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Theatre Activation Team departs from 8 Wing Trenton

By Ross Lees

The Theatre Activation Team (TAT) departed from 8 Wing Trenton, last week to support Operation Impact in the Middle East.

"The deployment of the Theatre Activation Team is a key step in arranging the initial preparations for the [Canadian Armed Forces] units that will deploy in support of Operation Impact," Defence Minister Rob Nicholson said in a statement released Oct. 11.

"Responsible for initiating the infrastructure support required in-theatre, this team plays an important role in support of our mission.

"The Government continues to work with our Allies to degrade the ISIL terrorist threat at home and abroad. Once again, I am very proud of our men and women of the Canadian Armed Forces as they show their readiness and professionalism."

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Members of the Theatre Activation Team board a CC-150 Polaris aircraft as they prepare to depart 8 Wing/CFB Trenton Oct. 16. Photo by Ross Lee



Vanessa Henry of Madoc gets final instructions as she begins her descent of the rappel tower.

Photo by Ross Lees

Mock and Rappel towers popular attractions at GCWCC fundraiser

By Ross Lees

For the second year in a row, the Canadian Army Advanced Warfare Centre (CAAWC) mock tower and rappel tower was a very popular event.

According to Master Warrant Officer (MWO) Martin (Diezel) Lodder, it attracted 92 participants and raised \$1,160 to go towards the base's Government of Canada Workplace Charitable

Campaign (GCWCC).

MWO Lodder also noted that Canadian Women's Hockey legend Haley Wickenheiser jumped out of the mock tower the next day.

Attendance started off slowly at mid-day but continued to increase as the day progressed and the screams got louder as women jumped out of the mock tower. Earlier in the day, it seemed

it was only women jumping or rappelling from the towers, but organizers felt that was simply because a lot of people were still at work.

Three friends attending Loyalist College showed up early and took advantage of the situation to go up both towers repeatedly. Vanessa Henry of Madoc, Amy Coonie of Belleville and Shelby Hodder of Trenton enjoyed the

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MCpl. Maria Toone is in the running for CAF Female Coach of the Year



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MCpl. Toone has found fresh inspiration for soccer through coaching

MCpl. Maria Toone is pictured here in a recent picture.

Photo by Ross Lees

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R0012919064

By Ross Lees

MCpl. Maria Toone of 8 Wing Telecommunications and Information Services Squadron (WTISS) will find out today (Oct. 24) whether she has won a Canadian Armed Forces (CAF) Female Coach of the Year award at an Ottawa ceremony.

Should she win this award, she will have achieved the top level of coaching awards in the CAF, after winning Female Coach of the Year at 8 Wing/CFB Trenton and then winning Air Command Female

Coach of the Year leading up to this final step.

MCpl. Toone is in competition with one other candidate, Capt. Smith, a former teammate here at 8 Wing a few years ago.

"It's a bittersweet situation," she acknowledged to *the Contact*. "We played on the same team. I know Capt. Smith is a hard worker and an amazing player and I can imagine her as a coach. If I win, it's unfortunate because she doesn't, but if she wins, I'm happy. I'm just looking forward to the banquet and being part of that. I'm competitive, for

sure. I don't know how not to be competitive, but it's not life or death."

That's quite a concession from a young woman who basically lives soccer, even to the point she had a wedding picture taken with a soccer ball and her cleats. This young lady is committed to soccer and coaching.

She started playing soccer in public school and, once bitten by the soccer bug, she has never abandoned the game since. Even while on deployment, she has been known to start international competitions

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R0012940864

ATESS entertains Olympic Gold Medalist Hayley Wickenheiser

ATESS hosted five-time Olympic Medalist Hayley Wickenheiser along with her son Noah and his father, Tomas Pacina on Sunday, Oct. 19. Accompanied by the CO, Lt.-Col Marie-Claude Gaumont, the ATESS Hon.-Col. Brian Read, Maj. Mike Munroe (DCO) and the SCWO, CWO Troy Zuorro, they were taken on a quick tour of two of the squadron's shops IHM/Vibration Analysis and the Tutor maintenance hangar.

In conjunction with the Canadian Army Advanced Warfare Centre (CAAWC), they were able to experience the mock tower where the trio received certificates for a safe jump. Finishing off the very busy morning, Noah and his dad Tomas headed off to tour the new air traffic control tower and meet the "bird man" for a brief demonstration. During that time, Hayley met with ATESS members and their families. She addressed the troops and provided a bit of a motivational speech. All attendees were given the chance to shake the hand of an Olympian, hold a gold medal and get a photo of a lifetime.



MCpl. Dennis Simpson and his family along with Hayley



Left to right: CWO Troy Zuorro, Tomas Pacina, Hayley Wickenheiser, Noah Pacina and WO Kevin Guay.



(Above) Hayley Wickenheiser and Sgt Evan Ryan

(Left) Hayley Wickenheiser is ready for the Mock tower.



MCpl Brian Preece gets an autograph from Haley.

