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## Col. Colin Keiver assumes command of 8 Wing / CFB Trenton



Brig.-Gen. David Lowthian and his wife Nancy were excited about being driven off the parade square at 8 Wing / CFB Trenton on Tuesday in a green Cadillac being driven by the King – this Elvis Presley look-alike. Brig.-Gen. Lowthian was turning over command of 8 Wing / CFB Trenton to Col. Colin Keiver. Photo by Ross Lees See the full story and pictures beginning on page 2

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# Col. Colin Keiver assumes command of 8 Wing/CFB Trenton

By Ross Lees

**F**or pomp and ceremony, it was hard to beat!

The Change of Command (CoC) parade ushering Col. Colin Keiver in as the new 8 Wing/CFB Trenton Commander while outgoing Commander Brig.-Gen. David Lowthian prepared to take up his new duties at 1 Canadian Air Division Headquarters in Winnipeg as Deputy Commander Force Generation had everything; fly-pasts, 400 troops dressed to the nines on parade, squadron and wing colour parties galore, high ranking officials looking on and taking part, and an Elvis impersonator making an appearance to escort Brig.-Gen. Lowthian and his wife Nancy off the parade square.

During a bitter-sweet time for Brig.-Gen. Lowthian, the messages often contained serious implications highlighted with humour.

Nancy Lowthian was excited and impressed with their form of transportation to exit the parade square, much to Brig.-Gen. Lowthian's delight.

Maj.-Gen. David Wheeler, Commander of 1 Canadian Air Division and reviewing officer for the parade, praised the job done by Brig. Gen. Lowthian at 8 Wing during his tenure, but also gave him some life advice – "Don't quit you day job!"

On one of his first trips to his new posting in Winnipeg, Brig.-Gen. Lowthian showed a knock-off film of "Top Gun" made at 8 Wing showing the acting and singing skills of Brig. Gen. Lowthian. Maj.-Gen. Wheeler advised him at the CoC parade that he was a much better leader in the Air Force than he was a singer or actor.

Brig.-Gen. Lowthian expressed great pride in his tenure as Wing Commander of the base he termed "...a jewel in our Air Force's crown."

"Time and again, we witness our personnel, our equipment and the results of our professionalism and pride alongside the Canadian flag anywhere in the world at any time, on any mission ranging from humanitarian response and disaster

*Continued on page 7*



Lt.-Col. David Lowthian bids 8 Wing farewell with the 8 Wing headquarters building and the signature water tower in the background. *Photos by Ross Lees*

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# Mini pot belly pig a big hit at Kidz Camp

*Dyson the mini pot belly pig loves food and having his belly rubbed by anybody and everybody*

By Ross Lees

The Heal With Horses Equine Therapy Farm in Prince Edward County gave the children at the RecPlex Kidz Camp a special treat Aug. 5 when they brought Dyson, the mini pot belly pig to visit.

Dyson is a sociable young pig which will grow to around 40 pounds when full grown. Use to being around people, the pig demonstrated an easy manner with the children, especially if they rubbed his belly.

"We are socializing Dyson and pigs like him to be companion pigs for the children who come to Heal with Horses," noted owner and operator Suzanne Latchford-Kulker.

The friendly pig was fascinating to the children and adults at the Kidz Camp, who found out quickly that the best way to attract Dyson's attention was to bribe him with food, when he also might perform one of his two tricks.

Suzanne Latchford-Kulker loves horses, nature and helping others, and these passions led her along with her husband Ron to establish their "Heal with Horses Therapeutic Centre" in 2009. The centre is located on Danforth Road in Hillier, Ontario and has nine therapy horses. Suzanne is certified in Facilitated Equine Experiential Learning (FEEL) and is a Horse Boy Method Level 1 practitioner.

Heal with Horses Therapeutic Centre utilizes horses, animals and nature in conjunction with professional coaching/facilitation to help improve the lives of adults/juveniles and children suffer-



Suzanne Latchford-Kulker keeps Dyson's attention with food as the children and adults at the RecPlex Kidz Camp gather around. Dyson entertained the members of the Camp by doing one of his two tricks – sitting pretty to eat food.

ing from a number of neuropsychiatric and physical limitations, such as, but not limited to: Autism, PTSD, ADD/ADHD, depression, anxiety, eating disorders and low self-esteem as well as those who want to experience self-discovery/spiritual growth.

Photos by Ross Lees

Nolan Mick discovered the one thing Dyson likes almost as much as food under the careful tutelage of Heal With Horses Equine Therapy Farm owner and operator Suzanne Latchford-Kulker.

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# CFS Alert takes advantage of summer weather



Members of CFS Alert partake in a Polar Dip II 2015 that took place on Aug. 7.  
Photos by Cpl Raymond Haack



## Wing Logistics and Engineering Picture of the Week

### Roads and Grounds crew working on the South side parade square



Construction Engineers (CE) Roads and Grounds crew prepared the parade square for the Change of Command (CoC) parade on Aug. 11. CE civilian employees are delighted to contribute to the success of the CoC parade.  
Photo submitted by Sgt. Steven Duplisea

## The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events affecting Canada's largest and busiest air base – 8 Wing/CFB Trenton.

