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>> CAAWC, Food Bank winners of 8 Wing Celebrity Chef Challenge

\$2,000 raised throughout summer through barbecues in support of Care and Share Food Bank in Trenton

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8 Wing's Lt.-Col Dany Breton said rain added to the sadness everybody felt

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Mayor says Francophone community of 8 Wing important to local municipality

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PHOTO: 2013/09/27

Admin Clerk given Legion Appreciation Certificate for her efforts on behalf of Burt brothers Legion display



Legion Historian Doug Lawrence displays the article about the Burt brothers while Cpl. Karen Neate displays the Legion Certificate of Appreciation she received for raising the funds to purchase the medals on behalf of Trenton Legion Branch 110.

Photo Ross Lees

By Ross Lees

Corporal Karen Neate, an Admin Clerk at 8 Wing, received a Legion Certificate of Appreciation recently for her initiative in

raising funds to purchase the military artefacts belonging to two Trenton brothers who served during the First World War.

The certificate was presented to Cpl. Neate on Sept. 20 at the Trenton Legion by Wing

Commander Colonel David Lowthian and Legion historian Doug Lawrence during the annual military luncheon which winds up Legion Week.

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8 Wing's DCC office hosts Security in Contracting Seminar

Defence Construction Canada and contracting security partners to brief CAF, government, and industry personnel

By Catherine Stutt

Experts from Defence Construction Canada (DCC), with a special guest from the Office of the Auditor General, and affiliated government organizations will host a security seminar for 8 Wing personnel and industry contractors on Oct. 8 at 8 Wing/CFB Trenton.

As the recapitalization of 8 Wing/CFB Trenton progresses and in anticipation of the pending significant northern expansion, security requirements for contractors, their employees, and subcontractors will be subject to stringent security

Continued on page 7



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Cpl. Karen Neate, second from right, is presented with the Legion Certificate of Appreciation from Wing Commander Col. David Lowthian and Trenton Legion historian Doug Lawrence, right, at a military luncheon March 20. Legion President Everett McLean is on the left of the photo.
Photo Ross Lees

Continued from page 1

Cpl. Neate saw an article in *The Trentonian* noting that artefacts belonging to Frederick and Gordon Burt were up for auction. After consulting with her chain of command, a fundraising initiative was held during a Wing Administration Branch function, where the funds to purchase the items, and see them returned to Trenton, were obtained through donations from various individuals.

The artefacts will reside in the Trenton Legion Branch 110, alongside artefacts belonging to a third Burt brother, Henry. The collection includes the British War Medal belonging to Frederick, as well as his dog tags and a letter from his Commanding Officer written after his death (he was killed in May 1917 and is buried in France near Vimy); as well as the dog tags and a copy of the Military Cross citation

of Gordon. Gordon served with the 21st Battalion of the Canadian Expeditionary Force, based out of Kingston; copies of the 21st Battalion Association newsletter citing Gordon's military actions are also included in the package.

Cpl. Neate said she was inspired to take action by the article in *The Trentonian* by Ernst Kuglan.

"I felt these medals had significance to the community and that they should be located here," she told *The Contact* Friday at the presentation.

It was an effort not lost on the Trenton Legion and especially historian Doug Lawrence.

"Cpl. Neate took it upon herself to raise the funds to purchase the medals, which she did, and presented them to the Legion," he stated. "We really appreciate her effort."

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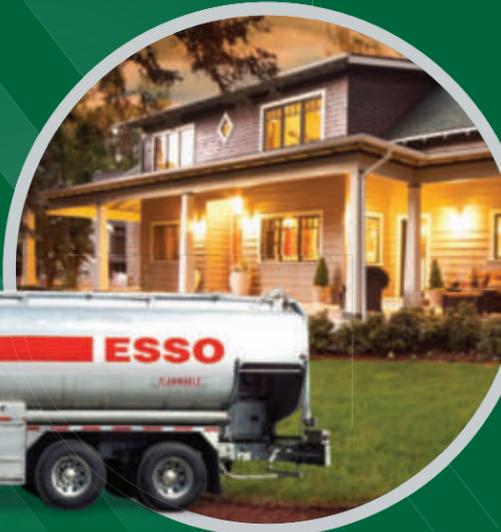
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Led by the 5th Canadian Ranger Patrol Group, a team of 16 enthusiastic members took part in expeditions which included trekking, hiking and camping on and around Bonne Bay and Rocky Harbour within the central part of Gros Morne National Park, Newfoundland.

