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>> Popular Family Day the result of changes at MFRC

Community liaison, special events coordinator Andrea Turner did a stellar job in her first event in her new position

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>> 424 Sqn. Holds action-packed Family Day

Baker Island bustles with bouncy castles, rock wall, Griffon and Hercules flights, Jungle Cat World, unlimited cotton candy

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>> Joint Arctic Experiment takes place at CFS Alert

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8 Wing/CFB Trenton tees off GCWCC campaign

This year's United Way of Quinte goal exceeds \$2 million by \$90,000

The United Way of Quinte has a 2014 campaign goal of just over \$2 million this year and they are relying on the Government of Canada Workplace Charitable Campaign (GCWCC), through 8 Wing/CFB Trenton, to help them achieve that lofty goal.

8 Wing/CFB Trenton drove off the tee Thursday morning (Sept. 11) as they started their campaign with the traditional 15th Annual Wing

Commander's Invitational Golf Tournament.

As he prepared to tee off at the tournament, 8 Wing/CFB Trenton Wing Commander, Colonel David Lowthian, noted a vast improvement in the weather from last year.

"We had the wind, too, last year, but we also had the rain and the cold, so a two-out-three improvement is not bad," he said.

He welcomed the 126 golfers to the

kick-off the tournament and said he was excited to see the GCWCC campaign begin.

"There are always some great things happening during the campaign, and I'm looking forward to it."

United Way of Quinte executive director Judi Gilbert also was looking forward to the CFB Trenton campaign, led this year by co-chairs

Continued on page 9

Wing Chief Warrant Officer Darcy Elder makes sure the ball is in good shape before Col. Lowthian tees off at the 15th Annual Wing Commander's Invitation Golf Tournament Thursday morning. Photo by Ross Lees

The Grapes of Wrath Extreme Survival Race supports three local charities

By Ross Lees

The Grapes of Wrath Extreme Survival Race may be the perfect type of event for Prince Edward County (PEC) and a vineyard owned by an Honorary Colonel at 8 Wing/CFB Trenton.

Set for Sept. 13 at Hillier Creek Estates vineyard (46 Stapleton Rd. off Hwy. 33, Hillier) owned by Kemp Stewart, Honorary Colonel of 429 Transport Squadron, the Grapes of Wrath goal is to provide PEC with a new and exciting yet challenging event which promotes health, wellness and physical activity in a casual and fun atmosphere, all in the name of a

good cause. Funds raised at the event will go to support the Canadian Cancer Society, Trenton Memorial Hospital Foundation and the Prince Edward County Memorial Hospital Foundation.

Don't, however, get the impression this 5 km run is just your average charity run! This mud run demands endurance to trek through hills and valleys and splash through winding streams, courage to overcome uncompromising obstacles and a complete lack of shame to sludge through dirt and mud all in the name of a good cause.

Designed by ex-military professionals and hard-core runners,

the race challenges and tests your resilience, strength, stamina, camaraderie, mental toughness and your ability to have fun in the face of hardship and what feels like insurmountable obstacles. Participants can run solo or as part of a team. Teams and individual participants raise funds for the event. At the end of last week, 65 teams and almost 400 people were registered.

An any-weather-goes event, the Grapes of Wrath is described as a perfect complement to PEC.

"It is a roller coaster ride of fun, excitement, camaraderie and physical and mental toughness

Lt.-Col. Jean Maisonneuve is pictured here, in a Contact file photo, saluting as he took command of 429 (Trans-

Continued on page 10



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Popular Family Day the result of changes at MFRC

Photos by Ross Lees

By Ross Lees

The Military Family Resource Centre (MFRC) Family Day just keeps getting more and more popular.

This year 1,600 passports were distributed, an increase of about 175 from last year's similarly popular event, according to Interim Executive Director Tamara Kleinschmidt.

"It went amazingly well," she said, adding that the beautiful, sunny day was exactly right for the occasion. "Having CANEX



Fun was the element of the day at the Military Family Resource Centre Family Day on Sept. 7 and this bouncy game supplied plenty of that.

youth program coordination.

The local MFRC is garnering a lot of information from the focus group activities they recently carried out and they are hearing some surprising results, according to Mrs. Kleinschmidt.

"Out of that information, we found out that the community doesn't know enough about us, what we do and how we do it," she stated.

