

# Contact

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## Quinte West remembers

Large turnout honours our military veterans – past and present

By Ross Lees

Quinte West doesn't let a little rain stop it from remembering its veterans – past and present.

As usual, no matter the weather, a large crowd filled the area surrounding the cenotaph Wednesday morning during the annual Remembrance Day ceremony.

For Jim Castle, a member of that crowd, Remembrance Day is always the saddest day of the

year.

The Second World War veteran was just 19 years old when he went overseas to fight.

*Continued on page 8*

8 Wing/CFB Trenton Commander Colonel Colin Keiver prepares to lay a wreath at the cenotaph flanked by acting Wing Chief Warrant Officer Jean Lafond and 8 Wing Public Affairs Officer Julie Brunet.

*Photo by Ross Lees*



## Highway of Heroes Living Tribute project begins

First trees are planted at Ontario Coroner's Office in Toronto and at the Passenger Terminal, 6 North Star Drive, at CFB Trenton

By Ross Lees

The Highway of Heroes Living Tribute tree planting project established its parameters Friday by planting trees at the Forensic Services & Coroner's Complex in Toronto and at the Passenger Terminal, 6 North Star Drive, at Canadian Forces Base (CFB) Trenton.

A project initiated by Trees for Life, the urban tree coalition, and the brainchild of Tony DiGiovanni, Landscape Ontario, the Highway of Heroes Living Tribute's goal

is to plant 117,000 trees, one for every fallen Canadian soldier since confederation, along the Highway of Heroes between the two above mentioned points. The tribute works collaboratively with strategic partners Forests Ontario and Landscape Ontario and the newly planted trees will serve as a symbolic start to the reforestation efforts of the 401 and serve as a living tribute to Canada's fallen heroes.

8 Wing and CFB Trenton Commanding Officer, Colonel (Col.) Colin Keiver, put the project immediately into perspective.

*Continued on page 13*



A tree is planted outside the Passenger Terminal, 6 North Star Drive, at CFB Trenton on Nov. 6 by, from left to right, Col. Colin Keiver, 8 Wing/CFB Trenton Commander, Neil Ellis, MP for Bay of Quinte, Lou Rinaldi, MPP for Northumberland-Quinte West, Mark Cullen, the chairman of the Highway of Heroes Living Tribute, Jim Harrison, the Mayor of Quinte West, and Eben James Senior of Quinte West. *Photo by Ross Lees*



## Look What's Coming to Quinte Mall

**Santa's Arrival Breakfast** Nov. 14, 8:00am  
**Story Time with Santa** Nov. 17, 19, 24, 26, 10:30-11:00am  
**Pet Photos with Santa** Nov. 22, 5:30-8:00pm  
**Black Friday** Nov. 27, 7:00am-9:00pm

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# 8 AMS contributes to Roy Bonisteel Memorial Garden sculpture

*Mr. Bonisteel was the first Honorary Colonel of 8 AMS and the cornerstone of the strong relationship between the community and 8 Wing*

By Ross Lees

One of Quinte West's most prominent, well known and loved sons claimed his rightful spot in the tribute garden at the new Trent Port Marina Saturday morning.

The Roy Bonisteel Memorial Garden was a source of great pride for Lesley Bonisteel, Roy's daughter, and the remainder of the Bonisteel clan, which was well represented at the ceremony Nov. 7 under clear, blue skies.

The success of the \$130,000 project was due to a community-wide effort, according to Angela Smylie, who spearheaded the effort along with Lesley Bonisteel.

"It's about the love the commu-



Lesley Bonisteel, daughter of the late Roy Bonisteel, smiles at the sculpture of her father which now sits in a memorial garden at the Trent Port Marina. At Lesley's right is Mr. Bonisteel's great granddaughter Abbigail Bonisteel-Lajoie, 7. Over her left shoulder is Newmarket sculptor Brett Davis and over her right shoulder is Lesley's co-project coordinator Angela Smylie. Other people in the photo are family members. Photos by Ross Lees

nity had for Roy Bonisteel," she noted in her address to those attending the ceremony. "Everybody knew him and were more than willing to give to this project.

Mr. Bonisteel, who began his career as a reporter for local papers the Trentonian and the Intelligencer, now sits forever cast in bronze almost within sight of the old Trentonian offices where he once plied his trade. But converting to radio ultimately resulted in him becoming the host of CBC's Man Alive program, which he hosted for 22 years.

Upon retiring back to the Trenton area, Mr. Bonisteel was known to appear and frequent local events, where he would often introduce himself to visitors he met there and induce them to tell a little of their own story.

Quinte West Mayor Jim Harrison perhaps captured Mr. Bonisteel's essence best when he noted, "He always loved the earth and loved the things that nature provided for us. Wherever he went in the world, he represented us really well."

Angela Smylie elaborated on that theme a little during her speech.



8 AMS at CFB Trenton fundraised \$3,000 to go towards the production of the bench Mr. Bonisteel sits on in the Roy Bonisteel Memorial Garden at the Trent Port Marina. Pictured with the sculpture of Mr. Bonisteel, from left to right, are: 8 Wing Commander Col. Colin Keiver, 8 AMS Chief Warrant Officer Thaddeus (Ted) Poper, and 8 AMS Commanding Officer Lt.-Col. Andrew Wedgwood.

"Roy Bonisteel was national celebrity, yet he always remained a Trenton boy," she said.

Lieutenant-Colonel (Lt.-Col.) Andrew Wedgwood, the Commanding Officer of 8 Air Movement Squadron (8 AMS) reminded everyone that he was the first Honorary Colonel of 8 AMS and he felt was also the cornerstone of the great relationship between 8 Wing/CFB Trenton and the greater Quinte West community.

"He was the very first honorary colonel of my unit from 1995 to 1998," Lt.-Col. Wedgwood noted. "Those were challenging times with the Somalia scandal, which shook the military to its foundation. Roy became a pioneer in strengthening the

bond between 8 Wing, 8 AMS and the surrounding community and he demonstrated a fierce pride in the military. His only challenge was to get a wedgy over his abundant hair," he joked.

