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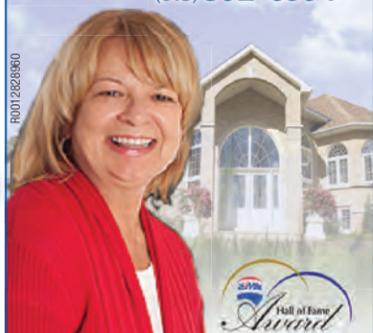
>> Take a stand against family violence

Family Violence Awareness Week is Oct. 13-20

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A day with the 'Boss'

Wing Commander's day starts early and stays busy throughout



Col. Lowthian (right) works on his calendar review with Capt. Mueller (left) and WCWO Elder (centre). Photos by Ross Lees

8 Wing Commander, Col. David Lowthian, practices what he preaches.

He believes physical fitness is an important part of being able to meet the daily demands of a high energy, demanding position, so he hits the gym at about

6:30 a.m. three times a week. On this particular Thursday morning, it was the north side gym and he met his acting Executive Assistant, Capt. Michael Mueller, and Wing Chief Warrant Officer (WCWO), Darcy Elder, along with a sparring partner as

he prepared for a boxing workout.

Having boxed in club fights since he was 14 years old, Col. Lowthian finds the boxing workouts a good way to start his day.

"After this, I can handle anything," he said, adding the work-

out is strenuous and helps keep him fit and alert.

"He's really quick and he loves these morning workouts," his sparring partner noted.

For neophytes CWO Elder and Capt. Mueller, the unfamiliar workouts proved much more

punishing and harder work. They had a hard time keeping a consistent pace throughout the workouts as throwing punches proved much harder than initially thought. They began to sweat early and profusely while the Wing Commander worked on his technique and form while also working up a sweat.

As his workout ended nearly an hour after it began, the gym had filled with other early-morning fitness buffs who put all aspects of the gym to good use.

Col. Lowthian, Capt. Mueller, and CWO Elder departed from the gym and returned to the headquarters building for showers before beginning some regular office duties.

Col. Lowthian said he starts his day off with a smoothy at home before his workout and then will have some trail mix around mid-morning after doing some work in the office.

On this day, the weekly calendar review is scheduled to begin at 10 a.m. but a brief unscheduled meeting takes place from 10 a.m. to 10:35 a.m. followed by a quick calendar review prior to a scheduled phone conference. Sitting in on the calendar review are Capt. Mueller and WCWO Elder and they discuss events progressing away from the present and as far as three months in the future.

"We do that because we have to," Col. Lowthian stated.

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Herc Pull Challenge raise nearly \$2,000 for GCWCC

Warkworth Penitentiary team pulls 90,770-pound Hercules 25 metres in 19.41 seconds

By Ross Lees

It wasn't exactly kicking and screaming, but a 90,770-pound Hercules got pulled to a new Herc-pull record at the third annual Herc Pull. This was the second year the event supported 8 Wing/CFB Trenton Government of Canada Workplace Charitable Campaign (GCWCC) this past Wednesday.

Defending champions, the Warkworth Penitentiary Correctional Services Canada team,

bettered last year's record time by just over half a second, improving last year's record of 19.96 seconds to this year's best time in the final pull of 19.41 seconds. The 23-person team pulled the Royal Canadian Air Force workhorse aircraft 25 metres in that time and helped raise almost \$2,000 in support of the United Way of Quinte campaign.

Ten military and civilian teams, down from 17 teams last year, still managed to raise almost \$2,000 for the base's GCW-

CC campaign.

8 Wing Commander, Col. David Lowthian, welcomed the teams to the base and thanked them for taking part in the competition.

"This is a capstone event here at 8 Wing, but it's also one of the events that kicks off our United Way campaign and GCWCC here on the base," he told everyone at the event at 1 Hangar.

Championed by Maj. Chris Hepburn and CWO Sue Stark, the event was organized by Cpl.

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8 Wing Chief Warrant Officer, Darcy Elder, helps this team get their pull started.



Photos by Ross Lees

You can see the strain of the pull on these faces as this military team takes its first crack at pulling the 90,770-pound Hercules aircraft 25 metres over the CFB Trenton tarmac.

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8 Wing welcomes new Pipe Major



Pipe Major, Sgt. Joshua McFarlane, is appointed Pipe Major by 8 Wing Commander, Col. David Lowthian, while Quinte West Mayor, John Williams, and Wing Chief Warrant Officer, Darcy Elder, look on. Photo by Ross Lees

Sgt. Joshua McFarlane received his appointment to Pipe Major from 8 Wing Commander, Col. David Lowthian

By Deborah Mitchell

The 2014 spring/summer season was a busy one for 8 Wing Pipes & Drums, starting in April with an appearance at the Virginia International Tattoo, in Norfolk Virginia. While this was a repeat performance for the band several of our members made the trip for the first time taking part in a cast of over 800 and performing eight shows in six days to a combined crowd of over 30,000.

An “overwhelmingly positive experience for all” was summed up by snare drummer, civilian volunteer, Deb Rankin, as she added, “All of the hard work and practice was worth it when you came off the floor after a show... that feeling of exhilaration was worth every bit of it.”

After Virginia, while joined by members from 2 CMBG Petawa-

wa, the band continued its busy schedule with a twice annual trip to 22 Wing, North Bay, to participate in their Armed Forces Day celebrations; marching troops through the streets of town.

The next few months were busy with change of command parades in CFB Trenton and CFB Kingston along with community events such as: Relay for Life and Walk a Mile in Her Shoes in Belleville, followed by an appearance at Fort Henry in Kingston for a tattoo commemorating The Great War.

With the coming of fall, next on the agenda was our home town annual Trenton Scottish Irish Festival, the Ad Astra Stone Dedication Ceremony and a memorial service at the Trenton Legion, with a concert in North Bay mid-November on the horizon.

