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## Patrol Pathfinder Course graduates 12 new Pathfinders

CAAWC trains specialized soldiers to fill the Pathfinder capability within the Canadian Army



Lt.-Col. Caron, (left) CO CAAWC, with Regimental Sergeant-Major (RSM) CAAWC, Chief Warrant Officer Pichie (right), presents the Top Candidate plaque to Master Corporal Millar (center).

By Capt. Ben-Jaemin Lee

The Patrol Pathfinder Course, run by the Canadian Army Advanced Warfare Centre (CAAWC), held its graduation ceremony at CFB Trenton on Friday, Oct. 16.

The course is run annually by the CAAWC and trains specialized soldiers to fill the Pathfinder capability within the Canadian Army (CA). The course ran from Aug. 24 to Oct. 16 at multiple training locations across the country, including CFB Petawawa, in Ontario, and CFB

Esquimalt, in British Columbia.

The target audience for the Patrol Pathfinder Course is Army Officers and NCOs deemed physically fit, able to work under extreme stress, under severe conditions and in a hostile environment with minimal support.

The course is unique within the CA in that training is focused in an almost entirely joint context. The end product sees soldiers able to execute initial covert insertion by air, land or sea, into hostile environments ahead of a main force. Once

*Continued on page 3*

## Enjoying the experience

Eleven-year-old Gage is launched from the mock tower by his father Chris at the CAAWC third annual mock tower and rapel tower experience Saturday. See story and more pictures on page 5.

Photo by Ross Lees



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# Trenton MFRC introducing Veteran Family Program pilot project

*Program will provide support services to medically-released veterans and their families to effectively prepare them for transition to civilian life*

By Ross Lees

The Trenton Military Family Resource Centre (MFRC) is part of a seven-site Veteran Family Program joint initiative between Veterans Affairs Canada and Military Family Services (MFS) being established to provide support services to medically-released veterans and their families to effectively prepare them for transition to civilian life.

However, as the MFRC prepares to establish the initiative, they are looking to the community – both military and civilian – for input and support at an information-based meeting being held at the MFRC on Nov. 3 at 6:30 p.m.

“We really want to encourage people to come out, whether they’re medically releasing or not,” stated MFRC Veteran Family Program coordinator Kelly Briggs. “It’s information that’s very important for people to have. It’s information for us, too. We want to hear what people see as a need.”

This new program for Trenton MFRC is being set up in six other pilot sites across Canada in Halifax, Valcartier, North Bay, Shilo, Edmonton and

Esquimalt, according to Trenton MFRC executive director Tamara Kleinschmidt.

According to her, MFS did a literature review and put together a comprehensive report on veterans and medically releasing Canadian Armed Forces (CAF) members and what that demographic looks like.

“Everything we’re working towards builds on the research that they did. Bottom line, it’s a partnership program between Military Family Services and Veteran’s Affairs Canada whereby they’re partnering together to offer a four-year pilot program intended to supply support to medically releasing CAF members as they transition into veterans,” Mrs. Kleinschmidt indicated.

Those military members facing medical releases can insert themselves into the program six months prior to their medical release taking affect and remain in the program for two years after they medically release. Throughout that time period, those involved in the program are privy to a whole variety of support, including information and referrals for community services, transition support, intervention support, employment and education services, children and youth workshops, personal growth and development programming, second language services and access to a 24/7 bilingual family information line.

“The main core principal is to help families transition from the CF environment to the civilian environment that they’ve chosen to live in and supporting them through that change because it is a significant change,” noted Mrs. Kleinschmidt.

Trenton MFRC, MFS and Veterans Affairs Canada believe this support is necessary because of the dramatic change military members face as they transition

*“We really want to encourage people to come out, whether they’re medically releasing or not,” stated MFRC Veteran Family Program coordinator Kelly Briggs. “It’s information that’s very important for people to have. It’s information for us, too. We want to hear what people see as a need.”*

*– Kelly Briggs, MFRC Veteran Family Program coordinator*



that all people involved in the process – military and civilian – should attend the meeting on Nov. 3.

“We need as much input and information as we can get because a big piece of this is collecting a lot of data, added Mrs. Kleinschmidt. The group of seven as the pilot sites are quickly becoming known, will work closely together to compare challenges and successes.

“We’ll be learning what’s going on in Esquimalt, and how they’ve had a really successful transition doing these kinds of things. There’s really a strength from learning from other CF environments and learning from other regions exactly where their successes have been or where their challenges have been. Those are the kinds of things that will give this program strength,” she said.

At least part of the information process for these pilot projects is to make the community aware of the changing face of veterans and the challenges they face along with their families as medical releases approach, according to Mrs. Briggs.

