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>> 8 Wing delivers armaments to Air Task Force Lithuania	>> Canada joins other NATO countries to deliver supplies in Iraq	>> Canadian SAR Tech team advances in 2014 World Parachuting Competition
ATF Lithuania appreciates strategic and tactical airlift support provided by 8 Wing <b>2</b>	OP IMPACT committed to mission of providing critical military supplies to Iraqi security forces <b>3</b>	Rebuilding team improves on 10th place finish in 2012 with dramatic 2014 finish <b>8</b>



## Grapes of Wrath bear charitable fruit

Cancer Society, Trenton and Prince Edward County hospitals divvy up proceeds from this unique competition

By Ross Lees

It wasn't bad enough that the Grapes of Wrath Extreme Romp and Stomp event at Hillier Creek Estates Winery was designed to be muddy and challenging, Mother Nature had to throw in a rainy day to make it even muddier, more challenging and uncomfortable for everyone involved.

But the 420 participants and 70 teams loved it, as did the three charities – The Cancer Society, Trenton Memorial Hospital Foundation, and the Prince Edward County Memorial Hospital Foundation – who divvied up the \$79,000 raised through this unique, first-time competition.

Traversing five mud-filled kilometres while dealing with 14 obstacles – including two that gave competitors an up close and personal look at that mud – just made this event more exciting for the participants.

"It was awesome," one lady remarked after the finish line as she raced for dry and warm clothes.

"We did it," another competitor screamed to her team mates as they crossed the finish line.

"What an incredible adrenaline rush and I am not even a competitor," stated Hazel Lloyst, interim director of development for the Prince Edward County Memorial

*Continued on page 10*

## PPCLI baton tour stops at Afghanistan Repatriation Memorial in Trenton

Regiment honours the 1,866 members who have given the ultimate sacrifice during the 100 years the regiment has answered the call to arms

By Ross Lees

Soldiers of Princess Patricia's Canadian Light Infantry (PPCLI) could not retrace the symbolic route of their original members as they marshalled for the First World War without making a stop at the Afghanistan Repatriation Memorial (ARM) in Trenton.

As Quinte West Mayor John Williams reminded those attending the ceremony on Sept. 10, 68 of the names of the 158 names on the ARM were members of the

PPCLI.

Members of the PPCLI have been celebrating the 100th anniversary of the forming of the regiment by carrying a baton listing the names of 1,866 soldiers who lost their lives in service to the regiment by stopping at various locations along that original route. CFB Trenton was one of those stops.

The tradition of this proud regiment is to answer the call of their country quickly and to stay until the conflict ends.

*Continued on page 9*



8 Wing/CFB Trenton Wing Commander, Col. David Lowthian, salutes during the commemoration ceremony at the ARM in Trenton. Photo by Ross Lees



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# 8 Wing delivers armaments to Air Task Force Lithuania

By Captain Christopher Daniel

A CC-177 Globemaster III from 429 (Transport) Squadron out of 8 Wing Trenton, delivered armaments and other essential supplies on Sept. 5 to the Canadian Air Task Force (ATF), which is currently deployed at Siauliai Air Base, Lithuania in support of NATO Baltic Air Policing (BAP).

“The armaments and materiel delivered today by the Globemaster are essential to our air policing mission here in the Baltic region,” said Lieutenant-Colonel (Lt.-Col.) David Pletz, Commander of ATF Lithuania. “We’re ready, equipped and well-supported to deliver air power.”

While participating in BAP, CF-188 Hornet crews will work with the Portuguese Air Force, Lithuanian Air Force, and other NATO allies in responding to any violations of Baltic airspace.

“We appreciate the invaluable support we receive from 8 Wing



429 (Transport) Squadron’s Loadmasters, Canadian Air Task Force Lithuania members, and Lithuanian Air Force personnel collaborate in unloading cargo of CF-188 Hornet armaments and other essential materiel from a CC-177 Globemaster III at Siauliai Air Base, Lithuania for NATO Baltic Air Policing. *Photo by Cpl. Ken Galbraith*



Trenton for providing strategic and tactical airlift,” said Lt.-Col. Pletz. “We receive provisions from Canada in a timely fashion through the efficient air bridge missions they undertake.”

In addition to the CC-177 airlift, the CC-130J Hercules aircraft from 436 (Transport) Squadron has been busy transporting personnel from Campia Turzii, Romania to Siauliai, Lithuania. They also carried the load to ensure that essential equipment and supplies are relocated to the ATF’s new area of operation before the start of the BAP mission.

There are four CF-188 Hornets deployed in Lithuania along with more than 130 personnel from 2 Wing Bagotville, 3 Wing Bagotville, 4 Wing Cold Lake, 8 Wing Trenton, 14 Wing Greenwood, 17 Wing Winnipeg, and 22 Wing North Bay, including aircrew and personnel who provide operational support to air assets, such as force protection, intelligence, aerospace management and maintenance coordination.

The CC-150 Polaris from 437 (Transport) Squadron was also essential to the deployment of the Hornets to Eastern Europe. In May, the Polaris provided air-to-air refueling support to the Hornets as they flew across the Atlantic Ocean on their way to Romania.

The ATF is the air component of Operation REASSURANCE, which is Canada’s contribution to the alliance in promoting security and stability in Central and Eastern Europe and to supporting NATO collective defence.

“8 Wing’s strategic and tactical fleets have been essential to ensuring the continued success of our operation,” said Lt.-Col. Pletz.

As the hub of Canada’s air mobility forces, 8 Wing Trenton has been involved in most of the Canadian Armed Forces operations at home and abroad, providing strategic and tactical airlift to personnel, equipment, and supplies.

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# Canada joins other NATO countries to deliver supplies in Iraq



US Air Force members and Canadian Armed Forces members move pallets containing Albanian ammunition off a forklift into a CC-177 Globemaster aircraft in the Republic of Albania during Operation IMPACT on September 8, 2014.  
Photo: MCpl Patrick Blanchard, Canadian Forces Combat Camera

By Lt.(N) Tammy Audet

Members of Operation IMPACT in the Mediterranean region had an opportunity to take part in a unique partnership involving five NATO countries to deliver one flight of non-lethal equipment to Iraq.

