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This highly respected safety advocate is also well known as a person of action

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Mother and two polar bear cubs where sited north of the Station on Oct. 3

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Sandra Hussey

sales representative



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Ride to Help launches 22 bikes despite cold, wet, foggy weather

\$400 is raised in support of the 8 Wing/CFB Trenton GCWCC campaign despite late preparation



Riders take off on the Ride to Help to raise funds for the GCWCC campaign at 8 Wing/CFB Trenton in support of the United Way of Quinte campaign. Photos by Ross Lees

By Ross Lees

Neither rain nor fog nor cold could stop Corporal (Cpl.) Dwayne Moniz and his Ride to Help from raising money for the 8 Wing Government of Canada Workplace Charitable Campaign (GCWCC) on Oct. 9.

Twenty-two bikers – 20 military and two civilians – left the RCAF Flyers arena parking lot on this annual fundraising ride despite threatening skies, fog and cooler temperatures.

Major (Maj.) Jean-Paul Landry, co-chair of the 8 Wing/CFB Trenton GCWCC campaign in support of the United Way of Quinte campaign, expressed his pride in the commitment of the riders.

"I applaud your commitment in going on this ride today despite the weather,"

he stated in the parking lot of the RCAF arena just prior to the ride. "I hope you all enjoy a great ride and have fun while you're helping to support our GCWCC campaign."

Despite last-minute organization of the event and a short time-frame for that organization, \$400 was raised and Cpl. Moniz said everything went really smoothly.

"It was cold and wet but everything went really smoothly," he said after the ride. "Considering the weather and the short notice, everything went well."

Cpl. Moniz took some time to thank the Military Police for giving a hand at the last minute to help launch the ride and keep the riders safe.

"We really appreciate their efforts," he said following the event.

See page 5 for more photos



Co-chair of the GCWCC campaign at 8 Wing/CFB Trenton Maj. Jean-Paul Landry thanks the riders in the Ride to Help for their efforts prior to the beginning of the ride Oct. 9.

Belleville Rotary Club steps up to raise funds for the Trenton MFRC

Hits of the Blitz twin bill will fundraise for the MFRC in support of military families

By Ross Lees

They felt it was a perfect fit, so the Rotary Club of Belleville decided to organize Hits of the Blitz as a special fundraiser for the Military Family Resource Centre (MFRC) in Trenton.

The event, to be held at Centennial Secondary School auditorium at 160 Palmer Road in Belleville on Nov. 8 will feature a commemoration in song of the great war years by performers Julian Gallo, tenor, Lenni Stewart, chanteuse, and Lenny Graf and his Platinum Orchestra.

While mainly a fundraiser for the Trenton MFRC, the program will also celebrate Remembrance Day, the 70th anniversary of the end of World War II and the liberation of the Netherlands by Canadian troops.

General admission tickets for the performance are \$25 per person for a matinee performance at 2 p.m. or the evening performance at 7:30 p.m.

Belleville Rotary Club member Chris Finkle and Julian Gallo presented the concept to Devon Taylor, Communications and Development Coordinator for the MFRC, after he

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WO Cordell Deck is presented the General Safety Program Well Done Award by 8 Wing Logistics and Engineering Officer, Lieutenant-Colonel (Lt.-Col.) Cathy Blue. Photo by 8 Wing Imaging

General Safety Program Well Done Award – WO Cordell Deck, 8 Wing Trenton

Congratulations to Warrant Officer (WO) Cordell Deck on receiving the General Safety Program Well Done Award. WO Deck is a highly respected safety advocate who is well known as a person of action. He promptly investigated improper disposal of propane tanks mitigating a dangerous hazardous occurrence and initiated a Wing-wide awareness campaign. He engaged other Wing Unit General Safe-

ty Officers to conduct a carbon monoxide hazard assessment, working diligently with Wing Construction Engineering to determine the most effective type and placement of detectors. A proactive Unit General Safety Officer for Wing Supply and a dedicated volunteer Firefighter, WO Deck is a positive role model who actively influences and promotes a safety culture. Well done!

Hits of the Blitz for MFRC

Continued from page 1

had opened a thank you package from the MFRC's Invisible Ribbon Gala and he realized the Hits of the Blitz fundraiser and the MFRC were a perfect fit.