She said people often *Continued on page 14*

Fun was the element of the day at the Military Family Resource Centre Family Day on Sept. 7 and this bouncy game supplied plenty of that.

as the main sponsor was key to how successful it was. It gave us the chance to put our energy into the actual event rather than trying to run down sponsors."

There were also several other reasons the event went so well this year, she said. First and foremost was the day benefited from some internal changes taking place at the MFRC, Mrs. Kleinschmidt indicated. The MFRC has established a community liaison, special events coordinator, appointing Andrea Turner to that position.

"She's doing just an amazing job and she has been working with us for a long time, but she just started in her new role," Mrs. Kleinschmidt said. "She definitely has a knack for making sure things run well and I think we saw that on Family Day. It was her first event in her new position, but she definitely did a good job! We're really pleased with that."

Another aspect of the MFRC programming is to re-establish



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424 Sqn. holds action-packed Family Day

*Photos by
Cpl. Dan Strohan, 8 Wing Imaging*



Children got to see what their fathers and mothers do at 424 Sqn. during the Family Day event.



This young fellow gets to feed one of the animals under the careful tutelage of zookeeper Carl Torlith from Jungle Cat World in Orono.



Carl Torlith, a zoo keeper at Jungle Cat World in Orono was popular along with the many animals they presented to the children throughout the day at the 424 Sqn. Family Day on Sunday.



424 Search and Rescue Squadron held a family day for its members on Baker Island Sept. 6. This young fellow prepares to enjoy a familiarity flight.

By Capt. Dan Desjardins

The sun was fighting hard to pierce through a shroud of gloomy grey clouds last Saturday morning. Sept. 6 had long been set as the date for 424 Squadron's Family Day, and everyone had their fingers crossed for a sunny day.

"Quite a bit of planning went into this day," said Cpl. Byron Cowie, the chief organizer of that day's event. "We packed as much action onto Baker Island as possible".

He wasn't kidding, as the place was bustling with activity; bouncy castles, rock wall, Griffon and Hercules flights, Jungle Cat World, and of course unlimited cotton candy. It turned out to be a truly fantastic day.

The "Tigers" stand guard for Canadians 365 days a year; always restlessly poised to engage in search and rescue missions at a moment's notice. Family Day, however, is dedicated to the squadron members' families, as it is they who stay behind and stand vigil on the home front. It is in large part thanks to them that each and every 424 member can perform their duties diligently and professionally.

Thus, the extended "424 family" gathered on Baker Island last Saturday to enjoy a day of fun. A military police cruiser and a fire truck from 8 Wing's Fire Hall put on a cool display, far from static. The lights and siren show could be seen and heard from the road leading to Baker Island, akin to a beacon drawing everyone to the action. Children and parents alike were running around wearing their international orange SAR Tech-for-a-day T-shirts, which were generously provided by Padre Davis.

The zip-lines, set up by the SAR techs, gave the youngsters a modest adrenaline rush

A petting zoo and animals from Jungle Cat World in Orono were popular with the 424 Sqn. families at their annual Family Day Sept. 6.





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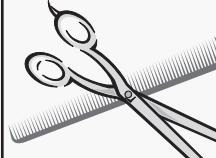
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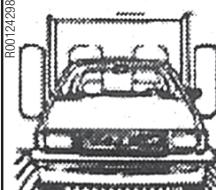


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CANEX celebrates 46th birthday

By Ross Lees

8 Wing Commander, Colonel household here in Trenton, this David Lowthian, helped the is normally their first stop, also," CANEX celebrate their 46th he stated. "This is a top-notch, birthday at 8 Wing/CFB Trenton high quality facility and the staff Wednesday morning by presid-

ing at a cake-cutting ceremony. He recalled at the age of eight

Col. Lowthian noted during a purchasing his first GI Joe at brief speech that CANEX served the Uplands CANEX. He took as a valuable service to the 8 this occasion to purchase a new Wing/CFB Trenton community. Air Force leather jacket with his

"Thank you for the service name tag.

and commitment here at 8 Wing Those wishing to purchase in supporting not just our mem- name tags for the leather jackets bers, but any transient folks can do so by going to this web- when they're in a bind, whether site and select Canadian Wings: it's black socks or toiletry items, <https://www.nametags4u.com/> or a family setting up a new flightsuit-nametags/



8 Wing Commander, Col. David Lowthian, cuts the cake honouring the 46th birthday of the CANEX with Trenton SuperMart Manager Andy Moreau looking on flanked by Wing Chief Warrant Officer Darcy Elder, Wing Administration Officer Lt.-Col. Elizabeth Cameron, and Wing Admin Branch CWO Jean Lafond.

