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Quinte West remembers

By Ross Lees

Two things may have helped contribute to the very large turnout at the Quinte West Remembrance Day service Tuesday. One is the weather, which was perfect. The other is the dedication of the veterans and those presently serving overseas, some still in harm's way.

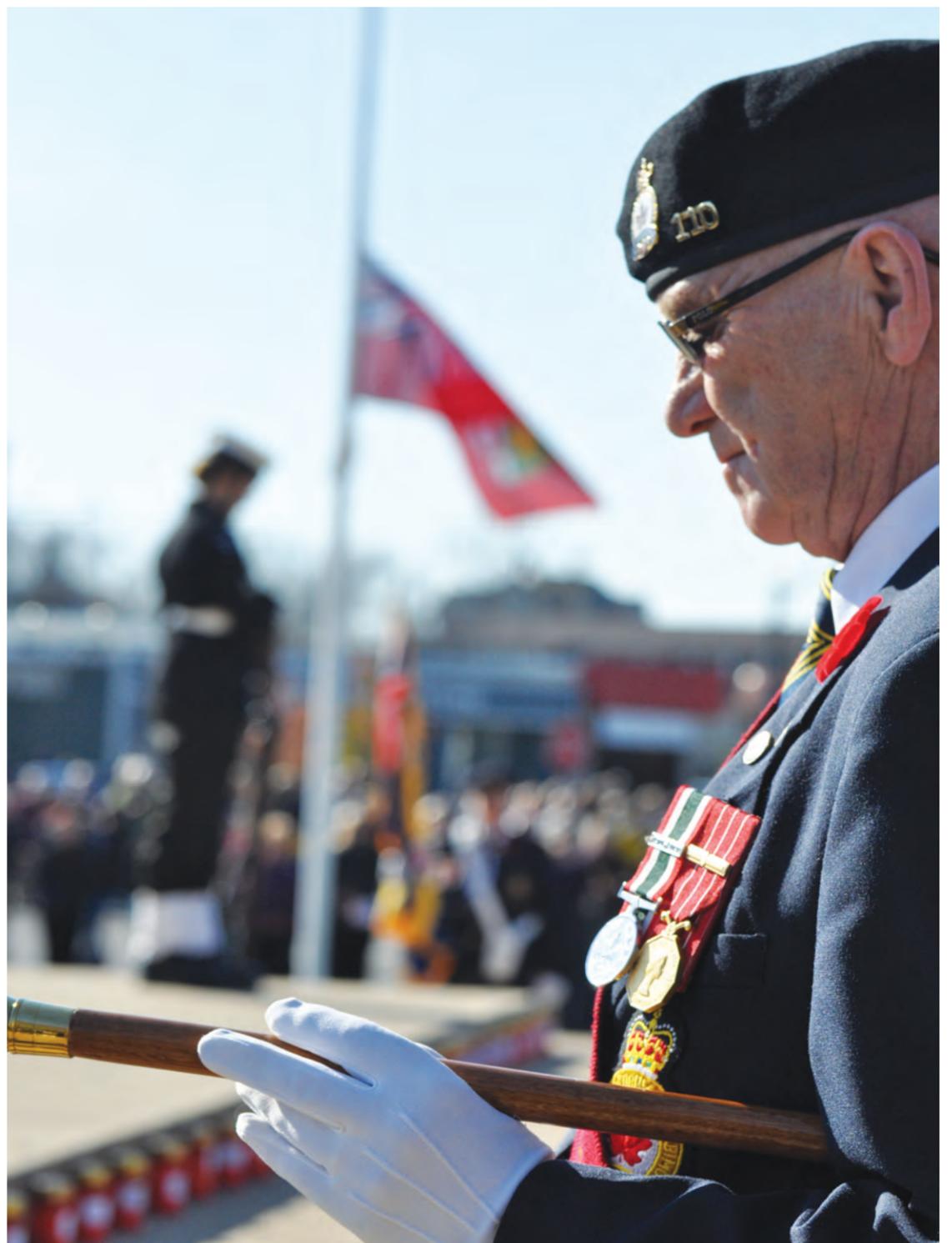
The recent deaths of Cpl. Nathan Cirillo and WO Patrice Vincent certainly made members of this community think that more sacrifices of military personnel may yet be required.

The beautiful fall temperatures also may have had some impact on the turnout, but this community, with its close connection to CFB Trenton and 8 Wing and its recollection of the not-so-distant repatriation ceremonies of a few

But the words of Major (Rev.) Timothy Nelligan, 8 Wing Chaplain, in his homely at the service entitled "Blessed are the Peacemakers," also touched on reasons for the turnout which included the young and elderly.

"Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is

Continued on page 8



Legion member Doug Duff helped form a lasting image of remembrance during Tuesday's Remembrance Day ceremony in Quinte West. Photo by Ross Lees

Late start means Angela Hayden Adopt a Family Christmas Program needs your help – quickly

By Ross Lees

CFB Trenton families needing assistance this Christmas can get it through the Angela Hayden 8 Wing Adopt a Family Christmas Program, although the program is late starting this year due to some necessary delays.

Warrant officers Sandy Driscoll and Denise Snow are again spearheading this initiative but they need the help of everyone on the base to help families who might be struggling with personal challenges.

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Brighton veteran participates in Remembrance ceremony



(left) Brighton World War II veteran Harry Earle is shown here preparing to take the salute at the Brighton Remembrance Day ceremony Tuesday with Lt.-Col. Marie-Claude Gaumond, Aerospace & Telecommunications Engineering Support Squadron (ATESS) Commanding Officer at 8 Wing/CFB Trenton. Photos by Tom Philp

(right) Brighton World War II veteran Harry Earle speaks with Lt.-Col. Marie-Claude Gaumond, Aerospace & Telecommunications Engineering Support Squadron (ATESS) Commanding Officer and Honorary Colonel (HCol) Brian Read of ATESS at the Brighton Remembrance ceremony Tuesday.



By Tom Philp

in Shilo.

“Like most service men, I would have loved to go overseas, but it was left to many of us to stay here and look after Canadian and British aircraft, and to help the war effort in other ways,” Harry said.

Harry met his future wife, Dorothy Riddell, at Rivers, transferred to Winnipeg, and left the service post-war in 1946, the same year he first joined the Royal Canadian Legion. It wasn't long, though, before Harry re-enlisted in the R.C.A.F. in 1947, spending most of his years in Transport Squadron, serving with distinction until retiring at CFB Trenton as a Warrant Officer (WO) in 1972. Among his decorations, Harry received the Queen's Centennial Medal in 1967.

WO, Retired, Henry Glover (Harry) Earle may be the oldest living WWII veteran in the Brighton area. Harry Earle took the salute at the Brighton Cenotaph on Remembrance Day, Tuesday, November 11, 2014.