"I contacted Devon and asked her if this would be something they would be okay with," he stated. "She went to her

executive director, we met with them and we thought it was a great fit. That was the inception of it and we've been working pretty hard since then to make sure it is successful."

A lot of hard work has gone into the event to try to raise as much money as possible for the MFRC, according to Julian Gallo, who said this performance will entertain a lot of those elderly people who lived through the trying times of the last World War and which was so well preserved in songs of that era.

"Our challenge is getting that age group, that demographic, out to the performance," noted Mr. Finkle. "But it is overwhelming and exciting to know that the cause is more than worth the effort going into it."

Miss Taylor couldn't agree more.

"We're just thrilled that a service club in our community has reached out to us," she acknowledged. "It's the first time an organization of this stature has volunteered to host a benefit for MFRC of this scale. We're looking to build these partnerships and we're hoping this could become something that happens again."

The organizers are hoping to sell out both presentations or this unique, historical music performed by a 16-piece orchestra.

As a special feature of this event, Eddy Graf, Lenny Graf's 93-year-old father will perform at the event.

"He still plays five different instruments," noted Mr. Gallo.

The Platinum Orchestra will perform the great hits performers like Glen Miller, Woody Herman, Benny Goodman, according to Mr. Gallo.

Tickets for the performance can be purchased at the Trenton MFRC, at Finkle Electric, through www.rotary-belleville.org or from any Quinte area Rotarian.

Further information can be obtained by contacting the Trenton MFRC at 613-965-3575 or www.rotary-belleville.org



Julian Gallo (above), tenor, Lenni Stewart (below), chanteuse, and Lenny Graf and his Platinum Orchestra will headline the Hits of the Blitz to be performed at Centennial Secondary School auditorium at 160 Palmer Road in Belleville on Nov. 8.



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2015 Round the County Race a windless affair

Local races throw everything at sailors from the Canadian Forces Base Trenton Yacht Club



Sailboats from CFB Trenton, Presqu'ile and Waupoos spread out across the bay in the last leg of the 21st Shirley Homer race around Waupoos Island in August.

By Christine Flett

Keelboat racing can be a most unpredictable sport, dependent not just on the skills of skipper and crew but on the whims of the wind and weather.

Consider last year's gruelling Round the County Race - a hair raising, sail ripping, rudder snapping event if ever there was one - as compared to this August's drifter with nary a ripple on the lake. Indeed, the winds this year were so light many skippers, having done the math, had given up even before reaching the halfway point on the south shore, and were headed home under power.

The annual Round the County contest involves clubs from across the Quinte region in a challenging race from Presqu'ile Bay to Belleville via the outside Lake Ontario route along the south shore of Prince Edward County and back through the Bay of Quinte. Lasting between 12 and 18 hours, it is the most ambitious of five inter-club races in which Canadian Forces Base (CFB) Trenton Yacht Club participates.

The first, hosted in mid-May by CFB Trenton, is the Belleville to Trenton race, a friendly contest between local clubs to kick off the season. While past races have seen conditions from stormy to flat calm, this year's winds were close to ideal. Of the 21 entries from Belleville, Trenton and Presqu'ile, 17 rounded Indian Island to complete the course with two CFB Trenton boats finishing in the top 10 - Bill Phillips (Mamma Bear) was sixth and Carl Hisey (Renard) was seventh. The race was not without incident as one Belleville boat ended up on the rocks near Makatewis Island.

Light southerly winds, biting flies and the smell of cormorant guano were the name of the game

for the Round Scotch Bonnet race, a tiny island in Lake Ontario directly south of Presqu'ile Bay, featureless save for the remains of an abandoned stone lighthouse, now occupied by a large breeding colony of cormorants. In fact, Scotch Bonnet was home to Lake Ontario's first breeding colony of the birds discovered in 1939 by author Farley Mowatt.

The race itself, recently resurrected by Presqu'ile Yacht Club after a hiatus of several years, is a worthy outlet for the long standing rivalry between that Club and CFB Trenton. The result this year was a nod to both groups. Despite the biting deer flies, Trenton's Zest 4 Life took first place in the white sail division, its skipper, Bent Rasmussen, demonstrating a winning combination of skill and single-mindedness, steadfastly refusing to let his crew be distracted by anything smaller than a mainsail from their primary task of flying the ticklers. Presqu'ile's Tom Willison, by all accounts an equally dedicated taskmaster, won the spinnaker event in Tomfoolery.