Submitted photos

Hayley Weikenheiser and Noah Pacina in a Snowbird cockpit at ATESS.

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CFS Alert says goodbye to the sun for 135 days

CFS Alert personnel enjoy a bonfire as part of the Station's annual Sunset Ceremony on Oct. 14.

Pictured from left to right are: MCpl. Rodney Osmond, Pte. Holly Wortman, Cpl. Mitch Cadotte, Allison Taylor of Environment Canada, Cpl. Graeme Fotheringham, Pte. Samuel Mosienko.

Photos by
Cpl. Dave Bancroft



On Oct. 14, CFS Alert personnel celebrated the last day of sunlight for the next 135 days as part of the annual Sunset Ceremony. Events included games like tug-of-war, snowshoe and long-ski racing, traditional Inuit games, as well as a chilli lunch; served by the fire, and a "darkness" movie marathon.

Personnel from CFS Alert contractor Nasittuq (left) race members of Environment Canada (right) in a long-ski race as part of the Station's annual Sunset Ceremony activities.

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.



The Contact ~ Wing Headquarters
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Trenton MFRC supports Purple Day

The Military Family Resource Centre staff demonstrated their support for child abuse prevention on Purple Day (Friday, Oct. 17).
Submitted photos



RBC Financial supports MFRC's holiday season deployment care packages

Darren Leaker (right) from RBC Financial's Belleville branch presents a cheque for \$1,000 to Andrea Turner, (centre) Community Communications and Development Director and Barry Dougherty, (left) Family Separation and Reunion Coordinator. The donation will be used towards sending care packages to Trenton military personnel who are deployed during the Holiday Season.
Submitted photo



Wing Logistics and Engineering Picture of the Week

CPO2 Blackmore likes the heat in the kitchen



Old habits die hard, especially in the kitchen as most cooks will tell you.

The new D/W Food Svcs O (CPO2 Blackmore) of W Food Svcs will tell you the same, seen here helping the kitchen staff by making homemade donair sauce for his famous donair pizza.

Spending most of his career in the navy and down east where donair pizza is a staple in the diet and favorite choice of many, he wanted to bring some of the east coast flavor to southern Ontario. It was a huge success, and now can be found as a regular menu option here at the Yukon Galley!

CPO2 Blackmore, on a few occasions since his arrival in August, has assisted in the production area to demonstrate his culinary skills. He showed off his baking skills by making fresh bread in the bake shop, and provided examples to the junior cooks when making his famous donair pizza.

The old saying is: "If you can't take the heat get out of the kitchen." I guess CPO2 Blackmore can take the heat!

Welcome to 8 Wing Trenton CPO2!

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Sports & Recreation

Wing Hockey League drops the puck on the season



The 2014/15 Wing Hockey Leagues is off and running with 18 teams that will be divided into two division, comprised of the TEME, 436 Sqn # 1, 8 AMS Les Boys, 437 Sqn, ATC, 436 Sqn # 2, 436 Sqn # 3, CJIRU, 24 CF H Svcs, 429 Sqn, 2 AMS, WCE, CAAWC, ATESS, WTISS, 424 Sqn Rescue, 424 Sqn Orange Peels, and 8 AMS teams. The Wing Administration Officer, Lt.-Col. Elizabeth Cameron, dropped the puck on Monday, Sept. 29 as the defending 2013/14 A Division Champs CAAWC faced off against the 24 CF H Svcs team. The Fitness, Sports and Recreation Flightt would like to take this opportunity to thank the executive committee President Cpl. Massimo Fuschino and Vice-President Capt. Maxime Decelle-Trudel for volunteering their time. Good luck, have fun and play fair!

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2015 CISM Swimming and Lifesaving Team selections taking place

The 2015 CISM Swimming and Lifesaving Team Selection is taking place for the 6th World Military Games in South Korea in October, 2015. To be eligible for selection, all participants must be a member of the Regular Forces, Class B or C reserve.

As a guideline for all swimming events, a swimmer being considered for the CISM team should be able to, regardless of age, beat the CAF National Swimming Championship 18-24 year old qualifying times (below) by 10 seconds in the 100 m events, 60 seconds in the 400m free, and 30 seconds in the 200m IM.

Ideally, we are looking for swimmers with a proven track record of training and competition who have already competed in a 2014 sanctioned swim meet. Any swimmer who has not recently competed should plan to attend local or regional competitions and, if able, the CAF National Swimming Championships scheduled for spring 2015. Team selection is tentatively planned for May/June 2015.

18-24 Age Categories	Men	Women
100m Freestyle	1:07	1:15
400m Freestyle	5:20	5:45
100m Back	1:15	1:28
100m Breast	1:23	1:41
100m Butterfly	1:11	1:25
200m IM	2:44	3:08

Applicants must submit a summary of their races/experience by e-mail to Cormier DG@CFB Trenton PSP@Trenton <DANIEL.CORMIER@forces.gc.ca> and must be received prior to Nov. 14.