We are the primary internal and external communications tool for 8 Wing/CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Armed Forces at work.

The CONTACT is published every Friday with the kind permission of Col. Colin Keiver, MSM., CD, Commander, 8 Wing/CFB Trenton. The Publisher reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CAF or other agencies.

Where typographical errors are discovered in advertisements (including classifieds) that result in goods not being sold, this newspaper is only liable to refund the money charged for the advertising space.

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

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## Guidelines for submissions: ARTICLES AND PHOTOS

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

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

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

## Letters to the Editor:

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



## A Military Community Newspaper

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



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# Three weeks left before second annual Grapes of Wrath mud run at local winery takes place

*Teams are invited to get involved in the main event or for the friendly challenges also beginning to surface*

With three weeks to go until race day, the committee organizing this month's Grapes of Wrath mud run are pleased to report new obstacles have been constructed for this year's event.

The Canadian Cancer Society of Hastings-Prince Edward and Brighton community office, in partnership with the Prince Edward County Memorial Hospital Foundation (PECMHF) and the Trenton Memorial Hospital Foundation (TMHF), are proud to present the second annual Grapes of Wrath Extreme Romp'n'Stomp mud run once again happening at Hillier Creek Estates Winery, 46 Stapleton Road, Hillier, in Prince Edward County.

In 2014, this inaugural event in Prince Edward County saw 420 participants and 55 teams' traverse over five kilometres of rugged terrain in a torrential downpour to conquer 14 obstacles designed by the military while raising almost \$80,000 for cancer care in the Quinte region.

This year, after tremendously positive feedback from 2014's competitors, the committee has increased the number of obstacles to 20 for the Aug. 29 race.

"The second annual Grapes of Wrath will push the participants even harder this year and test their strength and teamwork," said Laura-Lee Hogan, manager of stewardship and events for the TMH Foundation and Grapes of Wrath committee member.

"New obstacles for 2015 have been put into place, including some which are built by Quinte West fire fighters and are replicas of equipment they use in their gruelling entrapment and breach training exercises. Not to give too much away, but if racers are looking to get down and dirty, there will be even more opportunities to play in the mud at Hillier Creek Estates this year, with some of the new and reworked obstacles on the course," she added.

One thing will not change from last year - there will be mud, the organizers promise.

The Grapes of Wrath committee is also encouraging area businesses to see the race as a team building exercise and opportunity for their staff to come together while breaking down corporate barriers. The committee is thrilled to see so many teams returning this year.

To add to the excitement, friendly challenges are beginning to surface. The vineyard manager for the host Hillier Creek Estates, Woody Cassell, is putting out a challenge to winery staff in the County and to other Grapes of Wrath participants that he intends to be the first runner to complete the

course. Cassell's personal goal is to complete the course, be showered and back to work within one hour of starting the race. Think you have the GRAPES to beat Woody? Sign up and find out.

Competitors must be 18 years or older on race day (Saturday, Aug. 29) to be eligible to run. Racers will receive a dry-fit T-shirt and upon completion of the race, dog tags. More information and registration links can be found by visiting the website, [www.cancer.ca/GrapesofWrathPEC](http://www.cancer.ca/GrapesofWrathPEC) or on Facebook, <https://www.facebook.com/GrapesofWrath-CountyRace> or on Twitter @grapesofwrath15

If you are interested in watching our participants trudge through sludge to secure those coveted dog tags, volunteer openings are available. There are a variety of jobs including registering participants, spotters at the obstacles, help with baggage check and water stations. Please e-mail Karen White at [whitesway506@sympatico.ca](mailto:whitesway506@sympatico.ca) to sign up.

"Working as a volunteer at last year's Grapes of Wrath Extreme Survival Race was an exceptional



experience. I couldn't help but be pulled into the elation participants felt as they actually crossed the finish line. What an accomplishment; they were so proud. And I was proud to be there as part of the volunteer team to welcome and help them," said Milford resident, Barbara McConnell, a volunteer at last year's event.

Registration is \$100 per participant. The race is open to individuals or teams of two to 20.

For 76 years, the Canadian Cancer Society has been with Canadians in the fight for life. They have been relentless in their commitment to prevent cancer, fund re-

search and support Canadians touched by cancer. From this foundation, they will work with Canadians to change cancer forever so fewer Canadians are diagnosed with the disease and more survive.