Amid this hectic schedule, we

happily paused in early August to welcome Sgt. Joshua McFarlane who received his appointment to Pipe Major on Oct. 3 from 8 Wing Commander, Colonel David Lowthian.

Sgt. McFarlane grew up in Cambridge, Ontario, and began piping at the age of 13 with the 296 City of Cambridge Royal Canadian Air Cadet Squadron. He first appeared on the solo and band competition circuit in 2004, and in the fall of 2006 joined the Peel Regional Police Pipe Band competing at the Grade 1 level for three years which included two World Pipe Band Championships in Glasgow, Scotland. In the summer of 2009 he competed at the Competition League of Amateur Solo Pipers World Championships, winning the overall prize in Grade 1.

Josh successfully auditioned for a position as a regular force

musician in the Canadian Armed Forces (CAF) in 2009, received his first posting to the Royal Canadian Air Force Band in Winnipeg, Manitoba in March 2010 and was appointed their Pipe Major in 2013 and in charge of leading six other regular force pipers and drummers.

Upon moving to Winnipeg in 2010, Josh was integral in the establishment and successes of the Grade 3 Winnipeg Police Pipe Band where he was the Pipe Sergeant from 2012 to 2014. His most recent accomplishment was the top prize at the Prairie Piping Invitational professional solo contest in May 2014 in Regina, Saskatchewan.

Josh and his wife Robin are very excited to be back home in Ontario and are looking forward to working with the band and the community.

To celebrate Sgt. McFarlane’s

appointment to Pipe Major and to welcome new members 8 Wing Pipes & Drums will be hosting an informal open house at the band room, Building 170, 3 Lazo Road, on Wednesday, Oct. 15 from 6 p.m. to 7 p.m., followed immediately by our regular weekly practice until 9 p.m. If you’re interested in learning to play or are looking for a band to call home, we invite you to stop in, meet our members and see what we’re all about.

8 Wing Pipes and Drums is a volunteer band comprised of serving and retired CAF members along with civilians from Trenton and the surrounding areas. For more information, please contact Pipe Major Sgt. Joshua McFarlane at (613) 392-2811 ext. 7282 (Joshua.Mcfarlane@forces.gc.ca) or Drum Instructor, WO Joe Kiah, at (613) 392-2811 ext. 3387 or by email Joe.Kiah@forces.gc.ca

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The CFS Alert Command Team greet the Commander and Chief of Thule Air Force Base (AFB), Greenland upon their arrival to the Station via C-17 Globemaster. During Op BOXTOP, the resupply mission for the Station, personnel from both CFS Alert and Thule AFB were given the opportunity to participate on a daily exchange. From left to right: MWO. Thompson, SWO. CFS Alert, Maj. Marshall, CO CFS Alert, Col. Diel, Commander Thule AFB, Chief Master Sergeant Chasson, Base Chief Thule AFB.

Photo by Cpl. Dave Bancroft

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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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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Hydro One returns energy saving rewards to 8 Wing/CFB Trenton

WCE has been proactive in increasing the efficiency of building operations through reinvesting in energy efficient equipment



In the photo from left to right: Quinte West Mayor John Williams, Siva Gnananayakan (Site Manager, DCC), Melinda Nycholat (VP, DCC), Peter Irwin (RAM, DND), Col. David Lowthian (8 Wing Base Commander), Graham Wilson (Director, Hydro One), CWO Darcy Elder (Wing Chief Warrant Officer), Brad Harper (Program Manager, Hydro One), Jeff Lamer (Energy Manager, DCC), Joseph Newton (Project Management Coordinator, DCC).

Photo by Cpl. Precious Carandang, 8 Wing Imaging

Hydro One presented CFB Trenton with a \$309,000 summary cheque during the Wing Forum at the Air Mobility Training Centre on Oct. 3. This cheque represented all of the incentives that CFB Trenton has received for their commitment to energy management and sustainability through the Ontario Power Authority's Save on Energy Program.

The Wing Construction Engineering (WCE) Squadron has been very proactive over the past two years increasing the efficiency of building operations through reinvesting in energy efficient equipment on base. The WCE Squadron has also partnered with the Ontario Power Authority committing to reduce 1,600,000 kWh of electricity annually, equivalent to removing 180 average households

from the electrical grid each year. CFB Trenton has continued to develop their energy management program through partnerships with Defence Construction Canada, Union Gas and Hydro One. Last year an \$114,000 incentive summary cheque was presented to 8 Wing Trenton from Union Gas for their commitment to sustainability.

The Wing has developed the energy management program to offset increasing utility costs, increase their environmental stewardship and support Federal and Provincial goals. To accomplish these goals, CFB Trenton has committed to installing: energy efficient lighting, variable frequency drives, high efficiency heating and air conditioning and the optimization of existing infrastructure.

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Hastings and Prince Edward District School Board

Dwayne Inch, Chair of the Board
Mandy Savery-Whiteway, Director of Education

INVITATION FOR COMMUNITY MEMBERS TO SERVE ON COMMITTEES

Audit Committee

Hastings and Prince Edward District School Board is seeking a community member, with financial expertise and business knowledge, to serve on the Audit Committee for a three-year term (with the potential for reappointment for one additional three-year term).

Letters of application should be sent to Leslie Miller, Superintendent of Business Services and Treasurer, at the address shown below, by Friday, October 17, 2014 at 4:30 p.m.

Information about the mandate of the Audit Committee is online at www.HPEschools.ca > About HPEDSB > Business Services, or can be obtained by contacting Business Services at business.services@hpedsb.on.ca

Special Education Advisory Committee (SEAC)

Hastings and Prince Edward District School Board, in accordance with *Regulation 464/97*, is seeking membership on the Special Education Advisory Committee (SEAC). The SEAC, which is mandated by the *Education Act*, is responsible to make recommendations to the Board on matters related to the provision of Special Education programs and services for exceptional students.