(Left) Col. Lowthian purchases his new leather jacket from Trenton SuperMart Manager Andy Moreau.

(Right) The Trenton SuperMart 46th birthday cake.

Photos by Ross Lees



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Nutrition labelling is mandatory on most packaged foods in Canada. The Nutrition Facts table tells you how much of the food is a serving, the calories in that serving, and the amount of key nutrients such as fat, sodium, fibre and sugar, as well as vitamins and minerals that are in

a serving of that food. The table also gives you the percentage Daily Value (%DV) for each of the nutrients which tells you if a food has a little or a lot of a nutrient.; 5% DV or less is a little and 15% DV or more is a lot for any nutrient.

Restaurants

Most chain restaurants now have websites where you can find the nutrient and calorie content of their menu items. You can also ask the manager or server in restaurants and coffee shops as they will often have an analysis of the menu items on hand. A few places even post the nutri-



ent content of their menu items for their customers.

EATracker

EATracker.ca from Dietitians of Canada lets you track your daily food and activity choices and check your progress over time. It provides feedback on your total intake of calories and nutrients and compares this to what is recommended for your age, gender, and activity level. It also calculates your body mass index (BMI) and gives information to help you achieve and maintain a healthy weight.

Eatwise

Eatwise.ca from Dietitians of Canada lets you look up some common foods and view the nutrients they contain in a Nutrition Facts table. Search for food items with and without food labels, such as an apple, pork chops, or a specific brand of cereal. The easy-to-use online tool will help you with your everyday food decisions.

Recipe Analyzer

To find out the calorie and nutrient

content of your favourite family recipe, visit Recipe Analyzer from Dietitians of Canada at www.eatracker.ca. Simply enter the ingredients of your recipe and the analyzer will provide a nutrient profile for one serving of your recipe, the number of Food Guide servings in one serving, and tips for making healthy ingredient substitutions.

Nutrient Values of Some Common Foods

Nutrient Value of Some Common Foods, published by Health Canada, lists nutrients such as calories, protein, fat, vitamins, minerals and more for all major foods. You can order your own copy or it's also available free online at www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php.

To learn more about reading the Nutrition Facts table, register for the Weight Wellness Lifestyle Program; Sept. 25 to Nov. 13. Call x3768 to register or for more information.

Health Promotion Fall 2014 Course Calendar

Mental Fitness and Suicide Awareness Supervisor Training (MFSA ST)
Date: Sept. 24
Timings: 8:30 a.m. to 4 p.m.

Weight Wellness Lifestyle Program (WWLP) - Evenings
Dates: Every Thurs for eight weeks starting Sept. 25 to Nov. 13.
Timings: 6:30 p.m. to 8:30 p.m.

Stress: Take Charge! (STC)
Date: Sept. 30
Timings: 8:30 a.m. to 4 p.m.

Alcohol, Other Drugs & Gambling Awareness: Supervisor Training (AODG ST)
Date: Oct. 2-3 and Nov. 20-21.
Timings: 8:30 a.m. to 4 p.m. for day one and 8:30 a.m. to 12 noon on day two.

Air Force 101 Healthy Lifestyles (AF101)
Dates: Oct. 7
Timings: 8:30 a.m. to 4 p.m.

Managing Angry Moments (MAM)
Date: Oct. 22
Timings: 8:30 a.m. to 4 p.m.

Top Fuel for Top Performance (TFTP)
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24 CF Health Services Team designs course and builds Grapes of Wrath obstacles



By Ross Lees

When it comes to health services and supporting charities like the Canadian Cancer Society, Trenton Memorial Hospital Foundation and the Prince Edward County Memorial Hospital Foundation, garnering support just seems to come naturally.

That's what happened when the two local hospital foundations decided to copy a very successful Canadian Cancer Society fundraising initiative used in other parts of the province as a major fundraiser in 2014.