“Military members have lived the military lifestyle while the wife has lived a civilian lifestyle, so she is a little bit more use to the civilian way,” Mrs. Briggs noted. “It’s such a significant change for people in the military. It’s not just a job they go to every day, their identity is so wrapped up in this. For most CF members, the majority of their adult lives have been spent within this community, it’s such a significant party of their identity.”

She said she was really glad to be engaging these families six months before releasing so they can get them involved and planning for the future they have chosen.

Should people require more information about the meeting or the program, they can contact Kelly Briggs at [kelly.b@trentonmfr.ca](mailto:kelly.b@trentonmfr.ca) or by calling 613-242-4678.

from a military supported lifestyle to civilian life.

“It’s one thing to retire, but it’s another thing to be told after 12 or 14 years that you’re facing a medical release,” Mrs. Kleinschmidt said.

The term of the support services being supplied was established after extensive research by MFS, according to Mrs. Kleinschmidt.

“Top level research told them that any issues that came up within that family came up in that two-year period post release, so the majority of crises came up within that time and they think that feeding in this specific program to assist in that specific time period will alleviate a lot of stress and help families plan better for the transition,” she noted.

Mrs. Briggs added that the six-month introduction to the program prior to medical release is also important.

“The six months prior is very important because we can start to mitigate some of the issues before they ever leave,” she stated.

The program is all about garnering information and building connections within that support program, Mrs. Kleinschmidt indicated.

“Kelly is going to be spending a lot of her time building connections to the Wing support services, building connections to external providers in our area of services whether they be physical or mental health support, or just transitioning from utilizing our services here to utilizing similar services within our community,” she said.

For that reason, it is very important

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# Peterborough Petes, CANEX organize fundraiser for Trenton MFRC

*Special edition Petes jerseys will be auctioned on-line to raise funds for the MFRC*

By Ross Lees

For the second time in a very short period, a civilian organization has stepped up to try to help the Trenton Military Family Resource Centre (MFRC) fundraise.

In this case, it is the Ontario Hockey League (OHL) Peterborough Petes launching a stellar fundraising campaign in conjunction with the coming Veterans Week program at 8 Wing/CFB Trenton with the assistance of CANEX.

The Petes will produce a special edition jersey combining the Petes and 8 Wing/CFB Trenton themes for a practice session at RCAF Arena on Oct. 31 and for a Remembrance Day game Nov. 10 in Peterborough versus the Kingston Frontenacs. These special edition jerseys will then be auctioned off on-line with all proceeds going to the Trenton MFRC.

The idea for the promotion ac-

tually came about when CANEX Supermart Manager Andrew Kerik was discussing promotional opportunities with former Belleville Bulls employees now working with the Peterborough Petes.

"We had talked about them just coming to the base and maybe doing some practices and meeting some fans and they suggested maybe we could turn it into a bigger event, perhaps a special jersey and a jersey auction to support MFRC," Mr. Kerik noted.

Once that suggestion surfaced, it quickly evolved into a practice at the RCAF Flyers Arena on Oct. 31 with an on-line auction of the jerseys beginning and an autographing session at the CANEX mall afterwards at

which time one of the special edition jerseys would be presented to Wing leadership.

"For CANEX, it was more just

benefitted everybody."

Those wishing to attend the Oct. 31 Petes practice are encour-

aged to contact the MFRC or the CANEX to get their free tickets for the event so that organizers will have some indication of how many volunteers will be required for the event.

According to Mr. Kerik, the Petes will hit the ice with their mascot around 9:30 a.m. on that morning and there may even be some giveaway items following the practice. The team will then troupe over to the CANEX mall where they will sign autographs and present one of the special edition Petes jerseys to Wing leadership. CANEX will provide some draw prizes, coffee and treats for chil-

dren in costumes, to add a more festive touch to the occasion. This event will basically be the launch of the MFRC fundraiser. The online auction of jerseys begins that day and continues through until Nov. 15. As noted, all proceeds from this auction go to support the Trenton MFRC and are crucial to the organization's yearly fundraising efforts, according to Andrea Turner, the MFRC Community Liaison and Special Events Director. But Petes' fans can also benefit from this fundraiser as tickets can be purchased through the CANEX or the MFRC for \$13.50 for the Nov. 10 game in which the Petes will wear the special edition jerseys which will then go up for on-line auction at at [www.gopetesgo.com](http://www.gopetesgo.com). A bus or buses will leave from the MFRC on Nov. 10 to go to the game, so people purchasing the tickets must indicate whether they want to travel on the bus(es). 8 Wing/CFB Trenton will be represented at the Nov. 10 game.



## Patrol Pathfinder Course graduates 12 new Pathfinders



Captain Adams (right) salutes as dignitaries depart from the Patrol Pathfinder graduation parade. Behind him, the 12 successful Patrol Pathfinder candidates stand at attention with their recently awarded Pathfinder Torches on their uniform.