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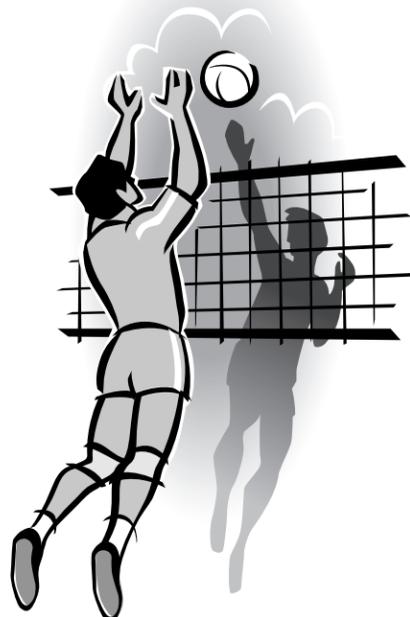
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2014/15 Inter-section Volleyball season starting soon

It's time for the 214/15 volleyball season to begin. The 8 Wing/CFB Trenton inter-section volleyball league is open to CF Military, DND and NPF full time employees. The league will commence on Monday, Nov. 17 and play every Monday and Wednesday evening from 6 p.m. until 9 p.m. The league organizational meeting will be held at 2 p.m., Thursday, Nov. 4 at the gymnasium conference room and all interested team representatives or players are to attend. For further information, contact the Military Sports Coordinator, Mr. Dan Cormier, at local 3373.



Continued from page 2

including the English, Australians, New Zealanders and the Dutch, with a few Canadians thrown in, to help boost morale.

MCpl. Toone has played at virtually all levels of soccer, from high school squads to co-ed teams to varsity squads, and military women. She played for both the men's and women's teams in Borden and she has played and recently began coaching in Trenton.

Coaching has given her new inspiration in the game she has played for over 20 years.

"I really enjoy coaching," she said. "There's a lot more to the sport than I thought. It challenges me in a way that as a player it doesn't challenge me any more. As a player, once you've been playing the sport for a couple of decades, you know the sport, you know the game so well. But when you sit on that bench as a coach, it's a whole different world."

MCpl. Toone is also inspired by the athletes

she coaches. She said the team she recently coached to a league indoor championship was amazing.

"We had ladies who had played for numerous years all the way down to ladies who had never played and they just came out because they wanted to start the sport and liked the idea of soccer," she noted.

"For me, the challenge is being able to coach a team where the experience level is zero to 20. I love that challenge and it's made me more passionate for a sport that I thought I was really passionate about. They always say coaching is a thankless job, but for me, I see it through the women that have progressed from tripping over the ball when they first started to attending regionals as a starting player. I love it, absolutely love it."

MCpl. Toone's coaching style is very basic. "I'm very big on basics," she stated. "It doesn't matter if you have 20 years in the sport or one year, our practices focus on the

MCpl. Maria Toone is shown here hard at work as a coach.

Submitted photo

basics, learning the basic skills because I feel that a team that is flawless in the basics will win championships."

That proof, as they say, is in the pudding. She points to the indoor championship they won last year. They advanced to the playoffs as the eighth seed, but kept knocking out teams at the top of the seeding.

"Some games we had girls getting hat tricks," she explained. "It was just phenomenal. It was the craziest streak we've ever had and we ended up taking the championship with it. I'm proud of it because it's 50 per cent what you do and 50 per cent what the players do. The players knew what they had to do and they did it with pride and we had fun doing it."

In fact, in the final game, they had to start the game shorthanded because some of the players were delayed by a train. By the time the team fielded a full team, the team was up 3-0 and one lady already had a hat trick.

"It was just phenomenal to see," MCpl. Toone enthuses.

Coaching in the military and especially at 8 Wing takes patience, MCpl. Toone admits.

"Our op tempo is so high, you often struggle to have enough players out for practices because your priority always has to be you're military first. We're military and players second. You have to have patience and understand this is their career and it has to come first. The ladies are really good. When they can make the practices or games, they're there 110 per cent."

Of the nomination for the CAF award, MCpl. Toone is philosophical.

"If I win, I win. If I don't win, I was worthy enough to be nominated and to have won the first two awards, that to me is amazing!"

MCpl. Maria Toone lives and breathes soccer, to the point she had a wedding picture taken by Ashley Gingras Photography with a soccer ball and her cleats.

Photo by Ashley Gingras Photography



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Canadian Army Advanced Warfare Centre fundraiser raises \$1,160 for United Way event



Shelby Hodder of Trenton receives a last word of advice prior to descent of the rappel tower.

Continued from page 1

and Security course at Loyalist, Vanessa and Shelby were out to support Amy, who was going to join the military once their course was completed. They figured this experience would give her a good indication of whether or not she could make it through basic course.

"You won't face anything worse than this on basic course," Shelby said just prior to Amy beginning her descent of the Rappel Tower.

Shelby, the wife of a military member, had been on both towers during family day, so the experience was not new to her and she went off both towers easily and

Continued on page 9

Photos by Ross Lees



This young lady was the Two-and-a-half-year-old Dallas Mio first out of the mock tow- begged his mother Sheena Lanan to let er and she showed good him go up the mock tower and jump. form throughout.



