

the contact



FREE
Market Evaluation,
Professional Staging
& Photography
Call/Text Today!

DAVID WEIR BA, CD

Top 1% of All
Royal LePage Realtors®
in Canada since 2005!

Busy for a Reason!

Tel/Text: 613-392-7777
www.davidweir.com

Royal LePage ProAlliance
Realty, Brokerage

*based on gross commission

Serving 8 Wing/CFB Trenton • 8^e Escadre/BFC Trenton • www.thecontactnewspaper.cfbtrenton.com

>> Quinte Relay for Life moving to Stirling

This year's event will combine Belleville and Quinte West efforts in a cost-saving effort

2

>> 8 Wing cooks cooking with gas

Garner admiration in RCAF Cake Decorating competition held by 1 CAD Winnipeg

3

>> 173 Sqn Air Cadets take part in Winter Survival Ex

Local cadet squadron joins others at Long Sault extensive cadet training area for winter survival exercise

5

New Minister of National Defence chooses 8 Wing/CFB Trenton for his first visit

Minister, Chief of the Defence Staff and the Commander of the Royal Military College of Canada conduct whirlwind tour

See story on page 10



Minister of National Defence Jason Kenney embraces the 429 (Transport) Squadron mascot in the cockpit of this C-17 while 429 Squadron Commander Lt.-Col. Jean Maisonneuve looks on. Photo by Ross Lees

2 Air Movements Squadron welcomes new Honorary Colonel

By Captain Arleta Jurek

Members of 2 Air Movements Squadron (2 AMS) warmly welcomed their new Honorary Colonel (Hon-Col.) William Mills during an investiture ceremony presided over by Lieutenant-Colonel (Lt.-Col.) Deborah Graitson, Commanding Officer of 2 AMS, at the National Air Force Museum of Canada on Feb. 18.

Hon.-Col. Mills succeeded Hon.-Col. Eben James III, from Trenton Cold Storage Services, who has held this post since 2009.

"We thank Hon.-Col. James for his distinguished service to the Squadron and the Royal Canadian Air Force," said Lt.-Col. Graitson. "We welcome Hon.-Col. Mills to his new post and look forward to working with him in

the upcoming years."

Hon.-Col. Mills is a Chartered Professional Accountant, born in Chatham, Kent, England and his affiliation with the Canadian Armed Forces stretches back to his father's military career as a British Naval Officer. His long and prosperous career was built mostly in British-Columbia and has given him experience in logistics, accounting, freight

handling, warehousing and distribution systems, property management, customs and passenger terminal operations.

He recently moved to the Belleville area and is an active member of the Bay of Quinte Yacht Club and Belleville Yacht Club.

Honorary Colonels are integral members of the Air Force family and the tradition of hon-

oring regional or local dignitaries with an honorary rank in the military goes back to 1857.

2 AMS, a component of 1 Canadian Air Division (1 CAD) and an integral squadron of 8 Wing Trenton, was established in 1951 to provide trained, experienced personnel to support flying operations as well as airlift activity on deployed operations anywhere in the world.

#1 Most Productive Agents in Canada

*Based on 2010 closed transactions. Source CREA and RE/MAX internal data.

Choose wisely.

Choose **RE/MAX**

remax.ca

Numbers Talk! Real Trends Top 200 Report Highlights "137 of the top 200 Brokerages in Canada are Re/Max Brokerages". We are proud to be a part of this elite group. Whether moving across the street, across the country or across the world. RE/MAX, serving you in 85 countries around the world!

NO ONE IN THE WORLD SELLS MORE REAL ESTATE THAN RE/MAX!

447 Dundas St. W., Trenton 613-392-6594 www.remaxquinte.com 1-800-567-0776 41 Main St., Brighton 613-475-6594

Quinte Relay for Life moving to Stirling

This year's event will combine Belleville and Quinte West efforts in a cost-saving effort

By Ross Lees

In its 15th year, the Quinte Relay for Life being held on June 20 is going through some major growing pains.

Belleville and Quinte West Relay for Life events previously held separately will be combined this year into one super event, but not at the normal Loyalist College venue which has been home to the event since the initial effort was held at CFB Trenton. This year, the Relay for Life is being held at the Stirling Fairgrounds, a more central location where the Canadian Cancer Society hopes to attract more participants from surrounding locales like Marmora, Madoc and Tweed as well as the traditional supporters from Belleville, Quinte West and CFB Trenton.

Christine McArthur, Chair of the Quinte Relay, noted that combining the two events will cut down on organizational costs and duplication of volunteer and staff efforts hopefully resulting in raising more money for the charity's important mission work. The Cancer Society has set a goal of \$205,000 for this year's event, a goal they hope will be assisted by another change of holding this Relay for Life from 1 p.m. to 1 a.m.

"We're very excited about holding this year's Quinte Relay for Life in Stirling," she noted.

Amanda Jeffs, the President of the Stirling Agricultural Society, says the Little Village with the Big Heart feels they are a good spot for the event with lots of space.

"It's been a pleasure working with the Cancer Society and we are looking forward to seeing the Relay for Life on our



Relay for Life will also see a return of the baton this year, the symbol of how everyone must do their part to raise funds and support people living with cancer. Here, Loyalist college's John McMahon, second from left, passes the baton to Amanda Jeffs, President of the Stirling Agricultural Society while Christine McArthur, chair of Quinte Relay for Life, third from right, and Stirling Johnston, a survivor from Prince Edward County, look on with Stirling Mayor Rodney Cooney, far right, and Brad Warner, Fundraising Co-ordinator.

Photo by Ross Lees

stage as it is dedicated to Paula Grills, our past president, who died of cancer," she said.

Stirling Mayor Rodney Cooney said his community had recently been taken over by Hockeyville and he was now looking forward to a local event invading Stirling. "I know everyone's been touched by cancer - my mother had cancer - and I've had my fingernails painted pink. We're a small municipality but we always get behind anything we take on," he noted.

John McMahon, from Loyalist College, speaking on Behalf

of President Maureen Piercy, said it had been an absolute pleasure to host the event for the past 13 years and they understood the reasoning for the change.

"But remember, we are always ready to support you in any way we can," he added.

The event will continue to feature the Survivor's Lap and the Luminary ceremony will also be held at 11 p.m.

The military has always been a big part of the community effort with Relay for Life, Mrs. McArthur stated.

"The two past Commanding Officers have been Honorary Chairs of the Relay for Life and the base has always been a great supporter," she indicated, including team support and in supplying people on the steering committee. "We had hoped we could go back to the base in the 15th year, but with security measures the way they are, we were told that wasn't possible."

But the base also always helps out in other ways, such as supplying the Pipes and Drums for the ceremony and a fly past, she said.

"Jeff Brace, a former Base Commander, has always helped us with those things," she noted.

In this year's Relay for Life, a theme has been abandoned but teams are being asked to develop their own themes.