A seventh generation native of the area, Mr. Bonisteel will now be a greeter of residents and visitors alike as his sculptor, done by Newmarket artist Brett Davis, will be one of the first sights people see as they pass through the world-class Trent Port Marina.

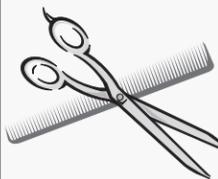
It's a spot Lesley Bonisteel feels is ideal.

"He would be tickled pink," she said of the location.

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# Ex LUCKY STRIKE designed to challenge emergency response capabilities

*Response capabilities at all levels are exercised with the goal of improvement through lessons learned*

By Ross Lees

Exercise LUCKY STRIKE, an emergency response exercise on CFB Trenton's north side, took place on Westwin Ave. on the morning of Nov. 5.

"As part of 8 Wing's Emergency Management Program, exercises such as EX Lucky Strike are used to challenge, validate and improve the effectiveness of Wing response capabilities to a wide range of potential emergency scenarios," noted Captain (Capt.) Ron Frobels, exercise coordinator.

"As part of their Wing Operations role, 8 Wing Readiness Training Flight Emergency Management teams conduct these exercises on a regular basis throughout each calendar year. Involving both Wing and often regional emergency response providers, response capabilities at all levels are exercised with the goal of improvement through lessons learned to ensure an effective response program. Ex Lucky



This firefighter checks out the scene from a safe distance.

*Continued on page 5*



A victim is removed from a vehicle by emergency response personnel during Exercise LUCKY STRIKE on Nov. 5. Photos by Ross Lees



The accident occurred just inside the north gate and was based on a toxic chemical spill occurrence resulting from a vehicular accident.

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# Hits of the Blitz helps Trenton MFRC

Rotary Club of Belleville event raises funds for Trenton Military Family Resource Centre

By Ross Lees

Hits of the Blitz was a hit with the Trenton Military Family Resource Centre (MFRC).

Funds from the 2 p.m. matinee and 7:30 p.m. evening performance of chanteuse Lenni Stewart, tenor Julian Gallo back by the Lenny Graf Platinum Orchestra will benefit the MFRC in several ways.

First, the funds all go to the MFRC, but this event also was the first sponsored event by an organization like the Rotary Club of Belleville and MFRC Communications and Development Coordinator Devon Taylor hopes to see this become just the first of many such featured fundraisers. "We also hope it will become an annual event," she said prior to the event.

Both performances were well attended although no total had been reported by press time.

Audiences seemed to enjoy the songs from the World Wars I and II eras as performed by Lenni Stewart and Julian Gallo and the Platinum Orchestra.



Chanteuse Lenni Stewart and tenor Julian Gallo delighted audiences with their memorable performances of famous music by composer such as Irving Berlin, Cole Porter, George and Ira Gershwin, Lerner and Lowe, Jerome Kern and Andrew Lloyd Weber. Photos by Ross Lees



Lenny Graf directs a portion of the Platinum Orchestra during the Hits of the Blitz performance at Centennial Secondary School Sunday evening.

## Trenton's Nostalgic Trivia



### Sports Day in Canada

The Canadian Armed Forces (CAF) is an official participant and this event will be celebrated at bases across Canada.

Events on Friday, Nov. 20 will focus on military sports and recognize the role of sports in contributing to CAF operational readiness.

On Saturday, Nov. 21, 8 Wing/CFB Trenton will celebrate community recreation sports and open its doors to Quinte West community members.

This "Field Day" featuring young athletes from 1943 shows their enthusiasm for sport with Station Warrant Officer John Silver encouraging them on. Don't miss out on this exciting event, the kids of 1943 sure didn't!

Provided by Capt Sandor Gyuk, Wing Heritage Officer

## Wing Logistics and engineering Picture of the Week Piling on the sweet stuff



It was a good turnout at the Government of Canada Workplace Charitable Campaign (GCWCC) Pancake Breakfast at the Yukon Galley this week. Volunteers served sausage rounds, home fried potatoes, and of course, pancakes with mixed berry sauce and whip cream. Food Services not only provides services to flight operations for the Wing but are always glad to lend a hand to 8 Wings charitable endeavours for the community. Corporal Murphy, the section representative for the campaign, ensured all of the guests walked away with a smile on their faces and a full belly.

## 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 Col. Colin Keiver, 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.

The CONTACT is produced weekly under a Publication Service Agreement with The Independent (Brighton & Trent Hills), a division of Metroland Media Group.

### 8 Wing Personnel

**Publisher:** Col. Colin Keiver.

**Proprietor:** Her Majesty the Queen, in right of Canada, as represented by the Commander of 8 Wing, Canadian Forces Base Trenton, P.O. Box 1000 Stn. Forces, Astra, ON K0K 3W0 Canada

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**SUBSCRIPTIONS:** First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

## Guidelines for submissions: ARTICLES AND PHOTOS

The CONTACT produces news and information about 8 Wing/CFB Trenton at home and around the world. We depend on our military community for articles, personal stories and photos.

- Articles should be typed in upper and lower case (not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.
- Do not include clip art, graphics or photos within typed pages. Additional graphics, logos and photos must be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) unit and phone number.
- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in a jpeg format at a high resolution for quality reproduction.
- Articles must be received by Monday at noon prior to print date.

## Letters to the Editor:

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



## A Military Community Newspaper

The CONTACT newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



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# Response capabilities at all levels are exercised during LUCKY STRIKE

*Continued from page 3*

strike was based on a toxic chemical spill occurrence resulting from a vehicular accident on the north side of the Wing," Capt. Frobel indicated.

Response was generally very good although there were some lapses.

"But this is where you want that to occur," said Warrant Officer (WO) Dan Gorman, a coordinator of the exercise. "It's better to make the mistakes in an exercise than in real time."



Base firefighters do the initial assessment of the situation from afar as they determine the dangers involved.

*Photos by Ross Lees*



Victims are removed from their vehicles by emergency response personnel during Exercise LUCKY STRIKE on Nov. 5.



Emergency responders had to coordinate their efforts and make sure that everyone was safe as they went about their duties.



WO Dan Gorman receives a response update from this observer.