Harry Earle, veteran, has been a member of the Royal Canadian Legion for more than 60 years.

Tom Philp is a former staff writer with *the Contact*. WO2 (Ret) Harry Earle is his father-in-law.

Harry Earle was born February 22, 1922 in Seaforth, a small Southwestern Ontario town where he learned that both mechanical skills and athletic abilities were valuable. A promising hockey star, Harry's potential NHL career was cut short by World War II, and he traveled to London, Ontario to enlist in 1941. Finally called to the Royal Canadian Air Force (RCAF) in July 1942, Harry trained briefly at the Galt Aircraft School before getting basic training in Toronto. From there, the young man took air frame mechanic's training in St. Thomas before being transferred first to Vancouver, and then to a seaplane and submarine patrol base in the small British Columbia community of Bella Bella. “They flew Cansos and Catalinas out of Bella Bella on 13-hour rotating shifts,” Harry said. “It was an isolated base, and the only one where I was stationed that was operated completely by men.” From Bella Bella, Harry transferred again, working on Hampton bombers based at Patricia “Pat” Bay on Vancouver Island, before finally being sent to 165 Squadron at Rivers, Manitoba, part of an air crew that trained paratroopers based

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Tn/RCEME's Jail and Bail full of fundraising fun

By Ross Lees

With friends like this, it was pretty easy to get your first jail term.

Tn/RCEME's annual Jail and Bail at 8 Wing Trenton relies on people to turn their friends in for such outlandish crimes as possessing too many red pens, for deserting their squadron (away on course for six months) and for working too many hours.

The beauty of this event is that, while having a whole lot of fun, funds are raised for the Government of Canada Workplace Charitable Campaign (GCWCC) in support of the United Way of Quinte.

Judge Lisa (Maj. Lisa Ballenthin) the commanding Officer of Tn/RCEME enjoyed the experi-

ence as much as anyone.

"It's wonderful! This is so exciting," she said of being the judge during the Jail and Bail event.

"To be a judge for a day is very exciting! Isn't that what everybody wants to do? Plus, it keeps me out of jail," she laughed.

Edith Hamann and Personal Support Program's Manager John Snyder were hauled into jail at the same time. Edith was charged with deserting her squadron and John was charged with working too many hours. John nearly got extra time in jail when he immediately wondered if he could bribe anyone with soap-on-a-rope.

"Are you trying to bribe the judge?" he was immediately asked, a scenario he quickly denied.

Tossed into jail, both Edith and

John quickly learned they had been imprisoned during a good time as the jail was about to get busy during coffee break.

"People know we're just sending out for coffee and donuts, so they're just coming in," noted Judge Lisa, sometimes also called the Smiling Judge. "I'm what you might call a more laid back judge."

Sherriff Glenn Ulitzka (Cpl.) took exactly the other tack for a picture for the paper, however. He donned a somewhat serious face while producing his plastic gun and handcuffs just prior to heading out to bring in another batch of prisoners.

This kind of fun continued throughout the day, as friends



Sheriff Glenn Ulitzka (Cpl.) prepares to head out and get some more bad guys for a good cause.

(Left) Smiling Judge Lisa (Maj. Lisa Ballenthin) brings the gavel down as she opens Tn/RCEME's annual Jail and Bail Fundraiser on Oct. 31.

Photos by Ross Lees



PSP's John Snyder faces the music.

paid money to have colleagues \$2,184.25 and once again proved to be a great fundraiser for the day, this annual festival of GCWCC and the United Way of Quinte.



John Snyder and Edith Hamann serve their time behind bars.

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Environment Canada shares Global Atmosphere Watch information with CFS Alert

Mike Elsasser of Environment Canada demonstrates how to use an atmospheric carbon monoxide and nitrous oxide tester to Environment Canada student, Eve Cooper and Pte. Balderston (far right).



(above) Mike Elsasser (centre) of Environment Canada (EC) demonstrates to Pte. Balderston (left) and Pte. Haggerty (right) how to use a Scanning Mobility Particle Sizer (SMPS) machine, which analyzes the distribution of air particles in the atmosphere for analysis by EC scientists. On Nov. 9, CFS Alert personnel were invited for a day trip to the EC Global Atmosphere Watch (GAW) lab located near the Station.

(above) Mike Elsasser of Environment Canada poses in front of an atmospheric carbon monoxide and nitrous oxide tester.

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 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 CONTACT is published every Friday with the kind permission of Colonel David Lowthian, MSM., CD, Commander, 8 Wing/CFB Trenton. 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.

Where typographical errors are discovered in advertisements (including classifieds) that result in goods not being sold, this newspaper is only liable to refund the money charged for the advertising space.

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8 Wing Personnel

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Public Affairs, Internal Comms: 8 Wing Public Affairs

PSP Manager: John Snyder

The Independent (Metroland) Staff

General Manager: Ron Prins 613-475-0255 ext:214

News and Feature Content: Ross Lees 613-392-2811 ext:3976

Advertising Production : Glenda Pressick 613-966-2034 ext:520

Bookkeeper: Benita Stansel 613-475-0255 ext:202

Circulation: Kathy Morgan 613-475-0255 ext:210

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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, graphics or photos within typed pages. Additional graphics, logos and photos must be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) 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 a jpeg format at a high resolution for quality reproduction.
- Articles must be received by Monday at noon prior to print date.

Letters to the Editor:

All letters must be signed and include the name of the author, which will be published. Include a phone number for verification. We reserve the right to edit the text 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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Tasty United Way fundraiser held at L'Envol School

