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8 Wing kicks off its annual GCWCC

Wing Commander's Golf Tournament launches the United Way of Quinte campaign for 8 Wing/CFB Trenton

By Ross Lees

Colonel (Col.) Colin Keiver kicked off the 8 Wing/CFB Trenton Government of Canada Workplace Charitable Campaign (GCWCC) for the United Way of Quinte with a great tee-off shot with a flashy pink golf ball Thursday morning at the Roundel Glen Golf course on the base.

It is an important aspect of the United Way of Quinte campaign, according to United Way of Quinte executive director Judi Gilbert.

"The support from 8 Wing is significant to our campaign," she noted at the kick-off event. "Last year, with your support, we were able to raise just over \$2 million."

In a separate interview, she added, "Support here is always incredible. Last year, the base raised \$112,000, so that's a big chunk towards helping us support over 100 programs and it is a very high profile event and organization, so we feel very fortunate to be one of the recipients of the good will that comes out of CFB. It's a wonderful way for us to kick-off - a nice prelude to our launch on Sunday. It helps create good will and we can enjoy the day - it's a win/win."

Col. Keiver saw the GCWCC as a nice two-way street. "This is our opportunity to give back to the community which gives us so much in the military, so this is an exceptional opportunity and

Col. Colin Keiver goes into his swing as he prepares to launch the annual Wing Commander's Golf Tournament to kick off the Government of Canada Workplace Charitable Campaign at 8 Wing/CFB Trenton. Photo by Ross Lees

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436 Squadron replaces their Honorary Colonel

Hon.-Col. John Smylie 'reluctantly' hands over his title to Hon.-Col. Julie Lang



436 (T) Sqn. commanding officer Lt.-Col. Troy Paisley, middle, presides over the signing of the scrolls as Hon.-Col. John Smiley, right, relinquishes his position to Hon.-Col. Julie Lang at the investiture ceremony at the National Air Force Museum of Canada Tuesday morning. Photo by Ross Lees

By Ross Lees

Honorary Colonel (Hon.-Col.) John Smylie gave fiercely of his commitment, dedication and talents to 436 Squadron Canucks, and he continued to give even as he gave up the rank of Hon.-Col. Tuesday morning.

As his final act as the Hon.-Col. for 436 Transport Squadron, he joined forces with incoming Hon.-Col. Julie Lang of ScotiaMcLoed to create an Honorary Colonel's bursary for those family members of 436 (T) Sqn. personnel going on to post-secondary education.

"This is our way of helping you and your families because you have committed so much to us, we would like to commit something back to you," he

noted in his final address to the squadron.

Through this gesture, he continues to demonstrate his fierce loyalty to the members of the Canadian Armed Forces (CAF) and especially those of 436 (T) Sqn.

Lieutenant-Colonel (Lt.-Col.) Troy Paisley, the presiding officer over the ceremony, described Hon.-Col. Smylie's support of 436 (T) Sqn. as fierce, noting it was the reason he stayed on so long as an Honorary Colonel, stretching his tenure to five years.

Hon.-Col. Smylie's desire to remain involved with 436 (T) Sqn. was legendary, as Lt.-Col. Paisley jokingly indicated.

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8 Wing kicks off its annual GCWCC

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we'll take that opportunity every single day of the week," he stated in his opening remarks. "Thank you so much for coming and allowing us to give back to that community. It's an exceptional opportunity. This is a great honour and I'm very excited about this. Don't worry about your scores because, at the end of the day, it's all about United Way!"

Ms. Gilbert noted that there were a couple of things significant about the United Way campaign.

"For the donors, what's really important is that the dollars stay in Hastings and Prince Edward counties. So when you supporting the United Way of Quinte or one of our funded agencies, your helping your neighbours, your families, your friends and your co-workers and I know that's really important to me as a donor as well."

"Eighty-three point five cents of every dollar raised goes back into the community," she added. "Just to put that into perspective, the national average for fundraising organizations is 72 cents, and so we're



United Way of Quinte executive director Judi Gilbert expresses her appreciation to 8 Wing/CFB Trenton for its continued support of the United Way of Quinte while Wing Commander Col. Colin Keiver looks on.



The United Way of Quinte GCWCC team at 8 Wing/CFB Trenton is represented here by 8 Wing Chief Warrant Officer Darcy Elder, left, Chief Warrant Officer Brian Wilson, Major Jean-Paul Landry, co-chairs of the base campaign, Col. Colin Keiver, 8 Wing Commander, and Judi Gilbert, the United Way of Quinte executive director. Photos by Ross Lees

far above that and I'm really proud of the fact that we're being good stewards of our donor dollars. We support over 100 programs throughout Hastings and Prince Edward counties so when you're doing these types of events or you're supporting payroll deduction, know that you're supporting close to 55,000 people in the course of a year."