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### Addictions Awareness Campaign November 12-26, 2015

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This year's Addiction Awareness Campaign focuses on being aware of the lifestyle choices that keep you safe and healthy in the Green zone of the Mental Health Continuum. Take the time to reflect on your alcohol, tobacco, gambling and gaming (which includes internet) use.

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Join us in promoting an addiction free lifestyle for the entire CAF community by participating in the Addictions Aware-

ness Campaign November 12-26th, 2015! Don't forget to answer the question to get the chance to win amazing prizes!

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<http://www.cg.cfpsa.ca/cg-pc/Trenton/EN/HealthPromotion/Programs/Pages/AODG.aspx>

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**7 pm - Parade**  
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# Trenton MFRC launches Veteran Family Program

Medically released or releasing CAF personnel will have access to community integration and transition support

By Ross Lees

Medically released Canadian Armed Forces (CAF) personnel or those about to be medically released can now access the Veteran Family Program at the Trenton Military Family Resource Centre (MFRC).

Introduced to the community last week, the program allows the MFRC to offer the

program to those who have been medically released effective Nov. 30, 2014, for six months prior to release and for two years post-release.

Services available for veterans and their families consist of community integration and development, transition support, intervention support, employment and education services, second language classes, access to 24/7 bilingual family in-



Kelly Briggs, the MFRC's Veteran Family coordinator makes a point during the presentation introducing the Veteran Family Program to the community. Photos by Ross Lees



Tamara Kleinschmidt, the MFRC Executive Director responds to a question at the Trenton MFRC Veteran Family Program launch.

formation line, children and youth workshops and personal growth and development programs.

But community buy-in is essential to the success of the program, stated Kelly Briggs, the MFRC's Veteran Family coordinator:

"Community partnership is a key cog in this program," she noted.

The Trenton MFRC is one of seven resource centres across Canada that are offering the program.

The primary goal of the program is to assist veterans and their families in developing strong roots in the community in which they retire.

"Medically released veterans are a resource that our community needs to tap

into and we are going to ensure that happens by working with our partners. Community partnership is key to the success of this program," said MFRC Executive Director, Tamara Kleinschmidt.

The program can be accessed through self-referral or by an organization referral from a community partner or 8 Wing/CFB Trenton.

Mrs. Kleinschmidt felt it was important to reiterate a point made previously by Mrs. Briggs.

"This program's success will depend on the buy-in and ties to the community," she said.

For more information contact the MFRC at 613-965-3575.

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\*1 Receive a set of Yokohama/Dunlop Winter tires at no extra charge with the purchase of any new and unused 2015 Lancer (excluding Lancer Ralliart and Lancer Evolution), Lancer Sportback, RVR, 2015 and 2016 Outlander/2015 Mirage (excluding Mirage ES SMT model) from November 3, 2015 to November 30, 2015. Winter Tire Package includes four steel wheels, four winter tires, TPMS (not available for eligible 2015 Mirages), mounting, balancing and installation up to a maximum \$1,400 value based on retail cost of installed wheel and tire package. See your dealer for details. ^ \$1,500 loyalty rebates available on the purchase of any new 2016 Outlander model to current owners and eligible others. Amounts vary by model and will be deducted from the negotiated price after taxes. Loyalty rebate applies to vehicles purchased and delivered between November 3, 2015 and November 30, 2015. Other conditions apply. \* 3,500-lb towing capacity applies to models equipped with trailer brakes. \$5-AWC standard on Outlander GT. \*\* Whichever comes first. Regular maintenance not included. See dealer or mitsubishi-motors.ca for warranty terms, restrictions and details. Some conditions apply.

# Quinte West remembers

*Continued from page 1*

“Most of my young friends are buried over there,” he said as he regarded the cenotaph after the ceremony while admitting he found it hard to hear questions because he lost 70 per cent of his hearing in the fighting.

Originally too young to go into battle, he spent some time waiting for his 19<sup>th</sup> birthday getting additional training.

On this day, he sat quietly in the drizzle and thought of his friends.

“It’s the saddest day of the year,” he acknowledged with breaking voice.

Padre Jim Craig noted it was important to re-

member what all of those young men died for.

“Canada has values such that we will not put our neighbor to death and thus ‘cleanse the world’ just because they have a different cultural background. Canadian soldiers go into conflict not to kill, but to protect the innocent. Canada has a reputation for being tolerant, peace-loving and peace-making,” he noted.

This year’s Silver Cross Mother Audrey Goodrich led a parade of dignitaries to the cenotaph to lay wreaths, including 8 Wing/CFB Trenton Commander Colonel (Col.) Colin Keiver and Quinte West Mayor Jim Harrison.

In the final march past of the event, Col. Keiver



Jim Castle was just one of the many from Quinte West who came out to remember past and present military veterans.



These participants wore colourful uniforms as they also remembered fallen veterans from all conflicts.

ceded his spot on the podium to year at a Battle of Britain ceremony sponsored by 413 Wing and Mylod, as he did earlier in the Trenton Legion Branch 110.



Cadets and veterans stood side-by-side as they remembered those who had given the ultimate sacrifice.

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Manny Raspberry, President of Royal Canadian Legion Branch 110, Trenton, was the master of ceremonies for the event.

Photos by Ross Lees



This young fellow joined many older people as they remembered those who fought so valiantly in conflicts for the freedom of others.