Photos by Ross Lees

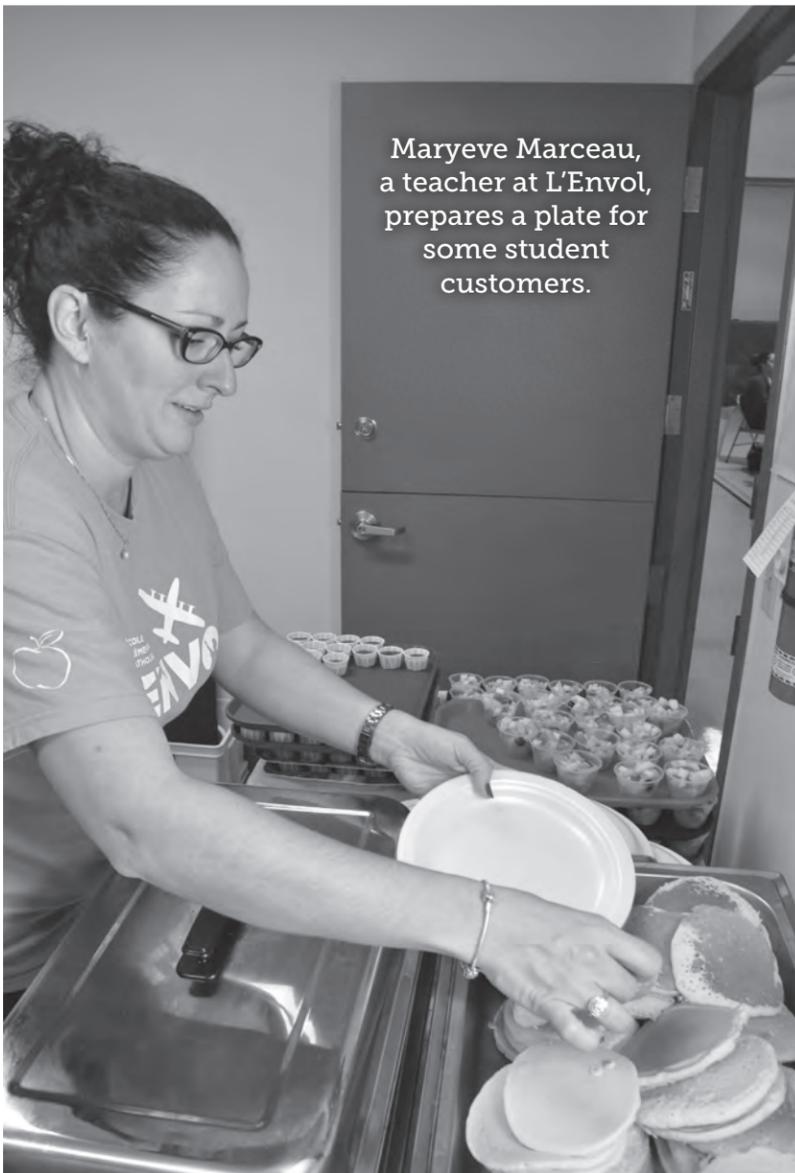
By Ross Lees

A pancake breakfast fundraiser for United Way proved a popular event at l'école L'Envol recently.

One hundred and seventy-four students, family and teachers enjoyed the tasty start to the day, which began at 6:30 a.m.

Teachers prepared the pancakes, Grades 7 and 8 students served the meals and the remaining students, families and staff enjoyed the warm and tasty breakfast treat.

When the last pancake had been used to mop up the last drop of syrup, it was discovered the school had raised a total of \$1,254 for the United Way.



Maryeve Marceau, a teacher at L'Envol, prepares a plate for some student customers.



This young family enjoys their pancakes while contributing to a good cause.



This family pauses to have their picture taken prior to finishing their breakfast on Nov. 7.



Teacher Carolyn Jean prepares some more pancakes for the students, staff and their families at L'Envol School on Nov. 7 during a United Way fundraiser.

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Addictions Awareness Campaign November 12-26

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Join us in promoting an addiction-free lifestyle for the entire CAF community by participating in the Addictions Awareness Campaign (AAC) Nov. 12 to 26.

The adoption and maintenance of a healthy lifestyle by Canadian Armed Forces (CAF) personnel is a critical component to success in operations. Optimal health can be enhanced by development of effective coping skills to manage daily stress and adoption of an addiction-

free lifestyle, which, in turn, may lead to improved psychological and physical resiliency, which are fundamental to operational effectiveness.

The Canadian Forces Health Services (CFHS) began holding a National Addictions Awareness Campaign (AAC) in 2005. As the designated health care provider for Canada's military personnel, CFHS developed the AAC as part of its overall goal to develop and sustain a strong and healthy

CAF.

The AAC features promotional items and activities that will seek to raise awareness, create understanding and influence positive change for military personnel and their families. An addiction-free lifestyle is one of the key components in developing and further enhancing a culture of fit and healthy sailors, soldiers, air men and women, a plan that the Canadian Armed Forces is committed to carrying out.



Nov. 12 marks the launch of the Annual National Addictions Awareness Campaign – an initiative that Canadian Forces Health Services (CFHS) began in 2005. This is an important nation-wide two-week event that's aim is to create a CAF Culture of Health and Wellness through education and awareness of an addiction-free lifestyle. Pictured here from left to right are Brenda Riddell, Health Promotion Manager, Deanne Chafe Addiction Specialist, Strengthening the Forces-DFHP, Gillianne McCormick, Health Promotion Administrator, and Lisa Refausse, Health Promotion Manager. There are great prizes to be won – please register through cfbtrenton.com or call Gilli at 3768.

Local prizes are available – Starting Nov. 12, enter at www.cfbtrenton.com or visit the Health Promotion office for a ballot!

Also, be sure to visit our website www.forces.gc.ca/wastedtime to raise your awareness on addictions in relation to alcohol, other drugs, gaming and gambling.

Be on the lookout for the HP Team!

Nov. 12 – @ The Galley during lunch with the

intoxiclock, giveaways and ballots for the draw. Nov. 19 - @ the Galley during lunch with the drunk goggles, giveaways and ballots for the draw. The HP Team will also be out visiting units with ballots and giveaways!

For more information, call extension 3768.

****Contest open to all military personnel, their family members over the age of 18, and members of the defence team.**

Health Promotion November/December 2014 Course Calendar

Alcohol, Other Drugs and Gambling Awareness: Supervisor Training (AODG ST)

This course is essential for anyone in a supervisory position. Topics include: Low Risk Drinking Guidelines, Recognizing the Early Warning Signs, Developing Effective Interviewing Skills, understanding and changing the Culture of an Organization, and personal testimonial from a military member in recovery from addictions

Date: Nov. 20-21

Timings: 8:30 a.m. to 4 p.m. on day one and 8:30 a.m. to 12 noon on day two.

Mental Fitness Mondays in November

Dates: Nov. 17 – Spin for the Mental Health of it!
Nov. 24 – Balance, BOSU, Breath

Timings: 12 noon to 1 p.m.

Location: SS Gym

Info: No registration required

Addictions Awareness Campaign

Date: Nov. 12-26

Virtual Spin!

Date: Dec. 5

Info: More details to follow

Stress: Take Charge! (STC)

STC offers a self-directed approach to stress management through self-awareness, behaviour change and skill building. Participants will learn to recognize stress at its earliest onset; learn the ACT approach to creating change; discuss a stress management lifestyle involving time management and work/life balance; explore stress management tools, including building resilience; and create a lifestyle action plan.

Date: Dec. 18

Timings: 8:30 a.m. to 4 p.m.

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Dental basket draw suffering from slow sales this GCWCC campaign

By Ross Lees

The basket termed by the dental unit personnel as “the best basket on the whole base” is suffering from weak ticket sales so far in this year’s Government of Canada Workplace Charitable Campaign (GCWCC) supporting the United Way of Quinte.

Christine Robertson and MCpl. Glenn Keefe were at the recent hair growing contest trying to increase ticket sales for the basket, which is often the most sought-after draw prize during the GCWCC campaign finale. This year, the draw will be held on Dec. 4 at 2 p.m. at Baker Island.

