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.

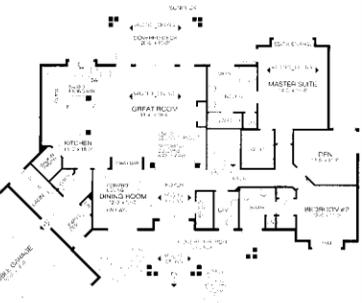
Et moi alors?

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 (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.

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A striking feature of this multi-gabled, rambling two-bedroom family home's design is the way in which the three-vehicle garage and laundry room are set at an angle to the main living area. This gives the home a more compact footprint, although it still measures 97 feet wide. Entry is through a covered porch with a vaulted ceiling. The porch's vaulted ceiling continues into the foyer and, through ornamental columns and an archway, into the great room. To the left of the foyer is a formal dining room with a handy two-way bar and a dramatic coffered ceiling; to the right are a walk-in coat closet and a small powder room. At the heart of the home, the great room, which flows seamlessly into the kitchen, features a large fireplace, as well as access to a covered deck where triple wooden columns mark the two outside corners. The kitchen is separated from the great room by a curved raised eating bar attached to a prep island with a cook-top. The L-shaped counter configuration will save the cook steps, and he or she will be grateful for the roomy walk-in pantry and the window over the kitchen sink. Tucked between the triple garage and the pantry is the laundry room, with a window to the side yard and access to the garage. Opposite the laundry room is a sewing nook, making it easy to leave the sewing machine set up for mending and more creative pursuits. Also in this space are a linen closet and a coat cupboard. The master suite, also boasting a vaulted ceiling, features a charming window seat with storage beneath it. The spacious en-suite contains a linen closet, as well as a soaker tub for a touch of spa-like luxury. The enclosed toilet area includes a bidet. The walk-in closet will be roomy enough to accommodate even the most style-conscious couple's clothing. Adjacent to the master suite is a den, with corner windows, and next to it is the second bedroom, with its own three-piece bathroom. A window over the bath overlooks the front porch. A U-shaped stairway leads down to the basement, left unfinished in the plans. Exterior finishes include decorative garage doors, painted trim, mullioned windows and stone and wrought iron accents. This splendid home measures 97 feet wide and 77 feet deep, for a total of 2,266 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 workplace 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'évacuation 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 informations, veuillez communiquer avec le bureau de prévention des incendies aux postes 7880 ou 3910.

Sept. 21 – Multiple Sclerosis Down Home Night

Come to the Trenton Royal Canadian Legion at 6 p.m. for the Jiggs Dinner – Screech In with door prizes, silent auction, 50/50 draw and spin the wheel. Entertainment features The Riverthieves and Bill Tucker and Ed Fowler. Dinner begins at 7 p.m., music at 8 p.m. at 19 Quinte St., Trenton. Tickets are \$25 advance sales only. For tickets, call 613-398-0943 or pick up at the Trenton Legion.

Sept. 21 – British Home Children

The Quinte Branch of the Ontario Genealogical Society's monthly presentation will be Sandra Joyce as the speaker with the topic of "British Home Children" at 1 p.m. at the Quinte West Public Library, 7 Creswell Dr, Trenton. Free admission, everyone welcome.

Sept. 24 – 8 Wing Auto Hobby Club General Meeting

Attention all present and future 8 Wing Auto Hobby Club members: we are having a general meeting for the club on Sept. 24 at 6 p.m. The meeting will include executive position nominations and elections, as well as a full report on club activities and future plans. It is also the perfect opportunity to present concerns or suggestions on equipment, tools, etc. The location is at the 8 Wing Auto Hobby building, 3 Chimo on the north side of the base. Further information can be received from the club during business hours, or from myself, the current President, Sgt. Mark Packer at Loc 5572.

Sept. 26 - Take Back The Night

At Zwick's Park band shell in Belleville at 6 p.m. "Dispelling the Darkness" and poetry "Reclaim the Park." For more information call: (613) 967-1416 ext 223.

Sept. 27-29 – 424 Sqn 70th Anniversary weekend

Past and present members of 424 Sqn, 8 Wing Trenton, are urged to join their fellow Tigers in celebrating the squadron's 70th anniversary weekend and getting together for some Tiger celebrations and camaraderie. You can also order a special edition 70th anniversary coin. To RSVP, or for more information, visit www.424sqn70th.ca or call 613-885-4823.

Sept. 27 - Blood Donor Clinic at RecPlex

The next Blood Donor Clinic on the base will be held on Sept. 27 from 10 a.m. to 2 p.m. All donors are encouraged to come out to help resupply the system. The clinic takes place at the RecPlex.