Letters of application for SEAC are now being accepted

Letters of application are invited from local associations and interested persons for membership on the SEAC. The Committee will consist of representatives from up to 12 local associations and two members-at-large, who are appointed for a four-year term.

Letters of application should be sent to Mandy Savery-Whiteway, Director of Education, at the address shown below, by Friday, November 14, 2014 at 4:30 p.m. Applicants must be qualified to vote for members of Hastings and Prince Edward District School Board and must be resident within the Board's area of jurisdiction. Please indicate on your letter of application whether you would represent a local association or would be appointed as a member-at-large.

Information about the mandate of the SEAC is online at www.HPEschools.ca > About HPEDSB > Special Education Services, or can be obtained by contacting Special Education Services at speced.services@hpedsb.on.ca

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Family violence is a broad term that encompasses all forms of abuse of power within a relationship of family, kinship, trust, dependency or intimacy. The term includes domestic violence (sometimes referred to as partner, spouse, or wife battering), sexual assault, child physical abuse and neglect, child sexual abuse,



and the maltreatment of older people. Intimate relationships can include those between the opposite and same sex partners.

Violence is not a loss of control. It's an attempt to gain control.

Family violence can include many forms of abusive behaviour, e.g., physical abuse, emotional/psychological abuse, criminal harassment, neglect, financial exploitation, spiritual abuse, destruction of property, injury to pets, physical assault, sexual assault and homicide. Persons in an abusive situation may be subjected to more than one form of abuse.

Family violence is a complex issue with no known single cause. Certain risk factors have been identified which may contribute to family violence, however risk factors alone do not cause family violence. Many experts in the area of family violence believe that violence is a learned behaviour which is reinforced by society. Some of the risk factors that are commonly associated

with family violence include:

- ✓ Social isolation or lack of social support
- ✓ Unresolved or chronic marital conflict
- ✓ Everyday stressors exacerbated by: Financial problems, unemployment, serious substance abuse

diagnosis

- ✓ Poor communication skills

Family violence has enormous economic costs for Canadian society. Direct costs such as policing and judicial services are substantial. Absenteeism, reduced productivity and errors in job performance are a few of the indirect costs associated with family violence. Family violence within the Canadian Armed Forces (CAF) can also have a negative effect on operational readiness and good order and discipline.

The CAF has taken a proactive stance in dealing with this complex issue, and is committed to preventing violence through education and understanding of issues relating to family violence. Family violence shall not be tolerated and any allegation or suspected incident of family violence within the CAF shall be taken seriously and dealt with in an effective and timely manner in accordance with DAOD 5044-4.

If you are experiencing or witnessing family violence...seek help!

Did You Know?
The 2004 CF Health and Lifestyle Survey revealed that approximately 6000 CF members reported having experienced family violence within the previous five years.

- ✓ Witnessing or being victimized by family violence as a child
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8 Wing Contact Information

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Family Violence Crisis Team Leader: x4320
Mental Health Services: x3651
Member Assistance Program: 800.268.7708
Military Family Resource Centre: x5541
Medical Officer x3480 (after hours call base operator)
Padre: x2490 (after hours call base operator)
Health Promotion: x3768

Community Contact Information

Crisis Intervention Centre Line: 613.962.7227
Trenton Mental Health Services: 613.394.1655
Kids Help Phone: 800.668.6868
Three Oaks Women's Crisis Line: 613.966.3074
SupportLink & Victim Quick Response: 877.354.4151
Children's Aid Society: 613.962.9291
Victim Services: 866.680-9972
Open Line Open Mind: 613.310.OPEN (6736)
Domestic Violence Sexual Assault Response Program: 613.969.7400 x0 ask for DV/SARP nurse.

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8 Wing Commander, Col. David Lowthian, is joined by 424 Sqn commander Lt.-Col. Dany Poitras in welcoming the teams, spectators and organizers to the third annual Herc Pull Wednesday at 1 Hangar.

Continued from page 2

Lynn-Ann Saunders and her 424 Squadron (Sqn) organizational team.

Col. Lowthian said the event really took a giant step forward in its second year when civilian teams were invited to get involved in the base fundraiser.

“Last year, we opened our hangar doors to civilian competition and that’s really raised the bar,” he noted. “It’s also raised the amount of money that we’ve been able to bring in for charitable organizations in the Quinte Region.”

424 Squadron Commander, Lt.-Col. Dany Poitras, gave Cpl. Saunders and her team kudos for their effort in organizing the event and noted that a lot of effort went into that organization and training for the unique local event.

“We’re proud and pleased to host this event and we have just produced a brand new trophy,” he indicated.

The top two teams had to pull the stubborn Hercules three times before this year’s champion was decided, and it took that third pull for the Warkworth Penitentiary team to establish their superiority. In the first

round, they established the best pull with a time of just 21.9 seconds, but were closely followed by the second-place 424 Squadron team.

In the second round, the Corrections Services Canada team improved their time to 19.90 seconds, again narrowly defeating the hard-pulling 424 Squadron team, which had a pull of 20.35 seconds.

In the final head-to-head pull, 424 Sqn was beginning to fade when they managed a pull of 20.72 seconds, but the Warkworth Penitentiary squad roared to their 19.41 second best pull of the day and defense of their championship.

“Our guys have been looking forward to this all year,” stated Warkworth Penitentiary team captain Derek Webb. “We absolutely have a lot of fun at this event and we’ll be back next year.”

Cpl. Saunders was pleased with the event this year and said it would definitely be held again next year. While there were some challenges with the event this year, she added, “Everything fell into place when it needed to. Our goal was to raise \$2,000 and we came pretty close to that.”



Demonstrating the camaraderie apparent throughout this event, the two finalists pose for a picture together at the end of the third 424 Sqn. Herc Pull.