These three ladies came back to watch others jump after they completed their turn on the mock tower. At least one of these ladies worked at the school.

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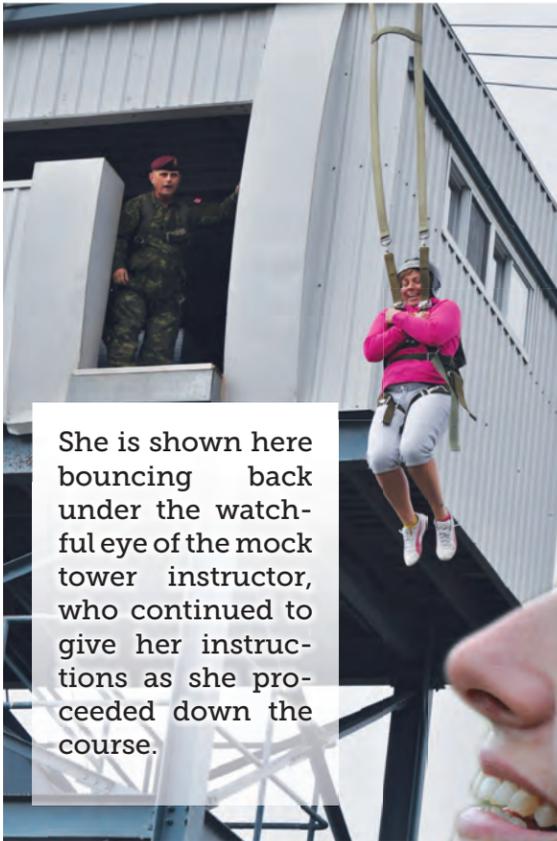
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Mock and Rappel towers popular attractions at GCWCC fundraiser

Photos by Ross Lees



She is shown here bouncing back under the watchful eye of the mock tower instructor, who continued to give her instructions as she proceeded down the course.

Continued from page 8

Another jumper said the first mostly relaxed. The same could not be said for Vanessa and Amy, although both went more than once and were more relaxed the second time.

"It's scary...but fun!" noted Amy after the first jump from the mock tower.

Another jumper said the first step was the hard part of exiting the mock tower.

"It's good! The worst part is stepping out of the tower, but the rest is fun," she said.

Another lady described it in completely different terms after her jump.

"It's like you're going to commit suicide by jumping, but it's fun," she laughed.

At least a couple of the women who work at the CAAWC school came out to try the tower to see what all the fuss was about. They made the jump, but not without some screaming.

Two-and-a-half-year-old Dallas Mio begged his mother Sheena Lanan to let him jump out of the mock tower, but he was just too small. He was however, taken up the tower and given a good look out by one of the military members manning the tower.

"It was a great success," said MWO Lodder following the event.

Participants could also buy hot dogs and hamburgers to further help the United Way cause and they could even buy T-shirts to commemorate their bravery on the towers.

Shelby Hodder of Trenton enjoys the show as her two friends get their first experience of jumping out of the mock tower.

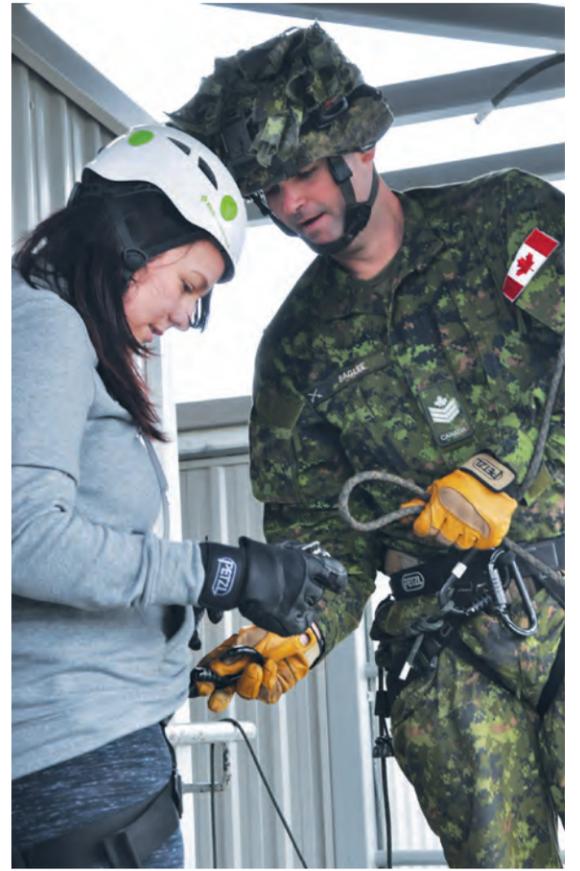


(above) John Smylie of Smylie's Your Independent Grocer brought members of his store to the event to give them the experience of a lifetime.

(right) Amy Coonie of Belleville smiles after her first jump from the mock tower.