On Sept. 8, the Royal Canadian Air Force teamed up with the Netherlands, Denmark, Britain and the United States militaries to collaborate on efforts to deliver military personal protective equipment to the Iraqi security forces in Iraq.

“We are committed to our mission of providing critical military supplies to Iraqi security forces so they may defend themselves if faced with Islamic State aggression. Working alongside our allies is key to ensuring we meet our mission objective,” stated Lt.-Col. Jean Maisonneuve, Operation IMPACT Air Task Force Iraq Commander.

The five pallets contained 1,000 new helmets, 6,600 protective vests and 1,760 body armour plates. All equipment was donated by the Netherlands and picked up

and transported by Danish forces to CAF members in the Mediterranean region.

These pallets were then loaded onto a CC-130J Hercules aircraft and flown by the Royal Canadian Air Force into Iraq, where members of the United States military off-loaded the pallets in preparation for delivery to the Iraqi forces. British forces coordinated the move into and out of the Mediterranean region.

“The commitment and collaborative efforts of our international allies has been outstanding,” said Lt.-Col. Maisonneuve. “The scope of this mission is one that requires multiple players standing together to make positive contributions to international security.”

The Canadian Armed Forces began its first flight into Iraq to deliver supplies on Aug. 28. To date, Canada has been delivering military supplies donated by the Republic of Albania on a regular basis, transporting it to the Mediterranean region and then moving it in to Iraq.

This enormous effort relies on the close working relationship with Albanian, Danish, American and British forces.

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# Terry Fox run benefits from Alert effort



(left) Sgt. George Thenor-Louis participates in a game of volleyball during Terry Fox weekend activities on Sept. 6-7 at CFS Alert. Station personnel raised over \$2,000 and accomplished more than 2,000 kilometres of combined sport and running activities.

(right) Pte. Samuel Moseinko (left) and Cpl. Marie-Pier Grimard-Berube are all smiles as they participate in the Terry Fox weekend activities at the CFS Alert gym. Many of the Station's personnel volunteered throughout the weekend of Sept. 6-7 to participate in various sport and running activities. The Station raised over \$2,000 and accomplished more than 2,000 kilometres of combined exercise.

Photos by  
Cpl. Dave Bancroft



(above) Personnel at CFS Alert enjoy a game of volleyball during the Terry Fox weekend on Sept. 6-7. The Station raised over \$2,000 and accomplished more than 2,000 kilometres of combined exercise. From left to right: Cpl. Marie-Pier Grimard-Berube, WO. Connie Stevens, Cpl. Brenda Benzies, WO. Hollie Butticci, Mario Germain, Cpl. Matthew McDonald, Sgt. George Thenor-Louis.



CFS Alert personnel took part in Terry Fox Weekend sport and running activities on Sept. 6-7 Sep. The Station raised over \$2,000 and accomplished more than 2,000 kilometres of combined exercise. Back Row from left: Mario Germain, WO. Connie Stevens, Pte. Samuel Moseinko, Pte. Brian Henderson, Cpl. Brenda Benzies, Maj. Scott Marshall. Middle row, from left: Cpl. Matthew McDonald, WO. Hollie Butticci, Cpl. Marie-Pier Grimard-Berube, MCpl. Mark Burry, Sgt. Peter Herbert. Front row, from left: Cpl. Brandon Terry, Pte. Holly Wortman, Sgt. George Thenor-Louis, Cpl. Graeme Fotheringham.



CFS Alert personnel prepared for the Terry Fox weekend sport and running activities at the Station gym. Many of the Station's personnel volunteered throughout the weekend of Sept. 6-7 to participate in various sport and running activities. The Station raised over \$2,000 and accomplished more than 2,000 kilometres of combined exercise. From left to right (rear): Ptes. Daniel Longpre, Kristin Davoli, Cpl. Brenda Benzies, Cpl. Graeme Fotheringham. From left to right (front): Pte. Holly Wortman, WO. Hollie Butticci

## 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



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# 8 Wing attends the PGA Tour Canada Golf Clinic

By Major Jim Burton

8 Wing had the honour of attending a golf clinic hosted by the PGA Tour Canada at the Wildfire Golf Club near Peterborough on Aug. 27. For the fifth time this year, the PGA Tour Canada hosted serving members to teach them how to putt, chip and drive a golf ball. It was a day to remember for golfing enthusiasts!

Eight young golfing prodigies took an hour and a half of their precious time to coach the 30 duffers who invaded their work place. This direct support to serving members, through volunteering to give golfing lessons, touched the heart of every participant. What made their time even more valuable was that the professionals were preparing for the PGA Tour Canada Wildfire Invitational scheduled to start the next day.

As we approached the prac-

tice area, a murmur started to grow within the group. Watching Devin Daniels, Wills Smith, Drew Evans, Steve Carney, Adam Cornelson, Greg Machtaler, Peter Campbell and Daniel McCarthy hit golf balls in the driving range was amazing. Every professional was smooth, consistent, and hit the ball extremely long. As our time for the practice area slowly inched forward, the anticipation and excitement grew within the 'golfing wannabees.' Every coach was professional, positive, easy to talk to and very gentlemanly. We could not have asked for a better group of young professionals to help us to improve our golf game.

Our hour and a half was broken into three 30 minute segments. Each segment consisted of putting, iron play and driving. Two of the pros, Drew Evans and Peter Campbell shared their expertise on the putting green. The rest were spread throughout the driving range.

The most exciting aspect of the entire event was the up close and personal attention each professional provided each player.

The entire day was incredible. Everyone who attended the golf clinic was very impressed by the Wildfire Golf Club. Additionally, the professional's knowledge and infinite patience while answering questions was like icing on a cake. As in the past, the PGA Tour Canada hosted a fantastic event and we are very appreciative of their continuing support to the Canadian Military.