The August holiday weekend featured a CFB Trenton race highlight — the Shirley Homer

Round Waupoos Island race. What

began as a memorial to a former club member has, over the last 21 years, become an institution. Before her illness, Shirley Homer and her husband used to summer on their boat at Waupoos. Since her death in 1994, friends old and new have gathered at the marina for a ceremonial round the island race in her honour. This year, the marina changed hands, but the new owners, Charles and Chan, appear keen to continue the tradition. With 29 entrants from Trenton, Presqu'ile, Waupoos and environs, the competition was tough but it was Trenton's Carl Hisey in Renard who took

the trophy. The Katie Grey race has become a Labour Day tradition. Organized by the Picton Yacht Club, the race runs through the Bay of Quinte from Belleville to Picton. This year saw 38 entrants from across the Quinte region

- 20 white sail and 18 spinnaker, although wind directions did not favour the spinnaker boats so none were able to fly their chutes. But the light winds ideally suited CFB Trenton's John and Anne Fear who came fourth in

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What is Family Violence? Not Sure If You Need Help?

Family violence means an abuse of power within a relationship of family, trust or dependency, and includes many forms of abusive behavior. Examples include emotional abuse, psychological abuse, criminal harassment, neglect, financial exploitation, destruction of property, injury to pets, physical assault, sexual assault and homicide.

Family violence has both short and long term effects. Children who witness violence in the home suffer emotional abuse as a consequence.

Abusive behavior often results in the person feeling afraid and controlled.

Who is Affected by Family Violence?

Family violence happens in all cultural, racial, and religious groups and at all income and rank levels.

Why Is the DND/CAF Concerned with the Issue of Family Violence?

Family violence in any form is a priority issue within the Canadian Armed Forces.

Family violence is a very private and emotionally charged issue. It is a difficult topic to talk about.

Individuals may still be too fearful to come forward and seek assistance for issues related to violence and/or abuse.

The unfortunate part of this scenario is that a problem left unaddressed, can escalate.

The Canadian Armed Forces is committed to raising awareness and strengthening its response to family violence through accessible resources, prevention and support services.

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



Your relationship is abusive if either partner:

- Dominates or controls the other
- Keeps the other isolated
- Uses insults or put-downs
- Damages the other's property
- Shows extreme jealousy or possessiveness
- Pushes, hits, throws things, chokes or physically restrains
- Forces sex
- Limits access to money

Where To Go For Support in the CAF:

- Base/Wing Family Crisis Team
- Military Police
- Chaplains
- Social Work Officers
- Medical Officers
- CFMAP: 1-800-268-7708
- Family Info Line 24/7 1-800-866-4546

Where To Go For Support outside the CAF:

- Military Family Resource Centre
- Emergency Services

- Shelters
- Victims Services
- Rape Crisis or Sexual Assault Support Centers
- Social or Family Service Agency
- Children's Aid Society
- Hospitals

Family violence is a very private and emotionally charged issue. It is a difficult topic to talk about. Take A Stand. Make the call. [All inquiries will be kept in strictest confidence]



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Continued from page 3

their bonnie boat *Skye*. Fellow member Dwight Koshman was 10th in *Polaris*.

Besides these inter-club events, sailors at CFB Trenton can compete in several club challenges throughout the summer - for trophies as well as bragging rights - such as the Single Handed and Round the Bay Races, the Club Regatta, and the recently revived Stink Pot and Rag Race, which partners a power boat and sail boat skipper for joint sail and Navex races.

And if that isn't enough to satisfy the competitive urge, every Wednesday evening from May to October is the club's regular race night and barbecue. It is not necessary to be a member in order to crew in the Wednesday races, simply show up at the flag pole by 5 p.m. with your lifejacket. There is no better way to learn about sailing.

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.

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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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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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Ride to Help raised \$400



These riders prepare to begin the ride on a cold, wet, foggy Oct. 9 morning.



(Above) This rider departs from the parking lot at the RCAF Flyers Arena while another group of riders prepares to follow.

(Left) Bikes varied in size and shape for the Ride to Help, including this one with a fancy paint job.