Direct: 613.438.5588
Off: 613.394.1800
Email: Shussey@exitrealtygroup.ca
www.SandraHussey.ca
IRP DND APPROVED

EXIT REALTY GROUP
Brokerage, Independently Owned & Operated

Sandra Hussey
Sales Rep

<p>CUSTOM BUILT TO YOUR WISHES</p> <p>16 FAIRLAWN ROAD 2000 sq ft custom to be built executive brick & stone 3 bed, 2 bath bungalow. Minutes from CFB Trenton, parks & all amenities. MLS#QR21500824 - \$398,000</p>	<p>OPEN HOUSE - SAT FEB 21ST - 1-2 PM</p> <p>23 RAMSAY AVENUE 2 storey, 3 bed spacious family home with nicely groomed fenced in back yard just minutes from the Base. MLS#QR21500903 - \$149,000</p>	<p>BUILT TO YOUR OWN DESIRES</p> <p>2 FAIRLAWN ROAD 1700 sq ft to be built brick bungalow w/in-law suite potential. Less than 8 km's to Base MLS#QR21407025 - \$349,900</p>
<p>RANCH STYLE BUNGALOW IN CONSECON</p> <p>156 CONSECON MAIN ST 1900 sq ft ranch style bungalow, ONE level, 4 beds, 1 1/2 baths, 240 sq. ft. sun room & 3/4 acre fully fenced in manicured back yard. MLS#QR21500155 - \$289,000</p>	<p>3 ACRES WITHIN CITY LIMITS</p> <p>22724 LOYALIST PARKWAY 2 beds, 1 bath bungalow. Only 3 minutes to downtown Trenton. MLS#QR21500139 - \$164,900</p>	<p>RESIDENTIAL & COMMERCIAL ALL IN ONE</p> <p>16088 HIGHWAY 2 Bungalow and commercial garage on a desirable 2 acre lot. This is the deal for you! MLS#2141937 - \$319,000</p>

WTS WHITE'S TAX SERVICE

Income Tax Preparation & Electronic Bookkeeping
Year Round Service

15% MILITARY DISCOUNT
196 Front St., Downtown Belleville
613-771-0158
F: 613-771-0164 • www.whitestax.ca

Questions or Comments?
(613) 392-2811 ext. 3976
cfbcontactnewspaper@gmail.com

- ✓ Lowest Published Government Rates
- ✓ 24 Hour Service ✓ Prompt free pickup and delivery
- ✓ Clean late model vehicles up to 12 Passenger Vans
- ✓ See the difference that locally owned makes
- ✓ Fleet cars for sale

106 Front Street, Trenton, Ontario K8V 4N6
613-392-3300
Mention this ad and receive an exterior wash of your own vehicle with rental.

8 Wing cooks cooking with gas



From left to right, Logistics Branch members MWO Frowen, MWO Stach, WO Leclair, CWO Lafond, CWO Stark, Lt.-Col. Graitson (CO 2 AMS), Lt.-Col. Cameron (WAdminO), Maj. Stoddart (WCompt), Ma.j MLaughlin (WSupO), MWO Lewis, CWO Kombargi, CWO Legault.

Garner admiration in RCAF Cake Decorating competition held by 1 CAD Winnipeg

8 Wing Food Services is proud to announce our achievement in securing first place in the RCAF Cake Decorating competition held by 1CAD Winnipeg. The competition was held across all RCAF wings in Canada and demonstrated a wide array of talent among CAF cooks nationwide. The only rule of the competition was that the cake must include the Logistics Branch Crest. 8 Wing cooks

Cpl. Elizabeth Shoemaker, Pte. Shonia McMullin and Shauna Kester applied their culinary talents to produce a winning masterpiece. Our theme was to combine Logistics with 8 Wing Trenton's RCAF pride and took 50 man-hours to accomplish. Our numerous Logistics Branch Crests were a labour of love and were admired by CAF cooks across Canada. The hard work and dedication of



our CAF cooks here at 8 Wing Trenton and across Canada has been admired through friendly competition and is a reminder of the extreme talent our cooks possess. Congratulations to 8 Wing Trenton Food Services!

Best Quality **"The Only Place To Go"** **Best Price**

SMITTY'S
WAREHOUSE OPERATION

For NEW or GOOD USED Appliances

Smitty's has been keeping customers happy for 28 years in the appliance business. This proves Smitty has the **Best Price, Selection, Guarantee, Quality & Price** plus **Same Day** delivery, seven days a week. Smitty plans to be around for another 28 years. Now he has in-house financing at **NO INTEREST**. These are just a few of the many reasons to visit Smitty's for your new or used appliance purchase.

Best Selection

Best Guarantee

Best Service

SMITTY'S
KING OF APPLIANCES
Open Evenings & Seven Days A Week
River Road-Corbyville (just N. of Corby's)

613-969-0287

X COPPER

1901 Bank Street, Ottawa
613-778-8654 1-888-XCOPPER
www.xcopper.com

Lawyers and Paralegals

Defending Those That Defend Us

TRAFFIC TICKETS
IMPAIRED DRIVING
CRIMINAL CHARGES

CFS Alert celebrates the 50th anniversary of the Canadian flag



The Frozen Chosen, led by the Commanding Officer of the Canadian Forces Station Alert, Major Brian Tang, cut the Canadian Flag cake in celebration of the 50th anniversary of the Canadian Flag.

Photos by Cpl. Ray Haack



Twenty-four personnel forming 12 teams of two battle to the top during the CFS Alert Badminton Tournament. MCpl. Rodney Osmond chases the birdie alongside his partner Mike Francis as they play against CPO2 Martin Bedard and Cpl. Brandon Terry.

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 Colonel David Lowthian, MSM., CD, Commander, 8 Wing/CFB Trenton. The Publisher reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CAF or other agencies.

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

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

8 Wing Personnel

Publisher: Col. David Lowthian

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: Ron Prins 613-969-8896 ext 241

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: Ron Prins 613-969-8896 ext 241

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.

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.



The Contact ~ Wing Headquarters
Building Annex, 8Wing / CFB Trenton
PO Box 1000, Station Forces,
ASTRA, ON, K0K 3W0



173 Sqn Air Cadets take part in Winter Survival Ex

Local cadet squadron joins others at Long Sault extensive cadet training area for winter survival exercise



Air Cadets learning how to set up their five-man arctic tent. Submitted photos

By Sgt Gordon Bennett

The 173 Squadron 'Royal Tigers' recently joined three fellow Air Cadet Squadrons from the region for an intensive multi-unit, cold weather survival training exercise on the frozen banks of the St. Lawrence River.

Accurately named "Exercise Brass Monkey" kicked-off on the evening of Friday, Jan. 31, with our very own Royal Tiger Squadron meeting up with Squadrons 172, 253, 325, and 379 at the extensive cadet training area at Long Sault, near Cornwall,

ON. Once on the ground and organized into smaller working groups, the roughly 120 Air Cadets began building a small city of five-man arctic tents, stockpiled kit, arranged the essential food, light, and heat, and eventually several of the senior cadet instructors parted off to prepare lessons and training aids for the next day's grueling training schedule.

Orders were received that night with hot chocolate in hand to the heat and light of a massive bonfire. Tired from the fresh air and hard work, everyone eventually retired to their tents and settled into their cozy arctic sleeping bags for the night.



A group of Air Cadets busily toil near their encampment during a series of winter training exercises.