These jumpers get a look at their technique after the jump.



Amy Coonie of Belleville gets hooked up and some instructions prior to descending the rappel tower.

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Theatre Activation Team departs from 8 Wing Trenton

Continued from page 1

The TAT comprises approximately 117 Canadian Armed Forces members from across the country and is responsible for initiating preparations for the units that will deploy in Operation Impact.

The team that left Thursday will help with infrastructure and logistics before the arrival of nearly 600 Canadian troops headed there as part of the mission. Canadian troops will join U.S. and British forces in the country that borders southern Iraq.

Canada will also be sending six CF-18 fighter jets, two surveillance aircraft, and one air refuelling plane once the infrastructure is in place.

As the team members prepared to leave CFB Trenton, members of the leadership team from CFB Trenton mingled with the troops, including Wing Commander Col. David Lowthian, Wing Logistics and Engineering Officer Lt.-Col. Dany Breton and 429 (Transport) Squadron Commander Lt.-Col. Jean Maisonneuve, all of whom have deployed to the Middle East in the past.

“To departing personnel, I underscore to them the importance of keeping “tabs” on the demands of the mission upon their physical and mental wellbeing, highlighting that asking for help is a sign of strength,” said Lt.-Col. Breton.

“In the picture, I thanked the family for supporting their husband/father on this important mission and encouraged the family to take full advantage of the services offered by the Military Family Resource Centre (MFRC) and 8 Wing Deployment Centre to help them through the next six months.”

Lt.-Col. Maisonneuve found out if they had deployed before.

“I ask them if they have deployed before. If they have not, I tell them that they are going to be part of an exciting Op and that they should find it very rewarding. It will entail long work days. The opportunity is there’s to make a difference. I wish them all the best and encourage them to be the person who makes a difference,” he told the Contact.

“If they have deployed before, I tell them that this mission will be different than previous ones and they will need to be flexible. They will also have the opportunity to make a difference and I wish them a good deployment.”



Wing Logistics and Engineering Officer, Lt.- Col. Dany Breton, spoke to the family of a departing military member at 8 Wing/CFB Trenton last week.



(left) This CKWS television reporter gets some footage prior to the takeoff of the Theatre Activation Team last week.



Media personnel kept Public Affairs Officer, Capt. Julie Brunet, second from right, busy prior to the departure of the Theatre Activation Team on Oct. 16 at 8 Wing/CFB Trenton.



Photos by Ross Lees

8 Wing Commander, Col. David Lowthian, and 8 Wing Chief Warrant Officer, Darcy Elder, wish departing theatre activation team members a safe journey as they board an aircraft preparing for departure from CFB Trenton under gloomy skies.



While departing theatre activation team members complete final departure proceedings, equipment is loaded onto the CC-150 Polaris aircraft in the early morning hours of Oct. 16.

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Fall Into \$\$ Saving Tips!

Financial Advice You Can't Afford to Miss! Daran 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 », « 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.

- 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.**

Shop till you Drop at The Toronto Premium Outlets!

The Trenton MFRC Christmas Shopping Bus Trip takes place Saturday, Nov. 15. Stay tuned for more details!

L'appel des boutiques au Toronto Premium Outlets!

Le voyage de magasinage de Noël avec le CRFM de Trenton le samedi 15 novembre. Plus de détails à suivre.

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

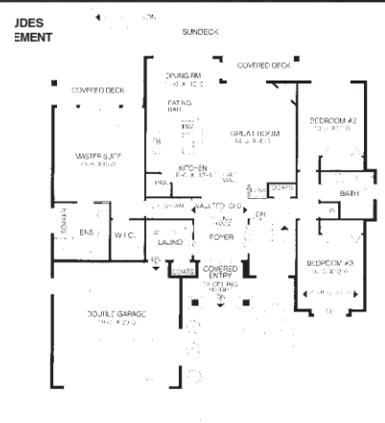
Adulte, admission journalière: 43,00\$ (54,23\$ à la porte). Junior et sénior, admission journalière: 39,00\$ (41,80\$ à la porte). Payez une fois, allez-y deux fois pour 57,00\$.

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.

Continued on page 12

Home of the Week
Your Building Renovation Experts



Among the many striking attributes of this three-bedroom family home is a dramatic entry, a 13-foot-high porch flanked by wooden pilasters set on river-rock bases, that leads into an open-plan great-room/dining-room/kitchen with a vaulted ceiling.

The great room features a gas fireplace set at an angle into one corner so that it will also warm the dining room and kitchen area, making this a popular spot for family gatherings during the cooler months. A half-wall surrounds a handy desk that is located near the coat cupboard.

beyond the great room window – reached via the dining room – will provide the ideal spot for al fresco meals. Part of the sundeck is covered, offering the possibility of year-round grilling.

The kitchen is separated from the great room by a four-seat eating bar and work island. Set into the work island, the kitchen sink's placement will allow the cook to participate in activities in the great room. A capacious walk-in pantry is located in one corner. The L-shaped counter configuration will save steps during meal preparation.