Herc Pull Challenge raise nearly \$2,000 for GCWCC

Photos by Ross Lees

(right) The Warkworth Penitentiary squad poses for the winning team photo once they had established they would successfully defend their championship from 2013.



The Warkworth Penitentiary team produces the winning pull on the final pull of the event.



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Wing Commander's day starts early and stays busy throughout

Continued from page 1



8 Wing Commander, Col. David Lowthian, works out with a sparring partner in the foreground while WCWO Darcy Elder (left) and Capt. Mike Mueller work out in the background.

Photos by
Ross Lees

Col. David Lowthian tapes his hands prior to an early-morning boxing workout at the north-side gym.

On this particular day, they don't get as far along as they had hoped before the call comes in, but they do get almost two months in advance of the present date.

For lunch on this day, Col. Lowthian walks to the Yukon Galley, where he is scheduled to meet with Col. Kelvin Truss of Canadian Forces Advanced Warfare Centre (CFAWC).

"It's not often I get to have lunch with another Colonel here on the base," Col. Lowthian noted of the meeting.

Back to the office after lunch, Col. Lowthian will take care of paper work submitted by Capt. Mueller and respond to issues on the base.

At 1:30 p.m., he attends a quarterly Honours and Awards ceremony at the Astra Lounge, where he takes a few brief minutes to talk to the relatively large gathering of base personnel. Having recently heard presentations by the Commander of the Royal Canadian Air Force (RCAF), Lieutenant-General Yvan Blondin, and 1 Canadian Air Division Commander, Major-General D.L.R. Wheeler, he takes this opportunity to pass some of their messages on to the 8 Wing/CFB Trenton troops.

Top priority for Lieutenant-General Blondin is operational excellence, Col. Lowthian indicated.

"No matter where we are – at home, abroad or on training operations – we are always demonstrating what we do in the Royal Canadian Air Force and supporting our credibility and the reputation we've built over the past 12 years. We demonstrate our readiness at all times," he said.

The second main priority for Lt-Gen. Blondin is the Air Force members and their families, according to Col. Lowthian, "... those people that support us and enable us to be ready at all times." He stressed to his leadership team that they always must support their people and their families.

The future of the Air Force is another major concern of Lt-Gen. Blondin, including Air Task Forces; the deployable air wing often deployed into world hot spots, three of which have been deployed in as many months, noted Col. Lowthian, as yet another one prepares for deployment.

While the mission-first attitude is often stressed, Col. Lowthian said Lt-Gen. Blondin also wants people to have fun while they are performing their duties. He took that time to thank all of those leaders who took the time to write up the exploits of personnel receiving awards that day, noting without that extra work by the leaders, the Royal Canadian Air Force and civilian members would not be getting recognized on this day, at this ceremony.

In line with the priorities outlined by Lt-Gen. Blondin, Col. Lowthian left the Honours and Awards ceremony to pay a visit to the Military Family Resource Centre (MFRC), where Col. Lowthian and WCWO Elder received an informal briefing from the MFRC staff.

Known for childcare programs, the MFRC is often not recognized for the many and varied programs it offers. It is a situation the local MFRC hopes to begin correcting in the near future, stated



Col. Lowthian is joined by WCWO Elder as they address an Honours and Awards ceremony gathering in the early afternoon.

Continued on page 9

CLOSE TO BASE



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Wing Commander's day starts early and stays busy throughout

Continued from page 8



Col. Lowthian has his lunch at the Yukon Galley on this typical work-day on the base.

Interim Executive Director, Tamara Kleinschmidt.

Col. Lowthian said the Trenton MFRC is widely praised in the Canadian Armed Forces (CAF).

"Trenton is advocated as a flagship program," he told the employees of the MFRC.

Col. Lowthian was told by the staff that a lot of their services come from needs pointed out to them by members and their families, a situation they want to keep in place.

"We want people to tell

us what we need to do to meet their wants and needs," one staffer noted. "We always need feedback to know how we are doing."

Yet another told the Wing Commander it is never a wrong choice to walk into the MFRC Resource Centre to ask a question or seek help or advice.

"It's never a wrong door," that person said. "We'll always help people find what they need."

Once that meeting ended

Col. Lowthian and WCWO Elder headed back to the headquarters building to end their day. It is something they are strict about because support staff follows the Wing Commander's lead, according to WCWO Elder.

"We all take our cue from the boss," he said. "If he stays we also stay."

"I try to get away as regularly as possible so that everybody's day ends and we can all get home to our families," Col. Lowthian noted.



Col. Lowthian and WCWO Elder are introduced to MFRC Interim Executive Director, Tamara Kleinschmidt, as they enter the Trenton facility.



Col. Lowthian listens to feedback from the MFRC staff at an informal briefing at the MFRC recently.

Photos by Ross Lees

Royal Canadian Mint commemorates 75th anniversary of declaration of Second World War with two-dollar coin circulation

No other photograph in Canadian history is as widely known as Wait for Me, Daddy, nor did any other capture so poignantly the impact of the war effort on the lives of Canadians.

In commemoration of the 75th anniversary of the declaration of the Second World War, the Royal Canadian Mint has proudly to unveil a new circulation two-dollar coin bearing this iconic image, during the City of New Westminster's ceremonial reveal of the Wait for Me, Daddy War

memorial sculpture recently.

"The Mint has embarked on an extensive coin program that will last until 2020, to commemorate the many aspects of Canada's experience, at home and on the battlefield, during the First and Second World Wars," said Marc Brûlé, Interim President and CEO of the Royal Canadian Mint. "This new circulation coin furthers our proud tradition of remembering the many sacrifices of Canadians at times of war." The reverse image is inspired

by the iconic photograph Wait for Me, Daddy, which was taken on Oct. 1, 1940, in New Westminster by

Continued on page 13

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Your community, your stories - read a CF newspaper

CF newspapers are celebrating the 74th year of National Newspaper Week

There are 17 Canadian Forces Newspapers (CFNs), with a combined distribution of 81,000; however, their combined reach is far greater – one million strong across Canada.