Following reveille at 7 a.m., the cadets wasted no time preparing for the day's activities. After basic ablutions and a hearty breakfast of MRE's (Meals, Ready to Eat, aka 'field rations') and fresh fruit, all of the cadets participated in a series of organized 'round robin' training modules to include field hygiene, survival psychology, winter survival skills, building improvised shelters, and conducted a variety of small-party

leadership exercises.

On Sunday, Feb. 1, "Brass Monkey" summed-up and the cadets pulled poles, packed kit, and organized the logistics of the campsite for an early afternoon departure.

By all accounts the exercise was a huge success and all of the cadets were able to depart with new friends and a greater understanding of how to not only survive, but thrive and get the job done in a cold weather environment.



Winter camp in the glow of dawn.

DISCOVER BELLEVILLE'S BETTER RENTAL VALUES!

Inquire About Our Leasing Incentives

- ✓ With carpet & sheers*
- ✓ Close to shopping Malls
- ✓ Large walk-in closets*
- ✓ Heat & Hydro included*
- ✓ Footsteps to transit stop
- ✓ Large doors to balcony or terrace
- ✓ Park-like picnic area with bar-be-que
- ✓ Heated outdoor pools
- ✓ No Pets Preferred

Rental Office Hours

Monday - Thursday 9 am - 5 pm
Fridays 9 am - 4 pm

Saturday & Evening Apartment viewing by appointment only.

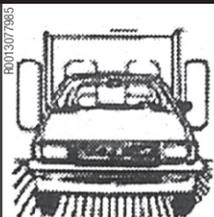
613-966-1512

201 Palmer Road

SHELTER CANADIAN PROPERTIES LIMITED
www.scpl-belleville@cogeco.net

CAMPBELL'S AUTO SHOP

327 COLEMAN STREET, BELLEVILLE



- COMPLETE COLLISION REPAIRS SINCE 1915
- ALL WORK GUARANTEED
- FREE ESTIMATES • PAINT ROOM
- CUSTOM JOB SPECIALISTS
- FRAMES • UNIBODY & RAIL
- ENVIRONMENTALLY FRIENDLY PAINTS

613-968-5791

E-mail: autoshop@bellnet.ca



Dr. Mike Steen
Dr. Fiona Gilchrist
Dr. Adrianna Sage
Dr. Maarje Armstrong
Dr. Gary Orpana

Tel: 613-394-4811 • Fax: 613-394-6239
17532 Hwy #2, RR#4 Trenton, ON K8V 5P7
Food Room

Tel: 613-394-2953

www.hillcrestanimalhospital.ca

Fitness & Health



Stress: Take Charge!

March 24 from 8:30 a.m. to 4 p.m.

Stress: Take Charge offers a self-directed approach to stress management through self-awareness, behaviour change and skill building. Participants will assess their current level of stress; learn the ACT approach to creating change; discuss a stress management lifestyle involving time management and work/life balance; explore stress management tools, including building resilience; and create a lifestyle action plan.

Online registration is available at <http://healthpromotion.cfbtrenton.com>. Space is limited to 16 people.

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



8 WING CFB TRENTON HEALTH PROMOTION

613-392-2811 x3768 • healthpromotiontrenton@forces.gc.ca
 177 Hercules St.



Le stress: ça se combat!

24 mars 2015, 08 h 30 à 16 h 00

« **Le stress : ça se combat!** » se veut une technique autonome pour gérer le stress par la conscience de soi, le changement de comportement et le renforcement des acquis. Les participants évaluent leur niveau de stress actuel, apprennent la technique ACT visant à apporter un changement, échangent sur le mode de vie à adopter pour gérer le stress qui comprend une gestion du temps et une conciliation travail-vie, explorent les outils de gestion du stress, notamment le renforcement de la résilience, et établissent un plan d'action quant à leur mode de vie.

Vous pouvez vous inscrire en ligne à l'adresse suivante: <http://healthpromotion.cfbtrenton.com>. Le nombre de places est limité à 16.

plus d'informations <http://www.cg.cfpsa.ca/cg-pc/trenton/FR/healthpromotion/programs/pages/stresstakecharge.aspx>

Health Promotion Lunch and Learn series

Health Promotion is pleased to present a lunch and learn series in the month of February.

Thursday, Feb. 19 and 26

Time: 12:10 p.m. to 12:50 p.m.

Location: 177 Hercules Street, Bldg 119

(in the Health Promotion classroom)

Thursday, Feb. 19 – **Stress Management** – a review of stress management techniques.

Thursday, Feb. 26 – **Injury Reduction Strategies** – the latest information from the Injury Reduction Cell in Ottawa.

Call local 3768/4122 to register.

All sessions will run from 12:10 p.m. to 12:50 p.m

Did you know...?
 Stress - we can't avoid it. Positive or negative, we all experience it. In part, how we perceive stress determines how it affects us and how we perceive stress is something we can control.

Call,
 Click or
 Come in
 for your chance to

WIN \$15,000

Get an Auto, Home, Life or Travel insurance quote and discover why The Co-operators is the right choice for all of your insurance needs.

the co-operators
 A Better Place For You®

The Co-operators is a leading Canadian-owned multi-product insurance company.

Paul Moran Insurance Group Inc.
 Paul Moran
 17538B Highway 2, Trenton
Paul_Moran@cooperators.ca
 (613) 392-3501
www.cooperators.ca



*No purchase necessary. The Co-operators is committed to protecting the privacy, confidentiality, accuracy and security of the personal information collected, used, retained and disclosed in the course of conducting business. For more information and contest rules, visit www.cooperators.ca. Some conditions apply. Contest closes April 30, 2015

Home Auto Life Investments Group Business Farm Travel

SO THAT WE MAY BE FREE.

FOR EVERY WAR, THERE ARE MANY WHO BRAVELY AND PROUDLY LEAVE THEIR LOVED ONES BEHIND TO PROTECT THE FREEDOMS THAT WE AS CANADIANS ARE AFFORDED.

IT IS THESE BRAVE FEW WE HONOUR.

weaver REINVENT TRADITION
www.weaverfuneralhomes.com

Trenton East 29 Bay Street 613-394-2433	Trenton West 170 Dundas St. W. 613-392-3579
--	--

2 AMS bids farewell to second generation Honorary Colonel Eben James



Hon.-Col. Eben James, left, Lt.-Col. Debra Graitson, centre, and Hon.-Col. Bill Mills sign the investiture documents at the National Air Force Museum of Canada on Feb. 18. Photos by Ross Lees

Business-savvy civilian executive Hon.-Col. Bill Mills replaces him at 2 AMS

By Ross Lees

2 Air Movements Squadron (2AMS) bid farewell to second generation Honorary Colonel Eben James on Wednesday, whose father was an Honorary Colonel of 2 AMS before him.

To replace him, they welcomed Hon.-Col. Bill Mills, a business-savvy civilian executive who will perhaps bring valuable insight to the squadron.

Lt.-Col. Debra Graitson, Commanding Officer of 2 AMS, noted in her farewell address that Hon.-Col. Eben James III and the James family had been proud and visible supporters of 2AMS since 2005 and had been instrumental in building and developing community support for the squadron.