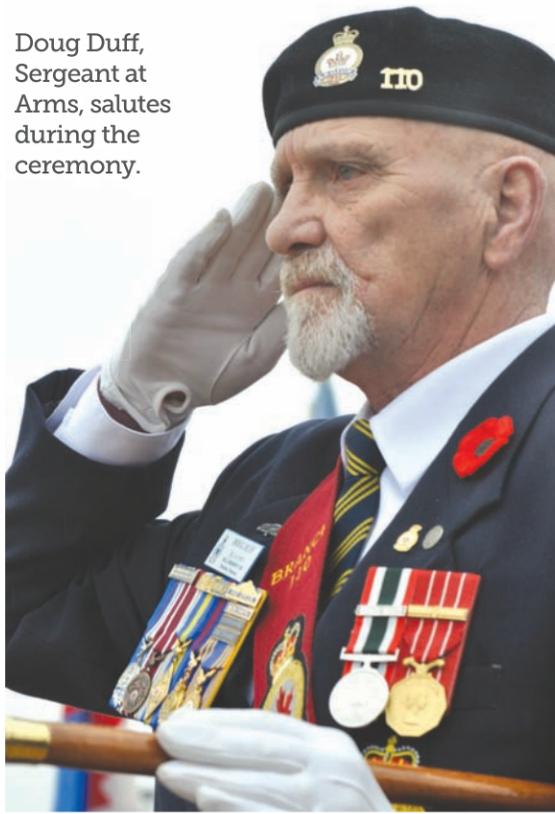


Pipe Major Josh McFarlane plays the bagpipes in front of the cenotaph despite the drizzling rain.

Second World War veteran John Mylod took the final march past salute of the ceremony in place of 8 Wing/CFB Trenton Commanded Col. Colin Keiver, who generously ceded that right to the veteran.

*Lest We Forget*

Doug Duff, Sergeant at Arms, salutes during the ceremony.



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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.

# Pancake breakfast, hair growing popular GCWCC events

*Pancake breakfast attracts many, 150 compete in hair growing contest*

By Ross Lees

Two very popular Government of Canada Workplace Charitable Campaign (GCWCC) events were held at the same time at the Yukon Galley on Nov. 6.

There was a huge turnout for the pancake breakfast and approximately 150 contestants took part in the hair growing contest eventually won by Captain (Capt.) Dionysios (Gabe) Gosselin, who seemed to bring along his own cheering section.

Chief Warrant Officer (CWO) Brian Wilson, co-chair of the GCWCC, was impressed with the turnout for the breakfast and the participation in the hair growing contest.

"We are now at about 62 per cent of the campaign and these are two very popular events," he noted.

CWO Wilson has also been impressed with the number of people involved on the base in the campaign.

"You don't really realize until you get involved how many people actually get involved in the cam-

Capt. Gabe Gosselin combs his beard in preparation for the hair growing contest held Nov. 6 at the Yukon Galley. Gosselin's final preparations proved invaluable as he won the contest. *Photo by Ross Lees*

paign and also how many people from the units get involved in each event," he said. "It's really amazing!"

8 Wing Commander Colonel (Col.) Colin Keiver said the attendance and participation was quite motivating and inspiring.

"This is for a great cause and it is about service back to the community and looking after those who look after us," he stated. "It's particularly fitting that we stand here today on the first day of Veteran's Week and we acknowledge the broader act of service and I can't emphasize enough that it is all about service and thank you all for donating to such a great cause."

The most recent 50/50 draw winner was Anita MacSween, who split the \$812.50 with the



WCWO Darcy Elder flips pancakes under the watchful eye of 8 Wing Commander Col. Colin Keiver at the GCWCC pancake breakfast. *Photo by Ross Lees*

The next draw takes place on Nov. 27 p.m. at the Transport/Royal Canadian Electrical and Mechanical Engineering (Tn/RCEME) building at 7 Winnipeg Ave., CFB Trenton. Admission to this cash only event is \$2 per person where you can save on brand name products priced at less than 50 per cent of retail costs. Come early to get the best buys and before the product gets depleted.

Also mark on your calendars that the next major GCWCC event is the United Way of Quinte Community Sale, which takes place on Nov. 25 from 11 a.m. to 5



Wing Chief Warrant Officer (WCWO) Darcy Elder gets a decision from the crowd as to which of these contestants should get eliminated from the beard growing contest. *Photo by Natalie Wannamaker, 8 Wing Imaging Co-op Student*

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### Rockin' Around the Christmas Tree

Friday, Dec. 4, pre-register by Wednesday, Dec. 2. Five years and under – 6 p.m. to 7 p.m., six to 12 years- 6 p.m. to 9 p.m.

### Adult Programs

**Morning Aquafit** – Mon., Wed., Fri. mornings Sept. 21 to Dec. 18 from 8:30 a.m. to 9:20 a.m.

**Evening Aquafit (Jogging)** – Tuesdays and Thursdays Oct. 6 to Dec. 3 from 6 p.m. to 6:50 p.m.

**Senior Lane Swim** – Mon., Wed., and Fri. mornings Sept. 21 to Dec. 18 from 7:30 a.m. to 8:20 a.m.

**New Fitness Class Pass** – Purchase a punch card and you have the choice of any or all fitness classes – eight classes per card.

**Boot Camp Fitness** – Mondays Sept. 21 to Nov. 16 from 4 p.m. to 5 p.m.

**Fitness 4 two (Parent and Baby)** - This is an outdoor baby friendly class which allows mom or dad to get a great workout and attend to baby's needs at any time. Mondays, Sept. 21 to Nov. 16 from 5:30 p.m. to 6:30 p.m.

**New Hatha Yoga (60 minutes)** Tuesday, Sept. 22 to Nov. 10 from 4:15 p.m. to 5:15 p.m.

**New Mom and Baby Pilates** – Wednesdays, Sept. 23 to Nov. 18 from 9 a.m. to 10 a.m. and Thursdays, Sept. 24 to Nov. 12, 5:30 p.m. to 6:30 p.m. at the RecPlex gym.

**Spin-Fusion** – Tuesdays, Sept. 22 to Nov. 10 from 5:40 p.m. to 6:40 p.m.

**Zumba** – Wednesdays from Sept. 23 to Nov. 18 from 5:40 p.m. to 6:40 p.m.

**Pilates/Core Fitness** – Wednesdays, Sept. 23 to Nov. 18 from 4:30 p.m. to 5:30 p.m.

**Spin Class** – Thursdays, Sept. 24 to Nov. 12 from 4:20 p.m. to 5:20 p.m.

**Learn to skate** – Wednesdays, Oct. 7 to Dec. 16 from 5 p.m. to 6 p.m.

**Coming this fall** – Mom and baby pilates.

### Children, Youth and Teen Programs

**Kookin' with Kidz** – Wednesdays from Sept. 23 to Nov. 18 – six to eight years of age and nine to 12 years of age from 5 p.m. to 6 p.m.