This year, CFNs from coast to coast are celebrating the 74th year of National Newspaper Week, which takes place Oct. 5-11. The theme - Newspapers: The Foundation of Vibrant Communities - reinforces the integral role newspapers play in communities across the country, large and small.

The goal of the CF newspaper has remained the same over time: to provide relevant and

interesting information about the military community to the defence team, followed by the secondary goals to promote esprit de corps, and serve as a link between the local business community and the Base. CF newspapers report on military operations, morale and welfare programs, and the military community at large. They have dual essential roles – they serve as internal communications for the Base/Wing they serve, and as an external public relation product.

“One of my proud accomplishments when I was the Base Commander at Canadian Forces

Support Unit Ottawa was establishing the Guard of Honour,” said Commodore Mark Watson, Director General Morale and Welfare Services. “Newspapers build a sense of community, allowing us to share our stories of success and capture our history. CFNs are an important moral and welfare program.”

The most recent research from the Canadian Community Newspapers Association shows community newspaper readership remains strong. Three quarters of Canadians (73 per cent) in non-urban centres read a community newspaper, according to a 2013 study. The

steady readership suggests community newspapers continue to have strong readership in today’s new media landscape. Community newspapers, like our CFNs, continue to remain relevant to the population they serve.

Did you know that Canadians say:

- 95 per cent said their reason for reading community newspapers was for local news or local events
- 60 per cent read for the editorial
- 76 per cent are reading for the advertising or the flyers/

inserts

- 72 per cent are still looking for classified ads, real estate or employment ads
- CF Newspapers as part of the CFMWS, coming under the PSP umbrella.

Whatever your reason for reading your local CFN, we want to celebrate your readership. Capture yourself, your family, and friends reading your CFN for your chance to win a HP ENVY 120 e-All-in-One Printer. Once you have the perfect photo, upload the picture to www.facebook.com/CFREC.FC with the hashtag #CFNEWSPAPERS

Votre communauté, vos récits - lisez un journal des Forces canadiennes.

Il existe 17 journaux des Forces canadiennes (FC) tirés à 81 000 exemplaires; toutefois, le public atteint est beaucoup plus vaste, soit une communauté forte d’un million de membres à l’échelle pancanadienne. Cette année, les journaux des FC, d’un océan à l’autre, célèbrent la 74e édition de la Semaine nationale des journaux qui se déroulera du 5 au 11 octobre 2014. Le thème retenu, à savoir « Les journaux à la base de communautés vibrantes », vient renforcer le rôle important que jouent les journaux dans la vie des communautés, grandes et petites, au Canada.

Le but premier des journaux des FC est demeuré le même au fil des ans : fournir à l’Équipe de la

défense de l’information intéressante et pertinente concernant la communauté militaire. Les buts secondaires consistent à promouvoir l’esprit de corps et à servir de liaison entre les entreprises locales et la base. Les journaux des FC font état des opérations militaires, des programmes de bien-être et de maintien du moral et des activités dans l’ensemble de la communauté. Ils jouent un double rôle essentiel en tant que moyen de communication interne de la base/escadre qu’ils servent et outil de relations publiques à l’externe.

« L’une de mes réalisations dont je suis le plus fier alors que j’étais commandant de l’Unité de soutien des Forces canadiennes

Ottawa a été la création du journal Garde d’honneur », de déclarer le commodore Mark Watson, directeur général – Services de bien-être et moral. « Les journaux contribuent à bâtir un sentiment d’appartenance à la communauté en nous permettant de partager nos réussites et de raconter notre histoire. Ainsi, les journaux des FC représentent un élément important des programmes de bien-être et de maintien du moral. »

La plus récente étude menée par la Canadian Community Newspapers Association révèle que le lectorat des journaux communautaires demeure élevé. Les trois quarts des Canadiens (73 %) dans les centres non urbains lisent un journal communau-

taire, selon une étude réalisée en 2013. Ce pourcentage constant laisse entendre que les journaux communautaires conservent un taux de lectorat solide dans le paysage médiatique actuel. Les journaux communautaires, à l’instar des journaux des FC, continuent d’être pertinents pour le public qu’ils desservent. Saviez-vous ce qu’affirment les Canadiens?

- 95 % d’entre eux lisent les journaux communautaires pour se tenir au courant des activités ou des nouvelles locales;
- 60 % lisent les journaux communautaires pour les éditoriaux;
- 76 % centrent leur attention

sur la publicité et les circulaires/encarts;

- 72 % y cherchent les petites annonces, l’immobilier ou les offres d’emplois;
- les journaux des FC, qui font partie intégrante des SBMFC, relèveront des PSP.

Quelle que soit la raison pour laquelle vous lisez un journal des FC, nous voulons célébrer notre lectorat. Prenez une photo de vous, de votre famille et de vos amis en train de lire un journal des FC et courez la chance de gagner une imprimante multifonctions HP ENVY 120 e-All-in-One. Lorsque vous aurez la photo idéale, téléchargez-la à www.facebook.com/CFREC.FC en y ajoutant le mot-clic #JOURNAUXFC.

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Fall Into \$\$ Saving Tips!

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 fourth 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.

- Reduce Debt, Free up Cash, Reach your Goals Sooner Oct. 7 from 6:30 p.m. to 8 p.m. or Oct. 14 from 9:30 a.m. to 11 a.m.

- Five Principles of Better Borrowing Oct 21 from 6:30 p.m. to 8 p.m. or Oct. 28 from 9:30 a.m. to 11 a.m.

- How to Pay off your Credit Card Faster Nov. 4 from 9:30 a.m. to 11 a.m. or 6:30 p.m. to 8 p.m.