"His ability to frequently be present at squadron functions and awards ceremonies was very rewarding for the squadron," Lt.-Col. Graitson stated. "His bursary program assisted several young candidates with post-secondary school education and his business network assisted us with squadron functions and also assisted some of our officers who were writing their Masters program on logistics practices. His contributions have been endless in some circumstance."

She added that Lt.-Col. James enjoyed spending time with the personnel of 2 AMS, frequently attending events like the Invisible Ribbon Gala, the Wing Commander's Challenge, and Surf 'n Turf.

"His success and willingness to be a part of our team has been outstanding and we are grateful for his years of dedication to this squadron and 8 Wing," she

said. "Eben, your support of our squadron personnel and commitment to connecting us to the community is an example of your loyalty and family focus and has made you a great partner: We have been honoured to have you in our ranks as an Honorary Colonel."

Hon.-Col. James expressed his pride at having been closely associated with the men and women of 2 AMS and of the Canadian Armed Forces (CAF).

"I stand before you today, not as a CAF leader with a flawless service record such as Lt.-Col. Graitson and Lt.-Col. Cleveland, but as a member of the Canadian public," he said. "I have, however, the privilege of being a member of the Canadian public who has been lucky enough to walk with you, the men and women of 2 AMS and watch

Continued on page 15

CHRYSLER, DODGE, JEEP AND RAM

SPELMER

CHRYSLER JEEP DODGE

"1 of only 19 out of 440 fully trained chrysler academy 100% certified sales teams in Canada"

613-394-3945
51 Trenton Frankford Road
Trenton, ON
www.spelmer.com

SPELMER CHRYSLER

CARM'S POOLS & SPAS

FREE Computerized Water Testing on all Hot Tubs and Swimming Pools

391 Dundas St. W.
Trenton, ON K8V 3S4
Ph/Fax: 613-392-5500
After Hrs: 613-392-8977

Pools, Sunrise and Dreammaker spas, chemicals, parts and accessories!

carmspoolsandspas.com

WE ARE WELCOMING NEW PATIENTS!

Marinovich DENTAL

• Complete dental care for all ages
• Direct payment accepted from insurance companies

DRS. SUE AND JOHN MARINOVICH

257 Dundas St. E.
Trenton, ON K8V 1M1
613.392.3939 • marinovichdental.com

FAMILY OWNED, SERVING YOUR LOCAL COMMUNITY SINCE 1994!

MY NISSAN FEBRUARY 13 TO MARCH 2

GET UP TO **\$1,000** IN ADDITIONAL DISCOUNTS

MY YEAR

2015 JUKE, 2015 ROGUE OR 2015 PATHFINDER + **\$500** FINANCE CASH (PATHFINDER ONLY)

NO CHARGE ALL WHEEL DRIVE (CASH PURCHASES ONLY)

OR

\$1000 AUTO SHOW BONUS WHEN YOU FINANCE WITH NISSAN CANADA FINANCE

2015 ALTIMA, 2015 VERSA NOTE OR 2014/2015 SENTRA

3 MONTHLY PAYMENTS ON US + **0% FINANCING UP TO 72 MTHS**

\$750 AUTO SHOW BONUS WHEN YOU FINANCE WITH NISSAN CANADA FINANCE

2015 NISSAN MICRA SV/SR

0% APR FINANCING FOR UP TO **60** MONTHS OR **0% + 3** MONTHLY PAYMENTS ON US + **\$200** GAS CARD

ONLY AT BELLEVILLE NISSAN

JOIN US SAT, MAR 7, 1:00 TO 3:00 PM
MEET YOUR FAVOURITE BELLEVILLE BULLS.
FREE AUTOGRAPHS, FREE CAR WASH, FREE LUNCH.

WE ARE PROUD SPONSORS OF THE BELLEVILLE BULLS! FREE CAR FLAGS, TICKET GIVEAWAY, SIGNED JERSEY RAFFLE

We have the Best Military Discount in the Business!

Belleville NISSAN

1.888.799.0192
bellevillenissan.com
28 Millennium Pkwy, Belleville
A Division of Boyer Auto Group



Bonjour, la classe de Mme Josée Loyer en 1ère année à l'école L'Envol a décidé d'offrir des voeux pour la St-Valentin à un vétéran. Mme Josée a eu comme idée de faire ce projet pour son grand-père, vétéran de la 2ième guerre mondiale. Ensemble, les élèves ont fabriqué une carte de voeux écrit par chacun d'eux. Samedi, Mme Josée est allé surprendre M.Lucien Latulippe (grand-père) pour lui remettre cette belle carte. M.Latulippe était très heureux et surpris qu'un groupe d'élèves de première année ait pensé à lui. Cette expérience a été très enrichissante pour les élèves et ce geste de reconnaissance restera à jamais dans le coeur d'un vétéran humble à qui l'on doit notre liberté.

St-Valentin à un vétéran



10% Military Discount!



Family Dental Centre
Personalized & Comfortable

Call Today for Your **FREE** Consultation with X-Ray!
Same-Day Emergencies & On-Site Denture Lab!
Early Morning, Late Evening & Saturday Appointments!
Implants • Sedation Dentistry • Invisalign®
Day Care from 10am-4pm • Cleaning & Polishing ~ Only \$99



Dr. Ramez, Dr. Yasmin & Dr. Steve

Three Locations to Better Serve You!
Frankford 613-398-8888
Belleville 613-961-7050 • Cobourg 905-372-7400
www.FamilyDentalCentre.com

COMING to BAGOTVILLE? We've got THE PLACE to STAY!




Hôtel La Saguenéenne

- > 118 rooms with refrigerator and microwave oven
- > Tropical salt-water swimming pool and spas
- > On-site restaurant
- > Walking distance from the shopping malls
- > Free long-distance calls to Canada and USA
- > Free wireless high-speed Internet
- > 15 minutes from Bagotville Airport

Rates from : \$95 plus taxes per night for the Canadian Forces Community

CFappreciation.ca

250, rue des Saguenéens
Saguenay, Québec, Canada G7H 3A4
418.545.8326 | 1.800.461.8390
www.lasaguenenne.com

Support
your
Canex!

LOOKING FOR
THE CONTACT?

BELLEVILLE:

Belleville Public Library
Belleville Legion 99
QHC Belleville General
Luc's Variety

TRENTON

Smylies Independent Grocers
Metro
QHC Trenton Memorial
Shopper's Drug Mart

*Wing Logistics and Engineering
Picture of the Week*

MCpl. Giles retires after 27 years of service

MCpl. Tim Giles (center) is being presented his shadow box from Tn/RCEME Sqn by MWO Vanwesten (left) and Capt. Beauvais (right) upon his retirement after 27 years of service. He retired from the Canadian Forces on Feb. 17.



WCE addresses energy efficiency and health and safety issues



Mr. Morgan Wilson, with the WCE Electrical Shop, finishes installing a new LED light in 10 Hangar's 8 AMS AMCRO Section. Wing Preventative Medicine had expressed concern with the lighting level in the shop, so WCE had an opportunity to address both energy efficiency and a health and safety issue. The new lights are much brighter than the old fluorescent fixtures and will at the same time use up to 70 per cent less electricity. WCE has recently installed brighter and more efficient lighting in the RecPlex, Tire Bay in Hangar 4, DART warehouse building, and CFLAWC Support Coy building, and is looking at upgrading the B237 single quarters, South Side Gym, RCAF arena, Hangar 9 and some additional areas of 10 Hangar over the coming year.