Submitted photo



Wing Logistics and Engineering *Picture of the Week*

It's that time again. 8 Wing Transportation is performing their annual fall personnel rotation. Cpl. Foreman, Crew Lead for Refueling Crew Four is providing on-the-job-training to one of the section's new members, Cpl. Osborne.

In this photo, Cpl. Foreman is demonstrating proper safety procedures when hooking up to a refueling tender at the top-up stand.

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, CAF 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 David Lowthian, 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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CAAWC, Food Bank winners of 8 Wing Celebrity Chef Challenge



The Canadian Army Advanced Warfare Centre (CAAWC) team of Chief Warrant Officer Steve Merry and Commanding Officer Lieutenant-Colonel Francois Dufault were the winning team in the popular 8 Wing Celebrity Chef Challenge for 2013. Pictured above, CWO Merry stands beside Wing Commander David Lowthian as he presents the trophy to Lt.-Col. Dufault while Wing Chief Warrant Officer Sandor Gyuk looks on. CAAWC was not the only winner of the 2013 season as the Trenton Care and Share Food Bank also received a cheque of \$2,000 from the proceeds of the barbecues. Receiving the cheque from Col. Lowthian is Trenton Care and Share Food Bank Manager Al Teal with CWO Merry and Lt.-Col. Dufault on the left and WCWO Gyuk and 2 AMS mascot Borus on the right.

Photo Ross Lees



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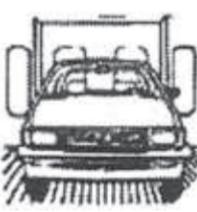
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New course deals with conflict and improving communication in personal relationships

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Canadian Armed Forces (CAF) personnel and their family members who are interested in learning how to deal with conflict and improve communication in their personal relationships can participate in a new course called **INTER-COMM**.

Director General Alternative Dispute Resolution (DGADR), Military Family Services (MFS) and CF's Health Promotion (HP) program, Strengthening the Forces, have partnered in the development and delivery of this course to give individuals in the CAF community the opportunity to increase their ability to communicate more effectively. INTER-COMM is not a couple's counselling course, but rather valuable preventive education that focuses on the strengthening of healthy families' capacity to navigate difficult or challenging situations through increased communication. INTER-COMM is delivered in multiple sessions totalling 12 hours and is led by a trained facilitator: one from the Military Family Resource Centre (MFRC) and one from the Health Pro-

motion office on your base or wing.

INTER-COMM was piloted at eight bases and wings in 2012. The feedback received from the various locations indicated that the course raised the participant's overall awareness of the attitudes and skills required to deal with conflict and optimize communication in personal relationships. "Our participant feedback indicated that the knowledge and skills incorporated in this new program are critical in successfully building strong inter personal relationships, effectively managing conflict, avoiding escalation and in helping to maintain a healthy home environment," says Kendra Lafleur, Health Promotion Director, 8 Wing Trenton. "Pre and post questionnaires at our wing showed participants felt they had a better understanding of the

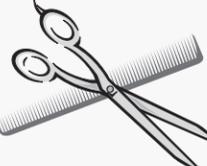
importance of effective communication and the impact communication has on personal relationships."

"We have essentially taken the conflict resolution tools that have been developed for the CAF and have contextualized it for military families. Fundamentally, this ensures that there is some continuity in the communication training of both our military population and their families," says Meaghan Welfare, a Conflict Management Practitioner, DGADR Kingston, and one of the driving forces behind the development of the INTER-COMM course.

For more information on this and other topics, contact your local Health Promotion Office 613-392-2811 x3768.

Source: *The Defence Team*

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Un nouveau cours sur le règlement des conflits et sur l'amélioration de la communication dans les relations personnelles

Les membres du personnel des FAC et les membres de leur famille qui veulent apprendre à gérer les conflits et à améliorer la communication dans leurs relations personnelles sont invités à participer à un nouveau cours intitulé « Inter Comm ».