*Continued from page 1*

on the ground, Pathfinders specialize in the establishment of beach zones, drop zones, landing zones and airfields to facilitate the insertion of a follow-on main force.

Soldiers who have completed the course wear the Pathfinder Torch as a symbol of pride and distinction. The wings signify the pathfinder's airborne heritage. The torch itself represents leadership and guidance. No matter what their daily function, strong leadership and excellence is expected from these soldiers.

This year, 12 new graduates have completed the course and will return to their units having earned the privilege of wearing the Pathfinder Torch.

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## Sensibilisation à la santé mentale et au suicide. Formation pour superviseur

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Il s'agit d'un programme d'une journée conçu pour favoriser la compréhension et le maintien de la santé mentale, notamment par le biais d'activités de sensibilisation au suicide et de prévention du suicide destinées à des nonprofessionnels.

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Online registration is available at <http://healthpromotion.cfbtrenton.com>. Space is limited.

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

## Formation des superviseurs – Problèmes liés à l'alcool, aux drogues et au jeu excessif

12-13 novembre de 8 h 30 à 16 h, 8 h 30 à 12 h

Le service de Promotion de la santé offre une séance de formation à l'intention des superviseurs, sur les problèmes liés à l'alcool, aux drogues et au jeu excessif. Au cours de cette séance, les superviseurs recevront la formation décrite dans le CANFORGEN 043/09, qui est obligatoire pour tous les membres des FC qui exercent des fonctions de leadership. Les sujets suivants seront abordés : comprendre les risques et les bienfaits de la consommation d'alcool; reconnaître les signaux d'alarme; développer des techniques d'entrevue efficaces; comprendre et changer la culture d'une organisation.

**Vous pouvez vous inscrire en ligne à l'adresse suivante : <http://healthpromotion.cfbtrenton.com>. Le nombre de places est limité à 18.**

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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.

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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](mailto: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.

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# Mock tower and rappel experience keeps them coming back

*GCWCC event boosts campaign funds by \$490 on yet another cold, fall morning*

By Ross Lees

They always want to do their part to contribute to the 8 Wing/CFB Trenton Government of Canada Workplace Charitable Campaign (GCWCC), which is why Canadian Army Advanced Warfare Centre (CAAWC) has held a mock tower and rappel tower experience for the past three years.

CAAWC volunteers were out in force Saturday to help those willing to contribute to the GCWCC campaign in support of the United Way of Quinte campaign to experience the thrill of a lifetime by jumping from the mock tower and rappelling down the rappel tower on what was invariably a cold fall morning.

According to Captain (Capt.) Ben Lee, those who come out from CAAWC to volunteer find it entertaining to watch people experience the things they do on a daily basis.

"It's fun to see the smiles on the kids and to hear them say they want to go back up," Capt. Lee noted. "And of course, we're going to let them go back up."

The event is not only an opportunity to raise funds for the 8 Wing/CFB Trenton GCWCC program, it also gives the CAAWC personnel a chance to show off their skills.

"It gives us a chance to showcase what we do and we always seem to have a lot of internal interest," Capt. Lee indicated.

It often also turns into a family affair.

On this particular morning, Kelly Evong was cheering on her children – eight-year-old Alvia

and 11-year-old Gage as they were helped from the mock tower by their father.

"You're so brave," she yelled up to her daughter as she prepared to jump.

Eight-year-old Brianna Bone was given the experience as a birthday present and she described it as "pretty fun" after jumping from the mock tower a couple of times, but she declined to go down the rappelling tower.

Cindy Gosslin, 20, was an experienced rappeller and it showed as she easily came down the rappelling tower.

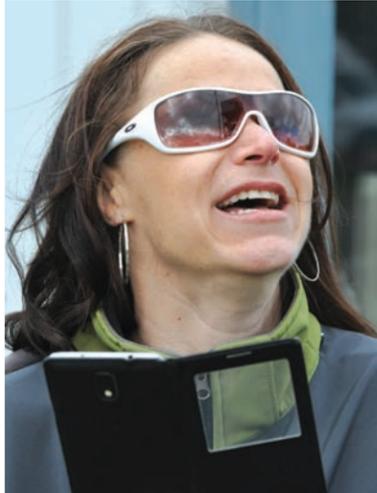
"I just enjoy doing it," she said at the bottom.

While the turnout was down somewhat from the previous year, the CAAWC exceeded their fundraising goal of \$400 by raising \$490 with nearly 100 people attending and about 60 people jumping out of the tower.

"Everything went very

Brianna Bone listens to instructions as she prepares to jump from the mock tower as part of her birthday present.

well but we may try to hold the event a little earlier next year so we get some warmer weather," laughed Capt. Lee after the event.