The PECMH and TMH Foundations support their respective hospitals by raising funds and awareness of the need to assist in the provision of priority medical equipment and services for all patients and residents of their local communities. It is through the generosity of their donors that the doctors, nurses and tech-

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# Fitness & Health

## Faces of Health Promotion

# Leading Seaman Kimberly Whitehead

**F**aces of Health Promotion at 8 Wing/CFB Trenton is a profile of individuals who demonstrate a commitment to overall health and wellbeing through participation in Health Promotion programming. This week's Face of Health Promotion is Leading Seaman Kimberly Whitehead of 437 (T) Squadron. She has completed Top Fuel for Top Performance (TFTP), Alcohol, Other Drugs, Gambling and Gaming Awareness (AODGA) and Managing Angry Moments (MAM).

LS. Whitehead is currently in the role of Flight Steward and has six years of experience in the military. She enjoys being outdoors and is always on a quest for adventure. LS. Whitehead keeps herself active with horseback riding, geocaching, and scuba diving. LS. Whitehead was kind enough to reflect on her experience with Health Promotion.

### 1. What motivated you to register for a Health Promotion course?

Health and Fitness are a big part of my life and by taking various courses I was able to improve my personal knowledge as well as being able to help others. I believe Health Promotion is not just about working out and eating healthy, a big factor is also mental health which is often overlooked.

### 2. What were the highlights of the courses you have taken?

I really liked the personal experiences each person brought to the courses. The opportunity to listen to first-hand accounts and experiences helps others to learn and grow as a person.

### 3. What advice would you give someone thinking about registering for the Top Fuel for Top Performance?

I would recommend this course to everyone who is serious about fitness and nutrition. Whether you are a beginner or a seasoned athlete, this course spells out all the information for you and guides you on a path to determine exactly what your body requires to succeed. This course helps you to see past the unrealistic goals the media attempts to fill your head with.

### 4. Having taken Managing Angry Moments, do you feel more prepared to manage your

own stressors and angry moments?

This course helps you to understand yourself in new ways and better recognize different stressors. Although it is ultimately up to the individual to determine how to handle each situation, the course helps you to better understand the impact of a situation and its effect on you.

### 5. What changes have you made as a result of taking courses with Health Promotion?

Overall the Top Fuel for Top Performance course has been the one to motivate me to make the biggest changes in my life. In taking courses with Health Promotion, I have learned that nutrition, exercise, sleep and mental fitness pave the way to being the best you can be and preparing you for whatever life throws your way. Go for the Green!

The Health Promotion Team of 8 Wing/CFB Trenton is com-



mitted to assisting the military community to increase control over and improve their overall health and well-being. Our programs are available, free of charge to all CAF members, DND employees, NPF employees, CAF spouses and dependants.

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# Brig.-Gen. Lowthian thanked the many people he worked with on his team during his tenure



Col. Colin Keiver stands at attention during the CoC parade Tuesday morning on the main parade square at 8 Wing as he assumed command.

*Continued from page 2*

assistance to the support and sustainment of intense combat operations where the expression of our Canadian values is strategically important to our security at home," he said of the people and equipment of 8 Wing, adding that every operation goes through 8 Wing/CFB Trenton as

a point of departure, as a welcome home venue, as a lifeline and as a mail depot.

"This is an important base and our members know it – mission focus, readiness at all times, and operational excellence are ingrained in every member, whether regular force, reserve force or civilian," he noted proudly.

"That power comes from our people,"

he stated. "As commander, I had one focus with five priorities. My singular focus on accountability was intended to insure that every member managed their activities, their expertise and their responsibility with care and consideration and appreciation for the calling they had chosen for a career, a calling of service before self, unlimited liability and for an exceptional, ethical code of conduct. This is what the Canadian public expects. They embraced this focus, operated smarter when fiscal resources came at a premium, were more mutually supportive and therefore more resilient in understanding and evolving administrative protocols."

Brig.-Gen. Lowthian thanked the many

people he worked with on "his team" during his tenure, often taking time to mention by name those people who gave extra effort to make his tenure a successful one.

But his final words were for his successor.

"Colin, I wish you the best of luck as you will now have command of the RCAF's heart of air mobility and the exceptional team that makes it work," he noted.

Maj.-Gen. Wheeler also had words of praise for 8 Wing as it was led by Brig.-Gen. Lowthian.

"This year has been extremely busy for the men and women of 8 Wing and we've

*Continued on page 8*

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# 'A serviceable and ready 8 Wing is an absolute necessity:' Maj.-Gen. Wheeler

Continued from page 7

asked a lot of you," he said. "You led the charge in support of CAF operations and we provided humanitarian assistance around the world and supported troops throughout the CAF as they trained for combat alongside our allies in coalitions. You have also provided a large portion of our person-

nel to our air task forces in both Europe and the Middle East, which permitted our air detachments to conduct operations in a seamless manner. It wasn't easy, but I can assure you your efforts have gone a long way and certainly have made a difference.

"A serviceable and ready 8 Wing is an absolute necessity for 1 Canadian Air Division and Brig.-Gen. Lowthian has done a remarkable job in supporting the RCAF in making this happen. 8 Wing is very much a multi-role organization and Dave, you've done an outstanding job providing leadership to the wing and to the personnel and guidance to the RCAF as a whole.