Photos by Ross Lees



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"We had a firm arrival time to meet (at Trenton) because of the reception committee - who would be waiting for us. I remember very well...that just west of Winnipeg at 25,000 feet we got into a strong westerly jet stream and started to gain time like nothing

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~ Roy Longworth

Submitted by Capt Sandor Gyuk, Wing Heritage Officer

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<p>PICTURESQUE TRENT CANAL VIEWS 267 RIVERSIDE PARKWAY</p> <p>Spacious 3 bed/2 bath bungalow with in-law suite and covered patio is waiting for you to enjoy. MLS#QR21504971 \$255,000</p>	<p>CENTURY OLD CHARMER 1306 FRANKFORD-STIRLING RD</p> <p>Move in ready home featuring a covered front porch, groomed gardens and tranquil back yard. MLS#QR21504988 \$189,000</p>	<p>CENTURY HOME 1784 WOOLER ROAD</p> <p>Beautiful 3 bed/2 bath home with fenced in back yard. Located in the heart of Wooler. MLS#QR21503331 \$139,000</p>
<p>RENOVATED CHARACTER HOME 203 KING STREET</p> <p>Gorgeous move in ready 3 bed/2 bath all brick home w/garage. Only 4 km's to CFB Trenton. MLS#QR21503805 \$220,000</p>	<p>PERFECT FOR A FAMILY 77 COLLEGE ST E</p> <p>1.5 storey starter home with fenced in yard. Within walking distance to schools and amenities. MLS#QR21502221 \$120,000</p>	<p>BUILD YOUR DREAM HOME 16 FAIRLAWN ROAD</p> <p>2000 sq ft custom built bungalow w/walkout basement, custom kitchen and more. MLS#QR21506768 \$398,000</p>



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

New Fall Programs at the Trenton MFRC

Visit our website - 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 - 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!

Autumn Wine Tour

When: Saturday, Oct. 24 from 10:30 a.m. to 6 p.m.
Where: Prince Edward County.
Who: Anyone (Must be 19 or older. ID may be required). Cost: \$55/person - payment must be made upon registration at the MFRC reception. The cost includes: school-bus transportation, tastings at five wineries, a hot lunch and visit at Shed Chetwyn to give a short break between wineries. Itinerary: Harwood Estates Vineyard; Casa Dea Estates; Karlo Estates; Shed Chetwyn; Lacey Estates; and, Hinterland Wine Company. Registration deadline is Oct. 21. For information, please call 613-965-3575.

Tournée automnale de vignobles dans Prince Edward County

Quand : Le samedi 24 octobre de 10h30 à 18h. Où : Prince Edward County. Qui : Anyone (L'âge minimum est 19 ans, une preuve d'identification pourra être demandée. Coût : 55\$/personne. Le coût comprend: le transport par autobus scolaire, dégustations à 5 vignobles, un repas chaud et une visite à Shed Chetwyn une petite pause entre les vignobles. Itinéraire : Harwood Estate Vineyards ; Casa Dea Estates ; Karlo Estates ; Shed Chetwyn ; Lacey Estates ; and, Hinterland Wine Company. La date limite d'inscription est le 21 octobre. Pour de l'information, appelez le 613-965-3575.

Money Smarts for Teens

Teens will learn the dangers of credit and the importance of savings with this free workshop. When: Tuesday, Oct. 20 from 6 p.m. to 9 p.m. Where: Trenton MFRC Youth Centre. Who: Teens, ages 14-18. Cost: Free. Please register by calling 613-965-3575 or emailing Rabia at rabia.s@trentonmfr.ca.

'Soyez astucieux avec l'argent' pour les adolescents (offert en anglais seulement)

Durant cet atelier gratuit, les adolescents apprendront les dangers du crédit et l'importance d'économiser. Quand: le mardi 20 octobre de 18h à 21h. Où: Centre des jeunes du CRFM. Pour qui: Les ados âgés de 14 à 18 ans. Coût: Gratuit. Téléphonnez au 613-965-3575 pour vous inscrire ou contactez Rabia à rabia.s@trentonmfr.ca.