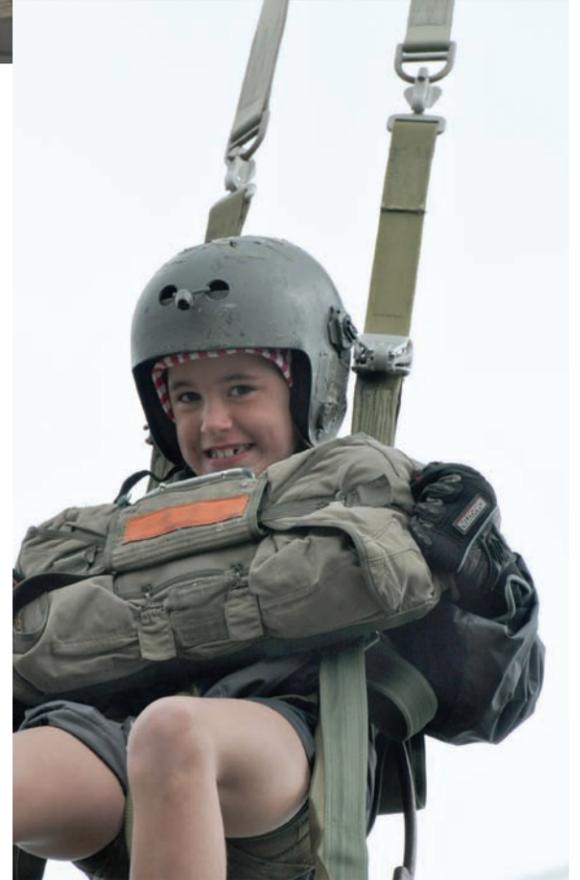


Kelly Evong cheers on her children and they prepare to jump with an assist from their father.



Brianna Bone is interviewed after she successfully jumps from the mock tower as part of her birthday present.

(Right) Eight-year-old Alvia obviously enjoyed her jump from the mock tower after she was launched by her father Chris.



Two young ladies are given instructions on how to rappel as they prepare to test the tower.

Photos by Ross Lees

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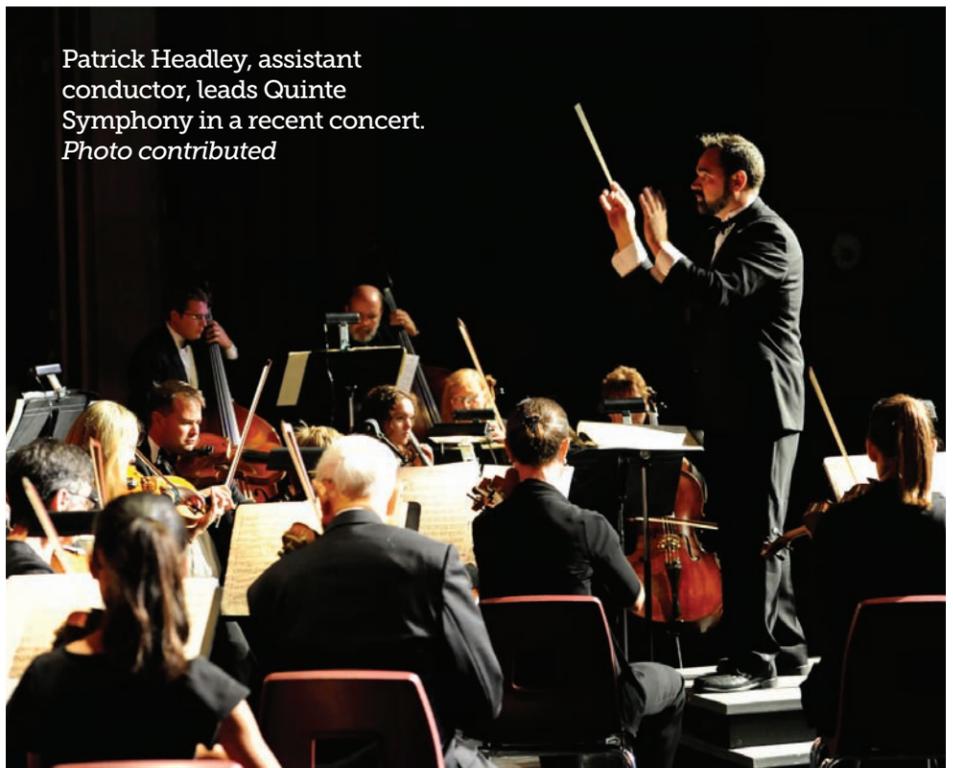
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Patrick Headley, assistant conductor, leads Quinte Symphony in a recent concert. Photo contributed

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# Quinte Symphony and 8 Wing team up for Remembrance concert

By Jack Evans

For the first time in its 55 year history, Quinte Symphony partners with CFB Trenton Pipes and Drums and Brass Band for a unique concert called "Tribute to the Brave," a salute to all who serve or have served in Canada's armed forces.

The concert is an official event in the base's Remembrance Week calendar with special remembrance of the late Hugh O'Neil.