The common link to both hospitals was Amber Stewart, wife of Hillier Creek Estates Winery owner Kemp Stewart, who worked at both hospitals. When the idea was first floated mid-winter, it was suggested that the two hospitals collaborate with the Cancer Society in organizing this event and, since her husband owned a winery about half way between the two hospitals, it was suggested the event could possibly be held there.

Mr. Stewart, the Honorary Colonel of 429 Squadron at 8 Wing/CFB Trenton, agreed to host the event but made it clear from the beginning it was a much bigger project than he or his staff could handle.

"I made it clear from the beginning that I couldn't possibly take the event on by myself," he told the Contact.

A member of the Trenton Memorial Hospital Foundation board was Major Gord Peckham, of 24 CF Health Services at CFB Trenton, and he and his team eventually shouldered the responsibility of designing the course and building the obstacles.

24 CF Health Services members MCpl. Natalie Forcier, Cpls. Mike Toms, Brittany Des Barres, Tyler Lawrence and David Gregory pitched in and completed the design and building of the obstacles over a period of three months, working periodically as time allowed.

Materials for the project were sourced through Gerald Draaijstra of Vanderlaan Building Centre in Brighton, who reached out to area stores and contractors.

"Wendy Warner, the Executive Director of Trenton Memorial Hospital Foundation, was over the moon, extremely happy about the course design and construction," Maj. Peckham noted.

On top of the work designing and constructing the course, 24 CF Health Services is also entering a nine-member team of both military and civilian personnel into the competition. The team is called "Stop Your Whining." They will be joined by a team from 429 Squadron called the 429 Bisons.

Maj. Peckham is pleased with the course, calling it fair but challenging.

"It represents a good physical challenge but, more importantly, a good team building and morale building course and experience," he said. "Overall, we're

happy to support the charity directly related to our mission on the base and in the community."

According to Maj. Peckham, the event has already "exceeded expectations," so there is a great deal of anticipation of the final fundraising announcement for the first-time event locally.

While promising to be challenging, the course also gives every indication it will be fun – for the spectators if not the competitors. Spectators are advised to watch responses at the final obstacle – the Artic Enema.

Continued on page 10

Woody Cassell, Hillier Creek Estates Winery Manager and Kemp Stewart, owner, posed for this photo along the route of the obstacle course prior to the event.

Photo by Ross Lees

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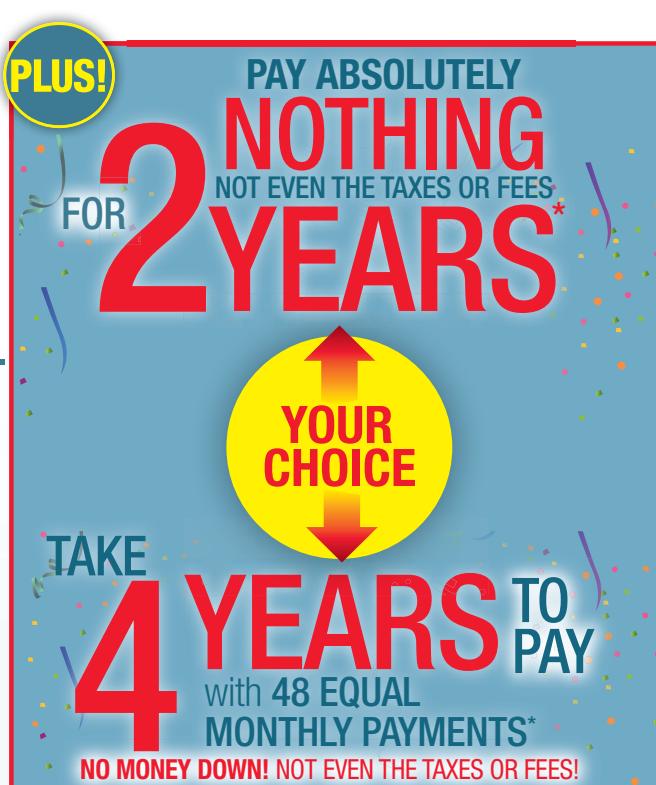


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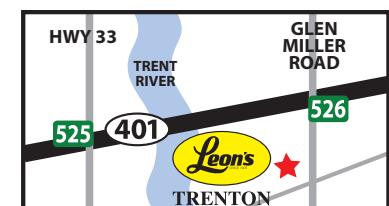
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8 Wing/CFB Trenton tees off GCWCC campaign

Continued from page 1

Maj. Christopher Hepburn and Chief Warrant Officer Susan Stark.