“The estimated value of the basket is \$950,” noted MCpl. Keefe, “but we think it is actually over \$1,000.”

“Ticket sales are down this year,” said Christine Robertson, “but that only gives ticket holders a better chance to win.”

Tickets can be purchased at the Dental Clinic during regular working hours from 7:30 a.m. to 12 noon and from 1 p.m. to 3:30 p.m. More information can be obtained by calling local 3330.



Christine Robertson and MCpl. Glenn Keefe do a 'Vanna White' pose for the dental basket, which is one of the most sought-after draw prizes of the 8 Wing/CFB Trenton GCWCC campaign each year.

Photo by Ross Lees

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These two young children showed remarkable attentiveness throughout Quinte West's Remembrance ceremony.

Quinte West remembers

Photos
by Ross Lees

Continued from page 1

great in Heaven," he stated. "Many of us gathered here today share a common bond in the profession of arms, a bond that has challenged us to put our nation and others before ourselves and our families. Not all of us have experienced the horrors of war and human conflict, but our sharing in this honourable profession grants to each of us a union with those men and women in our midst, and those who have gone before us – a unique and lasting bond. The uniform that we wear, the medals that we display with honour, are merely symbols of something greater within us – the image of God. This image is one which each of us carries and wears according to their gifts and talents which God has afforded us. Each and every one of us is called to keep that image to the very best of our ability".

"When we choose in our lives to don the uniform for our country, we are choosing to stand apart from the crowd around us. We are choosing to uphold and fight for the dignity of peoples and to defend the honour of God in whose image we are created. As a person of faith, I live my life in the context of my beliefs and

Continued on page 9



This photo demonstrates beyond doubt that all ages, civilian and military, turned out for this year's Remembrance ceremony in Quinte West.



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(right) A large crowd of civilians and veterans turned out to witness the 2014 Remembrance ceremony in Quinte West.



(left) Master of Ceremonies Doug Boyd claps as the ceremony ends and 8 Wing Commander, Col. David Lowthian, prepared to take the salute in the march past.

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Quinte West remembers

Continued from page 8

code that my faith lays down for me. In the great scheme of things, I care not whether you are Jewish, Christian, Muslim, Hindu, Buddhist, Pagan, Agnostic or Atheist. Those are choices that each of us makes in our lives, and in choosing to live under the umbrella of one faith or another, or none at all, we must nevertheless accept the responsibility of what that choice holds for each of us – the intimate and inherent common denomination – the right to life and the obligation to protect it, even at the cost of our own lives. This cost, this sacrifice is the very one that each of us shuns, even though many of us have charged headlong into its very fray. We have fought, we have been wounded, and we have died far too often, and sadly, we continue to do so insofar as there are forces in this world and in our lives that would seek to strip away our dignity, our rights, our freedoms.”

Maj. Nelligan said we continue to remember those sacrifices of our veterans in hopes that we will eventually see the end of the need for war and conflict.

But having recently seen two soldiers die right here in our country through acts of terrorism resulted in a loud round of applause for the cadets who stood guard over the cenotaph the previous night and throughout this day of remembrance.

Legion Branch 110 president Everett (Red) MacLean implored

those attending the ceremony to talk to veterans.

“Listen to their stories, pass on the legacy, but above all, never forget,” he stated.

Quinte West did that on Tuesday despite the heightened security, from young children in schools to those who fought through or had loved ones serve in World War II and subsequent conflicts.

In this community, remembering just comes naturally and unconditionally.

Photos by Ross Lees



Cadets who guarded the cenotaph - throughout the night prior to Remembrance Day and through the ceremony, were given a resounding round of applause for their dedication.



The Silver Cross mother is shown here laying a wreath at the cenotaph in Quinte West.



A young observer salutes as the Legion member carries the Canadian flag when passing these school children, during the ceremony.

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Late start means Angela Hayden Adopt a Family Christmas Program needs your help – quickly

Continued from page 1

“We have the resources to help make a wonderful Christmas for less fortunate base families but, with the turnover of personnel on this busy military base, we are sure there are many personnel on the Wing who are unaware of the Angela Hayden 8 Wing Adopt a Family Christmas Program initiative,” the two women noted in a letter sent to the various

sections on the base. “Our mandate is to assist our Regular, Reserve and Civilian employees of 8 Wing/CFB Trenton who may be unable to provide what their children (13 and younger) require for Christmas.” But this program only works with the full cooperation of everyone. Supervisors aware of families who may be struggling are asked to talk to

these families and have them complete an application and family profile and forward it sealed to WOs Driscoll and Snow no later than Nov. 18. All personal information and names remain confidential and accessible only to WOs Driscoll and Snow. 8 Wing units are also necessary to the success for this program, according to WO

Driscoll. “We need them to sponsor our families,” she told the Contact recently. “We ask them to forward the name of a contact person/coordinator from their unit if they are interested in ‘adopting’ an 8 Wing family this Christmas.” Coordination then takes place through the unit volunteer providing them with

information regarding the needs or Christmas wishes of the sponsored children. Unit gifts should then be wrapped, tagged and delivered to the Military Family Resource Centre (Sisken Centre) Studio A on the morning of Dec. 10. Any other necessary arrangement should be made through WOs Driscoll or Snow at locals 3627 (Driscoll) or 2420 (Snow).



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The Quinte Region Remembers



Crossed rifles with a soldier's helmet are the focal point of the Wellington, ON Memorial.

Photo by Cpl. Dan Strohan, 8 Wing Imaging



Members of 8 Wing/CFB Trenton and local area residents paid respects to Veterans in Frankford, ON on Nov. 11.

Photo by Cpl. Rod Doucet, 8 Wing Imaging



Sgt. Kayla Fyke of the 704 Air Force City Air Cadet Squadron performs honour guard duty during the Trenton Remembrance Day mid-night vigil at the Trenton cenotaph Nov. 10.

Photo by Cpl. Owen W. Budge, 8 Wing Imaging

(Left) A wreath is laid at Memorial Park in Tweed, ON by a Canadian Armed Forces (CAF) member of 8 Wing/CFB Trenton.

Photo by Cpl. Ken Belivicz, 8 Wing Imaging

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(Left) Michael Slatter, Padre Bill Kidnew and Rev. Phil Hobbs address the Remembrance Day ceremony attendees in Picton, ON on Nov. 11.

Photo by Avr Ryan Moulton, 8 Wing Imaging

(Below) 2 Air Mobility Squadron (2 AMS) Deputy Commander Maj. Tony Pepin and Squadron CWO Daniel Legault laid a wreath at Stirling's Remembrance Day ceremony.

Photo by Cpl. Rob Stanley, 8 Wing Imaging



A member of the Canadian Army Advance Warfare Centre salutes before placing a wreath at the Brighton, ON cenotaph.