When first approached by Quinte Symphony officials to use the National Air Force Museum of Canada as a venue, new commanding officer Colonel (Col.) Colin Keiver, suggested that the base would donate the space if the orchestra would involve base elements such as the pipes and drums and/or brass band. Thus the concert quickly became a working partnership, adding to a colourful and widely varied program. It was also the colonel's wish that the concert be an annual event for Remembrance Week in the future.

So on Sunday, Nov. 15 at 2 p.m. close to 100 musicians from the symphony and the two base band units will join forces before what is hoped will be a generous crowd - general not only in size, but in free-will donations for admissions. To stimulate interest in this new partnership for the first time, the decision was made to allow admission by donations. Regular symphony concert prices are \$25 for adults, \$20 for seniors, \$10 for students, and children free.

The program will include the famous Elgar Nimrod variation, the beautiful, warm, reflective music which is traditionally played at times of sorrow or commemoration.

The orchestra, which involves players from across the Quinte area, will also perform Beethoven's famous 5th Symphony with its V for victory motif, then swing into full orchestral versions of wartime hits such as In the Mood, White Cliffs of Dover and Pack Up Your Troubles, for audience sing-along.

The base band will perform a salute to the veterans with marches representing the three branches of service, Heart of Oak, Great Little Army and the Air Force March Past.

The Pipes and Drums will insert a 12-minute performance of their own to include 8 Wing marches and a set of First World War songs.

The program will also include a brief service of Remembrance with a silence, Last Post and Reveille with a piper's lament. For many Quinte West and CFB Trenton residents, this will be their first opportunity to experience their own local symphony up close and personal. Quinte Symphony conductor Dan Tremblay and players report they are looking forward to performing in such a unique venue and with such a different program.

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**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!

**'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](mailto: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](mailto: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](mailto:rabia.s@trentonmfr.ca) avant le mercredi 4 novembre 2015.

**Hits of the Blitz Concert**

Mark your calendars for Sunday, Nov. 8! The Rotary Club of Belleville is pleased to present two special benefit concerts in support of the Trenton MFRC. Toronto's Lenny Graf and his Platinum Orchestra, with Quinte-area chanteuse Lenni Stewart and tenor Julian Gallo, in addition to other special guests, will have Bay of Quinte swinging in a triple celebration of Remembrance Day, the 70th Anniversary of the end of World War II, and the liberation of Netherlands by Canadian troops. The Hits of the Blitz concerts will feature music and songs of bravery, inspiration and patriotism that motivated and strengthened the resolve of men and women in an era long gone but in no way forgotten. These songs are our re-

minder of a time and place in history that changed the landscape of foreign relations forever. Date: Sunday, Nov. 8. Time: 2 p.m. and 7:30 p.m. Where: Centennial Secondary School Auditorium, 160 Palmer Road, Belleville. Cost: \$25/person. Tickets can be purchased at the Trenton MFRC. For more information, please call 613-965-3575.

**Concert 'Hits of the Blitz'**

Cochez vos calendriers pour le dimanche 8 novembre 2015! Le Club Rotary de Belleville est heureux de présenter deux concerts de bienfaisance comme appui au Centre de ressources pour les familles des militaires de Trenton. Lenny Graf, de Toronto, et son orchestre 'Platinum', la chanteuse Lenni Stewart de la région de Quinte et le ténor Julian Gallo, ainsi que d'autres invités spéciaux, feront bouger la Baie de Quinte pour une triple célébration du Jour du souvenir, le 70e anniversaire de la fin de la deuxième guerre mondiale et la libération des Pays-Bas par

les troupes canadiennes. Les concerts 'Hits of the Blitz' mettront en vedette de la musique et chansons de bravoure; l'inspiration et le patriotisme qui ont motivés les hommes et les femmes d'une ère lointaine mais certainement pas oubliée. Ces chansons sont un rappel d'une période et d'une place dans l'histoire qui ont changées la toile des relations étrangères pour toujours. Quand : le dimanche 8 novembre. Où : Centennial Secondary School Auditorium, 160 Palmer Road, Belleville. Coût : 25 \$. Pour plus d'information, téléphonez la réception du CRFM au 613-965-3575.

*Continued on page 8*

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**Home of the Week**  
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Two-storey homes, square metre for square metre, provide the most living space on a property, and this three-bedroom family home is no exception.

Entry is through a covered porch with a veranda to the left. Once in the foyer, double doors open to a den, with the U-shaped staircase to the second floor beyond. A window above the stairwell will let in lots of natural light.

The great room, separated from the foyer by an archway, has a lofty sloped ceiling that is open to the floor above. A gas fireplace is flanked by entertainment units, and large windows look onto a covered patio at the back of the home.