The master suite, with a wall of windows overlooking the

deck and beyond to the back garden, will be flooded with natural light. A roomy ensuite includes double basins with generous counter space and a separate shower stall, as well as a soaker tub located by a window overlooking the side garden. A roomy walk-in closet completes the suite's amenities.

The second bedroom, overlooking the back garden, is separated from the third bedroom by a three-piece bathroom. The third bedroom features a partly vaulted ceiling and an extra-wide window sill.

To the right of the foyer is an L-shaped staircase that leads

to the unfinished basement included in the plans. To the left of the foyer is the laundry room, which – with access to the double garage and a coat closet – will double as a mud room. Ceilings throughout are 9 feet high, except where noted.

Exterior finishes include horizontal and vertical siding, stone accents, decorative bracing in the gables, mullioned windows and tall wooden pilasters with stone bases. Barn-style garage doors lend an air of country class to the home, which measures 48 feet wide and 54 feet deep, for a total of 1540 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. 24-25 – CAAWC Buy a Rock for United Way

As part of the United Way campaign, the Canadian Army Advanced Warfare Centre (CAAWC) will collect rocks (stones, pebbles, bricks) from anyone who is willing to pay by weight to support United Way. Volunteers will hike these rocks up the highest point in Ontario, Ishpatina Ridge, and start a cairn in order to make the highest point in Ontario a little higher. People can buy rocks of any size, but with a maximum weight of 25 kg. The price is \$1 per 100 g or \$10 per kg. They can paint them, write a message, or personalize them in any way as long as it is environmentally responsible. Each hiker assembles rocks, and funds, to a maximum of 25 kg (\$250). For further information and to support the base Government of Canada Workshop Charitable Campaign (GCWCC) campaign, contact Maj. Kris Callaert at local 7583 or at kris.callaerts@forces.gc.ca

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.

Nov. 5, 12, Dec. 3, 10 - Career Transition Workshops - 9 a.m. to 12 noon

Considering transition to a new job? Preparing a resume and ready for an interview? Career Transition Workshops can help. Modules: Self Assessment, Resume Writing, Job Search, Interview Techniques. Designed to assist CAF personnel planning to release for civilian employment. Space is limited to 10 seats per module; reservations may be made by contacting the WPSO office either by email to +WPSO@forces.gc.ca; or by calling 613-392-2811 extension 7638. Appropriate civilian attire.

ATELIER SUR LA RÉORIENTATION PROFESSIONNELLE 5, 12 nov., 3, 10 déc. 2014 SALLE DE CLASSE TRCIO, 58 ave Polaris, salle 117 0900-1200 heures

Vous envisagez un nouvel emploi? Vous devez rédiger un résumé et vous préparer pour une entrevue? L'atelier de réorientation professionnelle peu vous y aider. Modules : techniques d'auto-évaluation, de rédaction de résumé, de recherche d'emploi, d'entrevue. Conçus pour aider le personnel des FC à planifier leur transition à un emploi civil. Les places sont limitées à 10 par module; les réservations peuvent être faites auprès du bureau de l'O SP Ere par courriel à l'adresse +WPSO@forces.gc.ca; ou par téléphone au numéro 613-392-2811, poste 7638. Tenue civile appropriée.

Nov. 12 – 8 Wing Officers' Mess Ladies Club Hors d'oeuvres, Mini-auction Game Night

The 8 Wing Officers' Mess Ladies Club is hosting an appetizer/hors d'oeuvres tasting and mini-auction game evening on Nov. 12 at 6:30 p.m. at the Mess. Admission for members and members' invited guests is your favourite appetizer or hors d'oeuvres and the recipe for it or \$15. For more information, contact chambersj@live.ca

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 RecPlex gym, 21 Namao Drive. All regular and new blood donors are encouraged to come out and help replenish vastly depleted blood supplies.

Continued from page 11



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.

I know someone... who feels helpless - Recognize Family Violence

Without partner consent, constantly controlling access to money or restricting information related to family finances is a form of abuse. For more information please contact:

- Mental Health Team Lead 613-392-2811 ext.3615
- Trenton MFRC 613-392-2811 ext.5541
- On duty Padre 613-392-2811 (ask for the duty padre)
- Visit: womenmfrc.ca

Je connais quelqu'un... qui se sent démuné - Reconnaître la violence familiale

Contrôler l'accès à l'argent ou limiter l'accès à l'information financière familiale, sans le consentement du partenaire, représente une forme d'abus. Pour de plus amples informations contactez :

- Chef d'équipe en santé mentale 613-392-2811 poste3615
- CRFM de Trenton 613-392-2811 poste 5541
- Aumônier en devoir 613-392-2811 (et de mander l'aumônier en devoir)
- Visitez cette adresse : womenmfrc.ca

Groupe mensuel de pleine conscience

« Pleine conscience signifie: Porter intentionnellement attention aux expériences internes (sensations, émotions, pensées, états d'esprit) ou externes du moment présent, sans porter de jugement de valeur. (Kabat-Zinn, 1990). Offert à ceux (communauté militaire et grand public) qui sont intéressés à développer leur pleine conscience pour réduire le stress et l'anxiété, accroître la sensibilisation aux pensées, aux émotions et aux comportements, pour aider à faire face aux situations difficiles.