She also took the opportunity to introduce Major (Maj.) Jean-Paul Landry and CWO Brian Wilson, this year's co-chairs of the GCWCC on the base. She noted that the talent always seems to keep improving from year-to-year when it comes to the campaign co-chairs at 8 Wing/CFB Trenton.

"We always seem to get the cream of the crop," she acknowledged.

While this was the kick-off, the annual campaign for CFB Trenton and the United Way does not officially kick off their event until Sunday. United Way employees and volunteers have been working on the

campaign virtually since they announced attaining their campaign goal last February.

As always, there are significant challenges in a campaign such as this, Ms. Gilbert indicated.

"There's increased competition, there's foundations out there, there's on-line giving to many organizations at different times, there's challenges across our workplaces, given the economic landscape we're in right now. There are layoffs, there are cutbacks on some of our national accounts so we're keeping a very close eye on that and we're working very closely with our workplaces to ensure they're maximizing their campaigns. There are always challenges and I think the challenges are becoming greater and greater," she said.

Those challenges were part of the reason she was so encouraged to hear that 8 Wing/CFB Trenton was determined to increase their donation from last year.

"They're wanting to increase their level of giving this year. They had some challenges on the base last year, the security issues and the deployment issues and they're goal is to increase their level of giving from last year, which is really significant because last year they raised \$112,000. They want to reach a little deeper this year and increase that amount," she said.

The next key event in the GCWCC campaign according to Maj. Landry and CWO Wilson is the Herc Pull on Oct. 1. Watch for more details on this event and others in Contact as the campaign advances.

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Culinary grad is ready to serve – in the CAF

2015 culinary Management Loyalist College graduate Dakk Sutthajadee works full time as a chef apprentice at the Drake Devonshire Inn in Wellington, Prince Edward County, and is in the process of joining the Canadian Armed Forces as a cook. *Loyalist College photo*

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Dakk Sutthajadee wants to give back to his adopted country through the Canadian Armed Forces

By Jerome Lessard, Loyalist College

Dakk Sutthajadee has all the ingredients to serve his new country.

Born in a small village in Chiang Rai Province in the north of Thailand, the 2015 Culinary Management Loyalist College graduate was granted Canadian citizenship in 2014. He is seeking the opportunity to give back by serving in the Canadian Armed Forces (CAF).

A military cook may work in a variety of environments within Canada, or overseas on deployment. Nearly half of all CF cooks are employed at bases, while the other half serve with land-based operational units or aboard ships and submarines.

Dakk is up for the challenge. He submitted his application last May and has passed the CF aptitude test in Kingston in July, prior to beginning basic training at the Canadian Forces Leadership and Recruit School in Saint-Jean-sur-Richelieu in Québec.

“I came to Loyalist recently to obtain a copy of my transcript, which I needed for the aptitude test,” he said. “I qualified to be a military cook. This was the third step of the process since I’ve applied.”

In the meantime, the young cook works full time as a Chef Apprentice at the Drake Devonshire Inn in Wellington, Prince Edward County. He attained the position during his final semester at Loyalist, prior to his graduation in June.

“I came to Canada in 2009 as a permanent resident with the help of a sponsor family. I was lucky to stay in the Quinte area, in Trenton,” he said. “I am really proud of myself for receiving my Canadian citizenship.”

From the time he set foot in Canada to his first day at Loyalist in the fall of 2013, Dakk volunteered at the Military Family Resource Centre (MFRC) at 8 Wing/CFB Trenton and with the Thai Society of Ontario (TSO) in Toronto. He also worked full time at Tim Hortons and at other Trenton-based businesses.

Dakk chose Loyalist College to pursue his culinary dreams after he heard of the College’s reputation as being the “best” culinary school in Canada.

“After two years studying at Loyalist, I can say that their culinary staff and chefs are really amazing,” he added. “I felt like I was part of the family. I felt really comfortable every step that I walked in the College. The environment is so friendly. I made a lot of friends.”

Dakk started cooking when he was three years old while growing up in Thailand — constantly watching his mother and grandmother cooking the family’s favourite dishes.

Though he really enjoys working at Drake Devonshire Inn and is thankful for the opportunity, Dakk now aims at

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CFS Alert quarried materials critical to base functionality

Extreme weather conditions restrict quarrying to five months of the year

By 2Lt. Valery Kravtsov

Gravel is a critical commodity at Canadian Forces Station (CFS) Alert. In fact, all roads, structure ground foundations, landfill covering, and even the runway itself are constructed from it and surfaced with it! Of course, air transporting such materials is infeasible; therefore the product created by the Station's quarry crew is particularly important for maintaining a large portion of CFS Alert's critical infrastructure.