Photo by Jordan Anderson, 8 Wing Imaging



This wreath was laid at the Wellington, ON cenotaph in memory of Lawrence Marrow and Tom Murphy on Nov. 11.

Photo by Cpl. Dan Strohan, 8 Wing Imaging




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8 Wing lets their hair down for GCWCC fundraiser

Annual event raises \$11,850 for Government of Canada Workplace Charitable Campaign

Photos by Ross Lees

Judges Cpl. Kala Manon and LS Marie-Josée Gagnon had some difficult decisions to make in this year's hair growing contest for the GCWCC campaign.



This year's hair growing contest winners were, from left to right, Cpl. Jun Lu of ATESS with the sparsest beard, Cpl. Christopher Campbell of 426 Sqn with the best beard, and MCpl. Doug White of 436 Sqn ASO with the most colourful beard. In the back row are judges Cpl. Kala Manon and LS Marie-Josée Gagnon.

By Ross Lees

When the members of 8 Wing/CFB Trenton decides to let their hair down, they always do it for a good cause.

As has become an annual tradition, the Let Your Hair Grow campaign supports the Government of Canada Workplace Charitable Campaign (GCWCC) in support of the United Way and this year it raised \$11,850, a similar amount to that raised last year, according to Cpl. Sean Barker of the

Engine Test Facility, who ran the campaign this year.

Because the contest features contestants with many and varied hair-growing abilities, this contest always features a varied level of growths. That variation is why the competition is divided into three categories – best beard, most colourful and sparsest.

But all contestants willingly put their money down in support of the GCWCC," Cpl. Barker noted.

"It also gives us all a chance to get away from the office and support a

good cause," he noted.

Fortunately, dividing the competition into these three categories made life much easier for judges Cpl. Kala Manon and LS Marie-Josée Gagnon.

Cpl. Christopher Campbell of 426 Squadron grew the best beard this year, MCpl. Doug White of 436 Sqn ASO had the most colourful beard and Cpl. Jun Lu of Aerospace & Telecommunications Engineering Support Squadron (ATESS) had the sparsest beard, perhaps the most hotly contested category this year.

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A Navy Cadet holds a flag while veterans remember in the background, during the Quinte West Remembrance Day ceremony.

Photo by Ross Lees





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Financial Advice You Can't Afford to Miss!
 Darran Leaker, a retired Military member and current accounts manager at a local banking institution, will be starting his 4th series of practical advice tailored to help attack financial hurdles with knowledge. This series will include topics such as "Don't get stuck for Christmas", "Are you prepared for Tax Season" as well as the unique financial challenges military life bring! You can register for one or multiple sessions.
 - 'Investing and preparing for your Future'
 Nov 25th, 6:30 - 8 pm or Dec 2nd, 9:30 - 11 am
Free childcare arrangements can be made at time of registration at the MFRC Reception. Call 613-965-3575.

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 Darren Leaker, militaire retraité et maintenant gérant des comptes courants à une institution financière locale, débutera sa 4e série de conseils pratiques, sur mesure, pour attaquer avec du savoir les défis financiers. Il parlera de sujets, tels que « Ne vous laissez pas déborder avec Noël », « Etes-vous prêt pour la saison de taxation ? » ainsi que les complications financières que la vie militaire peut créer ! Inscrivez-vous pour une ou plusieurs sessions.
 - 'Investir et préparer votre futur', le 25 novembre de 18h30 à 20h ou le 2 décembre de 9h30 à 11h
 Du gardiennage gratuit est offert si vous le demandez lors de votre inscription avec la réceptionniste au 613-965-3575.

NEW! Monthly 'Afternoon Chatter' Social Gathering

Holiday Hairstyles with Manon from Design Hair Studio
 Sunday, November 16th, 2014 at the Trenton MFRC from 1 - 4 pm
 Come meet and mingle and see different hairstyles that you can do for the Holidays . Childcare is available onsite at a low cost, please reserve by Wednesday, November 12th at 3 p.m.. Hope to see you!
 For more information, please call 613-965-3575.

NOUVEAU! 'Jasette de l'après-midi' Rencontre sociale mensuelle

Coiffure pour le temps des fêtes avec Manon de 'Design Hair Studio'
 Le dimanche 16 novembre 2014 au CRFM de Trenton de 13h à 16h
 Venez rencontrer, échanger avec d'autres, et apprendre de nouveaux styles de coiffure pour le temps des fêtes. Du gardiennage est disponible à coût réduit au CRFM, svp réservez par mercredi 12 novembre à 15h. Au plaisir de faire votre connaissance !
 Pour plus d'information, téléphoner le 613-965-3575

Shop till you Drop @ The Toronto Premium Outlets!

The Trenton MFRC Christmas Shopping Bus Trip!
 Saturday November 15, 2014
 Cost \$20 per person
 Must be 15+, youth ages 15-17 must accompany by an adult
 Leaving the MFRC at 8 a.m., back by appr. 6:30 p.m.
 Please call the MFRC reception to register 613-965-3575 or contact Amy at AmyL1@cogeco.net by Wednesday November 12th

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Passes for the Toronto Science Centre

We have received new community passes for the Science Centre. With these passes, adults pay only two dollars for their admission and children, youth and seniors get free entrance. Please come the MFRC reception to pick them up.

Laissez-passer pour le Centre de science de Toronto

Nous avons reçu de nouveaux laissez-passer pour le Centre de science (Science Centre). Avec ces laissez-passer, les adultes paient seulement deux dollars pour l'admission et les enfants, les jeunes et les personnes âgées entrent gratuitement. Ces laissez-passer vous sont offerts à la réception du CRFM.

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 - Mental Health Team Lead 613-392-2811 ext.3615
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 - On duty Padre 613-392-2811 (ask for the duty padre)
 - Visit: womenmfrc.ca

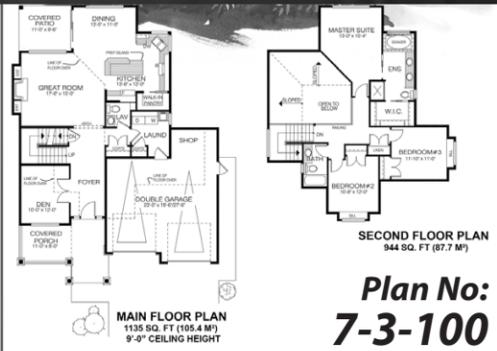
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Continued on page 16