Le dernier mercredi du mois de midi à 13h00 ou de 13h00 à 14h00 (le 29 octobre et le 26 novembre). Veuillez-vous inscrire au moins une semaine avant l'atelier auquel vous désirez assister. Pour information ou pour vous inscrire: Ashlee Allen CRFM de

Trenton 613-392-2811 poste 5541 ou aallen3@cogeco.net

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. Last Wednesday of the month from 12 p.m. to 1 p.m. or 1 p.m. to 2 p.m. (Oct. 29, Nov. 26). Please register at least one week prior to workshop with 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 aged five 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 p.m. on Monday at 613-392-2811 ext. 4527.

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. Les thèmes pour septembre seront: Le 10 septembre- “J'apprends à mieux te connaître. Le 17 septembre - Ma famille militaire. Le 24 septembre - Soirée souper et film.(en partenariat avec le groupe de soutien au déploiement).

Positive Parenting Program (TripleP)

Small Changes, Big Differences! Facilitates the application of the Triple Parenting skills within the framework of the military lifestyle. Starting Nov. 8 from 9 a.m. to 2 p.m. and it's free. To register or for information 613-968-1444.



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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 6:40 p.m. to 7:40 p.m. at the South Side Gym.

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.

Kookin with Kidz - Tuesdays from Sept. 30 to Dec. 2 for six to eight years of age from 5:15 p.m. to 6:15 p.m.; nine to 12 years of age from 6:15 p.m. to 7:15 p.m.

2014 Inter-section Golf League competition ends



The Wing Commander's representative, Maj. Mike Stoddard, presented the inter-section Golf League Award to the WTISS # 1 team. The WTISS # 1 team was composed of the following golfers in the photo from left to right: Capt. Mike Stark, W Comd's representative Maj. Mike Stoddard, Cpl. Kutis Rashotte and MWO. Mike Moore. Missing from the photo are MCpl. Josh Finnan and the rest of the team MCpl. Brad Hogan, Cpl. Richard Mackinnon, MWO. Brent Boutilier, WO. Dave Cameron, Capt. Bruce Lin, WO. William Young, Pte. Lévesque-Gingras, Cpl. Donald Normore, Cpl. Robert Regier, Cpl. Guy Levesque, Cpl. Sean Brathwaite, Cpl. Brett Farrell, and Cpl. Josh Finnan. Second place went to the CFAWC team. The year-end tournament winner was 424 Sqn # 1 with a total stroke of 64 with 436 Sqn with a 65. The league was highly competitive as indicated by the stats.

A Div						B Div					
Teams	Wins	Ties	Loss	Points	Place	Teams	Wins	Ties	Loss	Points	Place
RTF	12	0	2	38	1st	WHQ	11	1	0	35	1st
424 Sqn	9	1	4	33	2nd	CJIRU # 2	10	0	2	32	2nd
437 Sqn	8	2	4	32	3rd	CFAWC	9	0	3	30	3rd
WSS	8	1	5	31	4th	436 Sqn	8	1	3	29	4th
WTISS # 1	7	1	6	29	5th	WTISS # 2	7	0	6	27	5th
426 SQN	7	1	6	29	6th	2 AMS	7	0	5	26	6th
ATC	7	1	6	29	7th	RCSU	5	0	7	22	7th
CF AE Flt	7	1	6	29	8th	WFoods	4	1	7	21	8th
WOPS	6	3	5	29	9th	CCISF	4	0	8	20	9th
CJIRU # 1	6	2	6	28	10th	8 AMS # 2	4	0	6	18	10th
SSU	2	4	8	22	11th	WCE	3	0	7	16	11th
429 Sqn	2	4	7	21	12th	24 CF H Svcs	2	1	7	15	12th
CCAWC	2	4	7	21	13th	8 ACCS	0	0	5	5	13th
8 AMS # 1	2	2	10	20	14th						

Wins 3 Points Ties 2 Points Loss 1 Points

Noon-hour Hockey League starts play



The Noon Hour Hockey League dropped the puck on a new season with five teams fighting for top honours in the league. The NHL had their opening game on Oct. 6 with the Wing Administration Officer, Lt.-Col. Elizabeth Cameron, dropping the ceremonial puck and taking the face off for the Habs was Mr. Adri Boodoosingh against Capt. RJ Ellis for the Leafs. The Fitness and Sports Flight would like to take this opportunity to thank the executive Committee President MCpl. Andrew Roberts, and Vice President Mr. Dave Quinsey, for volunteering their time. Good luck, have fun and play fair!