"You went above and beyond the norm in designing methods to ensure a more efficient and effective 8 Wing that can still provide necessary support to operations during austere times," he stated.

Maj.-Gen. Wheeler called Col. Colin Keiver the "perfect selection" to succeed Brig.-Gen. Lowthian, pointing to his knack for "...working through the chaff and getting to the heart of the issue in what I call a very succinct manner; in other words he's quite direct."

Maj.-Gen. Wheeler felt Col. Keiver's experience as Commander of 426 Squadron would stand him in good stead as 8 Wing Commander.

"Ultimately, your enthusiasm, work ethic and ability to make well thought out and timely decisions will place you in good stead to pick up on the initiatives that Dave has started. Although you have my full confidence, you know you have big shoes to fill and I ask that you continue to lead where Dave has left off, but that means that I expect a lot from you.

"Colin, you're entering one of the most exciting roles in the RCAF but it comes with a



Col. Colin Keiver takes the salute from Maj.-Gen. David Wheeler (right) and Brig.-Gen. Lowthian, (left).  
Continued on page 9 Photo by Ross Lees



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# Brig.-Gen Lowthian expressed great pride in his tenure as Wing Commander of the base



Brig.-Gen. Lowthian was also given a special gift by the two Quinte West Mayors who served during his tenure – Mayor Jim Harrison on the right and former Mayor John Williams, now the Honorary colonel of 8 Wing.



Brig.-Gen. Lowthian is given a special parting gift from WCWO Darcy Elder.

“The recent report on sexual harassment and sexual misconduct in the CAF is something we must all accept and work towards ensuring there is no tolerance for that kind of behavior within 8 Wing,” he stated emphatically.

“Our new Chief of Defence Staff, Gen. Vance, has been crystal clear on this issue and has stated and I quote, ‘any form of harmful sexual behavior undermines

*Continued on page 10*

*Continued from page 8*

big responsibility and I know you understand it. I expect you to not only provide a qualified and effective force ready to conduct operations, but I also need you to take special care of your personnel and their dependents,” he noted.

Col. Keiver put his no-nonsense style of leading on the line immediately as he took over. Main-

taining the high standards set at 8 Wing would be tough, but Col. Keiver said he was determined to do it with the help of the entire 8 Wing team.

“Making all of that work requires a very simple ingredient – leadership,” he stated. “My definition of leadership is straightforward – it is action, not position. Every single one of you is a leader and I expect you to act ac-

cordingly. My job is to set clear direction and guidance, your job is to get on with making it happen. Never let the lack of direction be an excuse for inaction, because, as Martin Luther King Jr. said, ‘It is always the right time to do the right thing.’”

That message proved a great segue to another important message he wanted delivered in no uncertain terms.

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# Brig.-Gen. David Lowthian relinquishes command

Continued from page 9

who we are, is a threat to morale, is a threat to operational readiness and is a threat to this institution. It stops now! I agree completely with him. That report described a CAF I thought had disappeared. Our task at hand is to ensure it really has gone the way of the Dodo bird."

Col. Keiver noted he and his family were "jump in with both feet" kind of people. "I ask nothing more of you than that you give the same in return," he stated. "Together, we will ensure we are a part of the legacy of excellence that is 8 Wing/CFB Trenton."



Maj.-Gen. Wheeler inspected the troops during the 8 Wing CoC parade on Aug. 11. Photos by Ross Lees



Col. Keiver observed the flyover of a Hercules aircraft as the CoC ceremony came to a close.

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A Natural Attraction

### 2015 PHOTO CONTEST TAKE A PHOTO THAT CAPTURES OUR "NATURAL ATTRACTION"

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

- First Place: \$300 in cash
- Second Place: \$200 in cash
- Third Place: \$100 in cash
- 4 Honourable Mentions: \$50

(1 prize in each of the following categories: Activities/Events, Community/Lifestyle, Landscape/Landmarks, Miscellaneous)

FOR FULL CONTEST DETAILS VISIT [www.quintewest.ca](http://www.quintewest.ca) | 613.392.2841 ext 4430  
All submissions must be in high resolution digital format  
Contest closes December 31, 2015



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## Unveiled October 2015 Bridal Event

If your business services the wedding industry, the **Unveiled Bridal Event** being held **Sunday, October 4th, 2015**, is the perfect opportunity to meet and interact with hundreds of potential clients.

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**Passes for the Toronto Science Centre**

We have received new community passes for the Science Centre. With these passes, adults pay only two dollars for their admission and children, youth and seniors get free entrance. Please come to the MFRC reception to pick them up.

**Laissez-passer pour le Centre de science de Toronto**

Nous avons reçu de nouveaux laissez-passer pour le Centre de science (Science Centre). Avec ces laissez-passer, les adultes paient seulement deux dollars pour l'admission et les enfants, les jeunes et les personnes âgées entrent gratuitement. Ces laissez-passer vous sont offerts à la réception du CRFM.