Submitted photo

 **Hastings and Prince Edward District School Board**
Dwayne Inch, Chair of the Board
Mandy Savery-Whiteway, Director of Education



REGISTER FOR SCHOOL
with Hastings and Prince Edward District School Board

KINDERGARTEN REGISTRATION

We Welcome All Children of Kindergarten Age

For JK, children must be four years old in 2015 (born in 2011). For SK, children must be five years old in 2015 (born in 2010). Registration takes about 15 minutes.

CONTACT THE SCHOOL TO MAKE AN APPOINTMENT TO REGISTER & BRING THE FOLLOWING:

1. Birth certificate or passport as official proof of the child's date of birth
2. Immunization card
3. Home address
4. Legal custody orders, if applicable



Listen to the radio to hear Kindergarten Teacher Heather & Early Childhood Educator Christina TALK ABOUT YOUR CHILD'S FIRST STEPS TO SUCCESS IN SCHOOL



613.966.1170
1.800.267.4350



information@hpedsb.on.ca



@HPEschools



www.HPEschools.ca



Dr. R. Younes
DENTAL CARE
FAMILY • COSMETIC & IMPLANT DENTISTRY

Your complete dentistry in one office backed by a warm & caring team

Now Accepting New patients





- **3D** Latest Technology in Same Day Dentistry Now Available For Crowns, Bridges & Veneers
- Oral Conscious Sedation
- Orthodontics (Including **invisalign** The Invisible Way to Straighten Your Teeth)
- Laser Dentistry
- **Implants & Full-mouth Reconstruction**
- Tooth Coloured Fillings
- **zoom!** One Hour Whitening
- Dentures
- Preventive, Gum Disease Therapy
- Root Canal Therapy
- **Same Day Emergency Service**
- **New Receding Gum Technique™ P.S.T**



96 Division St Trenton
www.younescosmeticedentist.com

613-208-0817

www.HPEschools.ca

We are proud to feature Hastings and Prince Edward District School Board students in our promotions

R0013142763

New Minister of National Defence chooses 8 Wing/CFB Trenton for his first visit

By Ross Lees

New Minister of National Defence Jason Kenney knows how to prioritize – choosing the hub of air mobility operations in Canada as part of his first military visits Feb 13.

8 Wing/CFB Trenton is at the forefront of Canadian military airlift with its fleets of tactical and strategic transport and SAR aircraft. Daily flights to the four corners of the globe are routine for this wing which is highly responsive to international events, and Mr. Kenney chose this base for his first photographic opportunity as the recently appointed Minister of National Defence.

He was accompanied on his whirlwind tour by Chief of the Defence Staff General Tom Lawson and Brig.-Gen. Sean Friday, the newly appointed Commander of the Royal Military College of Canada. Both of these officers are former Wing Commanders of

8 Wing/CFB Trenton. Upon his arrival at 1 Hangar at CFB Trenton at 12:45 p.m. on Feb. 13, Mr. Kenny buckled right down to his duties, inspecting an Honour Guard after being greeted by Acting Wing Commander Lt.-Col. Ryan Deming, the commanding Officer of 426 Squadron.

Mr. Kenney then began an energetic tour of the base and its squadrons and units, visiting 429, 436, 437, 424, and 426 squadrons, the Major Air Disaster (MAJAD) exhibit, the High Readiness Depot where he visited the Disaster Assistance Response Team (DART), the Air Mobility Training Centre (AMTC), and 2 Air Movements Squadron (2 AMS) prior to returning to the King Air he arrived on and leaving to return to Ottawa.



Minister of National Defence Jason Kenney, centre, along with Brig.-Gen. Sean Friday and Chief of the Defence Staff Gen. Tom Lawson pose for this photograph with members of 429 (Transport) Squadron.

Photos by Ross Lees



Minister of National Defence Jason Kenney, foreground is given his first briefing at 8 Wing/CFB Trenton accompanied by Brig.-Gen. Sean Friday and Chief of the Defence Staff Gen. Tom Lawson. Lt.-Col. Jean Maisonneuve, Commander of 429 (Transport) Squadron, stands on the right in the background.



Minister of National Defence Jason Kenney is accompanied by Maj. Leo Phillips as he inspects the Honour Guard.

(Above left) Minister of National Defence Jason Kenney accepts the salute from an Honour Guard upon his arrival at 8 Wing/CFB Trenton on Friday, Feb. 13 with Gen. Tom Lawson, Chief of the Defence Staff standing in the background.

Lottie Jones Florist Ltd.
Family Owned and Operated Since 1923
Eleanor Barker
Mary Anne White
 44 Quinte Street
 Trenton, ON K8V 3S9
 Ph: 613-392-2537 • 1-800-533-4548
 www.lottiejonesfloristltd.com

EYES N OPTICS

EYE EXAMS ON PREMISES DAILY
INCLUDING SATURDAYS!
 New Patients and Walk-ins Welcome
613-392-3040

BUY ONE GET ONE FREE *plus FREE Cases, Cloths & Lens Cleaners*

Ray-Ban, GUESS, RALPH LAUREN, VOGUE, ROOTS, D&G, SERENGETI, POLICE, NIKE VISION, FENDI, COACH, OAKLEY, FYSH, BOZ, Silhouette, MICHAEL MICHAEL KORS, BURBERRY, HARLEY-DAVIDSON, POLO, adidas, GANT, IZUMI, REBEL

www.eyesnoptics.com
 73A Dundas Street West, Downtown Trenton, Ontario
613-392-3040

New Patients are Always Welcomed
 COMPLETE DENTAL CARE FOR ALL AGES

- 2 for 1 Spa-Dent Teeth Whitening
- In Office Light Activated Teeth Whitening
- Sensitivity Free, 2-8 Shades, 20 Minute Sessions

Belleville Dental Care
 135 Victoria Ave., Belleville, ON K8N 2B1
613-969-8800

Tweed Dental Care
 315 Victoria Street North, Tweed, ON K0K 3J0
613-478-5000
 Supporting military families for 30 years
 www.bellevilledental.ca

Ford

Both these vehicles are NEW & Not Preworn
Jamie & Rick say "YOU CAN AFFORD NEW!"