The PGA Tour Canada staff did suggest that there are ways to get involved at the Wildfire Invitational Golf Tournament. They are always looking for volunteers as golf ball spotters, workers in the various venues, and as caddies. Additionally, 8 Wing provided two personnel to tend the pin on the 18th green; something that PGA Tour Canada specifically requested. Next

year, if you are looking to attend the Wildfire Invitational, it might be worth considering being a volunteer and really being part of the action.

All of the participants of the PGA Tour Canada Golf Clinic for the Canadian Military want to thank CWO Jean Lafond for organizing this fantastic day. Everyone appreciated his efforts.

The 30 participants, 8 Wing and the CAF want to thank the Wildfire Golf Club and the PGA Tour Canada for hosting another fantastic golfing clinic for serving members. Their ongoing support of all CAF members is, as always, treasured.



Members of 8 Wing/CFB Trenton are pictured with the eight golf professionals at the PGA Tour Canada Golf Clinic.

Photo by Maj. Burton



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# Fitness & Health

## Balancing your life



**M**ental health means striking a balance in all aspects of your life: social, physical, spiritual, economic and mental. Reaching a balance is a learning process. At times, you may tip the balance too much in one direction and have to find your footing again. Your personal balance will be unique, and your challenge will be to stay mentally healthy by keeping that balance.

Here are some suggestions to help you find and keep your balance.

### Build healthy self-esteem

Self-esteem is more than just seeing your good qualities. It is being able to see all your abilities and weaknesses together, accepting them, and doing your best with what you have. For example, you may not play tennis well enough to be a star, but that should not stop you from enjoying the game.

**Build confidence** – Take a good look at your good points. What do you do best? Where are your skills and interest areas? How would a friend describe you? Now, look at your weak points. What do you have difficulty doing? What things make you feel frustrated? Take a look at this list. Remember that all of us have our positive and negative sides. We let our strengths shine, and we build on our weak points to help us mature and grow.

### Receive as well as give

Many of us confuse having a realistic view of our good points with conceit. We have trouble accepting kindness from others. We often shrug off a compliment with a, “Yes, but...” and put ourselves down.

**Accept compliments** – The next time someone compliments you, say, “Thank you! I’m glad you think so.” Then think about other compliments you have had, and how good they made you feel.

**Create positive parenting and family relationships**

Work on building good family relationships. Learn to value each member’s skills and abilities. Learn how to give and accept support.

**Make time** – Make time just to be a family. Schedule time for both serious things and fun. Listen respectfully without interruption to what each person has to say. Do it frequently.

### Make friends who count

Friends help you understand that you are not alone. They help you by sharing your “ups” and “downs”, and you in turn help them. Together, you and your friends share life’s challenges and celebrate life’s joys.

**Build a “friendship tree”** – Keep in touch – invite a friend to lunch. Encourage new friendships – ask your friend to bring someone you have never met.

### Figure out your priorities

Advertisers try very hard to convince us that we “need” their products and services. Our challenge is to know the difference between our real needs (food, shelter, clothing, transportation) and our “wants” (bigger TV, new CD player, the latest fashions, flashy car), and to find the right balance in our spending. Financial problems cause stress, so it’s important to avoid overspending.

**Create a meaningful budget** – Write out a budget for yourself. Is it realistic? Have you planned what to do with the money left over for your “wants”? Which “wants” are most important to you?

### Get involved

Being involved in things that really matter to us provide a great feeling of purpose and satisfaction. You should always remember that you make a difference, no matter how big or small your efforts.

**Volunteer** – Read to children at your local library; visit an elderly person at home or in hospital; serve on a committee or the board of your favourite charity; organize a clean-up of a local park or beach; help a neighbour clean out his/her garage.

### Learn to manage stress effectively

Stress is a normal part of life. How you deal with it will depend on your attitude. You may become overwhelmed by things that other people deal with easily. Learning to keep a balance among work, family and leisure is difficult and needs skillful management of your time. Planning helps, and so does staying calm.

**Take a five-minute vacation** – Each day, set aside five minutes for a mental health break. Close your office door or go into another room, and day-dream about a place, person or idea, or think about nothing at all! You will feel like you have

been on a mini-vacation.

### Cope with changes that affect you

It would be nice to “live happily ever after”, but there will always be challenges in our lives. Children have accidents, parents get ill, jobs disappear. Dealing with these unexpected (and often unwanted) changes can be stressful, so we need to be flexible and learn ways to cope.

**Find strength in numbers** – Search out a support group that deals with the issues you are facing. By teaming up with people who share your problems, you may find a fresh solution. Try starting a group of your own by using the public service announcements in your local newspaper, radio station or TV station.

### Deal with your emotions

We are all challenged to find safe and constructive ways to express and share our feelings of anger, sadness, joy and fear. Your ways of experiencing and expressing emotions are unique because you are unique.

**Identify and deal with your moods** – Find out what makes you happy, sad, joyful or angry. How can you deal with your moods? Share joyful news with a friend; “cry on a friend’s shoulder” when you feel blue. Physical exercise can help you deal with your anger. Keep a stack of your favourite funny cartoons or a collection of humorous stories or video tapes for times when you feel the need to laugh.

### Have a spirituality to call your own

Learn to be at peace with yourself. Get to know who you are: what makes you really happy, what you are really passionate about. Learn to balance what you are able to change about yourself with what you cannot change. Get to know and trust your inner self.

**Spend quality time with yourself** – Set aside time to be totally alone. Do a breathing exercise – try counting your breaths from one to four, then start at one again. Or do something you love to do, like dancing, going to a baseball game or building a bird house – whatever works for you!

Source: Canadian Mental Health Association

[http://www.cmha.ca/mental\\_health/balancing-your-life/](http://www.cmha.ca/mental_health/balancing-your-life/)

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Bowling leagues will start on first week of September!  
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### ADULT LEAGUES

Monday men, Tuesday mix, Wednesday mix, Thursday Frankford league, Thursday mix, Friday mix, Sunday mix. Leagues start bowling at 6:30pm. Tuesday senior leagues start at 1:00pm. Tuesday Brighton senior league starts at 4:00pm. Wednesday special Olympic start at 4:00pm. Thursday ladies start at 12:30pm. Friday senior start at 1:00pm.