**Tyke Terrain** – Tuesdays and Thursdays from Sept. 22 to Dec. 10 from 9 a.m. to 11 a.m. at the RecPlex gym.

**Learn to skate for youngsters** four to seven years of age – Sundays from Oct. 4 to Dec. 13 from 1:30 p.m. to 2:15 p.m. at the RCAF Flyers Arena.

**New Learn to skate for youngsters** for four to seven years of age – Sundays, Oct. 4 to Dec. 13 from 1:30 p.m. to 2:15 p.m. at the RCAF Flyers Arena.

**Learn to skate for eight- to 16-year-olds** – Mondays, Oct. 5 to Dec. 14, 6 p.m. to 7 p.m. at the RCAF Flyers Arena.

**Shinny Hockey** – starts Oct. 7 to Dec. 18.

**Tyke/Novice** (under nine years old) Fridays from 6 p.m. to 7 p.m.

**Atom** (under 11 years old) Fridays from 5 p.m. to 6 p.m.

**PeeWee** (under 13 years old) Wednesdays from 4 p.m. to 5 p.m.

(No shinny on Friday, Oct. 9 or Wednesday, Nov. 11.)

**Dash 'n Splash** – Fridays, Sept. 25 to Nov. 20 from 9 a.m. to 10:30 a.m.

**Drop-in Youth Basketball** for ages 13 to 17 years, Tuesdays, Sept. 22 to Nov. 24 from 7 p.m. to 8 p.m. at the RecPlex gym.

**Kids Night Out** – Friday, Nov. 13 for five-year-olds and under from 6 p.m. to 7:30 p.m. and six- to 12-year-olds from 6 p.m. to 8:30 p.m. at the RecPlex.

## 2016 badminton playdowns throughout January



CFB North Bay will be hosting the Ontario Region Badminton Championship from March 4 to 7, 2016. Interested athletes are invited to try out for the 10 positions open for that championship. Playdowns will be held at the gymnasium from the Monday, Jan. 4 to Jan. 29, 2016. Registered players will play a round robin draw. Players will get a list of all registered players and play competitors on their own time. The base team plays every noon hour and Monday and Wednesday nights from 7 p.m. to 10 p.m. Competition is open to all CF, Class B and C reserve members. For registration or information, contact the Sports and Recreation Coordinator Cormier DG@CFB Trenton PSP@Trenton or Daniel.Cormier@forces.gc.ca no later than Dec. 18.

## 2016 squash playdowns taking place at CFB Trenton in January

CFB North Bay will be hosting the Ontario Region Squash Championship from March 4 until March 7 and you are challenged to earn one of the nine positions available. Playdowns will be held at the south side squash courts from Monday, Jan. 4 to Jan. 27. Registered players will play a round robin draw. Players will get a list of all registered players and play competitors on their

own time. Competition is open to all CAF and Reserves Members. For registration or information contact the Military Sports and Recreation Coordinator Cormier DG@CFB Trenton PSP@Trenton DANIEL.CORMIER@forces.gc.ca with the following info: Service number, first and surname, unit, local telephone number, date of birth and age no later than Dec. 18, 2015.

## 2016 curling playdown Jan. 19

The 8 Wing/CFB Trenton Curling Team will represent 8 Wing/CFB Trenton at the Ontario Regional Curling Championship held at 8 Wing/CFB Trenton on Feb. 28 to March 2, 2016. You are invited to slide, sweep and curl your way to the championship. Competition is open to all CAF, and reserve members. Playdown to qualify will be held at the Trenton Curling Club beginning at 1 p.m. on Tuesday, Jan. 19, 2016. Curlers must register no later than Jan. 8. For registration or information contact the Sports and Recreation Coordinator Cormier DG@CFB Trenton PSP@Trenton or DANIEL.CORMIER@forces.gc.ca



## 2016 inter-section ultimate Frisbee league survey

The Fitness, Sports and Recreation Flight is checking if there is any interest in organising an inter-section ultimate Frisbee league that would be open to CF Military, DND and NPF full time employees. The league would play outdoors on the RCAF soccer pitch from June to September with dates and time to

be determined if there is enough interest. For further information or to express interest in playing, please e-mail the Military Sports and Recreation coordinator no later than Nov. 27 at Cormier DG@CFB Trenton PSP@Trenton or Daniel.Cormier@forces.gc.ca

## 8 Wing/CFB Trenton Martial Arts Club registration



Registration starts in September at 32 Buffalo Ave., south side, east of the water tower, building 32, Air Crew Selection, north door, second floor for the following activities: Karate, Jiu Jitsu, Brazilian Jiu Jitsu, Kung Fu, kickboxing, Taekwondo, wrestling, special children's classes. Chief instructor training since 1964; 8th degree black belt Jiu Jitsu; 6th dedree black belt grading board Kai Shin Karate Assoc; President Canadian Jiu Jitsu Council; Chief Instructor Snow Tiger Martial Arts Assoc; Inducted into the world Black Belt Hall of Fame 1991. For more info contact: Club loc 5450, Sensei Gary Hollman Loc 3543, Tara Oliver Loc 2588, BJJ professor (613) 243-9196 www.snowtiger-martialarts.com www.thesnowtiger.com

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### New Fall Programs at the Trenton MFRC

Visit our website - [www.trentonmfr.ca](http://www.trentonmfr.ca) - or our Facebook page to find new and returning programs or events for adults, children, and the whole family!

### Nouveaux programmes pour l'automne au CRFM de Trenton

Visitez notre site internet - [www.trentonmfr.ca](http://www.trentonmfr.ca) - ou notre page Facebook pour trouver les nouveaux programmes et événements en plus de ceux qui nous reviennent, pour les adultes, les enfants et toute la famille!