Due to our extreme arctic weather conditions, the quarry can only function effectively for approximately five months a year (May until mid-September). Before even starting production, the quarry supervisor, Mr. Scotty Strickland, and members of his five-personnel team have to spend approximately three weeks performing the time consuming task of removing snow in order to expedite access to equipment and materials and thereby maximize the short season.

With permafrost being present all year long, the only way to enable excavation from the rock mass is to conduct a series of explosive "blasts." Permafrost also causes a time constraint issue that must be carefully managed: once the blasting holes are drilled, they must be used within 24 hours or else the water will freeze and make the holes unusable.



(Left to right), the CFS Alert quarry team of Jean Tanaka, Angelina Maurer, Scotty Strickland, Michael Butterworth, Patricia Richard, and Patrick Manik pose for this picture. Photo by Private Walsler

Once the blast is done, bulldozers bring the blasted rock debris to the crushing plant.

The quarry produces two different types of gravel mixture piles: overburden (contain lots of dirt), which is used as landfill cover; and well graded, which is used to build roads and runways. A well graded pile is defined as having a good representation of all rock particle sizes, an important property since once

compacted, well graded soils can withstand higher loads without being significantly deformed. The gravel quality is essential to ensure the runway is a safe landing surface for aircraft, which is our resource lifeline to the south.

The quarry crew has been highly successful in producing record amounts of gravel. Mr. Strickland says that his personnel

“work 12 hours a day, six days a week in order to reach a production goal of 13,000 cubic meters this season,” which is a sufficient amount for current CFS Alert infrastructure maintenance requirements. With many summer construction and upkeep projects taking place at CFS Alert, the importance of high annual production and top quality product is understandable.

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The Contact Newspaper

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

8 Wing Personnel

Publisher: Col. Colin Keiver.

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

Public Affairs, Internal Comms: 8 Wing Public Affairs

PSP Manager: John Snyder

The Independent (Metroland) Staff

General Manager: Melissa Hudgin 613-966-2034 ext: 504

News and Feature Content: Ross Lees 613-392-2811 ext: 3976

Advertising Production : Glenda Pressick 613-966-2034 ext: 520

Bookkeeper: Heather Naish 613-966-2034 ext: 560

Circulation: Melissa Hudgin 613-966-2034 ext: 504

250 Sidney Street, P.O. Box 25009, Belleville, Ontario CANADA

SUBSCRIPTIONS: First Class postage charge \$65.00 per year for inside Canada,

\$130.00 for international.

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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) 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.
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436 Squadron replaces their Honorary Colonel

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“As a matter of fact, he’s likely planning at this very moment how to get rid of Julie and get another extension although now that the scrolls are signed, Julie is probably safe,” he laughed.

But he assured Hon.-Col. Smylie that he could not divest himself of the Canuck label that easily.

“Once a Canuck, always a Canuck,” Lt.-Col. Paisley reiterated.

It was a message Hon.-Col. Smylie had already digested. Along with losing his fear of flying since he had become the squadron’s Hon.-Col. he added he would take away the knowledge that he was immensely proud of his fellow Canucks.

“Mostly I will take away the knowledge I am a Canuck, will always be a Canuck and am proud as hell to be a Canuck,” he said.

Hon.-Col. Smylie had words of encouragement for his replacement.

“Hon.-Col. Lang, you are stepping into a role that will be one of the most meaningful roles you will ever have. I am pleased that you are looking forward to this assignment with excitement and enthusiasm. You will be awed by the talent and dedication of the personnel you will find within the squadron.

“436 Squadron does indeed carry the load for our military air mobility capabilities. As I’ve so often heard, first squadron in, last squadron home. If you want to know where 436 is, just watch the news. If anything is happening around the world, chances are high that 436 Sqn. is there. They really do carry the load for our military.”

Hon.-Col. Smylie thanked all of the commanding officers and Chief Warrant Officers (CWOs) for their help as he became accustomed to life in uniform, thanking them for teaching him how to put the uniform on correctly and that his buttons were always on correctly.

He also thanked his family for their unstinting support throughout his tenure.

“As I have learned, you in the military cannot do what you do without strong home support.



Lang receives her Honorary Colonel pin from 436 Transport Squadron Commander Lt.-Col. Troy Paisley. Photos by Ross Lees

Families really are the backbone of the military to give you the opportunity to go out and do what you need to do,” he stated.

Hon.-Col. Lang admitted to being somewhat nervous speaking to the squadron as their Honorary Colonel for the first time, but added that she was fiercely proud to be a Canadian and to serve 436 (T) Sqn. She acknowledged that Hon.-Col. Smylie was a tough act to follow, but she would do her best and that she looked forward to serving these hard-working men and women.

She demonstrated immediately, however, that she recognized the value of the squadron and the people who make it famous.