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*Wing Logistics and Engineering Picture of the Week*

**ATESS R&D team stays busy day-in and day-out**

Mr. Peter Dodsworth is seen unloading, with a fork-lift, some heavy equipment that was returned by Aerospace and Telecommunications Engineering Support Squadron (ATESS). This is one of the many tasks accomplished daily by the Repair and Disposal (R&D) team.

*Photo by Rick Ruthven*



*Letter to the Editor*

**Thank You Message to 6th Annual Military Police National Motorcycle Relay Ride Sponsors**

Thank you very much for supporting the 2014 Military Police National Motorcycle Relay Ride (MPNMRR - www.mpnmrr.ca) in support of the Military Police Fund for Blind Children (MPFBC - www.mpfbc.com). Even with the cool wet weather, the atmosphere was bright, full of laughs and great sportsmanship, making the day a huge success!

The slo-pitch tournament had eight teams competing. We gave out many prizes to people, including the winners of the Mary Brown's Home run derby and fastest pitch contest in both the male and female categories. The Champions were "EBC", from Picton, ON; they took home the gold and rights to the "Watchdog trophy" (donated by Reilly's Awards and Embroidery). The prize for most money raised and donated went to "Got the runs," who raised over \$300. They were awarded a \$200 team lunch gift certificate from Terry

at Dem Bones. In addition, we had the 8 Wing Band and the Neil Oldman Experience come to town and perform a stage hypnotist act. The show was a huge success with over 250 people in attendance. To end off the evening, we had six talented stand-up comedians perform, who were a perfect conclusion to a successful night.

We received positive feedback from all participants and patrons during the day, in particular the great sponsors who provided door prizes and auction items! Our riders arrived during the tournament and most made it out to the hypnotist show. The riders, Military Police Provost Martial, patrons and participants were blown away with the support you provided and, as a result, over \$12,000 was raised!

Next year we will be celebrating our 75th Anniversary of Military Policing in Canada and, in conjunction with the MP-

NMRR, we hope to surpass the success of the 2014 MPNMRR. We look forward to your continued support and would be honored and grateful if you would help us out next year.

Lastly, on behalf of Colonel Delaney, Lieutenant Colonel Sansterre, Honorary Colonel Weaver, the Canadian Military Police Group and the blind children you have helped achieve success, thank you!

The 6th Annual Military Police National Motorcycle Relay Ride

**Letters to the Editor:**

All letters must be signed and the name of the author will be published. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. *E-mail letters to:* [cfbcontactnewspaper@gmail.com](mailto:cfbcontactnewspaper@gmail.com)

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# Canadian SAR Tech team advances in 2014 World Parachuting Competition – again



By Jack White

**T**eam ParaRescue, the RCAF-built parachuting team, placed 9th in this year's World Parachuting CAompetition at Banja Luka, Bosnia and Herzegovina.

In what was expected to be a building year-with a new member added and minimal training time, the team pulled out all the stops in a dramatic finish, and advanced from the previous 10th place finish in the 2012 Worlds.

For two of the members, this trip marked the return to a region where they had previously been deployed with the Canadian NATO peacekeeping mission.

"It is amazing to compare this trip to the last time I was here in 2000. The people here are so resilient and positive, it is really something special to be back, competing at this calibre event," noted Sgt. Eric Dinn.

Earlier this year, massive flooding struck the country causing a state of emergency. WO Bibby, of 424 Sqn Trenton, commented, "We have attended a few world competitions in locations with more resources and, despite weather and logistical challenges, they certainly hosted a world-class event."

Team ParaRescue had to show some resilience this year as well, as they trained

to integrate a new member, MCpl. George Beattey, on a limited timeframe. The three Search and Rescue Technicians came together from Comox, BC and Trenton, ON to form the world class team, which competed in the "two-way sequential" canopy formation discipline. In this discipline two members preform a predetermined set of moves under canopy (each move constitutes one point), within a limited time frame. The third team member captures it all on camera for the Fédération Aéronautique Internationale (FAI) Judges. Because this involves such close coordination between team members, and they had very limited experience working together, the team regarded this year as "a building year."

"We expected a slight loss in performance short term, which is unfortunate, but the long-term team building is extremely valuable," Sgt. Bibby stated.

In a surprise finish, however, the Canadian team not only held their own, but increased their points average and overall standing to now sit solidly within the top 10 teams in the world.

"It only gets better from here," Sgt. Bibby noted.

The newly gelled team has their sights set on Chicago 2016, with a heavier

*Continued on page 18*

# PPCLI baton tour stops at Afghanistan Repatriation Memorial in Trenton

*Continued from page 1*

It is for those reasons that the first soldier killed in the First World War was a PPCLI member and the last person killed in the Afghanistan conflict was also a PPCLI.

Colonel David Lowthian, the Wing Commander of 8 Wing/CFB Trenton, noted that Trenton is a key stop in every Canadian soldier's deployment.

"Trenton is the gateway to operations globally," he said in a brief speech at the ARM, "whether it's setting off on deployment or coming home. This will not be the first or the last time that we are happy to host you here at Trenton."

It was that very importance of CFB Trenton which Major Bob Barker, Officer Commanding, A Company, 2nd Battalion, PPCLI, acknowledged in a statement.

"Travelling along the Highway of Heroes and stopping in Trenton, taking the reverse route our fallen comrades travelled on their last trip home, has a very special meaning for us. To think that this is also the route that many of our Originals took to fight in another war makes this day that much more poignant," he said.

The Memorial Baton Relay was making 21 stops between Edmonton, Alberta and Ottawa, Ontario, and travelling as far east as Montréal, Québec.



A somber ceremony is held at the beautifully sited ARM in Trenton on Sept. 10.