### Dance with France - Fall Classes

Learn classic dances at the MFRC starting Tuesday, Nov. 17. Level One - Swing, 6 to 7 p.m. Level Two - Foxtrot, 7 to 8 p.m. Level Three - Bolero, 8 - 9 p.m. Classes run every Tuesday and there are two practice sessions on Tuesday, Dec. 8 and Jan. 26. Cost is \$90/couple and includes six classes plus two practice sessions. Payment is collected at the first class. To register or learn more, please contact MFRC reception at 613-965-3575 or email [rabia.s@trentonmfr.ca](mailto:rabia.s@trentonmfr.ca).

### Dancez avec France

Apprenez les danses sociales au CRFM, débutant le mardi 17 novembre. Niveau I - Swing - de 18h à 19h. Niveau II - Foxtrot - de 19h à 20h. Niveau III - Boléro - de 20h à 21h. Les classes prennent place tous les mardis, il y aura deux pratiques, les mardis 8 décembre et 26 janvier. Coût: 90\$/couple, pour 6 classes et deux pratiques. Le paiement est dû à la première classe. Pour vous inscrire ou de l'information, s.v.p., contactez la réception du CRFM au 613-965-3575 ou par courriel [rabia.s@trentonmfr.ca](mailto:rabia.s@trentonmfr.ca)

### Afternoon Chatter - Hairstyles for the Holidays

Back by popular demand! Join us on Sunday, Nov. 15 and get ideas for sassy, adventurous or classic hairstyles for the holidays. Tanya from Tanya's FX Family Hairstyling will demonstrate. This is a free event with door prizes! Date: Sunday, Nov. 15. Time: 1 to 4 p.m. Where: Trenton MFRC. \*Please register at the MFRC. \*\*Onsite subsidized child care (0-12 years old) is available. You must register for this service and pay at the MFRC reception, no later than Wednesday, Nov. 11 by 4 p.m.

### Jasette de l'après-midi - Coiffures pour les Fêtes

Vous avez demandé, donc c'est de retour! Venez trouver des idées de coiffures pour les Fêtes. Soyez cocasse, aventureuse ou classique! Tanya de 'Tanya's FX Family Hairstyling' montrera et expliquera différents styles. Ceci est un événement gratuit avec des prix de présence! Date: le dimanche 15 novembre. Heure: de 13h à 16h. Où: CRFM de Trenton \*Inscrivez-vous, s.v.p., au CRFM. \*\* Du gardiennage sur place partiellement subventionné (de 0 à 12 ans) est disponible. vous devez vous inscrire et payer

à la réception du CRFM, au plus tard le mercredi 11 novembre à 16h.

### Glass Holiday Ornament Workshop

Join Sarah Dionne for an afternoon of creating Holiday ornaments out of glass. Choose from a pattern or design your own ornaments that will last for years and make wonderful gifts. On the day of class, you will assemble the ornaments. They are then taken to Sarah's studio and fired in a glass kiln. Finished ornaments will be returned to the MFRC within a few weeks for pick-up. Who: All ages! Date: Saturday, Nov. 21. Time: 11 a.m. to 3 p.m. Cost: \$50/student. Space is limited. Register at the MFRC reception 613-965-3575

### Atelier de décorations de Noël en verre

Joignez Sarah Dionne pour un après-midi et créez des décorations de Noël en verre. Choisissez un patron ou votre propre conception pour des décorations qui dureront des années et se donnent bien en cadeau. Durant l'atelier, vous assemblerez votre décoration. Par la suite, Sarah les apportera chez elle pour les cuire dans son four pour verre. Les objets seront retournés au CRFM quelques semaines plus

tard. Pour qui: Tous! Date: le samedi 21 novembre. Heure: de 11h à 15h. Coût 50\$/participant. L'espace est limité. Inscrivez-vous à la réception du CRFM 613-965-3575.

### Homemade Bath Products

Spend an evening with us making homemade bath products using essential oils! You will create one bath bomb, three shower discs and a 250ml bottle of bath salts. Make them for yourself or as Christmas presents. Date: Monday Nov. 16. Time: 6:30 p.m. to 9 p.m. Where: Trenton MFRC. To register please contact MFRC reception at 613-965-3575 or email [rabia.s@trentonmfr.ca](mailto:rabia.s@trentonmfr.ca)

### Produits de bains maison

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With curb appeal galore, this one and a half storey, three-bedroom home, which includes an unfinished basement, will enhance any residential neighbourhood.

The covered porch that shelters the entry extends around the corner to form a small veranda. Inside, the foyer includes a spacious coat closet and leads into the great-room complex, where part of the ceiling is double-height, lending this area an airy elegance.

The gas fireplace in the great room, flanked by built-in shelving, will cast its glow into the dining room, as well as the kitchen. French doors to the covered patio will make outdoor meals easy to serve.

The kitchen, with a step-saving U-shaped counter con-

figuration, features a window over the double sink with an extra-deep sill, ideal for collectibles and pots of herbs.

To the left of the foyer is the laundry room and a powder room is adjacent to the great room, close to the U-shaped stairway to the second floor.

Ceilings on the main floor measure nine feet high.

Upstairs, the master bed-

room occupies a bayed-out area with a dramatic vaulted ceiling that rises to 11 feet. A walk-in closet is located across from the large en-suite, which includes a soaker tub with a window overlooking the back garden, as well as double sinks and a shower stall.

The secondary bedrooms share a three-piece bath with a handy linen closet nearby.

On the exterior, board-and-batten cladding adds texture to the lower part of the facade, with stained wooden shakes on the upper part. Unstained shakes provide contrast on the front porch. Painted trim and decorative woodwork add interest.

This home measures 48 feet wide by 46 feet, six inches deep, for a total of 1,796 square feet.

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## GCWCC 50/50 draw

The Government of Canada Workplace Charitable Campaign (GCWCC) final 50/50 draw takes place Nov. 27. Tickets are one for \$5 or three tickets for \$10. For more information or to help sell tickets, please contact Cpl. Pamela MacDonald at [pamela.macdonald@forces.gc.ca](mailto:pamela.macdonald@forces.gc.ca) (ext. 3895) or MCpl. Douglas White at [douglas.white@forces.gc.ca](mailto:douglas.white@forces.gc.ca) (ext. 3751).