Home of the Week
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Two-storey homes, square metre for square metre, provide the most living space on a property, and this three-bedroom family home is no exception.
 Entry is through a covered porch with a veranda to the left. Once in the foyer, double doors open to a den, with the U-shaped staircase to the second floor beyond. A window above the stairwell will let in lots of natural light.
 The great room, separated from the foyer by an archway, has a lofty sloped ceiling that is open to the floor above. A gas fireplace is flanked by entertainment units, and large windows look onto a covered patio at the back of the home.
 From the dining area, access to the covered deck is easy, through sliding glass doors. A prep island divides the kitchen from the dining area, which has large windows overlooking the back garden.
 Natural light will enter the kitchen through windows over the double sink, which is set into a corner at an angle. The U-shaped counter configuration will provide adequate working space as well as efficiency. A walk-in pantry will offer extra storage space.
 Across from the powder room located near the foyer is a handy coat closet. Another closet is included in the laundry room, which has access to the double garage, large enough to include a workshop.
 Upstairs, the master suite looks out to the back garden. The generous en-suite includes a soaker tub as well as double basins and a shower stall. The walk-in closet will be roomy enough for a couple's clothing and accessories.
 The second and third bedrooms share a three-piece bath. A linen closet is located outside the entrance to the third bedroom.
 Part of the second floor is open to the great room below, and is railed for safety.
 On the outside, the home is clad in horizontal siding, with wooden shingles and decorative woodwork in the gables. Pilasters with brick bases mark the entry and veranda, and brick accents flank the two garage doors.
 This home measures 42 feet wide by 58 feet deep, for a total of 2,079 square feet of living space, not counting the unfinished basement included with the plans. Ceilings rise to nine feet throughout the main floor, except where otherwise indicated.

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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. Please include the date, time, and location of the event along with a brief description. Please do not send posters.



VOLUNTEER BELL RINGERS NEEDED!

Ring a bell...help change a life

A 130-year tradition is in danger of being broken in Quinte West this year. Salvation Army Christmas Kettle Campaign bell ringers are urgently needed for the Salvation Army's only major fundraising initiative throughout the

year. Since 1884, the Salvation Army has been faithfully working to restore hope and dignity to those in the community who find themselves in vulnerable situations. By volunteering your time with a friend, co-worker or family member for an hour during our campaign to stand with one of their Christmas Kettles, you can make a significant impact on the community. The campaign

takes place Monday to Saturday from 10 a.m. to 8 p.m. throughout the month of December and volunteers are urgently needed for one- to two-hour periods to assist the campaign. If you can help, please contact Christmas Kettle coordinator Lisa Kuypers at the Salvation Army Church at 613-392-3392 or by email at lisa.schrodter@sympatico.ca

Hull. For more information on IDPWD, visit the EE Commemorative Events Intranet site at <http://hr.forces.mil.ca/eec-ec/>. The site includes a handbook on How to organize an EE commemorative event; regions are also invited to send in their agendas, success stories and photos via this website.

An online collaborative tool is also available to event OPIs, designed for organizers of EE Commemorative Events across the department to stay connected and to share ideas and knowledge. Regional/local event OPIs are invited to join at <http://collaboration-hr-civ.forces.mil.ca/sites/eecommevents/default.aspx>.

Dec. 5 - TMHF to host Christmas Vendor's Sale.

Trenton Memorial Hospital Foundation (TMHF) will host a Christmas Vendor's Sale from 11 a.m. to 4 p.m. at QHC Trenton Memorial Hospital. This is a great way to get your Christmas shopping done, or even something for just you. Just in time for Christmas, a number of independent consultants for a wide range of product lines from across the region will set up and have cash and carry, as well as opportunities to order additional items, with a portion of sales going to TMHF. Among the excellent product lines confirmed for the sale are: Arbonne, Epicure, Pampered Chef, Scentsy, Steeped Tea, Stella & Dot, Splash Natural Bath and Body Products, Thirty-One Gifts, Younique, and more. Parking is free at QHC Trenton Memorial Hospital with every purchase during the event. Trenton Memorial Hospital Foundation raises funds for priority medical equipment for Trenton Memorial Hospital.

Christmas Cookie Trays. These trays will be ready for pick up Nov. 29 at 1 p.m. at Wooler United Church. To order call Linda at 613-397-2106 or Roxie at 613-397-3027.

Nov. 30 - Santa Claus is coming to town

Get ready for a visit from Santa at the Trenton Santa Claus Parade. The parade this year takes place on Sunday, Nov. 30 at 4:30 p.m. Bundle up and head out to see all the wonderful floats built by local businesses, organizations and service clubs. Listen to a selection of bands from across the region as they play some Christmas favourites for the community to enjoy. The parade will leave Centennial Park at 4:30 p.m., make its way up Campbell St, and then follows Dundas St East over the bridge and through downtown around 5 p.m.. Everyone is encouraged to bring a non-perishable food item for the food bank and toy for the Kinsmen Toy Drive. Watch for the Canada Post carriers as they walk through the parade to collect your letters and deliver them directly to Santa at the North Pole! Address your Santa letter to Santa Claus, North Pole, HOH OHO Canada. Remember to include your return address!

Dec. 3 - International Day for Persons with Disabilities

The Defence Team is commemorating this year's International Day for Persons with Disabilities (IDPWD) under the theme "Towards an Enabled Future". Events and awareness activities will be held in early December across the organization to highlight the day. To obtain copies of IDPWD posters, please send your request to +EE Com Events@ADM(HR-Civ) DDWB@Ottawa-

Nov. 15 - Quinte Branch of Ontario Genealogical Society

The Quinte Branch of the Ontario Genealogical Society will feature Great Moments in Genealogy, including seven golden rules of genealogy and basic techniques. Bring your questions to this open forum at the Quinte West Public Library, 7 Creswell Drive, Trenton, ON K8V 6X5, at 1 p.m. to 3 p.m. Everyone welcome, bring a friend. For more information visit www.rootsweb.ancestry.com/~canqbogs/

Nov. 21 - CFB Trenton Blood Donor Clinic

The next CFB Trenton Blood donor clinic will be held on Nov. 21 from 10 a.m. to 2 p.m. at the Rec-Plex gym, 21 Namao Drive. All regular and new blood donors are encouraged to come out and help replenish vastly depleted blood supplies.

Nov. 19 - Battle of Quinte West

The RCAF Flyers and the Trenton Golden Hawks will do friendly battle in the Battle of Quinte West Nov. 19 at 7 p.m. at the Duncan Memorial Arena. This annual fundraiser which sees proceeds go to the Afghanistan Repatriation Memorial (ARM) features good, competitive hockey, local young talent between periods displaying their skills, NHL legends on hand to sign autographs and talk with fans, and a fantastic silent auction. Those wishing to attend this event should purchase their tickets early to avoid being left out in the cold.

Nov. 29 - Cookie Trays

Wooler United Church is again this year taking orders for

MFRC Continued from page 15

Monthly Mindfulness Group

Mindfulness is 'paying attention, on purpose, in the present moment, and without Judgment' (Kabat-Zinn, 1990)

Open to those (military community and general public) who are interested in developing their mindfulness practices as a way to reduce stress and anxiety, increase awareness of thoughts, emotions and behaviours, and improve choice when responding to difficult situations.