“What military people have in common is intelligence, training, discipline and a willingness to sacrifice. The wealth and treasures of human capital that 8 Wing brings to our local economy is immeasurable. I believe good things come from good conversations among the stakeholders in our communities. I look forward to building bridges between our military families and our communities,” she said.



Hon.-Col. John Smylie bids farewell to 436 (T) Sqn. as their Honorary Colonel.

She added that military personnel also share a heightened sense of humour.

“Lt.-Col. Paisley and CWO Preston have been most hospitable and quite frankly patient as I learned the language and customs of the military – the salute, language, acronyms, the etiquette of rank, and the most challenging for me perhaps is the no hugging and kissing in uniform rule. I am working carefully on my handshake and salute and you’ll notice that all my buttons are birds up,” she smiled.

Hon.-Col. Lang said she had done her homework on 436 (T) Sqn. and she was fully aware she was working with the best. She spoke of the accomplishments of the team which makes up 436 (T) Sqn. and recalled the “brick bombing” of a beached sea plane by one of its members. She said the squadron does carry the load and shoulder the burden.

“The squadron is committed to meeting any demand placed upon it at any time, which translates into mission success,” she added.

“The price of freedom is constant vigilance. The values we treasure are the values that our fathers and grandfathers fought so valiantly for in the Korean War, the Second World War and the Great War, are still in need of protection today. We carry the load to this very day. By the way, 436 Squadron, our squadron, is the only air mobility squadron to receive theatre honours for the effort in Afghanistan. Congratulations to all of you.

“Ethics should be our map and morality our compass, tough but fair, firm but kind to earn the world’s admiration. Strength doesn’t come from words on the page, but from ordinary actions by ordinary people. As ordinary people, we strive to uphold our ideals and we do our best to make sure they’re cared for nurtured.

“I believe we have a part in a bigger plan and I am truly grateful to find myself here ready to serve. I have unshakeable faith in what it means to be a Canadian, to admit when we have fallen short and to choose a better way for-

ward. I am a resource for you and I hope some of the skills and relationships I have to offer will be useful to you in the coming years.

“Thank you for this honour! I will do my best to uphold the legacy of excellence that the men and women of 436 Squadron have created.”

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Sept. 29 • 9 a.m. to 12 noon
Workshop 1: Top Fuel 101

The goal of this workshop is to increase general knowledge regarding healthy eating, energy balance and meal planning. Participants will examine their typical eating pattern and use their hunger cues and body weight to estimate food and energy balance. This workshop will also assist participants in understanding how much energy they use daily and how much food they require. Strategies for planning meals and snacks will be developed in order to meet energy requirements.

Workshop 2: Fine Tune Eating

This workshop is designed to expand knowledge regarding nutrients and to acquire practical food label reading skills in order to make healthier food choices. Participants will acquire facts about fats, carbohydrates, fibre, antioxidants and sodium and their effects on health. Objectives also include learning to set realistic goals for making a behaviour change and meal planning during special situations such as travel or shift work.

Oct. 1 • 9 a.m. to 12 noon
Workshop 3: Fuel for Training and Recovery

The goal of this workshop is to develop an understanding regarding the importance of proper hydration and fuelling before, during and after physical activity. Participants will assess their current fluid and food intake and make adjustments as needed in order to achieve optimal performance. The workshop will also assist participants with planning menus to ensure adequate fluid and carbohydrate before, during and after physical work/activity.

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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!

Program Calendars

The September Youth Centre calendar and the Fall Playroom calendar is available under 'Youth & Teens' and 'Children & Parents' respectively on our website - www.trentonmfr.ca/family-services.

Le calendrier du Centre des jeunes

Le calendrier du mois de septembre du Centre des jeunes et celui de la Salle de jeux sont disponibles sur notre site internet sous "Jeunes et ados" et "Enfants & Parents"- <http://trentonmfr.ca/fr/services-famille>.

Trenton MFRC Family Day

Military families are invited to attend our annual Family Day on Sunday, September 20th! This free event will be held at the Trenton MFRC, 50 Rivers Drive East, from 11 a.m. to 3 p.m. Hosted in partnership with CANEX, the PMQ Council and 8 Wing Trenton, there will be: A free barbecue, inflatable rides, train rides, a magician, community partners and local organizations, a mechanical bull, games and more! This is a non-smoking event. Please, no animals; however, service animals are welcome.

Journée familiale du CRFM de Trenton

Les familles des militaires sont invitées à participer à notre journée familiale annuelle le dimanche 20 septembre! Cet événement gratuit aura lieu au CRFM de Trenton, 50 Rivers Dr. Est, de 11 h à 15 h. Organisée par le Centre de ressources pour les familles des militaires de Trenton en partenariat avec le CANEX, le Conseil communautaire et la 8e Escadre : Barbecue gratuit, structures gonflables, balade en train, partenaires communautaires, un taureau mécanique, des jeux et encore plus. Défense de fumer. Aucun animal favori. Les animaux d'assistance sont bienvenue.