She thanked everyone on the base for their involvement and support of the United Way of Quinte through the GCWCC campaign.

"Last year CFB (Trenton) raised \$145,000 during their campaign and we truly appreciate that support from all of you," she said. "A lot of our money for the campaign each year comes from organizations like you. I want to thank you for your continued support and we truly



(above) United Way of Quinte executive director, Judi Gilbert, thanked all of the military personnel for becoming involved in the United Way of Quinte campaign while 8 Wing/CFB Trenton Wing Commander, Col. David Lowthian, looked on. Photos by Ross Lees

(left) Col. Lowthian shows good form as he launches the first ball and kicks off the base Government of Canada Workplace Charitable Campaign (GCWCC) at 8 Wing/CFB Trenton Sept. 11.

value the support from CFB (Trenton)."

This year's campaign chairman is Martin DeRome, the Proctor and Gamble plant manager.

United Way funds are divided up between 42 local health and social service not-for-profit agencies, helping to fund more than 70 programs. The United Way directs 83.5 cents of every dollar raised to its member agencies, according to Mrs. Gilbert.

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Country living close to town, this 3 bed, 1 bath, 12 yr old 1400 sq ft bungalow has a large open concept eat in kitchen/dining area, great for entertaining. Relax on your large covered porch out front. Come see what this property has to offer.
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MLS#QR21404430 - \$289,000

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The Grapes of Wrath Extreme Survival Race supports three local charities

Continued from page 1

that is anything but ordinary," the event profile stipulates. "Supporting this exciting and inspiring event strengthens a strong community of people striving to improve cancer care."

Fighting cancer, however, is also a suitable challenge for Canada's military, and this event is just the kind of challenge the military likes as it supports its surrounding communities. When you delve into this event a little bit, you find a lot of military connection and involvement, above and beyond the fact that Hon. Col. Stewart's Hillier Creek Estates Winery is hosting it.

Top individual fundraiser for the event, at the end of last week, was Lt.-Col. Jean Maison-

neuve, Commanding Officer of 429 Squadron at 8 Wing/CFB Trenton. Unfortunately, Lt.-Col. cancer in 2007. Because of cancer, Maisonneuve will not be able to participate in the race as he was deployed for three months

This is why I am raising money to his face book page.

"For those who have donated, the money will go towards the team goals of the 429 Squadron improving cancer treatments, Bisons, my military Squadron that is currently conducting simultaneous operations in Iraq and our North. I understand your disappointment. Let me know if you are no longer happy with your generous donation to the cancer cause.

"Although I am cancer free, my wife, mother, mother in-law, sisters' in-law and brother in-law have all battled a form of cancer.

lives; provide reliable and up-to-date information on cancer, risk reduction and treatment; offer vital community-based support services for people living with cancer and their families; and advocate for healthy public policies."

Just one member of the military and 429 Squadron, Lt.-Col. Maisonneuve had many reasons to become involved in this

worthwhile event. His squadron immediately lined up behind him and the Bisons also have a team entered in the race, captained by Cpl. Melissa Webb.

"Participating in the Grapes of Wrath allows our squadron to become a better team while giving back to a community that has been there for us," Lt.-Col. Maisonneuve told *the Contact* from his place of deployment.

Military involvement heavy in Cancer society and two local hospitals fundraising event

Continued from page 7



Most of the members of the 429 Bisons posed for this picture in front of a CC-117 Globemaster.
Photo by Ross Lees



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Some members of the 24 CF Health Services team "Quit Your Whining" fly their colours in this picture as they prepared for the competition.
Photo by Ross Lees



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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 senior, admission journalière: 39,00\$ (41,80\$ à la porte). Payez une fois, allez-y deux fois pour 57,00\$.