- Investing and preparing for your Future Nov 25 from 6:30 p.m. to 8 p.m. or Dec 2 from 9:30 a.m. to 11 a.m.

Free childcare arrangements can be made at time of registration at the MFRC reception. Call 613-965-3575.

Conseils pour épargner des \$\$

Conseils financiers que vous n'avez pas les moyens de manquer. 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 », « Êtes-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.

- Réduire les dettes, trouver des \$\$\$, atteignez vos buts plus tôt, le 7 octobre, de 18h30 à 20h ou le 14 octobre, de 9h30 à 11h

- 5 principes pour mieux emprunter, le 21 octobre, de 18h30 à 20h ou le 28 octobre de 9h30 à 11h

- Comment payer vos cartes de crédit rapidement, le 4 novembre, de 9h30 à 11h ou de 18h30 à 20h

- 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

Born from a Facebook Group for military spouses, but everyone is invited! Appetizers' Pot Luck, Sunday, Oct. 19 at the Trenton MFRC from 1 p.m. to 4 p.m. Bring an appetizer with the recipe or a donation for the Food Bank. Come meet and mingle and learn what other events are being planned. Hope to see you! For more information, please call 613-965-3575.

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

Créée à partir du Groupe de Facebook pour les épouses de militaire, mais vous êtes toutes les bienvenues! Repas-partage d'amuse-gueules le dimanche 19 octobre au CRFM de Trenton de 13h à 16h. Apporter une assiette d'amuse-gueules avec la recette ou un don pour la banque alimentaire. Venez rencontrer, échanger avec d'autres, et apprendre les prochains événements qui sont planifiés. Au plaisir de faire votre connaissance! Pour plus d'information, téléphoner le 613-965-3575

Halloween Spooktacular Cupcakes:

Cakes by Amy on Tuesday, Oct. 28 from 6:30 p.m. to 8:30 p.m. Cost is \$20 per person.

- Learn how to make six awesome Halloween figurines from fondant
- Make 12 Spooktacular cupcakes

Children ages 10-15 must be accompanied by an adult. To register, or for more information, please contact the MFRC reception at 613-965-3575.

**Please bring your own apron and container.

Petits gâteaux fantomatiques pour l'Halloween:

Cakes by Amy le mardi 28 octobre de 18h30 à 20h30. Coût 20\$ par personne.

- Apprenez comment faire 6 figurines d'Halloween avec du fondant
- Faites 12 petits gâteaux fantomatiques

Les enfants âgés de 10 à 15 ans doivent être accompagnés d'un adulte. Pour vous inscrire ou pour de l'information, contactez la réception du CRFM au 613-965-3575.

**SVP, apportez votre tablier et contenant.

Discounted Canada's Wonderland Tickets at the MFRC

Adult Single Day Admission: \$43 (\$54.23 at the door). Junior and Senior Single Day Admission: \$39 (\$41.80 at the door). Pay once, go twice: \$57.

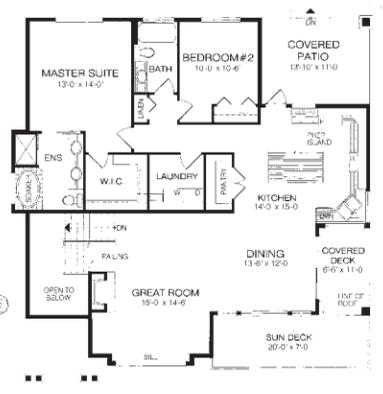
Billets rabais de Canada's Wonderland au CRFM

Adulte, admission journalière: 43,00\$ (54,23\$ à la porte). Junior et sénior, admission journalière: 39,00\$ (41,80\$ à la porte). Payez une fois, allez-y deux fois pour 57,00\$.

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 to the MFRC reception to pick up your tickets.

Home of the Week
Your Building Renovation Experts



Plan No: 3-3-360

This attractive three-bedroom, split-level home features plenty of space for expansion in an unfinished portion of the ground floor; with most of the living space on the second floor to take advantage of a view.

Several steps lead up to a covered entry and into a high-ceilinged foyer with a coat closet to the right. Directly ahead is a double stairway, one leading to the ground floor's third bedroom and adjoining bath, and the other leading up to the great room on the main (or second) floor.

The open-plan great room and dining room look out to the front garden. Natural light will flood into both rooms, thanks to large windows, and the dining area enjoys access to an L-shaped deck with a covered portion that will make year-round grilling a pleasure. The great room includes an extra-wide window sill and gas fireplace.

The kitchen, separated from the dining area by a prep island, features plenty of counter space in a U-shaped configuration, as well as a double

sink set at an angle with windows on both sides. A spacious pantry is located near the prep island. The kitchen also enjoys access to a covered patio with steps down to the back garden.

The master suite overlooks the back garden for privacy, and includes a generous walk-in closet. The en-suite features double sinks and a shower stall, as well as a soaker tub with a tiled surround and its own window.

The nearby linen closet will serve both the master bed-

room and second bedroom, which has its own three-piece bathroom. Across the corridor is the laundry room.

The tandem garage is roomy enough for three vehicles, or two plus a workshop.

This home's exterior finishes include wooden shingles and brick on the upper and lower façade, as well as painted trim and decorative woodwork, for a charming arts-and-crafts look.

The home measures 44 feet wide and 47 feet deep, for a total of 1,973 square feet.

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Welcome to The Contact newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. The Contact is always interested in what is going on in and around CFB Trenton. Please send your coming events (from blood donor clinics to tea parties) to us at cfbcontactnewspaper@gmail.com. Please include the date, time, and location of the event along with a brief description. Please do not send posters.

Oct. 13 – Trenton Blood Donor Clinic

A Trenton Blood Donor Clinic will be held on Oct. 13 at the Trenton Knights of Columbus Hall at 7 Stella Crescent from 1 p.m. to 7 p.m. Regular and new blood donors are encouraged to attend and give the gift of life. Please register in advance if possible.