## Nov. 13 – Blood Donor Clinic

The 8 Wing/CFB Trenton blood donor clinic takes place at the CFB Trenton RecPlex, 21 Namao Drive, on Friday, Nov. 13 from 10 a.m. to 2 p.m. Everyone is encouraged to come out and give blood at this important time of the year.

## November 14, Trenton Curling Club

TCC is hosting a Funspeil for everyone who's ever wanted to try his/her hand at Curling! Starting at 10:30 a.m. you can get a feel for throwing and sweeping a rock with experienced curlers. NO EXPERIENCE needed. Bring a friend. Cost is just \$5. Lunch included. Call 613-392-5611 or drop in at the club at 10:00

## Nov. 15 – Tribute to the Brave

Tribute to the Brave is a combined concert of the Quinte Symphony, 8 Wing Concert Band and the 8 Wing Pipes and Drums at the National Air Force Museum of Canada in honour of the late Hugh O'Neil. Admission is by donation.

## Nov. 18 – 8 Wing Officers' Mess Ladies Club Appetizer and Hors D'Oeuvres Night

The 8 Wing Officers' Mess Ladies Club is hosting an appetizer and hors d'oeuvres tasting event on Wednesday, Nov. 18 at 6:30 p.m. in the mess. Admission for members and invited guests of members is free with your favourite appetizer or hors d'oeuvres and recipe or \$10 at the door. For further information, contact [chambersj@live.ca](mailto:chambersj@live.ca)

## Nov. 20 – 26th annual Trenton Woodlot Conference

Doors open at 8 a.m. for exhibits and artisan products. The program - 9:30 a.m. to 4:30 p.m. – includes field trips, the Secret Life of a Forest and Ontario's Biodiversity. The event is hosted by Hastings Stewardship Council at the Batawa Community Centre, 8 Plant St., Batawa. Admission is \$30. Registration by Nov. 14 is suggested, to ensure hot lunch. Buy online tickets at [hastingsstewardship.ca](http://hastingsstewardship.ca). For more information: 613 391 9034 or [info@hastingsstewardship.ca](mailto:info@hastingsstewardship.ca).

## Nov. 21 - Quinte Branch of Ontario Genealogical Society

The Quinte Branch of the Ontario Genealogical Society will feature Randy Saylor on the topic of "The recent discovery of Capt. John W. Meyers' Account book," showing business transactions in Sidney and Thurlow townships dating from 1790 to 1796. The meeting takes place at the Quinte West Public Library at 7 Creswell Drive in Trenton from 1 p.m. to 3 p.m. Everyone is welcome to attend. For more information visit [www.rootsweb.ancestry.com/~canqbogs/](http://www.rootsweb.ancestry.com/~canqbogs/)

## Nov. 25 – United Way of Quinte Community Sale

The United Way of Quinte Community Sale takes place at the CFB Trenton Tn/RCEME building on the north side of the base at 7 Winnipeg Ave. from 11 a.m. to 5 p.m. Admission to this cash-only sale is \$2 per person and shoppers get the opportunity to save on brand name products priced at less than 50 per cent of retail costs. This is a Government of Canada Workplace Charitable Campaign (GCWCC) sponsored event.

## Highway of Heroes Living Tribute project begins

Continued from page 1

"There is no more fitting tribute than what we are about to do here in planting this tree outside this Air Movements unit terminal, because for the better part of Afghanistan it was right here on the ramp outside these doors that those brave young men and women came back to this land," he said. "Having stood on several repatriation ceremonies out there on the ramp and listened to taps and seen the families stand there as that casket was loaded into the hearse, it is incredibly fitting that we are about to plant these trees because the reality is that for so many of these brave young Canadian men and women, they actually never came home."

Newly elected MP for Bay of Quinte Neil Ellis was proud that this would be his first official ceremony and he was amazed at the scope of the effort "...going to honour not only our fallen soldiers but honour our military in

general moving forward for the rest of Canada's history."

Member of Provincial Parliament Lou Rinaldi said the ceremony had special significance for him as he was in on the original discussion of creating a Highway for Heroes and he was now pleased to have a part in the celebration of remembering.

Jim Harrison, the Mayor of Quinte West, said the ceremony had great significance for Canadians.

"The Highway of Heroes recognizes what has gone on over the lifetime of this country. It's a great idea, fantastic, and we're willing to support it," he stated.

Mark Cullen, the chairman of the Highway of Heroes Living Tribute, echoed Col. Keiver's words about the fitting tribute of the project, but added, "If war represents the price our country has paid for peace, then let these trees be a living legacy to those who paid the ultimate price. The

Highway of Heroes, 117,000 trees, will be a living, breathing monument that cleans the air, filters toxins out of rainwater, and converts carbon dioxide into oxygen."

He acknowledged that a large number of volunteers and contributors would be needed to bring the project to fruition, but he was confident it could and would be successfully completed. Upon its completion, another project of planting over 2 million trees on private and public land that adjoins the 401 would be undertaken to remember the service of every individual that has ever served in the Canadian Armed Forces (CAF). He expected the total cost to be \$20 million, but he was also optimistic that could be accomplished with the help of all levels of government and individual Ontarians.

For more information on the project or to learn how to contribute, go to [www.hohtribute.ca](http://www.hohtribute.ca)



Politicians and members of the public all wanted to be included in the planting of a tree at CFB Trenton to kick off the Highway of Heroes Living Tribute Nov. 6 at the Passenger Terminal, 6 North Star Drive, at CFB Trenton. Photo by Catherine Stutt