Dance with France

Date: Wednesdays from Sept. 17 to Dec. 10, 10 week session. Beginners: rumba and cha-cha from 6 p.m. to 7:15 p.m. Cost is \$112.50 per couple. Intermediate: salsa and waltz from 7:30 p.m. to 9 p.m. Cost: \$125 per couple. Call the MFRC reception to register or for more information call 613-965-3575. Payment will be accepted via cash or cheque at the first class; please arrive 15 minutes early. To avoid cancellation of classes, early registration is required

Dansez avec France

Dates: les mercredis du 17 septembre au 10 décembre, session de 10 classes. Débutants: rumba et cha-cha, de 18h à 19h15, coût 112,50\$ par couple. Intermédiaire: salsa et valse, de 19h30 à 21h, coût 125,00 par couple. Contactez la réception du CRFM pour vous inscrire ou pour plus d'information : 613-965-3575. Les paiements vont être acceptés au premier cours par argent comptant ou chèque, svp, arrivez 15 minutes plus tôt. Inscrivez-vous tôt, afin d'éviter que les cours soient annulés.

Cooking with Grace

Date: Mondays from Sept. 22 to Nov. 17, from 6 p.m. to 8 p.m. Session of eight classes. Cost is \$200, and includes:

- eight weeks of skilled cooking classes
- eight yummy meals (including some to take home to share with the family)
- Asian Grocery Shopping Tour in Markham

To register or for more information please contact the MFRC reception: 613-965-3675. Please bring your own apron, cutting board, cutting knife and container.

Cuisiner avec Grace

Dates: les lundis du 22 septembre au 17 novembre, de 18h à 20h. Session de 8 classes. Coût : 200,00\$, incluant:

- 8 leçons avec une chef qualifiée
- 8 délicieux repas (avec une portion pour partager avec la famille)
- Une tournée d'épiceries asiatiques de Markham

Pour s'inscrire ou de l'information supplémentaire, contactez la réception du CRFM au 613-965-3575. SVP, apportez votre tablier, planche à découper, cou-teau et un contenant.

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.

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.

Take back the Night: Shatter the Silence - Stop the violence

Shattering the Silence through poetry, music and art will be on Thursday, Sept. 25 at 6:30 p.m. All are welcome at the Belleville Market Square. There will be refreshment and a women's march at the end of the evening. For information, please contact Ashlee Allen 613-392-2811 ext. 5541 or aallen3@cogeco.net

À nous la nuit: Briser le silence - Eliminer la violence

Jeudi le 25 septembre à 18:30, au Belleville Market Square. Vous êtes tous les bienvenus à une soirée de musique, de poèmes, et d'art pour briser le silence. À la fin de la soirée les femmes feront une marche et des rafraîchissements seront servis. Pour plus d'information, s.v.p. contacter Ashlee Allen 613-392-2811 au poste 5541 ou par courriel : aallen3@cogeco.net

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: womennmfc.ca

Je connais quelqu'un... qui se sent démunie - 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 poste 3615
- CRFM de Trenton 613-392-2811 poste 5541
- Aumônier en devoir 613-392-2811 (et demander l'aumônier en devoir)
- Visitez cette adresse : womennmfc.ca

Home of the Week

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The archway over the front entrance, a deep front porch, the curved extension of the highest gable and the decorative woodwork that frames the mullioned windows, all lend this three-bedroom family home an air of Victorian charm.

A covered porch leads through the front door into a large foyer. A den is on the right, adjacent to a two-piece powder room. A coat closet is situated near the entrance to the great room.

Fitted into a bayed-out space near the back of the

window over the kitchen sink overlooks the back garden.

From the kitchen, a doorway leads to a spacious laundry room, with a coat closet located near the entrance

The ensuite, in a bayed-out area, offers a touch of luxury

in the form of a shower stall and a soaker tub, plus double basins.

The second and third bedrooms share a bathroom, also there is enough room for a sizeable workshop. Part of the garage has an extra-high ceiling, ideal for an RV or other over-height vehicle.

Exterior finishes include wooden shingles, painted trim, decorative wooden detailing and stone accents.

The second and third bedrooms share a bathroom, also there is enough room for a sizeable workshop. Part of the garage has an extra-high ceiling, ideal for an RV or other over-height vehicle.

This home measures 45 feet, four inches wide and 57 feet deep, for a total of 2,230 square feet of living space.