**Special Needs Support Group**

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

**Recognize Family Violence**

I know someone...who feels isolated. Did you know that constantly controlling your partner's contact with friends, family and social groups can be abusive? For more information: Mental Health Team Lead: 613-392-2811 ext. 3615, Trenton Military Family Resource Centre:613-392-2811 ext. 5541. On duty Padre: 613-392-2811 ext. 0 ask for the duty Padre. See also womenmfrc.ca (Includes information and resources for men).

**Reconnaître la violence familiale**

Je connais quelqu'un qui se sent isolé. Saviez-vous que le fait de contrôler les allées et venues de votre partenaire avec ses amis, sa famille et auprès de ses différents groupes sociaux peut être un comportement abusif ? Pour tout renseignement: Chef d'équipe en santé mentale: 613-392-2811 poste 3615. Centre de ressources pour les familles de militaires de Trenton: 613-392-2811 poste 5541. Aumônier en devoir: 613-392-2811 poste 0 et demandez l'aumônier en devoir. Consultez le site womenmfrc.ca (vous trouverez aussi de l'information pour les hommes).

**Special Needs Family Resource Fair**

Join us at the Trenton MFRC's Special Needs Family Resource Fair, an information fair event designed to connect and introduce our military members and their families with our local agencies and programs that support individuals with special needs. Free but registration is required. Contact Orlana Bourgoin 613-242-7172.

**Foire de ressources pour les personnes ayant des besoins particuliers**

Participez à la foire de ressources du CRFM de Trenton pour les personnes ayant des besoins particuliers une foire d'information conçue pour se connaître et vous présenter nos militaires et leurs familles avec les organisations et programmes locaux qui aident les personnes ayant des besoins particuliers! Gratuit mais toutefois l'inscription est obligatoire. Contactez Orlana Bourgoin 613-242-7172.

**Le Chœur de Quinte (Choir)**

This choir is directed by Francine and Matthieu Latreille. The repetitions will be conducted in French, but songs will also be on English, Italian, German, Latin, etc.). The music will be traditional and classic from different eras. Two sessions of 14 weeks and two concerts; one before Christmas and one in the spring. Cost: \$100 per session, \$50 per session for the children aged 10 to 12, must be accompanied by a parent.

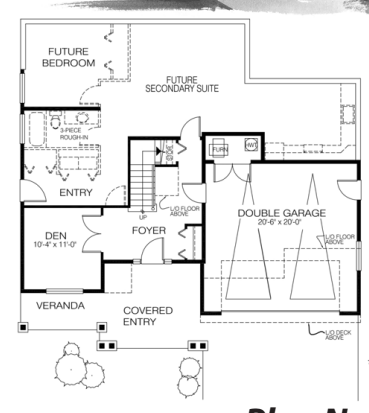
Where: Trenton MFRC. If you can follow instructions in French, you are welcomed to join. A minimum of 18 inscriptions is required. For more information, contact Francine or Matthieu; RMLatreille@gmail.com or FNSavaria@gmail.com or 613-970-2385.

**Le Choeur de Quinte**

Ce chœur est dirigé par Francine et Matthieu Latreille. Les répétitions auront lieu en français mais certaines œuvres seront chantées en latin, anglais, allemand, italien, etc.... La musique sera traditionnelle et classique de différentes époques. Il y aura deux sessions de 14 semaines et deux concerts ; un avant Noël et l'autre au printemps. Coût : 100\$ par session, 50\$ par session pour les enfants de 10 à 12 ans ( doivent être accompagné d'un parent). Où : CRFM de Trenton. Les anglophones comprenant le français sont les bienvenus. Un minimum de 18 inscriptions est requis. Pour plus d'information, contactez Francine ou Matthieu; RMLatreille@gmail.com ou FNSavaria@gmail.com ou 613-970-2385.

Continued on page 12

**Home of the Week**  
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**Plan No: 2-3-754**

A handsome two-storey structure with a glass-fenced deck spanning part of the facade, this three-bedroom home features nine-foot ceilings throughout the living area, as well as an unfinished basement with room for a fourth bedroom, as well as a mortgage-helper or in-law suite.

Entry is via a covered porch and veranda on the ground floor. To the left of the foyer, through French doors, is a den that is ideally located to serve as a home office. To the right is a spacious coat closet; while directly ahead is an L-shaped staircase to the upper floor.

The main/upper floor includes a large great room that overlooks the front garden. With a gas fireplace and sliding doors that open to the covered deck, this room is open to the dining area and the kitchen.

The optional buffet in the dining area will provide serving and storage space,

and the kitchen features an L-shaped counter configuration for step-saving efficiency. An angled prep island with a four-seat eating bar separates the kitchen from the rest of the living area.

Adjacent to the walk-in pantry, access to a covered patio at the back of the home offers an opportunity for year-round grilling and al fresco dining during the summer months. The laundry room is conveniently located nearby.