Le Directeur général - Modes alternatifs de résolution des conflits (DGMARC), la Direction des services aux familles des militaires (DSFM) et les responsables du programme de promotion de la santé Énergiser les forces (PSEF) des FAC ont créé un partenariat pour concevoir et donner le cours Inter-Comm afin d'aider les membres de la communauté militaire à accroître leur capacité de communiquer plus efficacement. Le cours ne ressemble en rien à la thérapie conjugale. Il s'agit plutôt d'un précieux outil de prévention qui vise à renforcer la capacité de familles saines à faire face à des situations

difficiles grâce à une meilleure communication. Le cours Inter-Comm compte de nombreuses séances, d'une durée totale de douze heures, et il est donné par des animateurs qualifiés, dont l'un du Centre de ressources pour les familles militaires (CRFM) et l'autre du bureau du programme de promotion de la santé de votre escadre.

Le cours Inter-Comm a fait l'objet d'essais dans huit bases et escadrilles en 2012. Selon les commentaires recueillis, le cours a permis de sensibiliser les participants aux attitudes et aux aptitudes nécessaires pour résoudre les conflits et optimiser

les communications dans les relations personnelles. « Les participants ont affirmé que les connaissances et les compétences qu'ils ont acquises grâce à ce nouveau programme sont essentielles pour établir des relations personnelles harmonieuses, pour gérer des conflits efficacement, pour éviter d'empirer les choses et pour maintenir un milieu sain à la maison, affirme Kendra Lafleur, directrice du programme de promotion de la santé à la 8e Escadre Trenton. Des questionnaires remplis avant et après le cours par des participants de notre escadre indiquent que ces derniers comprenaient mieux toute l'importance d'une bonne communication et l'incidence que les communications ont sur les relations personnelles. »

« Essentiellement, nous avons pris les outils de résolution de conflits mis au point pour les FAC et nous les avons adaptés au contexte de la famille militaire. Cette façon de procéder assure une certaine continuité dans la formation en communication donnée aux militaires et à leur famille », explique Meaghan Welfare, praticienne en gestion des conflits, du DGMARC Kingston, et l'une des personnes à l'origine du cours Inter-Comm.

Pour de plus amples renseignements sur ce sujet ou d'autres sujets, communiquez avec votre bureau local de la Protection de la santé 613-392-2811 x3768.

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Continued from page 1

protocols – many already implemented.

“We want contractors to have an opportunity to learn the facts about our security requirements, and learn how to pursue the correct clearances,” said Mark Farrer, Defence Construction Canada’s Ontario Region Security Coordinator. “It is our goal to ensure this is a fair and transparent process where security goals are understood and met.”

Open to industry contractors as well as DND, DCC, and Canadian Armed Forces personnel, the seminar features a high

profile line up of speakers. Marianne Avarello, Director of Managing Performance Audits with the Office of the Auditor General will make a presentation on the 2013 Spring Report of the Auditor General of Canada section Status of Security in Contracting.

“This is a significant opportunity for everyone involved in contracting with DCC and DND,” explained Mr. Farrer. “The representative of the Office of the Auditor General is a unique opportunity and Ms. Avarello can clarify the findings and answer questions. We’re proud DCC was

recognized for making satisfactory progress in the report, and this seminar will bring all aspects of security in contracting together.

In addition to the Office of the Auditor General, the event includes presentations from Kenneth Clupp and Cara Mantle from the RCMP Departmental Security Branch, and Michel Boulet from the Director of Defence and Security Office. The Deputy Provost Marshal’s office is represented by Dawn Murray and Sasa Medjovic of DPM Police and Security and Claude Desrochers from DPM Policy and Plans. Michael White from the National Special Centre (responsible for ensuring all aspects of security for Level III assets and sensitive compartmentalized information facilities), and Mario Emond and Mark Farrer from Defence Construction Canada’s Corporate Security complete the speaker’s list.

“This seminar is not only for contractors – it is for anyone who wants to contract with DCC, as well as those who interact with the contractors, including Canadian (Armed) Forces personnel, suppliers, and subcontractors. As we move forward on construction at 8 Wing/CFB Trenton and plan and contract for the northern expansion, we want to ensure our contracting community has all of the information and assistance necessary to successfully participate in these projects.”