Wednesday November 26th, 12 pm-1 pm or 1 pm-2 pm
Please register at least one week prior to workshop
Ashlee Allen Trenton MFRC 613-392-2811 ext. 5541
aallen3@cogeco.net

"What about me"

"What about me" is a deployment support group for children age 5 to 12 that runs every Wednesday night. This program offers support to children who are or who will be experiencing separation from a loved one due to the military lifestyle providing them with fun hands on activities to develop coping skills. It is not mandatory for children to attend every session but they must pre-register by calling Kelly the week of by 12:00pm on Monday at 613-392-2811 ext. 4527.

Et moi alors (What About Me)

Et moi alors (What About Me)- Mercredi de 18h00 à 19:30 (de 5 à 12 ans). Ce programme offre un appui aux enfants qui vivent ou vivront une séparation avec un être cher dû au mode de vie militaire. Il n'est pas obligatoire d'assister à chaque rencontre mais vous devez inscrire votre enfant.

Pour inscription et information pour ce programme contactez Kelly: kbriggs@cogeco.net ou le poste 4527

ASD support group

For caregivers of a person on the Autism Spectrum
Next meeting November 20th, 2014
6:00 pm to 7:30 pm
Childcare available
Contact Kelly Briggs 613-392-2811 ext. 4527

Trouble du spectre Autistique (TSA)

Groupe de soutien pour les aidants naturels d'une personne atteinte du spectre de l'Autisme.

Prochaine rencontre le 20 novembre, 2014 de 18h00 à 19h30
Contactez Kelly Briggs 613-392-2811 poste 4527

Highway of Heroes Vehicle Decal Support our Troops

On sale for \$4 at the Trenton MFRC reception desk.

Autocollants "Highway of Heroes"

4.00\$ - En vente à la réception du CRFM.

Monthly E-News/Facebook

Have the latest news from the MFRC and community at large. Sign-up through our website www.familyforce.ca for the monthly E-News and to follow us on Facebook.

Nouvelles mensuelles et Facebook

Ne manquez pas les dernières nouvelles du CRFM et les communautés avoisinantes. Inscrivez-vous par notre site internet www.forcedelafamille.ca pour les nouvelles mensuelles par courriel et suivez-nous sur Facebook.



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New

All inclusive memberships that will include use of the facility as well as access to certain programs. One fee = all access. For one year memberships there is an option to make preauthorized payments.

Aquatics

Morning Aquafit - Mondays, Wednesdays, Fridays from Sept. 22 to Dec. 19 (38 classes), from 8:30 a.m. to 9:20 a.m.

Senior Lane Swim - Mondays, Wednesdays, Fridays from Sept. 22 to Dec. 19 (38 swims), from 7:30 a.m. to 8:20 a.m. or 8:30 a.m. to 9:20 a.m.

Evening Aquafit/Jogging - Tuesday, Oct. 7 to Nov. 25 (8 classes), from 6:15 p.m. to 7:05 p.m.

Fitness Programs

NEW! Intro to Squash for Adults and Teens 14 and up - Wednesdays, Oct. 1 to Dec.

3 from 6:45 p.m. to 7:45 p.m. at the South Side Gym.

Core Fitness (30 minutes) - Mondays, Sept. 29 to Dec. 1 from 4:30 p.m. to 5 p.m. at the South Side Gym.

Boot Camp Fitness (60 minute) - Mondays from Sept. 29 to Dec. 1 from 5:10 p.m. to 6:10 p.m. at the South Side Gym.

*Kickboxing (60 minutes) - Mondays from Sept. 29 to Dec. 1 from 6:20 p.m. to 7:20 p.m. at the South Side Gym.

*Yoga - Tuesdays from Sept. 30 to Dec. 9 or Thursdays from Oct. 2 to Dec. 4 (10 sessions), from 6:45 p.m. to 7:45 p.m. at Baker Island.

*Spin-Fusion - Tuesdays from Sept. 30 to Dec. 9 from 5:35 p.m. to 6:35 p.m. at the South Side Gym.

*Cardio/Step/Strength - Tuesdays from Sept. 30 to Dec. 9 from 6:40 p.m. to 7:40 p.m. at the South Side Gym.

Tai Chi - Tuesdays from Sept. 30 to Dec. 9 from 5:35 p.m. to 6:35 p.m. at the RecPlex Gym.

*Pilates/Core Fitness - Wednesdays from Oct. 1 to Dec. 3 from 4:30 p.m. to 5:30 p.m. at the South Side Gym.

Zumba - Wednesdays from Oct. 1 to Dec. 3 from 5:45 p.m. to 6:45 p.m. at the South

Side Gym.

*Spin Class - Thursdays from Oct. 2 to Dec. 4 from 4:30 p.m. to 5:30 p.m. at the South Side Gym.

*Muscular Interval - Thursdays from Oct. 2 to Dec. 4 from 5:35 p.m. to 6:35 p.m. at the South Side Gym.

*Dates and times unable to be finalized before printing. Waiting for instructor confirmation before being finalized.

Advanced Aquatics

Junior Lifeguard Course - Mondays from Oct. 6 to Dec. 1 from 6 p.m. to 7 p.m.

Youth Aquatic Club - Monday, Wednesday, Friday from Sept. 22 to Dec. 12 (12 weeks), from 4:45 p.m. to 6 p.m.

Bronze Star with Basic First-Aid and CPR "A" - Mondays from Oct. 6 to Dec. 1 from 7 p.m. to 8 p.m.

Child, Youth and Teens Programs

Learn to Skate for Youngsters ages four to seven years of age - Fridays from Oct. 10 to Dec. 12 from 5 p.m. to 6 p.m.

Learn to Skate eight years old and up - Friday from Oct. 10 to Dec. 12 from 6 p.m. to 7 p.m.

Skills and Drills - Mondays from Oct. 6 to Dec. 8 from 5 p.m. to 6 p.m.

Shinny Hockey - Starts Oct. 6 and runs to Dec. 19.

Tyke/Novice - Fridays from 6 p.m. to 7 p.m.; Atom - Wednesdays from 4 p.m. to 5 p.m.; PeeWee - Tuesdays from 4:30 p.m. to 5:30 p.m.; Bantam/Midget - Mondays from 4 p.m. to 5 p.m.

Family Skate - Saturday and Sunday from Oct. 4 to Dec. 21 from 1 p.m. to 3 p.m. at RCAF Flyers Arena.

Indoor Soccer Night - Wednesdays from Oct. 1 to Dec. 3 for six to eight years of age from 5 p.m. to 6 p.m.; nine to 12 years old from 6 p.m. to 7 p.m.