Sept. 28 – Quinte West Hockey Gear Exchange-Sale-Donation

Quinte West Minor Hockey will be hosting a hockey gear exchange, sale or donation from 9 a.m. to 12 noon upstairs at the Duncan MacDonald arena. Tables will be provided for those who will be selling their gear, all others wishing to donate are asked to please drop off equipment by 9 a.m. Saturday. Any further questions, please call Jim McKenzie at 613-955-0846.

Nov. 9 – Be Your Own Boss Workshop

Going civilian and thinking about starting your own business? If so, attend "Be Your Own Boss," a free, one-day workshop on entrepreneurship for transitioning members of the military, veterans and spouses. In just one day, you can learn how your military skills can be transferred to successful business ownership, how to write a viable business plan, and how to access no-cost business resources for military members. Learn more about key topics such as marketing, market research, social media and bookkeeping through breakout sessions with business students. The session takes place at Loyalist College, Quinte Business Development Centre, P46 Pioneer Building, 284 Wallbridge-Loyalist Road, Belleville from 8 a.m. to 4 p.m. (lunch and snacks will be provided.) Register today at <https://poe2.eventbrite.com> or visit ctbf.ca/poe.

Oct. 4 – Nov. 29 - Managing Powerful Emotions

This is an eight-week group that offers information about skills and tools to increase emotional regulation and to cope with intense emotions and crises. The group meets Fridays 9:30 a.m. to 12 p.m. To register or for information, contact Audrey Gillis 613-392-2811 ext. 4017.

Du 4 octobre au 29 novembre - Gestion d'émotions fortes

Les vendredis de 9h30 à 12h. Ce programme se déroule sur huit semaines et fournit des renseignements sur les aptitudes et les outils à adopter pour accroître l'équilibre émotionnel et gérer ses émotions et les crises intenses. Pour renseignement ou pour inscription contactez Mona Lévesque au 613-392-2811 poste 4528.

Oct. 5 – AOTS Soup and Sandwich Buffet Lunch

Soup and sandwich buffet luncheon by AOTS Men's Club from 11 a.m. until 1 p.m. at Grace United Church, 85 Dundas St., E., Trenton. Cost is \$7 for adults and children under five years old \$4. Everyone is welcome. Come and enjoy. Supporting youth.

PMQ Community Council Haunted Walk

Oct. 30-31 - 8 Wing PMQ Community Council Haunted Walk. If interested in helping out, contact Dion Ward at dion.ward@forces.gc.ca

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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Jury of Appeal Chairperson

1. The opportunity exists for a deserving CF member, full-time staff of NPF, or contractor on a NPF service contract to act as Jury of Appeal Chairperson for most of our CF National Sporting Championships (Men's Hockey, Old Timers' Hockey, Women's Hockey, Basketball, Volleyball, Ball Hockey, Golf, Soccer and Slo-Pitch). The completed details requested below must reach the National Sports Office (NSO) no later than four weeks prior to the start of the event.

CF National Sport of interest:

First Name:

Last Name:

SN / NPF Number:

Rank:

Base:

Unit:

Contact phone number:

Supervisor's Name, Rank:

Supervisor's Contact number:

Previous Sport-related experience (CF or other):

History of support provided to CF local, grass roots program:

Language abilities:

2. These candidates must be able to perform the duties required as outlined in Chapter 4 of the CF National Sports Rulebook; and be flexible when working with the host base organizing committee. The individual should also have the support of their CO prior to submission of the info required. Incomplete nominations will be discarded from the selection process. Candidates selected will be contacted by the NSO shortly after the due date for submissions. Initial Time-Off Requests as well as Final Instructions outlining all info required for travel/claim will be sent out by the NSO for those selected to attend as the Jury of Appeal Chairperson. A friendly reminder: CF members will be on TD when participating at the CF National Sports Championships.

3. All nominations should be sent to the CF National Sports Coordinator, jessica.witoslawski@forces.gc.ca



Présidence du jury d'appel

1. Nous offrons la possibilité à un employé à temps plein des FNP ou des FC méritant ou à une personne liée par contrat de services des FNP d'assumer la présidence du jury d'appel pour la plupart des Championnats nationaux des FC (hockey masculin, hockey des vétérans, hockey féminin, basket-ball, volley-ball, hockey-balle, golf, soccer et balle lente). Nous vous prions d'envoyer les données ci-dessous au bureau des sports nationaux au plus tard quatre semaines avant la tenue de l'événement :

Sport national des FC qui vous intéresse :

Prénom :

Nom :

NM/numéro des FNP :

Grade :

Base :

Unité :