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 Bourgoïn 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 Bourgoïn 613-242-7172 ou orlana.b@trentonmfr.ca

Cooking with Grace

Don't miss this opportunity to learn how to prepare authentic Asian cuisine! Sept. 14 - Chinese Dim Sum; Sept. 21 - Authentic Thai cuisine; Sept. 28 - Chinese restaurant - popular Chinese menu items; Oct. 5 - Japanese sushi for beginners. Time: 6 p.m. to 8:30 p.m. Where: 8 Wing Chapel, 91 Namao Dr E, Trenton. Cost: \$30 per class or \$110 for all four classes *payment is due upon registration. *Please register before Thursday, September 10th by calling reception 613-965-3575 or emailing rabia.s@trentonmfr.ca.

Cuisinez avec Grace

Ne manquez pas l'opportunité d'apprendre à cuisiner

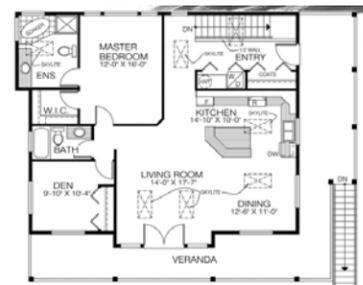
des mets asiatiques authentiques! 14 septembre - Dim Sum chinois; 21 septembre - Cuisine Thai authentique; 28 septembre - Restaurant chinois - des choix populaires du menu; 5 octobre - Sushi japonais pour les débutants. Heure: de 18h à 20h30. Où: La chapelle de l'Escadre, 91 Namao Dr. Est. Coût: 30\$ par classe ou 110\$ pour les 4 classes. *le paiement doit accompagner l'inscription. *S.V.P. inscrivez-vous avant le jeudi, 10 septembre à la réception au CRFM ou à rabia.s@trentonmfr.ca.

Dance Classes

Bellydancing with Amara. When: Mondays, starting Sept. 14. Time: 7 p.m. to 8:30 p.m. Where: Trenton MFRC. Cost: \$55 (includes eight classes). Register by Sept. 10. For more information please contact Rabia - rabia.s@trentonmfr.ca or call 613-965-3575. Dance with France. When: Tuesdays, beginning Sept. 22. Times: Level 1, Waltz - 6 p.m. to 7 p.m.; Level 2, Salsa - 7 p.m. to 8 p.m.; Level 3, Foxtrot - 8 p.m. to 9 p.m. Cost: \$90/couple and the fee includes six weeks of classes and practice sessions on Sept. 13 and Nov. 10 from 7 p.m. to 8:30 p.m. for all levels. Register by Sept. 18. For more information, please contact Rabia at rabia.s@trentonmfr.ca or 613-965-3575.

Continued on page 8

Home of the Week
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Plan No: 14-1-274

This attractive two-storey, two-bedroom coach house features an attractive veranda with decorative railings and pilasters that wraps around two sides. The living area is all on the second floor, above the three-car garage. Entry is up a flight of outside stairs to a sheltered doorway on the side of the home. Once in the foyer, a coat closet is located to the left, together with a cupboard for the stacked washer and dryer, while the interior stairway leading down to the garage is to the right. A skylight brings natural light into the foyer and stairwell.

The living room occupies the front of the house, and enjoys french doors onto the veranda, as well as two skylights. Another skylight illuminates the dining area, and still another lights the kitchen. In addition, the dining area includes windows on two sides. The kitchen is separated from the rest of the living area by a five-sided prep island. The cook will appreciate the step-saving L-shaped counter configuration, as well as the natural light coming in from the window over the double sink. The master suite is located at the back of the

homes, and features large windows that look out to the back garden. Natural light will flood into the ensuite, which includes an oval soaker tub, through a skylight. The walk-in closet will be spacious enough for clothing and accessories. The den or second bedroom includes closet space and has windows on two sides. Adjacent is a three-piece bathroom. Downstairs, the three-car garage is large enough to include space for a workshop, as well as a handy two-piece powder room. Outside, finishes include horizontal siding on the upper storey, with brick below. Decorate pilasters lend the facade the air of a Southern-style plantation dwelling. This home measure 50 feet, six inches wide and 40 feet deep, for a total of 1,476 square feet. The second-floor living area contains 1,373 square feet.

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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.

Visit the Trenton Legion Branch 110 sports section on their website (www.rel110.ca) for information on start up dates for darts and cribbage and 60 Club Seniors.

Sept. 11 – CFB Trenton Blood Donor Clinic

The CFB Trenton Blood Donor Clinic takes place on Sept. 11 at the RecPlex at 21 Namao Drive, from 10 a.m. to 2 p.m. All new or regular donors are encouraged to come out and donate blood.