Toronto Premium Outlets Shopping Trip

Join us on a shopping trip to Toronto's Premium Outlets! There will be prizes and games on the bus and this is a great chance to get some holiday shopping done! When: Saturday, Nov. 7, from 8 a.m. to 6:30 p.m. Where: Depart from the Trenton

MFRC parking lot with travel to outlet stores in the GTA. Who: Anyone 15 years of age and up (ages 15-17 must be accompanied by an adult). Cost: \$20/person. To register, please call the MFRC reception at 613-965-3575 or email Rabia at rabia.s@trentonmfr.ca before Wednesday, Nov. 4.

Voyage en autobus au Toronto Premium Outlets

Venez avec nous au Toronto's Premium Outlets! Il y aura des prix et des jeux durant le voyage et cela est une excellente opportunité de faire vos emplettes des Fêtes! Quand : le samedi 7 novembre. Départ : du stationnement de CRFM à 8h. De retour : vers 18h30. Qui : Offert pour les 15+, ceux âgés de 15 à 17 doivent être accompagnés d'un adulte. Coût : 20\$/personne. Inscrivez-vous en téléphonant la réception du CRFM au 613-965-3575 ou Rabia à rabia.s@trentonmfr.ca avant le mercredi 4 novembre 2015.

Coffee, Cookie and a Chat

Parenting group offered at Breadner Elementary School. Topics covered will be related to school success, how to reduce homework struggles, how to communicate with staff etc. The first and third Monday of the month (Starts Sept. 21) from 9:20 a.m. to 10:20 a.m. You do not have to have a child attending Breadner School to participate in

this program. Childcare is provided but spaces are limited. Must pre-register with Kelly Briggs at 613-392-2811 ext. 7917 the Wednesday the week before the group.

"Coffee, Cookie and a Chat"

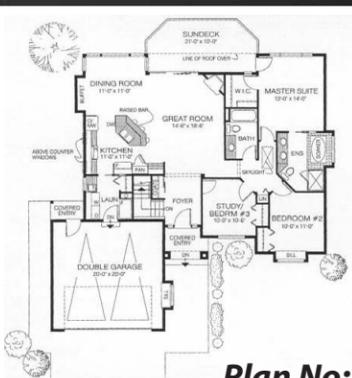
Un groupe de "Parenting" à l'École élémentaire Breadner. Les sujets discutés seront axés sur la réussite scolaire, comment réduire les difficultés avec les devoirs, comment communiquer avec les enseignants etc. Le 1er et le 3me lundi du mois de 9h20 à 10h20 (Débutant le 21 Septembre). Vous pouvez participer à ce programme même si votre enfant n'est pas inscrit à cette école. Garderie subventionnée, vous devez vous inscrire à l'avance (avant le mercredi) et les places sont limitées, contactez Kelly Briggs 613-392-2811 poste 7917.

Continued on page 8

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Home of the Week
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Sweeping roof lines, a dramatic arched transom entry and a smooth stucco exterior contribute to the sophisticated appeal of this compact, open-plan home. Inside the covered entrance, the large foyer presents a view of the great room with its appealing corner fireplace - just part of an exceptional family area that has all the elements necessary for today's casual lifestyle.

An oversized sun deck, accessed from the family room, adds outdoor living space. This deck is partly covered by the roofline above, a bonus on rainy days. The dining area is designed for formal or informal gatherings. It has a convenient buffet space and natural light will flood in through a wall of windows. In the kitchen area, a central island holds a double sink as well as the dishwasher. The raised eating bar along one side of the island makes an ideal place to sit for a quick breakfast or mid-morning coffee. A pass-through between the kitchen and the laundry room is large enough to accommodate a second fridge or a freezer. The

laundry room leads to the double garage, providing a convenient route for unloading groceries from the car.

The master bedroom suite is privately located at the rear of the house and has a door that opens to the sun deck. A large walk-in closet holds his and hers clothes while a five-piece bathroom creates a home-spa experience.

The sky lit hallway in the sleeping wing also leads to a three-piece bathroom shared by the two secondary bedrooms.

High ceilings add to the airy, relaxed interior of this innovative design.

The home measures 52 feet, 6 inches wide and 52 feet deep, for a total of 1,485 square feet of living space, plus an unfinished basement.

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

GCWCC 50/50 draw

The Government of Canada Workplace Charitable Campaign (GCWCC) monthly 50/50 draw takes place Oct. 16, Nov. 6 and 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 (ext. 3895) or MCpl. Douglas White at douglas.white@forces.gc.ca (ext. 3751).