Jamie Moir
 Cell: 613-243-1602
 Email: j-moir@hotmail.com

Rick Rusticus
 Cell: 613-438-4244
 Email: rusticus@langeeffetterford.ca

NEW - 2014 EDGE SEL
 Black, 3.5 LTR V6, Auto, Cruise, AC, Panoramic Roof, Mytouch, Navigation, Sync, 20" Chrome Clad, Reverse Camera & Sensing, Heated Seats, and more ...
Buy Now @ \$112.00/Weekly \$0 deposit, 84 mo. @ 0.99%, \$33,850 + Lic & HST Stock# 15033

NEW - 2014 FOCUS SE
 Silver, 2.0 LTR, Auto, Cruise, Tilt, AC, Keyless Entry Pad, Heated Front Seats & Mirrors, 16" Alloy rims, Sync, and more ...
Buy Now @ \$144.00/Bi-weekly \$0 deposit, 84 mo. @ 0%, \$19,250 + Lic & HST Stock# 14777

*Smart shoppers always read the small print! Example 0.99% APR amortized over 72 mo (cost of borrowing \$10,000 = \$306.92)
 For A Stress Free Informative Experience

Lange & Fetter
 Hours: Monday - Thursday 8:30am-7:00pm
 Friday 8:30am-6:00pm
 Saturday 8:30am-2:00pm Sunday CLOSED

52 Dundas St. E., Downtown Trenton • 613-392-6561 • www.langeeffetterford.ca

DELIVERY INQUIRIES Please Call 613-966-2034



Trenton

Military Family Resource Centre



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

Passes for the Toronto Science Centre

We have received new community passes for the Science Centre, valid until June 30. With these passes, adults pay only two dollars for their admission and children, youth and seniors get free entrance. Please come 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), valide jusqu'au 30 juin. 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.

"What about me"

Is a deployment support group for children ages five to 12 that runs every Wednesday night. This program offers support to children who are or who will be experiencing separation from a loved one due to the military lifestyle providing them with fun hands on activities to develop coping skills. It is not mandatory for children to attend every session but they must pre-register by calling Kelly the week of by 12 p.m. on Monday at 613-392-2811 ext. 4527.

Et moi alors

(What About Me)- Mercredi de 18h00 à 19:30 (de 5 à 12 ans).

Ce programme offre un appui aux enfants qui vivent ou vivront une séparation avec un être cher dû au mode de vie militaire. Il n'est pas obligatoire d'assister à chaque rencontre mais vous devez inscrire votre enfant.

Pour inscription et information pour ce programme contactez Kelly: kbriggs@cogeco.net ou le poste 4527

Savvy Insight into the World of Investments

Want to learn how to pursue your financial dreams and achieve a comfortable retirement while balancing the challenging demands of the military lifestyle? Join Darran Leaker, a retired military member and current accounts manager as he shares financial tips on savvy investments for your tax returns, posting allowances etc., on Feb. 17 from 9:30 a.m. to 11 a.m. or Feb. 24 from 6:30 p.m. to 8 p.m. at the Trenton MFRC at no cost. For more information or to register please call the MFRC reception at 613-965-3575 or email amyL1@cogeco.net

Un aperçu du monde de l'investissement

(En anglais seulement) Voulez-vous apprendre à réaliser vos rêves financiers et obtenir une retraite confortable tout en balançant le défi des demandes du style de vie militaire? Joignez-vous à Darren Leaker, un militaire retraité et gérant des comptes courants, il partagera des conseils financiers concernant vos retours d'impôt, les allocations pour vos affectations, etc., le 17 février, de 9h30 à 11h ou, le 24 février, de 18h30 à 20h au CRFM de Trenton, aucun

frais. Pour plus d'information ou pour vous inscrire, téléphonez à la réception au 613-965-3575 ou contactez Amy à amyL1@cogeco.ca

Helping entrepreneurs reach complete success

Let HERCS be your Gateway to Entrepreneurship! This two-day program offers information sessions on a variety of topics including: Small Business Ownership; marketing; social media; financing options; resources and more. Open to all family members of the military community on Tuesday, Feb. 17 and Thursday, Feb. 19, from 9 a.m. to 3 p.m. at the Trenton MFRC. Fee is \$40 for manual, handouts etc., and lunch is provided. Registration is required, limited space is available. For more information or to register, please contact: Joanne Senger, HERCS Project manager at HERCS@enactusloyalistcollege.com or Liz Nicholas, Elizabeth.

nicholas@forces.gc.ca or 613-392-2811 ext. 3852

Aider les entrepreneurs à atteindre le succès

Le programme HERCS est votre porte d'entrée à l'entrepreneuriat. Ce programme (en anglais) de deux-jours offre de l'information portant sur différents sujets: Les formes d'entreprise; marketing; médias sociaux; options de financement; ressources et plus. Ouvert aux membres de la communauté militaire les mardi 17 février et jeudi 19 février, de 9h à 15h au CRFM de Trenton. Coût est 40\$ pour le manuel et documents, etc., le dîner est inclusive. Les inscriptions sont requises, l'espace est limité. Pour de l'information ou vous inscrire, contactez : Joanne Senger, HERCS Project manager à HERCS@enactusloyalistcollege.com ou Liz Nicholas, Elizabeth.nicholas@forces.gc.ca ou 613-392-2811 poste 3852.

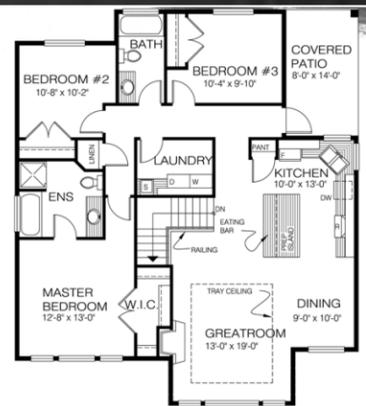
Continued on page 12

Home of the Week

Your Building Renovation Experts



Plan No:
2-3-757



A lofty tray ceiling in the great room lends the interior of this two-storey, three-bedroom family home a touch of glamour. In addition, there is room for expansion in the form of a finished den or home office at ground level, a future fourth bedroom and a roughed-in kitchen and three-piece bath for a mortgage-helper or in-law suite.

Wood pilasters with brick bases set off the covered entry into the foyer. Once inside, the L-shaped stairway to the second floor is directly ahead, while on the left are a den and a coat cupboard.

Upstairs, the open-plan

great room includes a gas fireplace that will cast its rosy glow as far as the dining area. Both rooms enjoy large windows that overlook the front garden.

In the kitchen, which is separated from the dining area by a eating bar and prep island, the double sink is angled into a corner with windows on both sides, allowing lots of natural light to stream into the room. The window sill will serve as an ideal spot for plants. The L-shaped counter configuration will save steps for the busy cook, and a pantry will provide extra storage space.

The laundry room in-

cludes room for a countertop and in the adjacent corridor is a doorway to the covered patio at the back of the home.

The master suite, also overlooking the front garden, includes a roomy walk-in closet and a four-piece en-suite. A linen closet is tucked in near the doorway, handy to the laundry room.

The second and third bedrooms occupy space at the back of the house and share a three-piece bathroom. Both rooms enjoy spacious closets.

Downstairs, the den or home office includes a closet, allowing it to double as a guest bedroom. The double garage is big

enough to contain a workshop, and has access to the foyer.

The future fourth bedroom will have its own bathroom, roughed in on the plans along with a kitchen area for a possible secondary suite.

Exterior finishes include horizontal siding, with wooden shingles in the gables. Pilasters with brick bases frame the entrance, and painted woodwork lends the facade a crisp look.

This home measures 38 feet wide and 46 feet, 10 inches deep, for a total of 1,394 square feet of space on the main floor. Ceilings rise to nine feet throughout the main floor.