Sept. 12 – Consecon Legion Family Feud day

The Royal Canadian Legion Br. 509 in Consecon is holding a game day - Family Feud - on Saturday, Sept. 12 starting at 2 p.m. Entry cost is \$15 per team (teams are a minimum of two maximum of four). All proceeds go back to the community!

Sept. 19 – Legion Week Opening

The Trenton Legion Branch 110 will open Legion Week on Sept. 19 at 12:30 p.m. Everyone is welcome to attend. Check out their website for more information at www.rel110.ca

Sept 19 – Great Moments in Genealogy

The Quinte Branch of Ontario Genealogical Society will feature "Great Moments in Genealogy" at the Quinte West Public Library, 7 Creswell Drive, from 1 p.m. to 3 p.m. This is your chance to tell the story of your ancestors, to share research successes, brick wall breakthroughs, serendipity moments, DNA research and other significant events. Every-

one is welcome. For more information visit www.rootsweb.ancestry.com/~canqbogs/

Sept. 20 - Trenton MFRC Family Day

Military families are invited to attend the Trenton Military Family Resource Centre (MFRC) annual Family Day on Sunday, Sept. 20! This free event will be held at the Trenton MFRC, 50 Rivers Drive East, from 11 a.m. to 3 p.m. Hosted in partnership with CANEX, the PMQ Council and 8 Wing Trenton, there will be: A free barbecue, inflatable rides, train rides, a magician, community partners and local organizations, a mechanical bull, games and more! This is a non-smoking event. Please, no animals; however, service animals are welcome.

Sept. 20 – Terry Fox Run

Walk, wheel, ride or run in the Terry Fox Run for cancer research on Sept. 20 and be a part of a dream as big as our country! This event is inspired by a dream, grounded in tradition, volunteer-driven, there is no entry fee and no minimum pledge. journee-terryfox.org 1-888-836-9786.

Sept. 26 – Glenwood Cemetery Veteran's Day

The Glenwood Cemetery Veteran's Day is being held this year on Sept. 26 at the Glenwood Cemetery in Picton at 47 Ferguson St., in honour of those who fought for peace. The event is held in partnership with Branch No. 78 Royal Canadian Legion, 415 Wing Royal Canadian Air Force Association and the 851 Prince Edward Royal Canadian Air Cadet Squadron. All are welcome to attend this annual

service of remembrance.

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

MFRC continued from page 7

Cours de danse

Baladi avec Amara. Quand: les lundis débutant le 14 septembre. Heures: de 19 h à 20h30. Où: CRFM de Trenton. Coût: 55\$ (pour 8 classes). Inscrivez-vous avant le 10 septembre. Pour plus d'information, s'il vous plait contactez Rabia - rabia.s@trentonmfr.ca ou téléphonez au 613-965-3575.

Dancez avec France. Quand: les mardis, débutant le 22 septembre. Heures Niveau 1, la valse, de 18 h à 19 h; Niveau 2, la salsa, de 19 h à 20 h; Niveau 3, le Foxtrot, de 20 h à 21 h. Coût: 90\$/couple - le coût inclue 6 semaines de classes et pratiques les 13 septembre et 10 novembre de 19 h à 20h30 pour tous les niveaux. Inscrivez-vous avant le 10 septembre. Pour plus d'information, s'il vous plait contactez Rabia - rabia.s@trentonmfr.ca ou téléphonez au 613-965-3575.

Babies and Beyond

The place for teen parents and 'mommas-to-be'! Offered by the Trenton MFRC and Children's Mental Health, supported by the Hastings and Prince Edward County Healthy Unit, Babies and Beyond offers lunch, parenting tips, school strategies, crafts, financial advice, cooking tips, and more. Lunch is provided. Childcare and transportation are available. When: Tuesdays from 11:30 a.m. to 2:30 p.m., Sept. until June. Where: Trenton MFRC, 50 Rivers Drive, East. For more information contact Debbie at 613-392-4331 ext. 274.

Bébés et au-delà

Le centre de ressources pour les familles des militaires de Trenton et Children's Mental Health vous présente Bébés et au-delà. La place pour les futures mamans et parents adolescents! Supporter par Hastings and Prince Edward County Health Unit. Dîner compris, halte-jeu, et transport disponible! Les mardis de 11h30 à 14h30. CRFM, 50 Rivers Drive Est, Trenton. Pour plus d'information contactez Debbie au 613-392-4331 poste 274.

welcome.

Want to join the Masons?

Interested in becoming a Mason? Please bring your family for a tour of our lodge, Sunday Oct. 18, at Lake Lodge, 465 County Rd. 19, Ameliasburg, between 12:30 p.m. to 4 p.m. Contact Brian 613-242-0194.