Oct. 17 – Northumberland County Records

The Quinte Branch of Ontario Genealogical Society will feature "Northumberland County Records, some great aids to finding your Quinte ancestors" presented by Gabrielle Blaschuk. The event takes place at the Quinte West Public Library, 7 Creswell Drive, Trenton, from 1 p.m. to 3 p.m. Everyone is welcome. For more information, visit www.rootsweb.ancestry.com/~canqbogs/

Oct. 26 – Trenton Knights of Columbus Blood Donor Clinic

The Trenton Knights of Columbus Blood Donor Clinic takes place at the Knights of Columbus Hall at 57 Stella Crescent from 1 p.m. to 7 p.m. All regular and new blood donors are welcome.

Nov. 8 – MFRC Hits of the Blitz Fundraising Concerts

On Sunday, Nov. 8, two concerts will be held at Centennial Secondary School auditorium hosted by the Rotary Club of Belleville. Entitled Hits of the Blitz, tenor Julian Gallo will be backed by an orchestra as he sings the hits of World Wars One and Two at the 2 p.m. matinee and the 7:30 p.m. evening performance. Tickets are \$25 per person and can be purchased at the MFRC and various other sites that will be listed on their website.

Nov. 15 – Tribute to the Brave

Tribute to the Brave is a combined concert of the Quinte Symphony, 8 Wsinging 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.

Trenton Legion Branch 110 Halloween Dance

Make your plans for Halloween by attending the Halloween costume dance in the Legion auditorium with the band "Whiskey Burn." Admission is \$10 and the public is welcome.

MFRC continued from page 7

From the Ground Up - Fall 2015 Edition

This group is a women's self-empowerment program that teaches assertiveness skills, healthy communication, builds self-esteem, promotes self-care and emotion management skills. When: Begins Oct. 21 to Dec. 16; Wednesday mornings from 9 a.m. to 11:30 a.m. To register or for information contact please Jaclyn Hunter, Prevention, Support, and Intervention Coordinator at jaclyn.h@trentonmfr.ca or 613-392-2811 ext. 4017 before Oct. 16th.

****Subsidized childcare available****

Apprendre à grandir - Édition automne 2015

Ce groupe est un programme d'empowerment pour femmes, qui enseigne l'affirmation de soi, la communication saine, l'estime de soi, le prendre soin de soi et la gestion des émotions. Les mercredis du 21 octobre au 16 décembre 2015. De 9h00 à 11h30 et le service de garde subventionné est offert. Pour inscription ou pour information, contactez Hélène Thibeault au 613-392-2811 poste 4532 ou helene.t@trentonmfr.ca avant le 16 octobre.

Special Needs Support Group

Connect with other families in your community and discuss topics that effect and interest you. Gain support and insight from local families. This support group is for parents, grandparents, caregivers of children with all special needs. Every second Thursday of the month from 6 p.m. to 7:30 p.m. For information, please contact Orlana Bourgoin 613-242-7172 or orlana.b@trentonmfr.ca

Groupe de soutien pour les personnes ayant des besoins particuliers

Venez rencontrer d'autres familles de la communauté pour discuter, échanger, obtenir du soutien et des ressources. Ce groupe d'entraide est pour les aidants naturels de personnes avec des besoins particuliers. Chaque deuxième jeudi du mois de 18h00 à 19h30. Pour information contactez Orlana Bourgoin 613-242-7172 ou orlana.b@trentonmfr.ca

Oct. 14 – 8 Wing Officers' Mess Ladies Club Travel Night

The 8 Wing Officers' Mess Ladies Club meeting in October at 6:30 p.m. will feature guest speaker Carolyn Armitage of Carlson Wagonlit Travel, who will speak on tips for travellers. Members are free and members' invited guests are \$5. Refreshments will be served. For more information, contact chambersj@live.ca

Adult Social Group

We have a new social group for adults, ages 18 and up with special needs to connect with each other and the community by doing activities in the community. Do you want to get out of the house? Do you want to have some fun and be social with others like you? Go see a movie, go bowling, or go out for dinner, then this group is for you! To register, contact by email: mona.l@trentonmfr.ca For more information, contact Orlana at (613) 392-2811 ext. 3953 or orlana.b@trentonmfr.ca.