Oct. 18 - Quinte Branch of Ontario Genealogical Society

The Quinte Branch of the Ontario Genealogical Society will feature a digital presentation by Goeff Rasmussen discussing "Timeline and Chronologies: Secrets of Success" At the Quinte West Public Library, 7 Creswell Drive, Trenton from 1 p.m. to 3 p.m. Everyone is welcome and encouraged to bring a friend. For more information, visit www.rootsweb.ancestry.com/~canqbogs/

Oct. 22 - Introduction to Entrepreneurship

An Introduction to Entrepreneurship free one-day workshop will be held on Oct. 22 at the National Air Force Museum of Canada conference room presented by Prince's Operation Entrepreneur. Going civilian and thinking about starting your own business? If so, attend this free one-day workshop on starting your own business. The Prince's Operation Entrepreneur provides veterans and those transitioning from the Canadian Armed Forces with the education, financing and mentoring needed to launch successful businesses. For more information www.futurepreneur.ca/poe or 1-866-646-2922 x 3610 Visit www.poetrenton.eventbrite.ca to register. Lunch and snacks provided.

Oct. 25 - Tickets on sale now for Trenton Hospital Gala

This year the Trenton Memorial Hospital Foundation (TMHF) Gala will be a Nautical Night at the Knights of Columbus Hall. Everyone is invited to attend the region's premier Black Tie event and show their support for the Trenton Memorial Hospital. This event has earned its reputation with fantastic food, an unbelievable array of silent and live auction items and a great crowd who love to get dressed to the nines and support their local hospital. Tickets are \$200 per person and are available through the Foundation office by calling 613-392-2540 ext. 5867. The catering this year is being done by L'Auberge du France and the menu will feature everyone's favourite seafood. There will be a variety of savoury canapés stations being offered throughout the cocktail hour and then the scrumptious meal of many courses will be served throughout the evening, giving everyone plenty of tastes sensations. The emcee for the evening will be Paul Ferguson and as in previous years there will be an amazing live and silent auctions featuring nautical getaways and products along with home décor, electronics, jewellery and sporting events. The live auction with auctioneer Jim Nelson is a crowd favourite and one of the feature items in this year's live auction is a Trip to Maui from Jan. 23 to Feb. 1. Funds raised will buy lifesaving medical equipment that is not funded by the government. The TMHF is tasked to raise over \$1 million annually for new equipment for the hospital. This event sells out every year so don't delay, get your tickets today.

Wing Logistics and engineering Picture of the Week

*Military personnel help in
Habitat for Humanity project*



A construction crew from 81 CEF is shown installing the floor for the Habitat for Humanity project in Picton. In the picture, from left to right, are: Cpl. Maltias-Hardy, Cpl. Cote, and Cpl. Boomhower.

Submitted photo

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Gift packages include:

- ✓ Maps and brochures of the area as well as the surrounding area, with advice on some of the neat places to visit.
- ✓ Gifts from some of our local merchants.
- ✓ Invitations to return to our local merchants for other gifts

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Smoothies now available

Sports & Recreation

NEW – Coming in September

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, the option exists to make preauthorized payments.

Red Cross Swim Lessons

For children and adults in the fall of 2014. Eight lessons in duration, register now!

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

- * Core Fitness (30 minutes) - Mondays, Sept. 29 to Dec. 1, 4:30 p.m. to 5 p.m. at the South Side Gym
- * Boot Camp Fitness (60 minute) - Mondays, Sept. 29 to Dec. 1, 5:10 p.m. to 6:10 p.m. at the South Side Gym
- * Kickboxing (60 minutes) - Mondays, Sept. 29 to Dec. 1, 6:20 p.m. to 7:20 p.m. at the South Side Gym
- * Yoga - Tuesdays, Sept. 30 to Dec. 9 or Thursdays, Oct. 2 to Dec. 4 (10 sessions), 6:40 p.m. to 7:40 p.m. at the South Side Gym
- * Spin-Fusion - Tuesdays, Sept. 30 to Dec. 9, 5:35 p.m. to 6:35 p.m. at the South Side Gym
- * Cardio/Step/Strength - Tuesdays, Sept. 30 to Dec. 9, 6:40 p.m. to 7:40 p.m. at the South Side Gym
- * Tai Chi - Tuesdays, Sept. 30 to Dec. 9, 5:35 p.m. to 6:35 p.m. at the RecPlex Gym
- * Pilates/Core Fitness - Wednesdays, Oct. 1 to Dec. 3, 4:30 p.m. to

5:30 p.m. at the South Side Gym

- * Zumba - Wednesdays, Oct. 1 to Dec. 3, 5:45 p.m. to 6:45 p.m. at the South Side Gym
- * Spin Class - Thursdays, Oct. 2 to Dec. 4, 4:30 p.m. to 5:30 p.m. at the South Side Gym
- * Muscular Interval - Thursdays, Oct. 2 to Dec. 4, 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, Oct. 6 to Dec. 1, 6 p.m. to 7 p.m.
Youth Aquatic Club - Monday, Wednesday, Friday, Sept. 22 to Dec. 12 (12 weeks), 4:45 p.m. to 6 p.m.
Bronze Star with Basic First-Aid and CPR "A" - Mondays, Oct. 6 to Dec. 1, 7 p.m. to 8 p.m.