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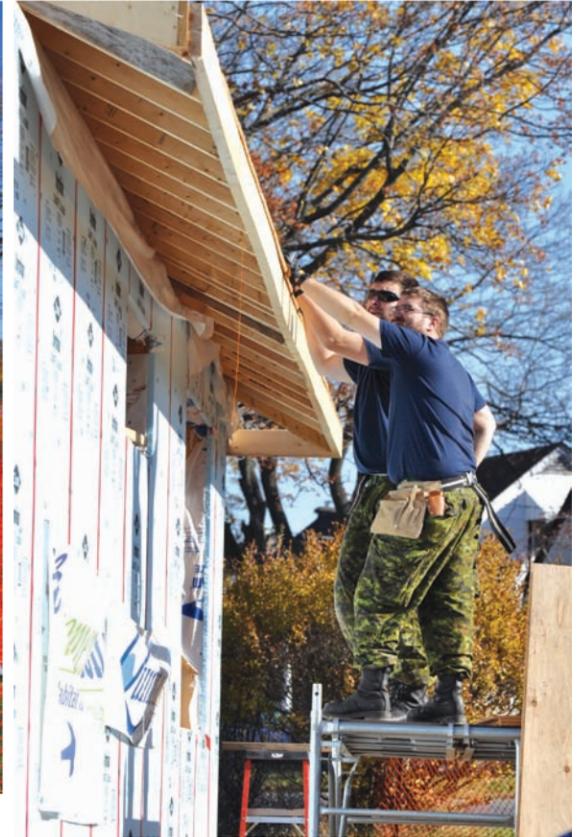


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## Military plays incredible role in Habitat for Humanity builds

This Habitat for Humanity project on Golfdale Road in Belleville had six military members helping out on this particular day. Photos by Ross Lees

*'Framers are hard to find on a voluntary basis so they are a huge plus to us' – Bob Clute*

By Ross Lees

Habitat for Humanity relies heavily on the kind of help they get on a consistent basis from military bases like 8 Wing/Canadian Forces Base (CFB) Trenton.

That help becomes even more significant now that single builds per year are no longer happening, according to the chair of Habitat for Humanity Prince Edward-Hastings Bob Clute.

Four Habitat for Humanity builds will take place this year in Prince Edward-Hastings and two of them are going up nearly side-by-side on Golfdale Road in Belleville.

Mr. Clute calls it a brilliant strategy, as much of the materials and labour can be grouped over the two sites.

"Next year, we are planning on building four to six houses, depending on our financial resources," Mr. Clute noted.

However, without the kind of help supplied by 8 Wing/CFB Trenton, this kind of community support would be impossible, Mr. Clute noted.

"CFB Trenton has been unbelievable," he said. "Last week, they supplied the people to do the trusses on this house and six people were on site this morning closing it in. The military plays an incredible role!"

On just these two locations, perhaps

a dozen military members have been supplied for the project from Wing Operations, 8 Air Communication and Control Squadron, 2 Air Movements Squadron, 436 Transport Squadron, 8 Air Reserve Flight and Wing Construction Engineering (WCE).

Warrant Officer Mike Gardner was one of those people, one of six personnel who had volunteered for two days.

"We try to get involved in the community any way we can," he said of the volunteer project, even though they are going through a busy work schedule on the base.

He noted that volunteers are needed at every level and, as long as a person

Two more military members help install this paneling on the roof of the Habitat for Humanity project in Belleville.

is familiar with some of the tools, they can help on projects like this. These particular volunteers from WCE are very familiar with the tools and the process, so they can make a big difference in two days of steady work.

That kind of help can mean a lot of a project like this, he added.

"They have strict guidelines to get the people in here by Christmas and we're doing what we can to accomplish that," he stated.

"We need that kind of help," added Mr. Clute. "Framers are hard to find on a voluntary basis so they are a huge plus to us."

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Community Hero

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## Pays it Forward

**Bayview Auto has paid it forward!**  
**On October 21<sup>st</sup>, we welcomed our Pay it Forward Community Heroes to a celebration in their honour.**

Belleville Mayor Taso Christopher was on hand to present each of the five finalists with awards of recognition, and speak to the amazing dedication and volunteerism required to run a community. The Pay it Forward campaign was in celebration of 25,000 vehicles sold by our used car dealership.

Also in attendance was Quinte Broadcasting's Tim Durkin, who did a live on location from 1-4 pm, interviewing each of the Heroes. Ryan, Kay, Sandie, Cindy and Bob each took turns speaking about causes they work so tirelessly to raise awareness for.

Nobody left empty-handed, and each Hero left with gifts and a wonderful sense of recognition. *Cindy, who earned top vote on Facebook, left in her choice of vehicle (Dodge Grand Caravan), and \$1,000 in gas gift cards.* Cindy, was nominated by her husband Craig, and has

four boys, including twins who were diagnosed with Autism Spectrum Disorder. Cindy works closely with families who have been impacted by ASD, and is a champion of awareness for the Disorder.

Autism Spectrum Disorder (ASD) is typically a lifelong diagnosis that manifests itself in a wide-range of symptoms, including difficulty communicating, social impairments, and restricted and repetitive behaviour. It is complex and affects many body systems including brain development, normal function of the gastrointestinal, immune, hepatic, endocrine and nervous systems. Individuals with autism and their families face unique challenges over their lifespan, often leading to families in crisis. Recent U.S. figures, based on 2010 data, estimate 1 in 68 eight year old children have been identified with ASD. It is believed the numbers are comparable in Canada and are on the rise.

Early intervention is very important in order for children to achieve optimal outcomes. Unfortunately, families find themselves on long wait lists for government funded diagnosis, supports and services and often resort to paying out of pocket. As children reach adulthood, we are even more unprepared.

Autism Canada actively encourage the sharing of best practices and programs, and advocates passionately for Canadians living with autism. They have been the hub of knowledge and understanding about ASD in Canada since 1976. Their mandate is to work collaboratively with their Provincial and Territorial Council member organizations to champion ASD priorities. To learn more visit [www.autiscanada.org](http://www.autiscanada.org).

Bayview Auto Sales wishes to extend thanks to everyone who took time to nominate, vote, support, and join our campaign to **Pay it Forward!**



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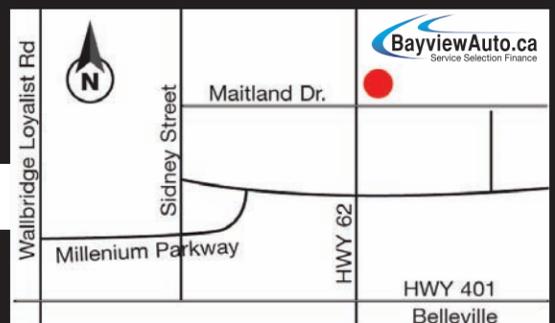
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