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. Sept. 18 from 5:30 p.m. to 7:30 p.m. The theme will be "Getting to know you," supper is provided. Must preregister by email: mona.l@trentonmfr.ca or by calling 392-2811 ext. 4528. Must preregister by Sept. 11 (Membership fee for the year \$50/first child; \$80/two children; \$110/three or more children).

P.A.L.S (A.M.I.S aide sur les compétences de vie par les pairs)

Un groupe pour les enfants de familles militaires âgés de six à onze ans. Ce groupe leur donne la chance de rencontrer d'autres enfants qui vivent des expériences de vie similaires, tout en apprenant des compétences de la vie tels que la gestion du stress, la colère, les peurs et les compétences de communication. Le 18 septembre, 2015 de 17h30 à 19h30 au CRFM. Le thème sera "Faire connaissance," le repas est inclus. Pour inscription par courriel: mona.l@trentonmfr.ca ou 613-392-2811 poste 4528 avant le 11 September 2015. Les frais pour l'abonnement annuel sont: 50\$ pour un enfant/ 80\$ pour deux enfants /110\$ pour trois enfants et plus d'une même famille.

Deployment Support Programs

"Partner's Away" and "What About Me?" resume on Wednesday, Sept. 16 from 6 p.m. to 7:30 p.m. You do not need to be experiencing separation to participate. Contact Barry at 613-392-2811 ext. 4582 to register yourself and/or your children. Registration must be made by noon on the Monday of the same week.

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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.



By MCpl. Roy McLellan, 8 Wing Imaging

Getting the image: Shooting wildlife

than one occasion.

For three years I lived about 90 meters from a pond in Orleans, near Ottawa. Though I frequently saw a Great Blue Heron fishing at the pond I never once saw it catch anything. I have found that a heron is notoriously skittish and easy to spook away. Countless times I've glided silently toward a heron in a kayak only to have it bolt before I could get as



close as I would have liked. Then one day about two weeks before I moved away from Orleans, I was standing at the shore of the pond. Luckily, I had a 1000mm lens fixed to my camera when I saw the heron stalking something beneath the surface of the water. No sooner had I aimed and focussed the camera on the bird when it struck and pulled out the largest goldfish I had ever seen. So that's what's in this pond! I was able to take about 20 consecutive photos of the heron positioning the fish in its mouth and then gobbling it down, much to the dismay of the fish, I'm sure. I kept my camera trained on the bird and within a few minutes it struck again and pulled out another big goldfish. I furiously snapped another 15-20 photos. I soon realised that

this must be a common spot for people to release their unwanted goldfish.

Then the following summer I was walking along the rocky shoreline of Point Petre at the most southwesterly extent of Prince Edward County when I spied a bright green frog. It was sitting in a small puddle only about one inch deep and I could almost hear him say "Come take my photo." According to my research, a frog does not have the greatest vision. It is believed that the closer an object is the less well it is seen by the frog. I slowly lay down and started shooting the frog from about 10 feet away. After each photo I would inch forward and take another. Slowly and patiently I kept moving forward and then taking another shot. After a couple of minutes my lens



Long ago I was told that "a crappy photo is better than no photo at all." I have always kept that little mantra in mind when I am doing photography, especially when shooting wildlife.

Nothing can be more frustrating than lining up that award-winning shot in your viewfinder only to have the animal flee a split-second before you could press the shutter button.

Shooting wildlife is part patience and part luck. With sufficient patience one can almost always get a nice wildlife photo. Or you could just be plain lucky and happen to be in the right place at the right time with a camera in hand. Though patience is not always my strongest suit, there have been times where it has paid off. I've also been lucky on more

was literally within inches of the frog, almost inside the lens hood and he seemed none the wiser: I could not have gotten any closer to the frog as my lens was at its minimum focusing distance. In fact, in order to focus I was subtly moving the whole camera in or out until the frog's eye was sharp. The resulting photo shows every little detail around its eye.

When you see that magnificent animal, do not rush up to it and then try to take a shot. Chances are you will frighten the animal away and end up with no shot at all. Instead start shooting from

the point of discovery and then move in slowly, shooting all the way. Shoot as much as you can until the animal flees and you will at least have something to show for it.

Happy shooting!



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 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

Culinary grad is ready to serve – in the CAF

Continued from page 3

achieving another goal in his life, as a cook for the Canadian military.

“Because I come from a developing country and love Canada so much, I want to thank Canada for the many opportunities it has given me,” he said. “There is no country in the world that would have received me with so much respect and care. That’s why I’m hoping to be able to join the CAF and to prepare healthy, attractive food for our men and women who are our heroes.”

By joining the Canadian Forces, Dakk also foresees the opportunity to earn his Red Seal certification and to become a chef. The Red Seal is recognized by Canadian industry as the standard of excellence for skilled trades.