The 2013 Security in Contracting Seminar will be held at the Canadian Forces Aerospace Warfare Centre (CFAWC), 76 E North Star Drive. It runs from 8 a.m. to 4:30 p.m. on Oct. 8, and while there is no cost to participate, advance registration is necessary due to limited enrolment.

For more information contact Mark Farrer at mark.farrer@dcc-cdc.gc.ca or 613.392.4976.

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Photo Ross Lees

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Capt. Touw, along with Capt. Yvan Larose, dedicate themselves to ensuring that both the interior and exterior of the Aircrew Selection Centre reflects their pride in the RCAF. They are both commended for their ongoing efforts to select the best aircrew candidates and maintain the aesthetics of the Aircrew Selection Centre.

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Veterans honoured at Glenwood Cemetery's Veterans' Day ceremony

8 Wing's Lt.-Col Dany Breton said rain added to the sadness everybody felt

By Ross Lees

Drizzling rain only added to the sombre atmosphere of Glenwood Cemetery's Veterans' Day Ceremony Saturday morning, most who attended the event agreed.

"It is certainly very touching to see veterans coming out to remember and of course the rain adds to a certain degree to the sadness everybody feels in their heart knowing full well the sacrifices they made was not in vain and that today we enjoy our freedom because of the very steep price they paid," noted Lieutenant-Colonel Dany Breton, the Wing Logistics and Engineering Officer at 8 Wing Trenton and the special

guest speaker at the Veteran's Day Ceremony marking the end of Legion Week.

The ceremony at Glenwood Cemetery, the resting place for over 200 veterans

including those who perished while training at the former RAF base known as No. 31 Bombing and Gunnery School, was organized by Branch 78 of the Royal Canadian Legion, No. 415 Wing of the Royal Canadian Air Force Association and Glenwood Cemetery.

"I am humbled to be in the presence of those remaining veterans who blazed the paths, sailed the seas and flew the skies we are now entrusted to protect."

In his opening remarks at the ceremony, Member of Parliament for Prince Edward Hastings Daryl Kramp said the rain gave those in attendance "just an inkling of some of the conditions" those fighting in the wars experienced and that he was proud to be there to honour and thank the Legion veterans and remember the lost and fallen.

Prince Edward County Mayor Peter Mertens, born in Hol-

land the day after D-Day, said it was

Continued on page 14



851 Prince Edward Royal Canadian Air Cadets remember fallen veterans at Glenwood Cemetery Saturday.

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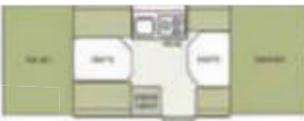
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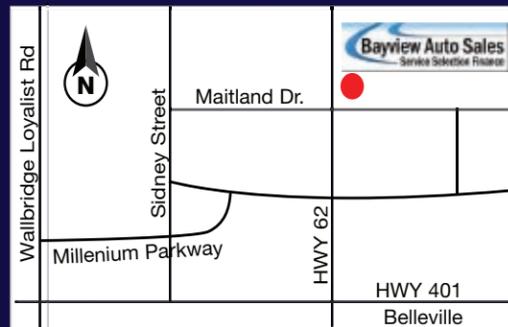
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Franco-Ontarian flag flown at Quinte West ceremony

Mayor says Francophone community of 8 Wing important to local municipality

By Ross Lees

Once again this year, the Franco-Ontarian flag was flown in a ceremony to honour the large French-speaking community thriving in Quinte West.

Mayor John Williams of Quinte West gave a brief French speech to the many school children in attendance acknowledging the importance of the Francophone community to the community and 8 Wing.

Lt.-Col. Christian Roy of Wing Operations was also on hand to celebrate the occasion and to represent the Francophone community as the flag was raised in front of the Quinte West municipal buildings. He said Wing Commander Col. David Lowthian wanted to be present for this important occasion, but was unable to attend due to his busy schedule.

Mayor Williams, however, put everyone's thoughts into words.

"The Francophone community is so important to the area with 8 Wing and the military here," he stated. "We very much appreciate that you join us to celebrate this important day. Thank you for your contribution to our community, it makes it that much better."