Groupe social et récréatif pour adultes

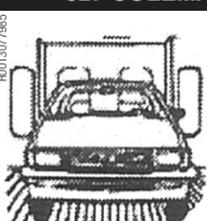
Ce groupe social est conçu pour les adultes âgés de 18 ans et plus, ayant des besoins particuliers, pour participer à des activités divertissantes. Allez voir un film, jouer aux quilles, aller au restaurant entre jeunes et faire des activités sociales t'intéressent? Si tu as le goût de rencontrer des gens qui ont eux aussi des besoins spécifiques, ce groupe est pour toi. Chaque premier vendredi du mois, commençant le 2 octobre au Centre de Ressources pour les Familles de militaires de Trenton & dans la communauté. Pour inscription par courriel: mona.l@trentonmfr.ca et pour tout autre renseignement, contactez Orlana Bourgoin (613) 392-2811 poste 3953 or orlana.b@trentonmfr.ca

PALS (peers assisting with life skills)

A group for children from military families who are six to 11 years old. This group gives kids the chance to meet other children going through similar life experiences while learning life skills such as dealing with stress, anger, fears and communication skills. Next PALS will be Oct. 23 from 5:30 p.m. to 7:30 p.m. and we will talk about "Fears and Worries". Supper will be provided. There are still available spaces to register. Please contact mona.l@trentonmfr.ca or by calling 613-392-2811 ext 4528 before Oct. 16.

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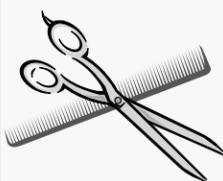
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Fall 2015 Red Cross Swim Lessons

TBA

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. or 8:30 a.m. to 9:20 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 4:15 p.m. to 5:15 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 from 5 p.m. to 6 p.m.; nine to 12 years of age from 6 p.m. to 7 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 – Mondays from Oct. 5 to Dec. 14 from 5 p.m. to 6 p.m. at the RCAF Flyers Arena.
Learn to skate for eight to 16 years of age – Mondays, Oct. 5 to Dec. 14 from 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.



Canadian Forces Station (CFS) Alert had some unexpected visitors this week. On Oct. 3, a mother and two polar bear cubs were sighted north of the Station. They were located next to the quarry hanging around the incineration yard. The chain of command quickly stood up the Station's Station Auxiliary Security Force (SASF) team to keep eyes on our new guests and within a few hours the bears wandered out of sight. Since then there has been a few sightings, causing a lot of excitement around the Station.





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Safety

Battery boosting can have explosive results



Battery boosting is a common procedure which most people take for granted, but it is important to be aware of the hazards. There is a risk of serious injuries, especially to the eyes, from incorrectly boosting a battery.

Boosting a vehicle battery can set off an explosion. A vehicle battery generates

hydrogen and oxygen while being recharged. This is an explosive combination, and can be set off by a spark. The spark could come from a cigarette, static electricity or even the booster cable connection.

Follow these guidelines for safer battery boosting:

- Wear safety goggles to protect you from battery acid and fragments of the battery in case of an explosion.

Store the goggles with the jumper cables so they will be readily available when you need

them.

• If necessary, fill the battery to the required fluid level. In the case of a sealed type of battery, you may not be able to fill it and will have to replace the battery.

• Ensure both vehicles have electrical systems of the same voltage, and make sure both have a negative ground.

• Put the two vehicles close to one another, but not touching.

• Both vehicles should be in "park" or "neutral". Set the emergency brakes.

• Turn both engines off; turn off any electrical devices such as interior lights, radio, etc.

• Wear your eye protection as you approach the battery, and never lean over the battery because of the risk of explosion, which could injure your eyes.

• Before boosting, make sure the battery is actually dead. It is possible the terminals and clamps may be corroded and just need cleaning. Also check that the battery is not frozen. Attempting to boost a frozen battery can cause an explosion.

• If necessary, fill the battery to the required fluid level. In the case of a sealed type of battery, you may not be able to fill it and will have to replace the battery.

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• Wear your eye protection as you approach the battery, and never lean over the battery because of the risk of explosion, which could injure your eyes.

• Open the battery vent caps to allow any build-up of gas to escape.

• Cover the holes with a damp cloth, or replace the caps.