Loyalist’s Culinary Management graduates like Dakk are prepared to work as cooks and chefs, supervise a kitchen, manage a restaurant, or pursue a wide variety of related opportunities. Students get first-hand experience in all aspects of restaurant management — from hosting and service, food preparation, pricing and menu design, to developing a business plan and marketing strategy — at Club 213, Loyalist’s on-campus gourmet restaurant.

For admission requirements and information on how to apply to the Culinary Management or Culinary Skills/Chef Training programs, visit loyalistcollege.com.

August 2015 Weather Summary

By AVR C. Pike-Pilditch, 8 Wing MET



August of 2015 turned out to be a fairly typical month, temperature-wise. There was a record broken for daily precipitation on Aug. 10 with a whopping 62.0mm of rain in one day, about half the total for the month (122.8mm). The record for the most rain in one day for the entire month of August still stands however, at 72.0mm, on Aug. 16, 1977.

The average daily maximum temperature for August this year was 24.9C, just barely higher than August last year, which was 24.6C. Average daily minimum temperatures were 15.2C, up a little from 13.8C of 2014. The single warmest day was on the 17th, with a high of 29.4C, and the coldest night was on the 28th, with a daily minimum of 10.6C.

August this year would have been very similar to last year precipitation-wise, if it weren’t for the single-day total rainfall of 62.0mm. Altogether, precipitation totals for August 2015 came in at 122.8mm, exactly double the total rainfall for August 2014 (61.4mm)

Days with inclement weather (thunderstorms, fog, etc) were similar this year to last year.

Current climate outlooks for the month ahead indicate the possibility of slightly warmer than average temperatures, with no strong indication of it being either a wetter or dryer month than climate normal.

Getting Married? We want to see it!

We are looking for **real weddings** from **local couples** for our 2016 edition of Wedding Trends Magazine serving Kingston, Quinte and St. Lawrence regions.

Criteria for submitting:

- Weddings must be local - unless they are destination weddings.
- Wedding photos must be professionally shot*.
- Include any unique features of your day.
- We require a photo or 2 of the couple, venue (where it was held), and a few detail shots as low resolution jpegs (all photos must be under 5mb).
- If your wedding is selected, you will be contacted for high resolution photos* and to tell your story! (*release must be signed by all photographers for permission of use.)



Photographers welcome!

If your wedding meets these requirements, email us by **October 18, 2015** at WeddingTrendsSeaway@metroland.com
 Subject Line: **Wedding Trends 2016**

8 Wing/CFB Trenton basketball team tryouts

The base basketball team will practice every Tuesday and Thursday from 4 p.m. to 6 p.m. starting

On Sept. 15 at the gymnasium area one in preparation for the 2015/16 basketball season and the Ontario Region Basketball Championship. Come out all skill levels for a good workout, make new friends, hone your skills and compete against other bases. The basketball team manager is Bourgon Cpl NRJ@424 (T&R) Sqn@Trenton.Nicholas.Bourgon@forces.gc.ca Team Coach is Boates ME@CFB Trenton PSP@Trenton <Mark.Boates@forces.gc.ca>. For more information, contact Cpl. Bourgon.

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2015

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In honour of Bayview Auto's 25,000th vehicle sold, Bayview Auto will be Paying it Forward by giving a deserving community hero one of three vehicles and \$1,000 in gas.

Submissions are due October 5th and the top 5 most deserving community members will be voted on by our Facebook fans.

* vehicles may not be exactly as shown

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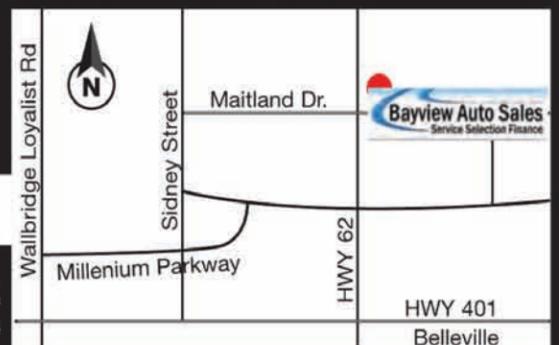
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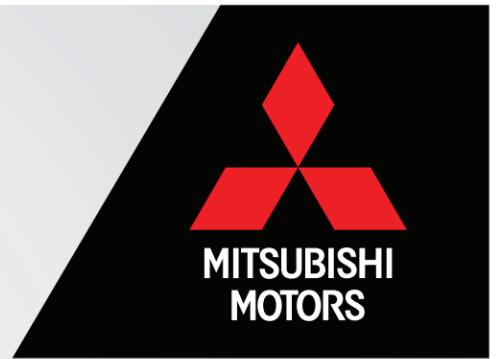


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