Much of the crowd was made up of students from the three French schools in the municipality: Marc Garneau with 107

Mayor of Quinte West John Williams and Lt.-Col. Christian Roy from 8 Wing are joined in raising the Franco-Ontarian flag by, from left to right, Madame Carole Beauchamps-Kavanagh, principal of L'Envol school, Madame Tania Morin, principal of Cité-Jeunesse and Marc Garneau schools, and Madame Hélène Nadeau, assistant principal for Cité-Jeunesse and Marc Garneau schools.

students from Grades 7-12; Cité Jeunesse with 249 students from kindergarten to Grade 6; l'Envol with 164 students from kindergarten to Grade 7.

Approximately 1,800 to 2,000 French speaking families live in the Quinte Region for a total of 3,100 in total in Hastings County, according to information circulated at the event. The bulk of the French-speaking community comes from 8 Wing and that is expected to increase in the future with the future expansions and other large industries coming to Quinte West. Ontario's 582,690 Francophone members (4.8 per cent of the province's total population) represents the largest Francophone community in Canada outside Quebec.

The Franco-Ontarian flag was unveiled for the first time on Sept. 25, 1975 in Sudbury. From that point onward, the Ontario French-speaking community has consistently used it as its emblem.



This young fellow got into the spirit of the event.



These happy students help celebrate the raising of the Franco-Ontarian flag at the Quinte West municipal buildings Wednesday morning.

Photos by Ross Lees

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Austrian visit 8 Wing on first Canadian tour

On Aug. 8, a C-130K (similar to our C-130H) crew of 11 Austrians stopped in Trenton for a short visit. They were on a training trip that would take them to a few different stops across Canada like Montréal, Thunder Bay and Edmonton. Even though they were only going to be

on the ground for about five hours, they were very interested in visiting the base and seeing whatever they could during that time.

They arrived just before lunch so their first stop was at Tomasso's to grab something to eat. It was a good



opportunity for the 8 Wing staff who were escorting them to learn about their visitors and vice versa.

Once everyone was fed, they went on to do a tour of 426 Squadron's Air Mobility Centre (AMTC). There, they got to see the fuselage trainer and all the stages of training for the pilots and were given a tour of the simulators by Maj. Gehl. They then proceeded to a tour of the maintenance side of 426 Squadron where they saw how aircraft technicians can train in a very realistic way. Maj. Mason and Cpl. Doucette presented the different steps involved in that training.

Afterwards, they headed back to the ramp, where they got a tour of a C-17

given by Capt. Black. The Austrian crew was impressed with the aircraft's size and the technology onboard the aircraft. Finally, Capt. Selleck gave them a quick tour of a C-130J before they had to get ready for the next leg of their trip which would take them to Thunder Bay.

In the end, they were all very impressed with the assets present on 8 Wing Trenton and the quality of the training available at AMTC. They were happy they got to see so much in such a short period of time and presented a framed picture of their C-130H to the Wing to thank them for the warm welcome. This was a part of their first Canadian tour and we are hoping it won't be the last!

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8 Wing Administration Branch promotions



8 Wing Admin Branch is proud to announce the following promotion, from left to right above: Lt-Col. Elizabeth Cameron, 8 Wing Admin Branch CO, promotes Pte. Scott to Corporal, while CWO Lafond, 8 Wing Admin Branch CWO, looks on. Below, from left to right, Lt-Col. Cameron, 8 Wing Admin Branch CO, promotes Pte. Redmond to Corporal, while CWO Lafond looks on. Congratulations to both and keep up the excellent work!

Photos: MCpl. Ashley Martin



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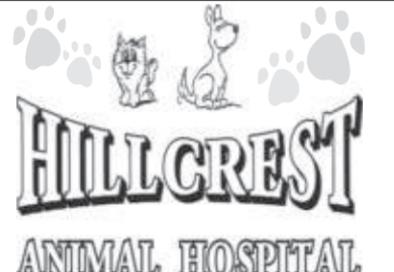
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Pipe Major Susan March plays the bagpipes as the new United Nations flag is raised in the background at the Glenwood Cemetery Saturday morning.

Continued from page 8

important to remember the sacrifices of our veterans in hopes that their efforts would eventually be adequately rewarded.