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

704 "Air Force City" Air Cadet Squadron to start new training year

704 "Air Force City" Royal Canadian Air Cadet Squadron, will begin a new training year on Sept. 8, and the staff and cadets would like to welcome new recruits to its ranks. The Air Cadet program is a national youth organization focusing on youth development, Canadian Citizenship and Aviation. Air Cadets participate in flying, camping, ceremonial drill, range and summer training. Staff will be available to answer questions to all potential cadets and parents. If you are interested in joining, please visit us at our new location at 3 Yukon St, Trenton Air Cadet Training Centre, CFB/8Wing Trenton on Monday evenings from 6:30 p.m. to 9 p.m. For more information go to www.cadets.ca or www.704aircadets.ca

Sept. 12 - 8 Wing CFB Trenton Education and Transition Fair

Considering education and learning options for the future? Professional development and /or transitions forecasted? The Education and Transition Fair will provide empowering information and encourage all those who may be interested to adopt a lifestyle that includes an individual learning plan. No registrations are required, all personnel and dependents can drop-in anytime at the RecPlex gymnasium between 10 a.m. and 3 p.m. on Sept. 12. Additional details may be found on the Wing Splash page or WPSO website.

Sept. 20 – Veterans' Day at Glenwood Cemetery

Glenwood Cemetery, in partnership with Branch No. 78 The Royal Canadian Legion, No. 415 Wing Royal Canadian Air Force Association and 851 Prince Edward Royal Canadian Air Cadet Squadron, will host the annual Veterans' Day during Legion Week. The event theme is "Honouring Those Who Fought for Peace." Guest speaker is Lt.-Col. Andrew Wedgwood of 8 Air Maintenance Squadron (AMS) from 8 Wing/CFB Trenton. Canadian flags and poppies will be provided to all who wish to decorate the individual graves of our veterans. A reception will follow in the Stone Chapel. Everyone is welcome.

Sept. 20 - The 2014 Belleville Crokinole Challenge

Quinte Regional Crokinole Club (Q.R.C.C) is delighted to be hosting its 4th annual Belleville Crokinole Challenge, which will be taking place Sept. 20. Joining the field of competitors will be the reigning World Crokinole Champion Brian Cook (Toronto) as well as numerous other professional players from across the province. The tournament will be taking place at the Trillium 2000 Seniors Club, 75 Saint Paul St., Belleville. Play will commence sharply at 10:45 a.m. Cash prizes will be awarded to the winners. If interested in participating, players are asked to pre-register by Sept. 13 via email to david.brown3@sympatico.ca.

Sept 20, 2014 Quinte Branch of Ontario Genealogical Society

Quinte Branch of Ontario Genealogical Society will feature Shelley Rosponek discussing Discovering the Lennox and Addington County Archives. Place - Quinte West Public Library, 7 Creswell Drive, Trenton, ON K8V 5R6. Time - 1 pm - 3 pm. Everyone Welcome, bring a friend. For more information visit www.rootsweb.ancestry.com/~canqbogs/

Sept. 20 - Dependant's Defensive Driving Course

As part of the Road and Vehicle Safety Initiative, we are offering a no cost Dependant's Defensive Driving Course. As the name implies, this course is for the families of military and civilian workers at 8 Wing Trenton. The minimum requirement for the course is a Class G2 and G Ontario Provincial Driver's Licence. The course takes place from 8 a.m. to 4 p.m. at the Wing Transportation Safety classroom located at Building 605, 7 Winnipeg Ave. (North side of base). Participants must attend full course in order to receive their DDC cards and accreditation certificates. This first come, first served format has a limited seating capacity of 30 persons – all interested personnel are to be pre-booked for the class by contacting Wing TN Road and Vehicle Safety Section at local 3470/3347 to secure a seat, or E-Mail at +MSE Safety Group@CFB Trenton WTN/EME@Trenton

Note: This course is registered with Canada Safety Council and may be recognized by some Auto Insurance Companies for cost reductions. If space is available G1 Drivers will be considered.

Sept. 25 – Colonel Chris Hadfield at the Empire Theatre in Belleville

The Quinte Human Resources Professionals Association presents Astronaut and former Commander of the International Space Station Col. Chris Hadfield at the Empire Theatre in Belleville. A Diamond Sponsor Meet and Greet will be held from 6 p.m. unto 7 p.m. Doors open for general admission at 6:30 p.m. The main program takes place from 7:30 p.m. until 9 p.m. Tickets are \$45. For questions or concerns, please contact hadfield@hrpaquinte.ca

Sept. 26 – Blood Donor Clinic

A blood donor clinic will be held in Trenton at the CFB RecPlex at 21 Namao Drive from 10 a.m. to 2 p.m. All regular or new donors are urged to come out and donate.