In the sleeping wing, the master bedroom overlooks the front garden and includes a walk-in closet with

a small window. Natural light will also illuminate the four-piece ensuite, which boasts a soaker tub with its own window.

The second and third bedrooms share a three-piece bathroom. A linen closet is situated outside the third bedroom, across from the railing protecting the stairwell, part of which is open to the foyer below.

The basement/ground floor has been thoughtfully planned to allow space for a possible fourth bedroom, as well as a secondary suite. A laundry area and three-piece bath are roughed in, as well as a spacious kitchen.

The two-vehicle garage includes a side entrance, as well as entry to the foyer.

On the exterior, quadruple wooden pilasters with brick bases mark the entrance, with another single pilaster at the end of the veranda. Similar pilasters set off the second-floor balcony. Horizontal siding contrasts with the vertical woodwork on the garage doors. Wood shingles and decorative woodwork ornament the gables.

This home measures 46 feet wide by 44 feet deep, for a total of 1,460 square feet of living space, not including the basement.

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

### Trenton Legion open to public

Trenton Legion Branch 110 is open to the public during the months of July and August. For their hours, please visit their website: [www.rcl110.ca](http://www.rcl110.ca)

### Aug. 17 – Trenton Blood Donor Clinic

The Trenton Blood Donor Clinic takes place at the Trenton Knights of Columbus Hall at 57 Stella Crescent from 1 p.m. to 7 p.m.

### Aug. 23 – Dominion Assistance Dogs Fundraising Todd Keirstead Golf Tournament

The Dominion Assistance Dogs Fundraising Todd Keirstead Golf Tournament will be held Sunday, Aug. 23 at the wheelchair accessible Roundel Glen Golf Club at CFB Trenton. Professional golfer Todd Keirstead from Golf With Attitude will be giving two free golf clinics, available to everyone, and will concentrate on people with disabilities and their loved ones. The clinics will be taking place at 12 noon for everyone golfing and 1 p.m. for all visitors. Registration begins at 11 a.m., with tee-off at 1 p.m. The cost for this event is only \$75 and includes entry into all events, 18 holes of golf, cart, dinner and various awards. To help organizers properly plan for this event, please pre-register by going to: <http://www.dominiumassistance-dogs.ca/fundraising.html> There will be awards presented, prizes and dinner directly after golf. Dinner includes an 8 ounce Strip Loin with various salads, sides, desserts and tea/coffee. Teams of four should register as soon as possible to avoid disappointment and sponsors are still being sought. This is a family event but golfers must be seven years of age or older.

### Sept. 2 - Wounded Warriors Fundraiser Charity Golf Tournament

The Wounded Warriors Fundraiser Charity Golf tournament takes place at the Roundel Glen Golf course at 8 Wing/CFB Trenton with registration beginning at 8:30 a.m. and the shotgun start beginning at 10 a.m. For the \$105 per person entry cost, golfers receive their round of golf, a golf cart, prizes and a steak dinner plus the opportunity to compete in the closest to the pin competition on all par three holes, the RBC Dominion Securities \$5,000 hole-in-one competition sponsored by Lisa Thompson and the \$5,000 hole-in-one Investors Group competition sponsored by Tracy Parks. There is a putting contest sponsored by Ping and Todd Keirstead, a trick shot master, will conduct a pre- or post-tournament instructional entertainment show. Entry deadline is Aug. 17. Contact Dan Gorman at [dan.gorman@forces.gc.ca](mailto:dan.gorman@forces.gc.ca), email [golf@roundelglen.com](mailto:golf@roundelglen.com) or by calling 613-392-1544. The Grange of Prince Edward and Estate Winery will supply wine tasting facilities. There will also be a silent auction.

### 8 Wing Officers' Mess Ladies Club Season Commences in September

The 8 Wing Officers' Mess Ladies Club 2015-16 season commences with a "western evening" on Wednesday, Sept. 9 at 6 p.m. at the Mess. Members are free with new memberships and members' invited guests are \$15. For more information, contact [chambersjlive.ca](http://chambersjlive.ca).

## 437 Sqn promotion

437 Sqn  
Commanding Officer  
Lt.-Col. Kevin Tromp  
promoted  
Cpl. Blackburn to  
the rank of Master  
Corporal recently.  
CWO Murray Hiltz  
looks on.



MFRC continued from page 11

### Connection Cafés

Thursday, Aug. 20 from 9:30 a.m. to 11 a.m. or 6:30 p.m. to 8 p.m. Are you new to the community of 8 Wing Trenton or have you been here for a few years? Join us for a Meet and Greet, learn about the MFRC services and programs as well as what is available in the civilian communities. Share with us, your favourite services or programs from your previous posting. Childcare available. To confirm your attendance, please call MFRC reception 613-965-3575.