From the dining area, access to the covered deck is easy, through sliding glass doors. A prep island divides the kitchen from the dining area, which has large windows overlooking the back

garden. Natural light will enter the kitchen through windows over the double sink, which is set into a corner at an angle. The U-shaped counter configuration will provide adequate working space as well as efficiency. A walk-in pantry will offer extra storage space.

Across from the powder room located near the foyer is a handy coat closet. Another closet is included in the laundry room, which has access to the double garage, large enough to in-

clude a workshop. Upstairs, the master suite looks out to the back garden. The generous en-suite includes a soaker tub as well as double basins and a shower stall. The walk-in closet will be roomy enough for a couple's clothing and accessories.

The second and third bedrooms share a three-piece bath. A linen closet is located outside the entrance to the third bedroom.

Part of the second floor is open to the great room below, and is railed for safety.

On the outside, the home is clad in horizontal siding, with wooden shingles and decorative woodwork in the gables. Pilasters with brick bases mark the entry and veranda, and brick accents flank the two garage doors.

This home measures 42 feet wide by 58 feet deep, for a total of 2,079 square feet of living space, not counting the unfinished basement included with the plans. Ceilings rise to nine feet throughout the main floor, except where otherwise indicated.

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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.

### 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](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).

### 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.

### Oct. 26 - Bedrock, Beaches and Bones: Geological Heritage of the Quinte Area

Retired Queen's geology professor and author, Dugald Carmichael, will not only inform but also entertain us with the fascinating geology of the Quinte area. Quinte Field Naturalist meeting, 7 p.m., Sills Auditorium, Bridge Street United Church, Belleville. All

welcome, by donation.

### Nov. 2 - CFB Trenton Yacht Club Boating Essentials Course

Take your boating skills up a notch with a course on Boating Essentials. Topics covered include; GPS, charts, navigation, plotting, anchoring, lines and ropes, layup and launch, anchoring and more. Classes start 7 p.m., Nov. 2 and will run for 13 weeks, every Monday evening, with one Saturday morning workshop and one on-water practical session. The course will break over the holiday period from Dec. 21 to Jan. 4. For more information, visit our website [www.cps-ecp.ca/RCAFTrenton](http://www.cps-ecp.ca/RCAFTrenton) or email [RCAFTrentonCPS@gmail.com](mailto:RCAFTrentonCPS@gmail.com) to register.

### 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. 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.

### 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

### Peterborough Petes at CFB/8 Wing Trenton

The Trenton MFRC has partnered with CANEX and the OHL Peterborough Petes to bring two special events to the community. Saturday, Oct. 31, the Petes will practice at the RCAF Arena from 9:30 a.m. to 11 a.m.; from 11:30 a.m. to 12:30 p.m. the Petes players will sign autographs at the CANEX Mall across the street. There will be door prizes and special treats for children in costume. The Peterborough Petes will also launch and present a special edition jersey to 8 Wing. Tickets for this free event are available at CANEX Supermart.

Tuesday, Nov. 10, the Petes will face off against the Kingston Frontenacs in this special military appreciation and Remembrance Day game. Tickets for this game are available at the Trenton MFRC at a discounted price of \$13/person which includes bus transportation to and from the game in Peterborough. Puck drops at 7:05 p.m. CFB/8 Wing Trenton will be represented at this game. For more information on both of these events, please call or visit MFRC reception - 613-965-3575.

### Les 'Petes' de Peterborough visitent la 8e Escadre BFC Trenton

Le CRFM de Trenton en partenariat avec le Canex et les 'Petes' de Peterborough de la Ligue ontarienne de hockey, amènent deux événements spéciaux dans la communauté. Le samedi 31 octobre, les 'Petes' pratiqueront à l'aréna RCAF de 9h30 à 11h; de 11h30 à 12h30, les joueurs signeront des autographes à la plaza du Canex. Il y aura des prix de présence en plus de gâteries pour les enfants cos-

tumés. Les 'Petes' de Peterborough présenteront pour la première fois, à la 8e Escadre, une édition spéciale de leur chandail. Les billets pour cet événement gratuit sont disponibles au Canex.

Le mardi 10 novembre, les 'Petes' feront face aux 'Frontenacs' de Kingston comme appréciation pour les militaires ainsi que le Jour du souvenir. Les billets pour cette partie sont disponibles au CRFM de Trenton au coût réduit de 13\$ chacun, incluant le transport aller-retour par autobus à Peterborough. La rondelle touchera la glace à 19h05. La 8e Escadre/BFC Trenton sera représentée durant cette partie. Pour plus d'information sur ces deux événements, téléphonez la réception du CRFM au 613-965-3575.

### 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 en-

fant 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.