Numéro de téléphone de la personne-ressource :

Nom et grade du superviseur :

Numéro de téléphone du superviseur :

Expérience antérieure dans le domaine du sport (FC ou autre) :

Historique du soutien accordé au programme local de sports des FC :

Compétence linguistique :

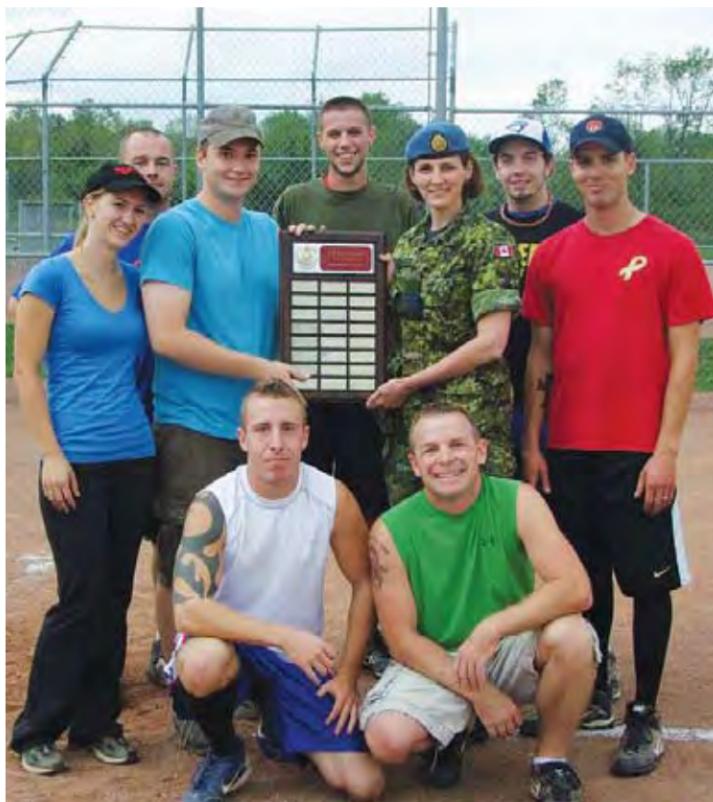
2. Ces candidats doivent être en mesure d'accomplir les tâches précisées dans le Chapitre 4 du Livre de règlements des sports nationaux des FC et faire preuve de souplesse lorsqu'ils travaillent en collaboration avec le comité organisateur de la base hôte. Ils doivent également obtenir l'appui de leur commandant avant que les données requises soient soumises. Toute mise en candidature incomplète sera rejetée du processus de sélection. Le bureau des sports nationaux communiquera avec les candidats retenus peu après la date limite de soumission des candidatures. Il fera parvenir aux candidats choisis pour assumer la présidence du jury d'appel les demandes de congé et les instructions finales renfermant l'information requise pour les déplacements et les réclamations. Un rappel : les membres des FC seront en ST lorsqu'ils participeront aux Championnats nationaux des FC.

3. Toutes les mises en candidature doivent être envoyées à la coordonnatrice des sports nationaux des FC, jessica.witoslawski@forces.gc.ca

2013 I/S Slow Pitch League Finals

The 10 teams Inter-section Slow Pitch League drew to a close with the final game played Sept. 4, with third place WOps defeating first place 8 AMS 21-20 in a hard-fought game. WOps scored seven runs in the bottom of the seventh inning to take the title. The WAdminO, Lt.-Col. Elizabeth Cameron, presented the Championship plaques to the WOps team.

Members of the WOps team included: Lt. Yokom, Sgt. Luke Bourdeau, Cpl. Bourgon, MCpl. Fortuna, Cpl. Patterson, Serena Robinson, Devon Bourdeau, Cpl. Strohan, WO. Matt Skinner and Ocdt. Xander.



2013/14 Indoor Shinny Soccer

The Fitness and Sports Flight will be opening gymnasium floor one for shinny soccer at lunch every Wednesday starting on Sept. 18. Come out and kick the ball around, have a good work out and have fun. For further information, contact the Military Sports Coordinator, Mr. Dan Cormier at Loc. 3373.

Did you know...?

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'Herc-ulean' effort produces stellar results in 2nd annual 424 Sqn. Herc Pull

Corrections Canada team from Warkworth Institution sets new record of 19.96 seconds

By Ross Lees

Eighteen teams contributed to the success of the 2nd annual 424 Squadron Herc Pull at 8 Wing Trenton Monday.

Seventeen of the teams actually pulled the Herc, including three civilian teams. The 18th team from 424 Squadron helped organize and run the Herc Pull, which for the first time in its short life featured civilian teams.