• Attach the red clamps to the positive (+) posts of each battery. Be careful not to attach them to the wrong posts because this is an explosion hazard. Connect one of the black clamps to the negative (-) terminal on the good battery. Then attach the other black clamp to a good ground on the disabled vehicle. This would be a clean, unpainted spot on the frame, engine or body of the disabled vehicle. It should be as far away as possible from the battery. The reason for this is to prevent sparks from occurring near the explosive gases. When you are attaching the clamps, make sure they do not touch any other metal, to prevent sparks.

• Next, start the vehicle, which has the good battery.

• After that, start the vehicle, which is disabled.

• Finally, remove the cables in the reverse order from which you attached them. First detach the "-" cable from the car's frame.

• Take the "-" cable off of the good car's negative battery terminal. Next remove the "+" cable from the disabled car's battery.

• Finally, remove the "+"

cable from the good car's battery.

Remember a battery gives off explosive gases while it is being boosted. Use safe procedures and wear eye protection.



**8 Wing Chapel /
 Chapelle de la 8e Escadre**



Location/Adresse:
 91 Namao Drive East/91 Promenade Namao Est

Phone/Téléphone:
 (613) 392-2811 ext/poste 2490/4593

Office hours/Heures de bureau:
 Monday to Friday - 8 a.m. to 4 p.m.
 Du lundi au vendredi - 08h00 à 16h00

Services Times/Heures des services religieux
 Bilingual RC Sunday Mass: 9:30 a.m./
 Messe bilingue CR: 09h30
 Protestant Service: 11 a.m./Service protestant: 11h00
 RC Weekday Masses at noon (usually on Tuesday, Wednesday and Thursday)
 Messes CR quotidiennes à midi/(du mardi au jeudi habituellement)

Wing Chaplain/Aumônier de la 8e Escadre:
 Maj. (Rev./Rév.) Roy Laudenorio

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

Civilian Officiant/Désservant civil:
 Gillian Federico

Wing Logistics and Engineering Pictures of the Week

ASF and IMP prepare for a 'one stop shop'

Supply Technicians from Aircraft Support Flight (ASF) remove racking and shelving units as part of their efforts to revamp and upgrade their warehouse in anticipation of co-locating with Industrial Marine Products (IMP) Aerospace. This future partnership is due to go live in december and will see both IMP and ASF providing a "one stop shop" for parts delivery to 436 Squadron aircraft technicians. From front to back: OS. Gosselin, Cpl. Turcotte, Cpl. Harper. *Photo taken by Lt. Goldstein*



WTISS gets into the Halloween spirit

With Halloween approaching, Wing Telecommunications and Information Services Squadron (WTISS) participates in pumpkin carving competitions. Some of our members, like Cpl Cook, really enjoy this part of the season. We look forward to this year's Halloween with zest and anticipation to see who will be the most creative! This event is a huge morale booster and is a fun time during this busy season. *Photo by Sgt. Paul Hunt*

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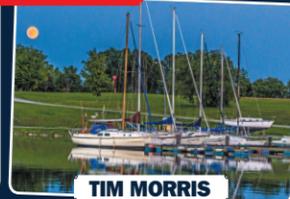
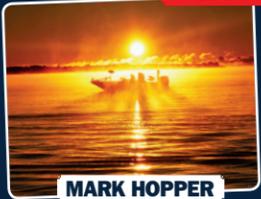
2015 PHOTO CONTEST

TAKE A PHOTO THAT CAPTURES OUR "NATURAL ATTRACTION"

WE INVITE YOU TO SHARE YOUR PHOTOS OF QUINTE WEST WITH US

to help to promote the city on our website, in brochures and other promotional material. We are looking for photos that illustrate the "Natural Attraction" of Quinte West. If your photos depict our community, lifestyle, landscapes, landmarks, activities, or events, we invite you to enter them in our photo contest. Your photographer's eye may have captured an image that will entice visitors and businesses to our beautiful City!

LAST YEAR'S WINNING PHOTOS



- First place: \$300 in cash
- Second place: \$200 in cash
- Third place: \$100 in cash

- 4 Honourable mentions: \$50 (1 prize in each of the following 4 categories: Activities/Events, Community/Lifestyle, Landscapes/Landmarks, Miscellaneous)

FOR FULL CONTEST DETAILS VISIT
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