Photos by Ross Lees

Col. David Lowthian addresses the gathering while the PPCLI baton is displayed in the background beside the Afghanistan Repatriation Memorial at Bain Park in Trenton.

*Photos continued on page 12*

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# Rainy weather didn't stop participants from having fun



This team added some colour to the Grapes of Wrath event Sept. 13.

*Continued from page 1*

Hospital Foundation. “The coming together of over 700 people – participants, volunteers and spectators all converging on a winery in the County in support of cancer care in our communities is both thrilling and heart-warming, to know that so many people care.”

While enthusiastic at both the start and the finish of the event, there were times throughout the five kilometres that competitors were put to the supreme test. Once the rain began in earnest, competitors quickly found the clay-filled earth sticking to their feet as they raced through the vineyard.

Not far into the race, they had to get down on their bellies and crawl beneath wire, which gave them an even closer view of the mud which would become their nemesis throughout this event. Did we mention that this course was designed and constructed by a team of military

health professionals along with the staff at the winery?

Before reaching the finish line, competitors would have encountered obstacles including a rope bridge, stacked straw bales, sacks they had to carry on their shoulder as they worked their way up and down vineyards rows, truck tires they had to drag or carry up and down the rows, net obstacles they had to climb over, man-made tunnels they had to crawl into which were filled with mud and water, a spider web they had to manoeuvre through, a wall to climb over using only a rope, and last, but far from least, they had to go through the Arctic Enema and Grape Stomp to complete the race. This obstacle consisted of three grape bins, one filled with ice-filled water, another with cold water and the final bin held grapes.

“It was an exciting day of firsts; first time many of these people have done this type of event; first time an event like this

has been done at a local winery; first time three charities have collaborated in an event for the better good of the community and to be a success, which this event is. We had to first believe it would,” said Wendy Warner, executive director of the Trenton Memorial Hospital Foundation.

Prizes were awarded to the top fundraiser, top fundraising team and team with the most spirit.

- Top fundraiser – \$100 gift card to The Running Room – Linda Latchford
- Top fundraising team – tour, tasting and pizza at Hillier Creek Estates – Running Stitches
- Team spirit award – Subway party platters – The Dirty Dozen Minus Two

“We are very grateful to see so many people with the courage, determination and dedication to compete today in support of cancer care in our region. We promised mud, we promised pain and our hearts are filled with cheer!” Warner noted at the end of the event.



This competitor is still smiling as he prepares to drop this truck tire after carrying it up and down the vineyard rows.



These two competitors emerge from the mud tunnel happy to have it behind them.

Photos by Ross Lees

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These women proved to be bears for punishment as they carried 20-pound sacks up and down the rows of grapes at Hillier Creek Estate Winery Saturday.



Photos by Ross Lees

Teamwork proved helpful on several of the obstacles like the stacked bales and the climbing wall.



Some spectators managed to keep dry for a while, but they could not escape the mud.



Waylon Piggot of Belleville demonstrated the perfect technique in the Arctic Enema as the first person through it.



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Continued from page 9

Photos by Ross Lees

The PPCLI baton continues its memorial journey.



This member of the PPCLI carries the baton containing the names of 1,866 PPCLI soldiers who made the ultimate sacrifice in various world conflicts past at the Afghanistan Repatriation Memorial (background) in Trenton on Sept. 10.



As these three PPCLI soldiers stand beside the ARM in Trenton, Legion members are reflected in the memorial itself during the ceremony on Sept. 10.

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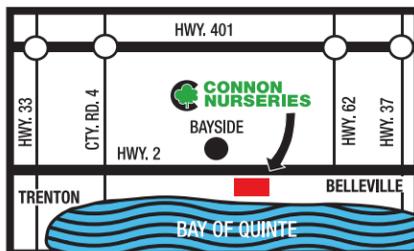
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# 8 Wing Fire Department Remembers 9/11

By MWO Jacques Jr. René, 8 Wing Deputy Fire Chief

On Sept. 11, 2001, 13 years ago, a dramatic series of events took place that would forever change the way we look at the entire world. These terrorist attacks, witnessed on our television sets, have done just that and these tragedies brought the United States of America and Canada together, shoulder to shoulder, for we stand even stronger as one.

There was a five minutes reflection on the sequence of events that was conducted at 8 Wing Fire Department on Sept. 11. A small shrine was put together: a firefighter's helmet, a firefighter's axe as well as a short piece of rope, each bearing a meaning. The axe represents the tool of choice for rescue purposes, the helmet represents trapped firefighters and the shot rope represents their life span being "cut short."

A recapitulation of events was read by MWO Jacques Jr. René, 8 Wing Deputy Fire Chief. Fire Inspectors, ITM Technicians and Red Crew members participated in the short yet humble ceremony.

8 Wing Fire Department assembled a convoy and proceeded on a short drive on the North and South side of the Wing. They were hoping that this memorial drive would help the rest of the community remember the tragic events that took place 13 years ago.



## 9/11 facts: (2001)

**8:46 a.m.** American Airline Flight 11 strikes the north tower of the World Trade Centre (WTC). There were 92 passengers on board.

**9:03 a.m.** United Airline Flight 175 strikes the south tower of the WTC. There were 17 minutes between the strikes. Meanwhile, another plane crashed into the Pentagon in Washington, DC.

Another plane was brought down in a Pennsylvania field instead of its intended target. There were no survivors.

**9:59 a.m.** The south tower collapses.

**10:28 a.m.** The north tower collapses. Over 3,000 people died on this day; 400 of them were firefighters and police officers.

They were trying to help and rescue as many WTC occupants as they could and paid the ultimate price.

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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](mailto:cfbcontactnewspaper@gmail.com). Please include the date, time, and location of the event along with a brief description. Please do not send posters.