### Cafés Connexion

Le jeudi 20 août, de 9h30 à 11h00 ou 18h30 à 20h00. Êtes-vous nouvellement arrivé dans la communauté de la 8e Escadre ou êtes-vous ici depuis quelques années? Venez à notre séance d'accueil, apprenez les services et programmes que votre CRFM ainsi que la communauté civile offrent. Partagez avec nous, les services ou programmes préférés de votre affectation précédente. Gardiennage disponible. Pour confirmer votre présence SVP contactez la réception du CRFM au 613-965-3575.

### Employment Café

Employment opportunities with the Personal Support Program (PSP). Join Pam McColl, NPF Human Resources Assistant Human Resource Division – Staff of Non Public Funds, Canadian Forces Morale and Welfare Services (CFMWS) as she provides an overview of the unique and various employment opportunities within CFMWS with the main focus on current employment opportunities. Come and enjoy a coffee/tea and chat on Thursday, Aug. 27 from 9:30 a.m. to 11 a.m. The event is free. Please register by Monday, Aug. 24. Participants are asked to register in advance. Subsidized childcare may be available and must be requested in advance. To register or for more information, contact Elizabeth.nicholas@forces.gc.ca or Priscilla.t@TrentonMFRC.ca or 613-392-2911 local 3852.

### Café Emploi (Cette session est donné en anglais)

Opportunités d'emploi avec le programme de support du personnel Joignez-vous à Pam McColl, Assistante aux ressources humaines, division des fonds non publiques, services de Bien-être et Morales des Forces canadiennes (SBMFC). Elle vous donnera un aperçu des possibilités diverses d'emploi au sein du SBMFC, ainsi que, de mettre une emphase sur les opportunités d'emploi actuelles. Venez déguster un café/thé tout en bavardant. Le jeudi 27 août 2015, de 9h30 à 11h. Gratuit. Date limite d'inscription est le lundi 24 août. Les participants sont priés de s'inscrire à l'avance. Un service de garde subventionné est disponible et doit être demandé à l'avance.

Pour vous inscrire ou pour plus d'information, veuillez contacter [Elizabeth.nicholas@forces.gc.ca](mailto:Elizabeth.nicholas@forces.gc.ca) ou [Priscilla.t@TrentonMFRC.ca](mailto:Priscilla.t@TrentonMFRC.ca)

### MFRC Youth Center

Join us for the month of August on Mondays and Tuesdays for an afternoon of fun from 1 p.m. to 3 p.m. Mondays ages six to 10 and Tuesdays ages 11 to 18. For information please contact: [rabia.s@trentonmfrc.ca](mailto:rabia.s@trentonmfrc.ca)

### Le Centre des jeunes du CRFM de Trenton

Venez au centre des jeunes les lundis et mardis pour des activités divertissantes, pendant tout le mois d'août, les après-midi de 13h00 à 15h00. Les lundis sont réservés pour les 6 à 10 ans et les mardis pour les 11 à 18 ans. Pour information contactez: [rabia.s@trentonmfrc.ca](mailto:rabia.s@trentonmfrc.ca)

### Monthly E-News/Facebook

Get the latest news from the MFRC and community at large. Sign-up through our website [www.familyforce.ca](http://www.familyforce.ca) for the monthly E-News and to follow us on Facebook.



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**The CRA and RCAF Flyers Arena present - Summer Ice Sports**

Figure Skating, Monday to Friday from Aug. 17 to Sept. 4 from 4 p.m. to 5:30 p.m.  
Shinny Hockey, Monday to Friday from Aug. 17 to Sept. 4. Tyke/Novice – 9 a.m. to 10:30 a.m.; Atom – 10:30 a.m. to 12 p.m.; PeeWee – 1 p.m. to 2:30 p.m. and Bantam/Midget – 2:30 p.m. to 4 p.m.

**RecPlex Open House**

Free Swimming, cardio room, fitness classes and youth activities – Friday, Sept. 11 from 3 p.m. to 8 p.m.

**Fall 2015 Red Cross Swim Lessons**

Eight lessons in duration – lessons are held: Tuesdays from Oct. 6 to Nov. 24; Thursdays from Oct. 8 to Nov. 26 and Saturdays from Oct. 3 to Nov. 28. Registration for Military Community: On-line registration starts Thursday, Aug. 27. In-person registration starts Thursday, Aug. 27 at 1:30 p.m. at the RecPlex or the gym kiosk. Registration for the general public: On-line registration starts Tuesday, Sept. 8. In-person registration starts Tuesday, Sept. 8 at 1:30 pm at the RecPlex or the gym kiosk.

**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.  
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.  
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 – Sundays, Oct. 4 to Dec. 13 from 11 a.m. to 11:50 a.m.  
Coming this fall – Mom and baby pilates.

**Child, Youth and Teens 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 – Sundays from Oct. 4 to Dec. 13 from 9 a.m. to 9:50 a.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.)

# New Reservist at 8 Wing



Aviator (AVR) Steven Foster shown here receiving his enrolment certificate from Maj Lynn Lacroix 8 Air Flight Commander (8 AR Flt Comd). After completion of Basic Military Qualification (BMQ) in St. Jean Quebec, AVR Foster will continue his training at Canadian Forces Base (CFB) Borden as an Aviation Technician (AVN). Upon completion, he will be returning to 8 Wing Trenton to be employed at 436 Transport Squadron.