Lt.-Col. Breton, in his remarks during the ceremony,



Lt.-Col. Dany Breton, 8 Wing Logistics and Engineering Officer, places a Canadian flag at the base of a memorial stone at Glenwood Cemetery in Picton, where 200 veterans rest.

emony, noted that in a "...world full of uncertainty and violence, our hearts long for peace," but added that "...peace is not something won without conviction or without cost."

"A commitment to peace requires men and women to stand up for the right of all people to live free within a just and honourable society," he also stated. "Their commitment is made with the full understanding that only time can mend the ills of the world and only hard work and sacrifice will bring lasting results."

"Today as we gather together at Glenwood Cemetery, we pause to remember the thousands of Canadians who have committed themselves in the defence of Canada and international peace around the world. We remember how they left their homes and loved ones to serve their country. We remember those who faced harsh conditions and a determined foe for days upon end without rest, and remember those who made the ultimate sacrifice so that we may enjoy the freedom we have today."

Lt.-Col. Breton noted Glenwood Cemetery and many more like it "...contain thousands who have been laid to rest, their service done, their peace - our peace - earned, but at such a steep price. Let us be worthy of their efforts, let us pick up the torch where they left off and let us commit anew to making each day a better one."

As he stood there in his Canadian Armed Forces uniform, Lt.-Col. Breton said he remembered those who wore the uniform before him and said he was both humbled and honoured.



Legion members, veterans and military personnel parade into Glenwood Cemetery and were led to the Maple Hill Veterans' section for a remembrance ceremony Saturday morning.

"I am humbled to be in the presence of those remaining veterans who blazed the paths, sailed the seas and flew the skies we are now entrusted to protect and I am honoured to be able to carry on the tradition of service to our magnificent country and to the people who call Canada home."

But he added that service to community is not something reserved for military personnel alone.

"Service to the community is something that we can all do together," he noted, adding, "Together we can do amazing things and I think today's ceremony proves that. Today you have come together as a community with Branch 78 of the Royal Canadian Legion, 415 Wing of the Royal Canadian Air Force Association, 851 Prince Edward Royal Canadian Air Cadet Squadron, the staff of Glenwood Cemetery and all the citizens of Picton assembled here today to remember the men and women who served both at home and overseas in hopes of a better tomorrow. As we remember the past, let us look to the future with the knowledge that a better tomorrow is ours to make."

With those words fresh in the damp air of Glenwood Cemetery, a new United Nations flag was dedicated within the cemetery as part of the ceremony.



Lt.-Col. Dany Breton and 415 Wing of the Royal Canadian Air Force Association President Robert Bird observe a moment of silence in front of the graves of some of the 200 fallen veterans in Glenwood Cemetery.

Photos by Ross Lees

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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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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 6 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.

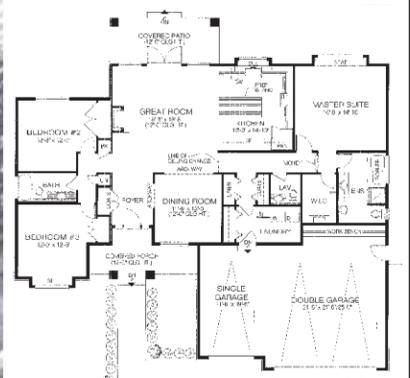
P.A.L.S. (Programme A.M.I.S aide sur les compétences de vie par les pairs)

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

Continued on page 17

Home of the Week

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This spacious bungalow, with its attractive roof line and three-car garage, radiates curb-appeal. The dining room's 12-foot ceiling adds a touch of drama. The 12-foot ceiling continues into the great room, where the fireplace will provide a cozy focal point in the cooler months. French doors open onto a covered patio, ideal for all fresco family meals and summer entertaining. The efficient open-plan kitchen features a U-shaped counter configuration as well as a prep island, a recipe for a truly contented cook. A large pantry and a window over the sink complete the design. A third archway marks the corridor leading to the master suite, where a display niche will provide a showcase for plants and collectibles. Along with a powder room, a linen closet and a second coat cupboard are both handy to the laundry room. The laundry room has access to the garage, which boasts a built-in work bench. The master suite, located at the back of the home for privacy, boasts a window seat overlooking the back garden. The walk-in closet is roomy enough for even the most committed followers of fashion. In the en-suite, with both a soaker tub and a shower stall, the double basins will ease the morning rush-hour. On the opposite side of the house are the second and third bedrooms, separated by a shared bathroom. Bedroom No. 3 features an extra-wide window sill, and overlooks the front garden. On the exterior, stone, siding and shingles give the home a distinctive look. The front porch is defined by a wrought-iron railing. This home measures 65 feet, six inches wide, by 62 feet deep, for a total of 2002 square feet. Ceilings, except where otherwise noted, are nine feet high.