### 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](mailto:david.brown3@sympatico.ca).

### Sept 20, 2014 Quinte Branch of Ontario Genealogical Society

will feature Shelley Respondek 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/~canqboogs/](http://www.rootsweb.ancestry.com/~canqboogs/)

### 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 License. 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](mailto:+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 Inter-

national 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](mailto:hadfield@hrpaquinte.ca)

### Sept. 26 - Wing Commander's Challenge 2014

8 Wing, get ready to channel your inner super hero for this year's Wing Commander's Challenge. Sept. 26 will see teams of six to eight people participate in a Super Hero Dash. There will be the Flash Distance (walk) or the Immortal Distance (run), utilizing the trails and Baker Island, complete with obstacles and mind melters along the way. Teams will embark on this trek from Baker Island and endeavour to beat out all others in a race to the finish where only one team from each division will win the much coveted Golden Chalice. Pick either your favourite childhood hero or design a Unit specific super hero. Then gather your team of fearless competitors and join us for a morning of fun and fitness culminating with a healthy, delicious lunch and social. We hope to see everyone out on Sept. 26. For additional information please contact; Rachel Carlen at [rachel.carlen@forces.gc.ca](mailto:rachel.carlen@forces.gc.ca) or Bill Jeffs at [william.jeffs@forces.gc.ca](mailto:william.jeffs@forces.gc.ca)

### Le 26 septembre - Inscription au Défi du commandant de l'escadre de 2014

Membres de la 8e Escadre, soyez prêts à faire vivre votre super héros intérieur pendant le Défi du commandant de l'escadre de 2014. Le 26 septembre 2014, des équipes de 6 à 8 personnes participeront à la course Super Héros. Le « Flash Distance » (marche) ou l'« Immortal Distance » (course) auront lieu à l'île Baker dans les sentiers de course et comprendront des obstacles et des tâches difficiles à accomplir. Les équipes commenceront cette aventure à l'île Baker et s'efforceront de l'emporter sur toutes les autres équipes dans une course jusqu'à la ligne d'arrivée. Une seule équipe par division remportera le prix convoité Golden Chalice. Choisissez un héros favori de votre enfance ou attribuez un super héros précis à l'unité. Ensuite, choisissez les membres intrépides de votre équipe et rejoignez-nous pour une matinée de plaisir et d'entraînement et terminez le tout par un délicieux dîner santé et une activité sociale. Nous espérons rencontrer chacun de vous le 26 septembre pendant cette activité à l'extérieur. Pour des renseignements supplémentaires, n'hésitez pas à communiquer avec: Rachel Carlen, à [rachel.carlen@forces.gc.ca](mailto:rachel.carlen@forces.gc.ca). ou Bill Jeffs, à [william.jeffs@forces.gc.ca](mailto:william.jeffs@forces.gc.ca)

### Sept. 26 – CFB Trenton 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](http://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.

### Oct. 13 – Trenton Blood Donor Clinic

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

### Oct. 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 taste 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 get-aways 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.

### 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.

#### Did you know...?

Welcome Wagon representatives have been greeting newcomers to communities since 1930 in Canada. We have a gift package for you and your family as newcomers to our area. Please contact Welcome Wagon to advise them that you are new to the area and you will be contacted soon.

**Please call us today...Sharon at 613-475-5994.**



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**Smoothies now available**

**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 - Wednes-

days, 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.



## 2015 Canadian Forces National Sports and International Sports Program (CISM) and High Performance Triathlon selection taking place



The 2015 CISM and High Performance Triathlon selection for the 6th World Military Games in South Korea in October 2015 is now taking place.  
To be eligible for selection, all participants must be a member of the Regular Forces,  
Class B or C reserve. The following information describes the proposed 2015 Canadian Armed Forces (CAF) High Performance (HP) eligibility and selection guidelines. The format is comprised of two standard levels. The highest standard, called HP, determines an athlete's eligibility to receive allocated HP fund-

ing and compete at CISM and HP Olympic Distance Triathlon events. The second standard, called HP Development, will be used to determine eligibility to attend the same events.

- The standards must have been met in the last 12 months
- Applicants must have achieved respective race time standards in at least one race
- Applicants must also have achieved the combined sport specific time standards in both the swim and the run
- Have competed at CAF Triathlon Nationals in the Olympic event

- Those unable to compete at Nationals need to e-mail Lt.-Cmdr. Jason Lawton to explain the operational reason for not being able to compete
- Athletes not able to meet these minimum requirements will have to discuss with the team manager a fair method of assessing their performance
- All athletes, without exceptions, will be required to submit an 800m pool swim TT and 5km run TT results, both completed within the past 12 months. Applicants must submit a summary of their races/experience using the ap-

plication found at [www.CFTriathlon.ca](http://www.CFTriathlon.ca) and must be received by Lt.-Cmdr. Jason Lawton prior to Oct. 31.  
For information on the two selection standard guidelines levels please contact, Dan Cormier, the Military Sports coordinator at local 3373.



**Did you know...?**  
Basic fluid needs are about two litres per day plus replacement of any fluid lost from sweating. By the time you are thirsty, you are already two per cent dehydrated which equates to a 15 to 20 per cent decline in performance.

**Saviezvous que...?**  
Vous avez besoin d'environ deux litres d'eau par jour en plus de remplacer les liquides perdus en transpiration. Lorsque vous avez soif, vous souffrez déjà d'une déshydratation de deux per cent, ce qui réduit votre performance de 15 à 20 per cent.