Drop in Youth Basketball - Thursdays from Oct. 2 to Dec. 4 from 5:30 p.m. to 6:30 p.m.

Basketball for Kids - Mondays from Sept. 30 to Dec. 1 for six to eight years of age from 5 p.m. to 6 p.m.; nine to 12 years of age from 6 p.m. to 7 p.m.

New GCWCC fundraiser promises unique hockey and laughs

Game to feature "fundraising mindset" with the ability to penalize the other team

By Ross Lees

The Aerospace & Telecommunications Engineering support Squadron (ATESS) and 8 Air Maintenance Squadron (8 AMS) are having a hockey showdown on Nov. 20 in what promises to be a fun Government of Canada Workplace Charitable Campaign (GCWCC) fund raiser.

Scheduled for a 1 p.m. start at the RCAF Flyers arena, the game will also feature a chili lunch, 50/50 draw and chuck-A-Puck events along with some "special rules" for the game, according to 8 AMS CWO Ted Poper and organizer Cpl. Jason Briand.

The game will be made up of three 20-minute, straight-time periods, with a five-minute warm up. Three officials, who have graciously donated their time, will control the game, but these guys can be bought.

"We have come up with some friendly ideas with a fundraising mindset," noted Cpl. Briand. "Each team or squadron can collect funds and penalize the other team's players."

By that, he means if a team sees the fastest player on the opposing team (Lt.-Col. Andrew Wedgwood, for example), they can pay the referee to penalize him for a minute at a cost of \$10 per minute to a maximum of five minutes per player. All

proceeds go directly to the GCWCC fund.

"One player from each team will call over the official and be seen giving him money and escorting the designated player to the box. Hopefully this can bring a little extra flare to an already exciting event," laughed Cpl. Briand.

If that's not enough to add some interest to the game, there is yet another unique fundraising initiative in this game.

"Penalty shots can be purchased throughout the game for \$15, with a maximum of five per team," Cpl. Briand disclosed. "The time keeper will announce what is going on as it happens."

"I believe this will be an amazing event and an excellent way to raise funds on behalf of both Squadrons," he told the Contact.

Those wishing to take part or with questions can contact Cpl. Briand via email (Jason.Briand@forces.gc.ca) or by calling directly at local 613-922-9255.

CWO Poper implores everyone to pass the word throughout their units to attend and support this new GCWCC fundraising event on Nov. 20 beginning at 1 p.m., although you may want to come early and support the chili lunch fundraising portion of the game as well.

"Everyone should have some fun and many good laughs," stated CWO Poper.

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Safety



Get ready to handle winter once again



Guiding a vehicle from one place to the next is a particularly challenging task in winter weather. Preparing your vehicle to handle the road is the first step to safe driving. These are some of the factors, which add hazards to driving in the winter:

- Ice, snow and even water on road surfaces reduce traction, increasing stopping distance and possibly resulting in a skid. It takes more distance to stop on an icy road than it does on a dry road.
- As the temperature rises to near the melting point, roads become even more slippery than they are in severely cold weather. Traffic also polishes ice and snow pack on a road surface.

- Black ice is a thin and invisible layer of frost on pavement. It commonly occurs around bridges and overpasses and shaded areas, but be alert for it on all road surfaces.
- Water, which may be mixed with oil on the road surface can be hazardous. Tires begin to lose contact with the road surface, slipping across the surface of the water and oil instead.
- Visibility decreases drastically in winter driving conditions. Long nights and short days in some areas mean you spend more hours behind the wheel when you can see little beyond your headlights. Snow, rain and fog also cut visibility. Vehicle breakdown under winter conditions can be life threatening because of freez-

ing weather and the possibility of chain reaction collisions. Here is a suggested pre-winter checklist for all kinds of motor vehicles:

- Radiator and heater hoses should be in good condition, free of cracks and leaks.
- Fan belts should be checked too.
- The heater should be working well, for your own comfort and to defrost and defog the windshield.
- Start the winter with a new set of wiper blades.
- Equip your vehicle with an ice scraper and a snow-brush.
- Change to a winter coolant, which won't freeze.
- Use a winter windshield washer fluid, which won't freeze, and keep it topped up.

- Check all vehicle fluids including power steering fluid and brake fluid.
- Make sure the battery is in good condition for starting the vehicle in cold weather.
- Your tires should have good tread to provide traction.
- Examine all lights, headlights on high and low beam, running lights, taillights and brake lights.
- Inspect brake systems to determine if they will provide uniform braking on all wheels.
- Muffler and exhaust systems must be examined to make sure they are not leaking. Carbon monoxide poisoning is a deadly hazard for occupants of motor vehicles.
- Lubrication should be of winter weight for use in lower

temperatures. This includes lubrication of the fifth wheel. Carry a winter survival kit, especially on long trips or in isolated areas. Include matches and a candle, a parka and sleeping bag or emergency blanket, food, first aid kit, jumper cables with safety goggles, gasoline antifreeze, fuel conditioner for diesel fuel, wrenches for minor repairs, a spare fan belt and radiator hose, spare spark plugs and spark plug wire. It is important to have a working knowledge of basic vehicle repairs so you know what to do in case of a breakdown, in any season. Arm yourself against winter driving hazards. Examine your vehicle for defects, and equip it to handle winter driving conditions.

L'Envol School remembers



These two young students enjoyed the service together.



This father and daughter were able to be together at the end of the L'Envol Remembrance Day ceremony.

Photos by Valerie Dubé-Hébert

Thirty-eight military personnel attended the L'Envol School Remembrance Day ceremony, and a parent played the Last Post. "It was really beautiful and all of the kids really enjoyed it," noted Valerie Dubé-Hébert, Agente de liaison communautaire. The school also prepared a special area of remembrance in the main foyer of the school.



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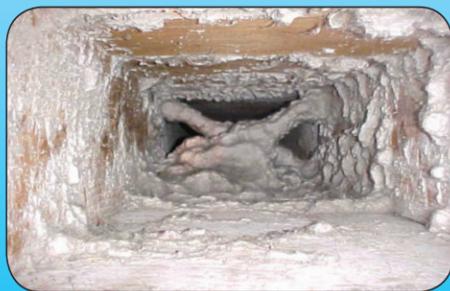
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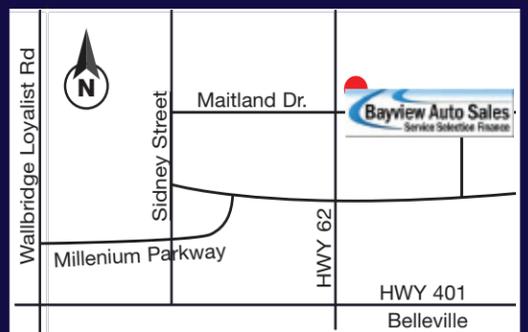
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