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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'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. 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 Duncan McDonald Memorial Community Gardens. 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.

Sept. 28 - Free Scrapbook Day Saturday

From 9 a.m. to 3 p.m. for military ladies and wives. Free lunch and childcare provided. 30 spots available. A full table each for you to bring your supplies, sit and relax as we serve you! Please call to register: 613-392-5742 or email: bethelladiestrenton@facebook.com. Located at Bethel Church, 77 Herman St., Trenton, on the Corner of Herman and Dundas streets.

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.

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. 30-31 - 8 Wing PMQ Community Council

Haunted Walk. If interested in helping out, contact Dion Ward at dion.ward@forces.gc.ca

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 book-keeping 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

Habitat for Humanity Call for Volunteers

Habitat for Humanity is currently looking for volunteers for their upcoming build in Picton. They need volunteers to serve various roles: construction supervisors, skilled trades, general labour, fundraising, public relations, family selection and partnering and others. Retirees in any field most welcome. Contact at 365 Bell Boulevard, Belleville, ON, K8P 5N9, www.habitatpeh.org, phone 613-969-1415 or email at info@habitatpeh.org

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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Video Dance

Ages 10 to 14 years, Friday Oct. 4, 7 p.m. to 10 p.m. at the RecPlex. Canteen Available. Cost \$6 (no HST) military community, \$7 (no HST) general public.

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, Fri-
days 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 In-
structor* – 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 .

MFRC continued from page 15



Trenton

Military Family Resource Centre



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 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.



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Safety

Are you ready to do first aid?



Would you know what to do in an emergency? If you came upon a traffic accident, if someone collapsed in your home or was injured at work, would you know how to help? Now is the time to get training and plan your emergency response. These are signs of an emergency which requires first aid and prompt medical attention:

- A person collapsing, unable to get up.
- Chest pain lasting two minutes or more, indicating a possible heart attack.
- Uncontrolled bleeding.
- A fracture.

Here's what to do first:

- Look after your own safety first. Do not put yourself in danger by entering a hazardous accident scene or coming into contact with another person's blood.
- Call for emergency help. In many areas, dialing 9-1-1 will put you in touch with the ambulance, police or fire departments.
- Be prepared to give this information: What happened, where it happened and your telephone number. Stay on the line until the dispatcher tells you to hang up. If you are in a building such as your home, turn on the outside lights so emergency responders can find you. If possible, have someone help direct the emergency responders to the scene.

Here are some quick tips on giving first aid to care for the person until medical help arrives:

- Do not move the patient unless they are in immediate danger such

as fire, drowning or being struck by a vehicle. If there is a chance the person has received an injury to the head, back or neck, immobilize the injured area. Any movement may result in a spinal cord injury causing paralysis.

- If the person is not breathing or does not have a pulse, begin rescue breathing and/or CPR (CardioPulmonary Resuscitation) if you are trained to do so.
- If the person is bleeding heavily, apply a sterile bandage. If you can, elevate the injured part and apply direct pressure to the wound. Important note: Try not to come into contact with blood or other bodily fluids from the injured person because of the risk of bloodborne diseases such as HIV, which causes AIDS and HBV which causes Hepatitis B.
- If a fracture occurs, keep the injured area still. If you are far from medical help, you may have to make a splint to prevent further injury. Do not attempt this unless you know how.
- Protect the patient. Keep him covered for warmth.

Be prepared for a first aid emergency. Get training in first aid and CPR. Have ready access to a first aid kit, including gloves to protect you from contact with blood. Post emergency numbers, as well as your own address, near phones in your workplace and home.



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