INFORMATION / REGISTRATION / INSCRIPTION • 613-965-3575 • www.familyforce.ca • www.forcedelafamille.ca

**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\$.

**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

**Dancez 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'épicerie 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, couteau 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: womenmfrc.ca

**Je connais quelqu'un...qui se sent démuni - 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 post e3615
- CRFM de Trenton 613-392-2811 poste 5541
- Aumônier en devoir 613-392-2811 (et demander l'aumônier en devoir)
- Visitez cette adresse : womenmfrc.ca

**Home of the Week**  
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Plan No: 1-3-662

A charming bungalow with a wood-burning fireplace in the great room, this three-bedroom family home includes a covered deck overlooking the back garden, as well as plans for an unfinished basement. Once through the covered entry into the foyer, a dining room with a decorative tray ceiling is on the right, separated from the foyer by a half-wall, while on the left is the U-shaped staircase to the unfinished basement. Directly ahead, through an archway, is the spacious

great-room complex, which includes a fireplace and an eating nook, with a doorway onto the back deck that will make outdoor meals easy during the warmer months. The formal dining room, which overlooks the front garden, is separated from the kitchen by another archway. The kitchen is divided from the dining room by a built-in pantry, as well as a prep island, and boasts an efficient L-shaped counter configuration. A window over the double sink will allow in

plenty of natural light. The master suite, located at the back of the home for privacy, includes an en-suite with an oval soaker tub with its own window, as well as a shower stall. Double basins will ease the morning rush hour, and the walk-in closet is roomy enough for a couple's clothing and accessories. The second and third bedrooms share a three-piece bath, which also serves as a noise buffer between them. The double garage has access to home through the laundry room and is large

enough to accommodate a work bench. Clad in vertical board-and-batten siding, the facade also has decorative woodwork and shingles in the gables. Windows are mullioned, and the pilasters that flank the front entrance have brick bases, echoing brick accents near the garage door and under the third bedroom's windows. This home measures 60 feet wide and 59 feet, six inches deep, for a total of 1,820 square feet, not including the unfinished basement.

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 Email: [brighton\\_classifieds@metroland.com](mailto:brighton_classifieds@metroland.com)  
[www.thecontactnewspaper.cfbtrenton.com](http://www.thecontactnewspaper.cfbtrenton.com)

**House for Rent**

10 minutes east of CFB Trenton. Avail. Oct. 1 - clean, bright 2-bdrm duplex with frig/stove, main floor laundry hookup, suitable for mature persons, no smoking or pets. \$800.00/mo. + util., first/last, Ref., 613-961-1104.

**Apartment & Flats For Rent**

TWO BEDROOM apartment between Brighton & Trenton. Quiet setting, 1 minute off Highway 2. Private drive and entrance. Spacious lawn. Adults preferred. \$850 per month. Heat & hydro included. No pets. 613-392-8776.

**Apartment & Flats For Rent**

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**KLEMENCIC PROPERTIES**  
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one persons junk...  
 another persons treasure...

# Safety

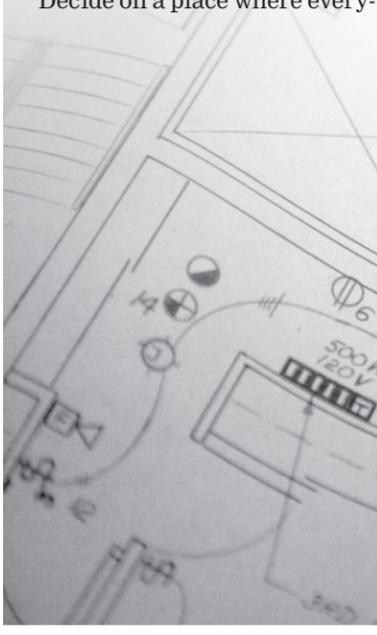
## Escape plan essential in case of a fire

Once you find out that there's a fire in your home, you must get out immediately. Have an escape plan. Draw up a plan of your house and mark escape routes from everywhere in the house. Determine a primary and an alternative escape route from each room.  
 Decide on a place where every-

one is to meet as soon as they're out of the house. This could be a tree, a street light, or a neighbor's front door. Make sure the meeting place is a safe distance from the house. Practice your escape plan regularly. Have someone sound the alarm, then rehearse what you would do and where you would escape to in

case of a fire. Review the plan frequently with all family members. Ask your local fire department for more information about fire prevention. Tell your children if there's a fire they must not hide in a closet or under the bed. If they're hiding, it's much harder for a fire fighter to find them when searching the house. Explain to them that if they see a fire fighter during a fire, he will be wearing a mask and will look scary; explain that they should run to him and not away from him. Also tell them that when there's a fire, it's okay to break a window to call for help.

cause there may be intense heat on the other side. If the hallway is full of smoke or if you can see fire, close the door and use an alternative route out.  
 • When leaving the building, stay low and close doors behind you. Closed doors will help slow the spread of the fire.  
 • Get out of the building and stay out. No one should go back inside until the fire department tells you it's safe to do so.  
 • Once you're out of the burning building, go to the designated meeting spot and make sure everybody is accounted for.  
 • Phone the fire department from a neighbor's house.  
 • If your clothes catch fire, don't run. Stop, drop, and roll. Stop immediately, drop to the ground, cover your face with your hands, and roll over and over. Practice this maneuver with your children. Explain to them that rolling smothers the flames.  
 • If you can't get out of the house because of heat or smoke and you're on an upper floor, close



the door of the room you're in. Plug any cracks under the door with bedding to prevent smoke from entering. Open a window and scream for help to get someone's attention. Don't jump out of the window unless there is no other choice.  
 I answered a call to a fire that had started in a house trailer in the middle of the night. Both adults had died of smoke inhalation in the bedroom. Two children were found burned beyond recognition at the back door. The back door had been locked - and the lock was out of reach of the children.

If there is a fire in your home, this is the proper response:  
 • If it's night, get out of bed and crawl to the door on the floor. Smoke and heat rise. It's cooler and easier to breathe on the floor.  
 • Touch the door. If it's warm, don't open it. If the door is cool to the touch, open it very slowly be-

cause there may be intense heat on the other side. If the hallway is full of smoke or if you can see fire, close the door and use an alternative route out.  
 • When leaving the building, stay low and close doors behind you. Closed doors will help slow the spread of the fire.  
 • Get out of the building and stay out. No one should go back inside until the fire department tells you it's safe to do so.  
 • Once you're out of the burning building, go to the designated meeting spot and make sure everybody is accounted for.  
 • Phone the fire department from a neighbor's house.  
 • If your clothes catch fire, don't run. Stop, drop, and roll. Stop immediately, drop to the ground, cover your face with your hands, and roll over and over. Practice this maneuver with your children. Explain to them that rolling smothers the flames.  
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# Canadian SAR Tech team advances in 2014 World Parachuting Competition – again



Continued from page 8

training plan and competition circuit in the meantime.