*Photos by Ross Lees*



**Employee Assistance Program**  
*Referral agents:*  
**Drew Craig (Chairperson) 3930**  
**Karen Brake - 7911 • Nathalie Serre - 7413**  
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**Wing Chaplain/Aumônier de la 8e Escadre:**  
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**Unit Chaplains/Aumôniers des unités:**  
 Capt (Rabbi/Rabbin) Bryan Bowley  
 Capt (the Rev./Rév.) Eric Davis • Capt (Padre) Eric Doiron  
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# Safety

## Avoid a major incident by reporting close-call incidents



Close call incidents happen more frequently than you think. Did you catch yourself from slipping any time today? Did you walk over a spill in the lunch room? Or did you get a minor electrical shock from a power tool you were using?  
 All of these minor incidents can lead to major accidents if they are not reported and the hazard repaired or removed.

It may seem a little ridiculous to you to report every little incident you may encounter during the day. What if your boss gets angry at you for reporting a close call incident? What if you ruin your perfect safety record for reporting a near-accident? No doubt these questions have crossed your mind – but are any of these questions important if a close incident forgotten turns

into the death of a co-worker? It happens.  
 Perhaps you are not sure what a close call incident is. Let's look at these examples:  
 ✓ A co-worker is using a ladder. It seems fine, but as he comes down, one of the rungs sags as he steps on it. He notices a crack. He puts the ladder back without tagging it as needing repairs. The

next day you grab the same ladder. As you start to climb you put your foot through the rung, lose your balance and fall, spraining your ankle.  
 ✓ You are hurrying into work as you are running late. As you back out of your driveway, you bump the garbage can because your brakes don't seem to respond normally. You think nothing of it, but as you drive home that evening, your brakes fail and you crash into a telephone pole.  
 ✓ Your co-worker grabs a cup of coffee and spills some of it on the floor. You see him spill it but you step over it on your way to the coffee pot. The next minute you hear a loud crash. Someone else has gone in the lunchroom with supplies and has fallen on the floor after slipping on the coffee. He has broken his wrist.

a tag saying "defective" or "not usable" and then reporting it to the right people to have it fixed. With the car brakes, it would have taken a telephone call to a reliable mechanic as soon as you suspected trouble. And the spilled coffee? You saw it spilled as well. Even if the one who created the spill doesn't clean it up, that doesn't mean you just step over it. You have a responsibility to clean it up as well.

Do you report a spilled cup of coffee to your supervisor? Probably not - but leaving it could mean filling out an accident report later.

These close call incidents may seem small, but all little incidents can lead to big accidents. Be on the lookout. With your eyes open you will prevent grief for yourself or a co-worker.



All three of these accidents involved a warning signal. That warning is a close call incident. In the case of the cracked ladder rung, all it would have taken was

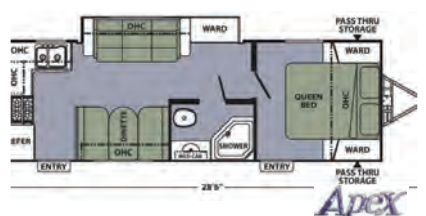
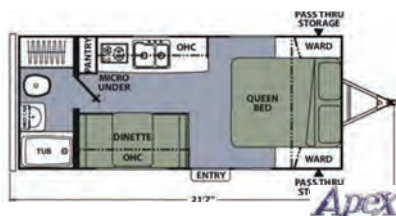
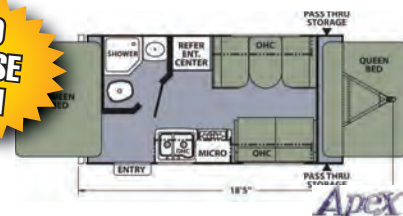
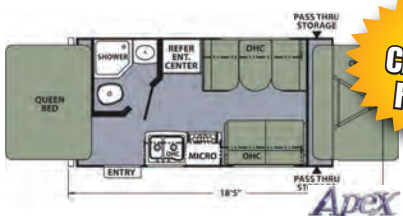
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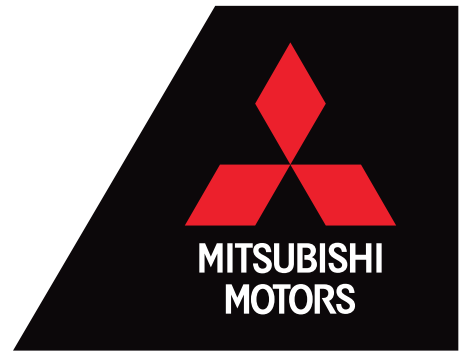
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RVR SE AWC Limited Edition model shown<sup>1</sup>

Lancer SE AWC Limited Edition model shown<sup>1</sup>



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