The event had come a long way in just one year. In the Pull's first year, teams had to be combined at the last minute because it turned out it took more team members to pull the Herc than originally anticipated. Ultimately, seven teams competed that first year and raised just over \$1,800. The fastest pull in 2012 was just over 26 seconds.

In 2013, 17 teams pulled the Herc with only a few being slower than 26 seconds. Many improved on the time until the final Corrections Canada pull, which resulted in a pull of 19.96 seconds and a new Pull record.

The team from Corrections Canada proved experience is not necessarily required to win this event.

"Some of us had done variations of this pull – fire trucks for example – but never a Hercules," said Mike Decastris of the Corrections Canada team.

Asked if they would come back to defend their title next year, Decastris smiled and said, "Definitely!"

It's exactly the response event organizer, Cpl. Leslie Blair, wants to hear.



The Corrections Canada Herc Pull champions pose with the trophy in front of the Hercules they successfully pulled for 25 metres in under 20 seconds.

Photos by Ross Lees



Some of the 424 Squadron team members who helped make the Herc Pull a success are pictured here with the subject of all the excitement.

Nineteen teams had initially been registered, but two dropped out at the last minute, possibly because the event was on a Monday.

Cpl. Blair said she and her team were happy with the results this year – the 17 teams raised \$3,500 – but hope to do even better next year.

"I can't wait until next year," Blair noted. "People are already forwarding me their suggestions, which means they are just as excited!"

The organizing team wants to see the event grow even larger next year, according to Cpl. Blair. "The general consensus from the organizers is that bigger is better, so more people and more spectators for next year," she told The Contact.

Funds raised at the event were in support of Government of Canada Workplace Charitable Campaign (GCWCC). Since 2007, the Campaign has contributed close to \$700K to the United Way of Quinte.

"We're happy with what we raised this year, but you always want to do better, right?" she stated.

Anyone who thinks this event is easy should enter a team next year and get some first-hand experience. The Hercules weighs 90,156 pounds and each team of 20 people had to pull it 25 metres with a tug-of-war-style rope. Several of this year's teams, including Corrections Canada – had several women on their team.



This team feels the strain as they begin their pull.



This man tries pulling the Herc all by himself, but was unable to budge it.



This team puts their backs into it as they try to pull the 90,156-pound Hercules 25 metres under 26 seconds.

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Sports & Recreation

Red Cross Swim Lessons Fall 2013

Registration for all will continue until the first class. All classes are 10 lessons in duration. 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). We now offer private lessons every day, morning, afternoon and evenings. For timings, please ask at the RecPlex counter or speak to our Aquatic Supervisor.

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.
- Core 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.
- New! Self-Defense Fundamentals Course for Women** – Saturday and Sunday, Oct. 19 and 20, 12 noon to 6 p.m.

Youth programs

- Learn to Skate for Youngsters** – Ages four to seven years
 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, 6 p.m. to 7 p.m. and nine to 12 years, 7 p.m. to 8 p.m.
- Kookin with Kidz** – Tuesdays, Oct. 1 to Dec. 3
 Six to eight years, 5:15 p.m. to 6:15 p.m. and nine to 12 years, 6:15 p.m. to 7:15 p.m. Pre-register by Monday, Sept. 30.
- Iron Chef** – Ages 13 to 16 years – 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.,
 Pee Wee (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** starts Saturday, Oct. 5 to Dec. 22
 Saturdays and Sundays, 1 p.m. to 3 p.m.
- Skills and Drills** – Mondays, Oct. 4 to Nov. 11, 5 p.m. to 7 p.m. Maximum 16 participants. Open to seven years and plus.

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 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 p.m. to 5 p.m., Sundays 12 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 to 8:30 p.m., Saturdays 9 a.m. to 5 p.m. and Sundays 12:30 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 or + BakerIslandCC@forces.gc.ca .

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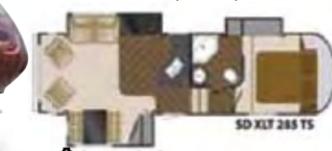
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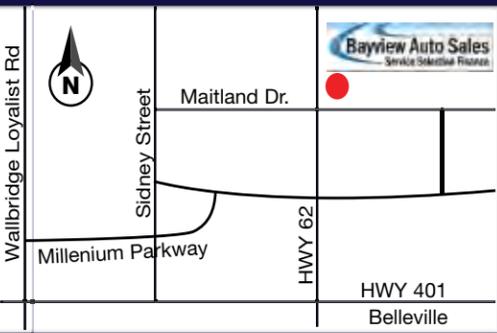
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