Tree Service

Trenton Tree Service
Tree Trimming & Removal, Chipping & Stumping
• Free Estimates
• Fully Insured
A fair price for everyone
613-392-7415

PATIO DOORS • ENTRY DOORS

Trenton Glass & Windows Ltd.
• Vinyl Replacement Windows
• Steel Entrance Doors
• Glass Railings
• Glass for every project
YEAR ROUND INSTALLATION
FREE ESTIMATES
FULL SHOWROOM
679 Old Hwy 2
East of CFB Trenton
Mon-Fri 7 am - 5 pm
613-394-3597
www.trentonglass.net

WINDOWS • MIRRORS • BEVELLED GLASS

PATIO DOORS • ENTRY DOORS

Building Material

RONA TRENTON

DOING IT RIGHT

- A proud supporter of CFB Trenton
- Come and see us for house plans, bath & kitchen renos, deck & fence projects and much, much, more

234 Glen Miller Rd. N
Trenton
613-394-3351

"YOUR ONE STOP BUILDING CENTRE"

COLE'S TIMBER MART

COMPLETE LINE OF BUILDING SUPPLIES
KITCHEN & BATH SHOWROOM
DELIVERY AVAILABLE
RENTAL CENTRE
www.colestimbermart.ca

47 Ontario St., Brighton
613-475-2810
1-888-265-3742



Community Events
generously sponsored by...

independent
YOUR INDEPENDENT GROCER

OWNED & OPERATED BY
SMYLIE'S
YOUR NEIGHBOURS

DRUGStore
PHARMACY

President's Choice

CFB Trenton | Smylie's Independent Grocer

(Hwy #2) Dundas St. E.

**293 Dundas St. East,
Trenton • 613-392-0297**



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.

Feb. 21 - Quinte Branch of Ontario Genealogical Society presentation

The Quinte Branch of Ontario Genealogical Society will feature a digital presentation by Thomas MacEntee on the topic of "Backing Up Your Genealogy Data" at the Quinte West Public Library, 7 Creswell Drive, Trenton, from 1 p.m. to 3 p.m. Everyone is welcome and bring a friend. For more information visit www.rootsweb.ancestry.com/~canqbgos/

Feb. 27 - 2015 Winter Carnival

The 2015 Winter Carnival will begin at 8:30 a.m. at the South Side Gym. Join us for fun and games in the snow. Games are designed to include all skill levels. Pre-register before Feb. 23. Be sure to dress appropriately for the weather! Hot chocolate will be provided at the intermission and the event will conclude with a pizza lunch. Contact Amy Dawson at local 2825.

CARNAVAL D'HIVER 2015

27 FÉVIER, 8h 30 Gymnase côté sud. Venez passer un avant midi de plaisir et de jeux dans la neige avec nous. Tous peuvent participer aux jeux, peu importe leur niveau. La préinscription se termine le 23 Février. Habillez vous adéquatement en fonction de la température. Du chocolat chaud sera offert à la mi temps, et un dîner de pizza conclura l'activité.

March 5 - International Women's Day

The Defence Women's Advisory Organization would like to invite all of 8 Wing to the 2015 International Women's Day! Our theme this year, "Make It Happen!" will celebrate past successes in the fight for gender equity and push for positive change going forward. The event will be held at the 8 Wing Warrant Officer's and Sergeant's Mess on March 5 from 8:30 a.m. to 12 noon, with doors opening at 8 a.m. Dress is civilian. Come out and enjoy this year's fantastic speakers and a special appearance by the HERCs organization and some of our community's new entrepreneurs.

March 13 - CFB Trenton Blood Donor Clinic

The next CFB Trenton blood donor

clinic takes place on March 13 at the RecPlex at 21 Namao Dr., in the gymnasium from 10 a.m. to 2 p.m. All regular and new blood donors are encouraged to come out and help replenish depleted blood supplies.

March 18 - 8 Wing Officers' Mess Ladies Club Off the Hook Fashions and Accessories

The 8 Wing Officers' Mess Ladies Club is presenting fashions and accessories by Off the Hook on Wednesday, March 18 at 6:30 p.m. in the Mess. Members are free and invited guests of members are \$10. Light refreshments will be served. For more information, please contact chambersj@live.ca

May 9 - 11th Annual MFRC Invisible Ribbon Gala

The 11th Annual Invisible ribbon Gala, hosted by the Trenton Military Family Resource Centre (MFRC) will take place at the National Air Force Museum of Canada. This year's theme is "Families First." Guest speaker is Capt. (Ret.) Jane Foster, one of the first two female fighter pilots in the world since World War II. Those wishing to support the MFRC and military families can do so by donating an auction item, sponsoring the event, or attending the gala dinner. For more information about the Invisible Ribbon Gala, please visit www.InvisibleRibbon.ca or call event planner Stefanie Wolf at 613-661-3431.

April 14-16 - General SCAN and Medical Transition Seminars

Considering retirement in the near future? Exploring your options? Unsure about pension, financial or education benefits after release? SCAN seminars are designed for military members with 10 or more years of service who may be contemplating transitions to civilian life, though they are open to all interested personnel. Spouses are strongly encouraged to attend. Seating is limited. Reservations may be made by completing the online registration form found on the Wing Splash page ad no later than April 3. Sign-in begins at 8 a.m.. each day at the Astra Lounge, Junior Ranks Mess 8 Wing/CFB Trenton.

MFRC continued from page 11

Bus tour to Vintage and Unique Shops

Discover your neighbourhood with the Trenton MFRC on Sunday, Feb. 21. Cost is \$15/person. Departure from the MFRC at 9:15 a.m., return at approximately 5 p.m. You will visit stores in Trenton, Belleville, Stirling, Campbellford, Warkworth and Brighton. You will find an eclectic mix of products and receive information regarding places to visit which we won't have time to see on this trip. Come to the MFRC reception to register and pay. No children under the age of 10. Children aged 10 to 17 years of age must be accompanied by an adult.

Tournée, en autobus, des boutiques uniques et d'époque

Découvrez votre voisinage avec le CRFM de Trenton le samedi, 21 février. Coût: 15,00\$ chacun. Départ du CRFM à 9h15 et de retour vers 17h. Vous visiterez des boutiques à Trenton, Belleville, Stirling, Campbellford, Warkworth et Brighton. Vous y trouverez une variété éclectique de produits de plus, vous recevrez de l'information pour les endroits que nous n'aurons pas le temps de visiter durant ce voyage. Venez à la réception du CRFM pour vous inscrire et payer. Pas d'enfants de moins de 10 ans. Les enfants âgés de 10 à 17 ans doivent être accompagnés d'un adulte.