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Unit Chaplains/Aumôniers des unités:
 Capt (Rabbi/Rabbin) Bryan Bowley
 Capt (the Rev./Rév.) Eric Davis
 Capt (Padre) Eric Doiron
 Capt (the Rev./Rév.) Gerson Flor
 Capt (the Rev./Rév.) Blair Ross
 Capt (the Rev./Rév.) Daniel Walton

Civilian Officiant/Désservant civil: Gillian Federico

Safety



Carbon Monoxide can be dangerous – protect yourself and your family with a CO detector

The following excerpt is From *About Your House — General Series Canada Mortgage and Housing Corporation*

http://www.cmhc-schl.gc.ca/en/co/maho/yohoyohe/inaiqu/inaiqu_002.cfm

The presence of carbon monoxide (CO) in our homes is dangerous. So, how can you protect your family from carbon monoxide? How do you choose the right CO detector for your home? The first step is to make sure that carbon monoxide never enters your home. The second step is to install at least one CO detector in your home.

This About Your House answers often-asked questions about carbon monoxide to help you make the right decision to make your home safe.

What Is Carbon Monoxide?

Carbon monoxide (CO) is a colourless and odourless gas. Because you can't see, taste or smell it, it can affect you or your family before you even know it's there. Even at low levels of exposure, carbon monoxide can cause serious health problems. CO is harmful because it will rapidly

accumulate in the blood, depleting the ability of blood to carry oxygen.

Where Does Carbon Monoxide Come From?

Carbon monoxide is a common by-product of the combustion (burning) of fossil fuels. Most fuel-burning equipment (natural gas, propane and oil), if properly installed and maintained, produces little CO. The by-products of combustion are usually safely vented to the outside. However, if anything disrupts the venting process (such as a bird's nest in the chimney) or results in a shortage of oxygen to the burner, CO production can quickly rise to dangerous levels.

The burning of wood, kerosene, coal and charcoal produce CO. Gasoline engines produce CO. CO production is at a maximum during the startup of a cold engine. Starting, then idling, your car or gas mower in the garage can be dangerous. The fumes that contain CO can enter a home through connecting walls or doorways and can quickly rise to dangerous levels.

How Can I Eliminate Sources of CO in My Home?

The most important step you can take to eliminate the possibility of CO poisoning is to ensure that CO never has an opportunity to enter your home. This is your first line of defence.

Have a qualified technician inspect and clean fuel-burning appliances yearly, before the cold weather sets in, to ensure they are in good working order.

Have a qualified technician inspect chimneys and vents yearly for cracks, blockages (e.g., bird's nests, twigs, old mortar), corrosion or holes.

Check fireplaces for closed or blocked flues.

Check with a qualified technician before enclosing heating and hot water equipment in a smaller room, to ensure there is adequate air for proper combustion.

If you have a powerful kitchen exhaust fan or downdraft cooktop, have a qualified technician check that its operation does not pull fumes back down the chimney.

Never use propane or natural gas stove tops or ovens to heat

your home.

Never start a vehicle in a closed garage; open the garage doors first. Pull the car out immediately onto the driveway, then close the garage door to prevent exhaust fumes from being drawn into the house.

Do not use a remote automobile starter when the car is in the garage; even if the garage doors are open.

Never operate propane, natural gas or charcoal barbecue grills indoors or in an attached garage.

Avoid the use of a kerosene space heater indoors or in a garage. If its use is unavoidable provide combustion air by opening a window while operating. Refuel outside after the unit has cooled.

Never run a lawnmower, snowblower, or any gasoline-powered tool such as a whipper-snipper or pressure washer inside a garage or house.

The use of fossil fuels for refrigeration, cooking, heat, and light inside tents, trailers, and motorhomes can be very dangerous. Be sure that all equipment is properly vented to the outside

and use electric or battery-powered equipment where possible.

Regularly clean the clothes dryer ductwork and outside vent cover for blockages such as lint, snow, or overgrown outdoor plants.

Reduce or eliminate the use of fondue heaters indoors.

If you live close to a road with heavy traffic, outdoor carbon monoxide levels can affect your indoor air quality, especially during rush hour. Such levels should not set off a CO alarm, but slightly elevated CO levels might be observable on some types of CO detectors with a digital display.

Carbon monoxide detectors: Is one really necessary?

If you take the actions above, you greatly reduce your risk of CO poisoning. But unanticipated dangerous incidents may still occur despite your best efforts to avoid CO. The installation of at least one CO detector in your home is a good safety precaution and in some municipalities it is the law. A detector might be your second line of defence, but it is necessary. You should have one in your home today.

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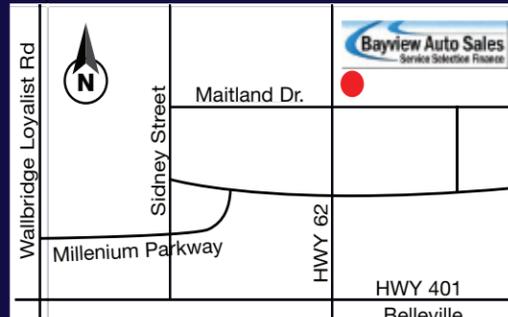
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