Oct. 4 – Freedom Reins Fall Artist and Artisan Fair

Painters, photographers, artisans, sculptors, mixed media artists, crafters, fabric artists, pencil artists, jewelers, illustrators, and Pinterest enthusiasts are all encouraged to put their talents to good use and take part in the Freedom Reins Fall Artist and Artisan Fair and Fundraiser. Book no and showcase your talent. For more information, please contact Tara at 613-394-3911 at the Freedom Reins Growth and Learning Centre or at freedomreinseal.com

Oct. 6-8 - General SCAN and Medical Seminars

Considering retirement in the near future? Exploring your options? Unsure about pension, financial or education benefits after release? SCAN seminars at the Astra Lounge in the Junior Ranks Mess are designed for military members with 10 or more years of service who may be contemplating a return to civilian life, though they are open to all military personnel. Spouses are strongly encouraged to attend. Seating is limited. Reservations may be made by filling out and returning the registration form found through the WPSO's website or on the wing Splash page no later than Oct. 2. Registration begins at 8 a.m. each day at the Astra Lounge, Junior Ranks Mess, 8 Wing/CFB Trenton.

A special welcome to Military personnel from Welcome Wagon

We are happy to welcome you and your family to our area and trust your stay with us will be the most memorable in your military career.

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- ✓ Invitations to return to our local merchants for other gifts

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Annual Pool Maintenance

Closure will commence on Monday, Sept. 1 until approximately Sept. 19.

New - Coming in September

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

Red Cross Swim Lessons

For Children and Adults during the Fall of 2014, eight lessons in duration. Registration for Military Community starts Thursday, Aug. 28. Registration for General Public starts Tuesday, Sept. 9.

Aquatics

Morning Aquafit - Mondays, Wednesdays, Fridays, June 30 to Aug. 29 (26 classes) 8:30 a.m. to 9:20 a.m.

Senior Lane Swim - Mondays, Wednesdays, Fridays, June 30 to Aug. 29 (26 swims), 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 (eight classes) from 6:15 p.m. to 7:05 p.m.

Fitness Programs

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.

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Wing Logistics and Engineering Picture of the Week



Mr. Randy Blair (right) is instructing two of our newest members, Cpl. Adam Kovacs (center) and Cpl. Bryan Chester (left) on the use of the brake lathe in the RCEME shop. Cpl. Kovacs was posted in this summer from 1 Service Battalion, Edmonton and Cpl. Chester arrived from 2 Combat Engineer Regiment, Petawawa. Both members are eager to expand their trade knowledge while working on a variety of equipment located at CFB Trenton.

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Community liaison, special events coordinator Andrea Turner did a stellar job in her first event in her new position



Sisters Naomi and Lya Guillemette have their faces painted at the MFRC Family Day on Sunday.

Photos by Ross Lees

Continued from page 2

think of the MFRC as a daycare centre or a place for children's programs. She said they would be getting out and addressing the community a lot more to increase education about the many and varied programs offered by the organization. The lack of familiarity with the MFRC caught many of their people by surprise, she felt.

"We want people to be coming through the door for positive reasons and also to keep the focus on our resilient families helping to keep military members more deployable," she noted.

In that respect, the board and staff of the MFRC will be immersed in strategic planning this weekend, a situation which will set the direction of the organization for the next three to five years, she said.

Another gap they have found is in introducing young, francophone spouses to the community at CFB Trenton.

"It's easy for a young, francophone spouse to become isolated in the community so we're putting more emphasis on that kind of programming through Hélène Cadotte-Gagnon, who is moving into a welcome position within the MFRC," according to Mrs. Kleinschmidt. "We feel it's needed for a lot of young families."

At the same time, the MFRC will put some emphasis on their volunteer programs as a method of keeping the community involved.

"Through our volunteer programs, the community has a way to engage in a meaningful way with the MFRC," Mrs. Kleinschmidt stated.



This colourful train allowed families to spend some quality time together.



There was plenty to attract the attention of the younger members of the military family at the MFRC Family Day.



The Military Police radio was a popular attraction for this young crime fighter.

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