Child, Youth and Teens Programs

Learn to Skate for Youngsters Ages four to seven years - Fridays, Oct. 10 to Dec. 12, 5 p.m. to 6 p.m.
Skills and Drills - Mondays, Oct. 6 to Dec. 8, 5 p.m. to 6 p.m.
Shinny Hockey - Starts Oct. 6 to Dec. 19
Tyke/Novice - Fridays, 6 p.m. to 7 p.m.; Atom - Wednesdays, 4 p.m. to 5 p.m.; PeeWee - Tuesdays, 4:30 p.m. to 5:30 p.m.; Bantam/Midget - Mondays, 4 p.m. to 5 p.m.
Family Skate - Saturday and Sunday, Oct. 4 to Dec. 21, 1 p.m. to 3 p.m. at RCAF Flyers Arena.
Indoor Soccer Night - Wednesdays, Oct. 1 to Dec. 3, six to eight years of age, 5 p.m. to 6 p.m.; nine to 12 years of age, 6 p.m. to 7 p.m.
Drop in Youth Basketball - Thursdays, Oct. 2 to Dec. 4, 5:30 p.m. to 6:30 p.m.
Basketball for Kids - Mondays, Sept. 30 to Dec. 1, six to eight years of age, 5 p.m. to 6 p.m.; nine to 12 years of age, 6 p.m. to 7 p.m.
Kookin with Kidz - Tuesdays, Sept. 30 to Dec. 2, six to eight years of age, 5:15 p.m. to 6:15 p.m.; nine to 12 years of age, 6:15 p.m. to 7:15 p.m.

2014 /2015 Inter-section Volleyball League

It's that time of year again. The 2014/15 volleyball season is almost upon us. The 8 Wing/CFB Trenton Inter-section Volleyball League is open to CF Military, DND and NPF full time employees. The Inter-section Volleyball League will commence on Nov. 3 and play every Monday and Wednesday evening



from 6 p.m. to 9 p.m. The league organizational meeting will be held at 2 p.m., Oct. 16 at the gymnasium conference room. All interested team representatives or players are to attend. For further information contact the Military Sports Co-ordinator, Mr. Dan Cormier at Loc. 3373.

Coin features iconic Wait for Me, Daddy photograph

Continued from page 9



photographer Claude Dettloff. The men of the B.C. Regiment, the Duke of Connaught's Own Rifles, formed an impressive line as they marched down the street. In the centre of the image, a pale-haired young boy, Warren "Whitey" Bernard, has broken free of his mother's grasp to reach out to his uniformed father, who is marching off to war. Limited to a mintage of five million coins, Canadians can start looking for

the Wait for Me, Daddy two-dollar circulation coin in their change, attend coin exchanges at special events in select locations across Canada, as well as at the Mint's Ottawa, Winnipeg and Vancouver boutiques, or obtain limited quantities through an online coin exchange at www.mint.ca/waitformedaddy (limited to Canada only). Related numismatic products will also be available for pre-sale on mint.ca as of Oct. 4.

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Safety

Fire extinguishers: Know Your A, B, C And D's



Regardless of where you work, fire is always a serious threat. Even items in a wastepaper basket can be a fire hazard. In 1991, the National Safety Council reported that an estimated 327 workers lost their lives in workplace fires, accounting for 3.3 per cent of all workplace fatalities that year.

The best way to save your life in a fire is to sound the fire alarm and exit the building, leaving the fire to trained profession-

als. If however, the fire is contained in a small space like an ashtray or a wastepaper basket; if you have quick access to an unblocked exit and if you know how to use a fire extinguisher, you may be able to extinguish the fire yourself.

Many people have thought they can put a fire out, only to find it raging out of control seconds later. It's important to remember that fire extinguishers are only for small, contained fires. If the fire cannot be put out in a few seconds, leave the area immediately and call for help. Here is some important information you should know about fire and fire extinguishers:

- There are four different types of fires, "A, B, C, D," each requiring a particular type of fire extinguisher. Using the wrong type of fire extinguisher can actually make the fire worse and put your life in serious jeopardy.

- Types of fires**
- Type A: wood, paper, cloth, rubbish
 - Type B: flammable gas, grease and liquids
 - Type C: electrical fires
 - Type D: Combustible metals such as sodium, magnesium, potassium and sodium potassium alloys
- Remember, each type

of fire requires a particular class of fire extinguisher. Know you have the right class of extinguisher before you pull the trigger. If you don't know, don't use it. Leave the area and call for help. Ask yourself right now if you know the types of fire extinguishers in your work area. If you don't, talk with your supervisor and find out. Knowing this information can save your life.

Type A Fires
 Type A fires require a Class A fire extinguisher filled with pressurized water or foam and marked with a green label. These work by cooling the material below its ignition point and then soaking it. Plain water is still the best for ordinary Class "A" combustibles. Class ABC fire extinguishers, multipurpose extinguishers, will also put out a Type A fire. But make sure that the multipurpose rating includes A-type. Using just a BC multipurpose extinguisher will not extinguish this type of fire.

Type B fires
 Type B fires require a Class B extinguisher. There are several types of Class B extinguishers. They generally contain a powder to smother the fire and separate it from oxygen. Foam is also used and does the same job. Class B extinguishers are marked with a red label. A Class B extinguisher filled with foam is used primarily on large flat surface fires; farm oil tanks and oil fires at sea are examples. Ordi-

nary BC-rated dry-chemical, multipurpose dry-chemical and halon extinguishers will also extinguish a B-type fire. Halon and carbon dioxide are agents commonly used and rated for electrical fires. Because CO2 is a gas, this type of "B" class extinguisher is better used indoors away from strong winds. It is also a clean substance making it excellent on electrical equipment like a computer.

Type C fires
 Type C fires require a Class C extinguisher marked with a blue label. These work by using an agent that will not conduct electrical current. Class C fire extinguishers will also extinguish type A and B fires. An ABC-rated multipurpose dry-powder extinguisher will also work on a C-type fire. Never use water extinguishers on electrical fires.

Type D fires
 Metal fires require a special Class D dry-powder extinguisher marked with a yellow label. Know the location and class of fire extinguishers in your workplace. Don't wait for a fire to remind you. Get the training you need to learn how to properly use a fire extinguisher.

If you have any doubts when faced with a fire, sound the fire alarm and exit the building. Better safe than sorry is the best way to save your life.



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