### 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 Orlanda Bourgoin 613-242-7172 or [orlana.b@trentonmfrc.ca](mailto:orlana.b@trentonmfrc.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 Orlanda Bourgoin 613-242-7172 ou [orlana.b@trentonmfrc.ca](mailto:orlana.b@trentonmfrc.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@trentonmfrc.ca](mailto:mona.l@trentonmfrc.ca) For more information, contact Orlanda at (613) 392-2811 ext. 3953 or [orlana.b@trentonmfrc.ca](mailto:orlana.b@trentonmfrc.ca).



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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 4:15 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, Spet. 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.

## Wing Logistics and Engineering Picture of the Week

### Carol Foley named 8 Wing/CFB Trenton Civilian Employee of the Quarter

Carol Foley is the recipient of 8 Wing/CFB Trenton Civilian Employee of the Quarter for her outstanding performance in Wing Construction Engineering Building Services.. Carol has shown dedication and a selfless work effort above and beyond expectation to ensure services continue uninterrupted and with the highest standard. Carol is a positive and compassionate person and a role model for fellow public servants in how to overcome challenges and is a support for those around her. Congratulations and thank you, Carol, for all your hard work.



## Toastmasters can advance military leadership skills

*Members are given the opportunity to practice public speaking on impromptu topics and prepared speeches*

By Ross Lees

Second Lieutenant (2Lt) Aislinn Lavanious of the 8 Wing Comptroller Branch believes every single member of the Canadian Armed Forces (CAF) can benefit from being a member of the Toastmasters Club.

2Lt Lavanious feels this international, non-profit group helps develop people on a personal level in the leadership and communication streams.

"It gives people the opportunity to practice public speaking on impromptu topics and prepared speeches," she noted.

She believes those attributes apply especially to the military.

"Every single one of us could benefit from it," she said. "We each get put into roles of leadership at various degrees and we are all going to benefit from opportunities to expand on that, especially outside the work environment because you're taking away that pressure element of results."

Part of the process of Toastmasters is that you get feedback from people attending with the same intentions as you, 2Lt Lavanious stated.

"It's a great forum, a great opportunity for everybody to sit and have similar expectations without pressure," she added.

There are secondary benefits

to joining a club like Toastmaster, she said. Members also get to explore the different levels of membership of an organization.

Mentors are also made available to members to help guide them through the process, which in turn gives experienced members a chance to test their leadership skills, she added.

"I don't know how anybody could not benefit from it," she said. "I'm passionate about this.

I myself am a new member but I've known of the club for several years since back in university and this is my first opportunity to really get involved and I want to spread that opportunity to other people. The numbers are kind of low right now, but I can't really see why, when you have such a predominant population that is going to find benefit in leadership opportunities."

The meetings take place twice a month on Wednesday evenings at the Quinte West Library and there is no pressure on members, 2 Lt Lavanious indicated. people are allowed to test the public speaking waters tentatively at first if they like although they are encouraged to get over that initial fear of public speaking as quickly as possible.

"Once you get through that fear, you really start to improve," she stated, a process she has obviously mastered.

She feels that people who attend Toastmaster experience many benefits, including a willingness to address various topics in public settings with confidence, stimulating the thought process and converting that into a willingness to speak about that process, and positive feedback from equally enthusiastic members.

She makes a good case for joining Toastmasters and, if she has tweaked your interest, you can make contact by calling 613-962-8472 for further information.

## 8 Wing volleyball team looking for players

The 8 Wing/CFB Trenton men's volleyball team is looking for players in preparation for the 2015 Ontario Region Men's Volleyball Championship. Practice will take place every Monday and Wednesday from 4 p.m. to 6 p.m. at the Gym area one commencing Monday, Oct. 26. All interested players are to contact Vivian WT@CANSOFCOM@Trenton or Tyler.Vivian@forces.gc.ca



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



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

**Location/Adresse:**

91 Namao Drive East/  
 91 Promenade Namao Est

**Phone/Téléphone:**

Nathalie Longtin  
 Administrative Assistant/  
 Adjointe administrative  
 (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 11:45 a.m.  
 (usually on Tuesday, Wednesday and Thursday)

Messes CR quotidiennes à 11h45  
 (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

# Safety

## Have an escape plan in case of a fire



Once you find out that there's a fire in your home, you must get out immediately.

Have an escape plan. Draw up a plan of your house and mark escape routes from everywhere in the house. Determine a primary and an alternative escape route from each room. Decide on a place where everyone is to meet as soon as they're out of the house - which could be a tree, a street light, or a neighbor's front door. Make sure the meeting place is a safe distance from the house.

Practice your escape plan regularly. Have someone sound the alarm, then rehearse what you would do and where you would escape to in case of a fire.

Review the plan frequently with all family members. Ask your local fire department for more information about fire prevention.

Tell your children if there's a fire they must not hide in a closet or under the bed. If they're hiding it's much harder for a firefighter to find them when searching the house. Explain to them that if they see a firefighter during a fire, he will be wearing a mask and will look scary; explain that they should run to him and not away from him. Also tell them that when there's a fire, it's okay to break a window to call for help.