"To be able to put Canada and the Canadian Armed Forces on the map in our sport, at a world level, is something special every time," Sgt. Dinn said with

pride.

Team ParaRescue would like to thank the RCAF and PSP for their support, and Performance Designs, Rigging Innovations, and Cypres for providing the state-of-the-art equipment, enabling the team to stay competitive at the world level.

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## Did you know...?

Did you know that a car accident victim may need up to 50 blood transfusions to survive? That's 50 blood donors for one patient! The Contact reminds you that it is important to keep your appointment as patients in need are relying on you. Call 1-888-2-DONATE (1-888-236-6283) or book online at [www.blood.ca](http://www.blood.ca) to make an appointment to donate blood. The next Blood Donor Clinic at CFB Trenton will take place at the CFB RecPlex at 21 Namao Drive from 10 a.m. to 2 p.m. on Sept. 26. All regular or new donors are urged to come out and donate.

## Over half of Canadians have needed blood

Fifty-two per cent of Canadians have said that they or a family member have needed blood. The Contact asks you to book your appointment today by calling 1-888-2-DONATE (1-888-236-6283) or book online at [www.blood.ca](http://www.blood.ca) to book an appointment.

## It takes many donations to save a life

It takes many donations to save a life, and every usable part of your donation goes to a patient in need. That's because every time you roll up a sleeve, your blood donation is separated into three components: red blood cells, platelets and plasma. Make a difference today by calling 1-888-2-DONATE (1-888-236-6283) or book online at [www.blood.ca](http://www.blood.ca) to book an appointment. The next Blood Donor Clinic the CFB RecPlex at 21 Namao Drive from 10 a.m. to 2 p.m. on Sept. 26. All regular or new donors are urged to come out and donate.

## Inspiring others to give blood

Please call 1-888-2-DONATE (1-888-236-6283) to make an appointment or book online at [www.blood.ca](http://www.blood.ca)

**Giving blood is so vital.** You may not realize just how much blood is required to save a life. For instance, it can take:

1. 50 units of blood to help someone in a car accident
2. 2 units to help someone who needs brain surgery
3. 5 units to help someone in cancer treatment
4. 8 units-a-week to help someone with leukemia
5. 5 units to save someone who needs cardiovascular surgery
6. 2 to 8 units to help someone with internal bleeding
7. 2 units-a-day to help someone undergoing a bone marrow transplant

## Rally Together to Save Lives.

It's important to spread the word about donating blood – 43 per cent of first time donors actually go with someone else to donate. Bring a new donor to the next blood donor.clinic.



**Canadian Blood Services**  
*it's in you to give*

# 8 Wing military members participate in PGA Tour Canada 'The Wildfire Invitational'

By CWO Jean Lafond

Two 8 Wing military members, Cpl. Callum MacIsaac from 2 Air Movements Squadron and Cpl. Richard Harder from 8 Air Maintenance Squadron, had the privilege of representing the Canadian Armed Forces at The Wildfire Invitational near Peterborough. This professional golfing event, hosted by the Wildfire Golf Club, offered a great opportunity for the PGA Tour Canada and the Canadian Armed Forces (CAF) to grow stronger ties.

On the last two days of the Invitational, Cpl. MacIsaac and Cpl. Harder shared the duty of flag orderlies. The 18 hole's traditional flag was replaced by the Canadian Flag and, because it cannot lie on the ground, 8 Wing was given the honor of holding it on the side of the green while the professional golfers completed their putts. After their round finished, all the professional golfers approached our military members and thanked them and all CAF members for their service to Canada.

Every PGA Tour Canada event raises money for charities. The CAF is fortunate that Camp Maple Leaf is the official charity of The Wildfire Invitational. Camp Maple Leaf was established in 1955 as a living memorial, paying tribute to Canadian soldiers who sacrificed their lives for peace. Their vision is that no child would be turned away from summer camp for economic reasons.

Thanks to Cpl. MacIsaac and Cpl. Harder for representing the CAF and being 8 Wing/CFB Trenton's ambassadors at this prestigious event.

Cpl. Callen MacIsaac salutes the flag at the 18th hole of the PGA Tour Canada Wildfire Invitational.

Photo by Cpl. Richard Harder



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<p><b>WATER FRONT OWNED</b></p> <p><b>52 NORTH TRENT STREET</b> This is a lovely 3 bed 1 bath home situated on a prime waterfront lot of 82.50 X 297 feet. This diamond in the rough is awaiting your personal touch. Enjoy your morning coffee overlooking the tranquil Trent River. Affordable waterfront doesn't last long. Don't miss out. \$500.00 rebate on closing to upgrade the 60 amp to 100 amp services. <b>MLS#2142875 - \$139,000</b></p>	<p><b>4 DESIRES IN ONE LOCATION</b></p> <p><b>446 HAMILTON ROAD</b> Don't miss this rare opportunity to own an income property. 3,700 sq.ft. commercial/ industrial use building &amp; outstanding quality constructed, custom build bungalow on 24 acres. This gorgeous 3 bed, 3 bath bungalow boasts a wrap-around deck. Lower level is an above ground walkout basement which features rec room w/bar, fireplace, sauna, office space, and more. All this just 5 minutes to Quinte Mall &amp; all amenities. <b>MLS# 2140671 &amp; 2140672- \$549,000</b></p>	<p><b>ON ONE LEVEL NO STAIRS</b></p> <p><b>156 MAIN STREET</b> Feel the inviting atmosphere in this 4 bed, 1.5 bath, 1900 sq ft ranch style bungalow w/spacious kitchen &amp; separate large dining area. Enjoy social gatherings in your large living room or on your 240 sq ft sunroom. ¾ acre fully fenced in manicured back yard. Minutes from the water in Consecon, &amp; only 30 minutes to CFB Trenton Base. <b>MLS#QR21404430 - \$289,000</b></p>

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