If there is a fire in your home, this is the proper response:

- If it's night, get out of

bed and crawl to the door on the floor. Smoke and heat rise. It's cooler and easier to breathe on the floor.

- Touch the door. If it's warm, don't open it. If the door is cool to the touch, open it very slowly because there may be intense heat on the other side. If the hallway is full of smoke or if you can see fire, close the door and use an alternative route out.

- When leaving the building, stay low and close doors behind you. Closed doors will help slow the spread of the fire.

- Get out of the building and stay out. No one should go back inside until the fire department tells you it's safe to do so.

- Once you're out of the burning building, go to the designated meeting spot and make sure everybody is accounted for.

Phone the fire department from a neighbor's house.

- If your clothes catch fire, don't run - stop, drop, and roll. Stop immediately, drop to the ground, cover your face with your hands, and roll over and over. Practice this maneuver with your children. Explain to them that rolling smothers the flames.

- If you can't get out of the house because of heat or smoke and you're on an upper floor, close the door of the room you're in. Plug any cracks under the door with bedding to prevent smoke from entering. Open a window and scream for help to get someone's attention. Don't jump out of the window unless there is no other choice.

*I answered a call to a fire that had started in a house trailer in the middle of the night. Both adults had died of smoke inhalation in the bedroom. Two children were found burned beyond recognition at the back door. The back door had been locked - and the lock was out of reach of the children.*



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25379 Auto, 4 dr, 8 cyl, 4x4, keyless entry, factory remote start, crew cab, short box, tow/haul, trailer hitch, box liner, alloys, air bags, pwr seats/windows/locks/mirrors, heated seats/mirrors/steering wheel, AC, dual climate, Alpine snd, MP3, sat radio, nav, rev camera, park aid, cruise, steering wheel ctrls. 88,856 km

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25191 Auto, 4 dr, 4 cyl, FWD, keyless/keypad entry, eco boost, alloys, air bags, traction ctrl, AC, CD, MP3, sat radio, reverse camera, sync, pwr windows/locks/mirrors, heated seats, cruise, steering wheel ctrls, curbside mirrors. 27,439 km

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25361 Auto, 4 dr, 4 cyl, 4WD, keyless/keypad entry, factory remote start, roof rack, trailer hitch, alloys, air bags, traction ctrl, leather, pwr seats/windows/liftgate/locks/mirrors, heat seats/mirrors, AC, dual climate, CD, Sony snd, MP3, sat radio, rev camera, park aid, auto park, blind spot detection, cross traffic alert, nav, cruise, steer wheel ctrls. 59,376 km

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25426 Auto, 4 dr, 6 cyl, AWD, keyless/keypad entry, factory remote start, push button start, air bags, traction ctrl, leather, pwr seats/windows/liftgate/locks/mirrors, heated seats/mirrors, AC, dual climate, CD, Sony snd, MP3, sat radio, rev camera, park aid, sync, nav, cruise, steering wheel ctrls, curbside mirrors. 61,106 km

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**12 MAZDA 3**

23612AA Auto, 4 dr, 4 cyl, FWD, alloys, air bags, traction ctrl, height adjust seats, AC, CD player, MP3, pwr windows/locks/mirrors, cruise, steering wheel ctrls, SKYACTIV. 50,082km

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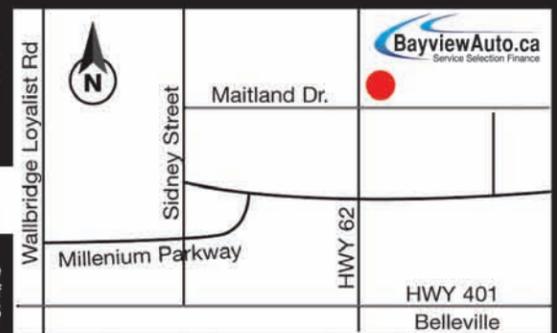
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8 Wing Trenton - CANEX Retail Store

31 OCTOBER 2015

# OHL PETERBOROUGH



## AT 8 WING TRENTON

### SATURDAY OCTOBER 31<sup>ST</sup> 2015

- Launch of the special edition Peterborough Petes / 8 Wing CFB Trenton jersey
- Petes will practice from 0930 until 11h at RCAF Arena
- 1130 -1230h players will sign autographs at the CANEX mall
- Draw prizes (Special edition jersey/Game tickets)
- There will be treats for all the children in costume
- FREE Tickets for the October 31st can be picked up at CANEX Supermart starting October 19

### TUESDAY NOVEMBER 10 2015

- 8 Wing Trenton will be represented at November 10th game
- Tickets available for \$13.50 from MFRC, transportation provided



This event launches the jersey to be worn at the Petes Remembrance Day game November 10th. Jerseys will be auctioned off and proceed to MFRC