Monthly Mindfulness Group

"Mindfulness is 'paying attention, on purpose, in the present moment, and without judgment.' (Kabat-Zinn, 1990) Open to those (military community and general public) who are interested in developing their mindfulness practices as a way to reduce stress and anxiety, increase awareness of thoughts, emotions and behaviours, and improve choice when responding to difficult situations. Feb. 25 and March 25 from 12 p.m. to 1 p.m. or 1 p.m. to 2 p.m. (Please register one week prior to workshop). Information and registration: Ashlee Allen Trenton MFRC 613-392-2811 ext. 5541 or aallen3@cogeco.net

Groupe Mensuel de Pleine Conscience

« Pleine conscience signifie : Porter intentionnellement attention aux expériences internes (sensations, émotions, pensées, états d'esprit) ou externes du moment présent, sans porter de jugement de valeur. (Kabat-Zinn, 1990) Offert à ceux (communauté militaire et grand public) qui sont intéressés à développer leur pleine conscience pour réduire le stress et l'anxiété, accroître la sensibilisation aux pensées, aux émotions et aux comportements, pour aider à faire face aux situations difficiles. Le dernier mercredi du mois de midi à 13h00 ou de 13h00 à 14h00, le 28 janvier, le 25 février, le 25 mars. S'inscrire au moins une semaine avant l'atelier. Pour information ou pour vous inscrire: Ashlee Allen CRFM de Trenton 613-392-2811 poste 5541 ou aallen3@cogeco.net

Cooking with Grace

Celebrate the Chinese New Year Saturday, Feb. 28 from 2 p.m. to 5 p.m. at the MFRC. \$25 per person; includes:

- Skilled cooking demonstration of traditional Chinese New Year recipes
- Hands on preparation
- A delicious five-course meal of all the dishes you have created!

Register by Friday, Feb. 13. **To register or for more information, please call the MFRC reception at 613-965-3575 or email AmyL1@cogeco.net

Cuisinez avec Grace

Célébrez le Nouvel An chinois le samedi 28 février de 14 h à 17 h au CRFM. 25\$.00 par personne, ceci comprend:

- Grace, une chef professionnelle, fera une démonstration de recettes de cuisines traditionnelle pour le Nouvel An chinois
- Vous aussi mettez la main à la pâte
- Un repas délicieux de cinq plats que vous aurez créés !

Date limite d'inscription est le vendredi 13 février. Pour plus d'information ou pour vous inscrire, téléphonez à la réception au 613-965-3575 ou contactez Amy à amyL1@cogeco.ca



McDonald's in Trenton proudly supports our troops, and the men and women at CFB Trenton.

266 Dundas Street East
(Trenton Town Centre)
*Drive-Thru OPEN 24 hrs.

Glen Miller 401 Exit
*Drive-Thru Open 24 hrs.
Smoothies now available

McDonald's in Walmart
Trenton
Smoothies now available



Sports & Recreation



NEW – Aqua Zumba

Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise program to their fitness routine. Aqua Zumba takes place Monday, Feb. 23 from 5 p.m. to 5:50 p.m. and Thursday, Feb. 26 from 6 p.m. to 6:50 p.m. Affordable introductory rates are available; all-inclusive members are free otherwise, it is \$4 per class while spaces are available! Join us at the Rec Plex for a fun, active evening.

Child, Youth and Teens Programs

Shinny Hockey – Register today for an age-grouped shinny hockey night running from now until May 1 at the RCAF Flyers Arena.

Tyke/Novice: Fridays – 6 p.m. to 7 p.m.

Atom: Mondays – 4 p.m. to 5 p.m.

Pee Wee: Tuesdays – 4:30 p.m. to 5:30 p.m.

Bantam/Midget: Wednesdays – 4 p.m. to 5 p.m.

Family Skate

Join us every Saturday and Sunday from now until May 2 from 1 p.m. to 3 p.m. at RCAF Flyers Arena.

Drop-in Youth Basketball

Youth can play and practice their skills in a supervised environment where youth can get some practice and receive instruction. Each week will start with a few drills followed by organized games for ages 13-17 every Monday until March 23 from 7 p.m. to 8 p.m. at the Rec Plex.

Drop-in Youth Badminton

Youth can play and practice their skills in a supervised environment where youth can get some practice and receive instruction. Each week will start with a few drills followed by organized games for ages 13-17 every Thursday until March 19 from 7 p.m. to 8 p.m. at the Rec Plex.

Tyke Terrain

Come out and let your toddlers explore our Tyke Terrain every Tuesday and Thursday until March 19 from 9 a.m. to 11 a.m. Make use of our indoor toys and slides. This is a great opportunity to get your little ones out of the house and to meet other people. You are responsible for supervising your own children ages two to five years at the Rec Plex.

March Break Activities:

Family Skate daily March 16 to 20 from 6 p.m. to 8 p.m., *Shinny Hockey* daily for Tyke/Novice from 4 p.m. to 5 p.m. and for Bantam/Midget from 5 p.m. to 6 p.m.

PA Day Program:

All of our PA Day programs include a variety of age appropriate games. Children will make use of the pool and participate in games, crafts and more from 8 a.m. to 4 p.m. Before and after care is available from 7 a.m. to 8 a.m. and 4 p.m. to 5 p.m. on March 13, May 22, June 5 and June 26.

Welcome Back Meghan

Children ages six to 12 years of age can join us at the Rec Plex on Friday, March 27 as we welcome back our Recreation Coordinator Meghan. Games and activities will run from 6 p.m. to 9 p.m.



2015 Winter Carnival



The 2015 Winter Carnival takes place on Feb. 27 beginning at 8:30 a.m. at the south side gymnasium. Teams should consist of six to eight contestants. Join us for fun and games in the snow. Games are designed to include all skill levels.

Pre-register before Feb. 23. Be sure to dress appropriately for the weather! Hot chocolate will be provided at the intermission and the event will conclude with a pizza lunch.

Contact Amy Dawson at local 2815.

Also, be prepared to have some good, competitive fun!

Classifieds

To Place an Ad: 613-392-2811 or 613-966-2034
 For Delivery Inquiries, please call 613-966-2034
 Email: hnaish@perprint.ca
 www.thecontactnewspaper.cfbtrenton.com

C Cleaning / Janitorial

Tammy's Cleaning Service
 Years of 100% successfully passed Marchout Inspections, and 20 years of house cleaning in the Quinte Area. Opening and closing services available.
 "I likely clean for someone you already know."
 Call Tammy
 613-392-0759 Cell: 613-847-7670

A Apartments & Flats For Rent

KLEMENCIC PROPERTIES

NEW 2015 INCENTIVES

Utilities, Parking & Cable Included

1 Bedroom from \$680
 2 Bedroom from \$810

Locally Owned & Managed
 613-392-7839
 www.klemencicproperties.com

A Appliances

NEW & USED REFRIGERATORS

Stoves, washers, dryers, freezers, dishwashers, 3 months old & up. Sold with written guarantees.
 Fridges \$100 and up

NEW APPLIANCES
 at the lowest prices in the area. Trade-ins accepted on the new appliances. Big selection to choose from

PAYS CASH
 for good used appliances in working order, or not, but no junk please. VISA & MASTERCARD accepted. We have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices.
 Open 7 days a week & evenings. We deliver. We like Base people.

A Articles for Sale

Belleville Volkswagen

Now On! VOLKSWAGEN 10 DAY SALE February 13 to 23

Save \$1000 on all 2015 VW Models, or \$2000 on 2015 Tiguan.

Take delivery of your new 2015 Volkswagen by February 23, 2015 to qualify!

Email: paul@bellevillevw.ca for additional details and to schedule a test drive.

613-966-3333
 239 North Front Belleville
 www.bellevillevw.com

L Liaison Services

RUSHNELL FUNERAL HOME & CREMATION CENTRE

60 Division Street Trenton
 613-392-2111

SMITTY'S APPLIANCES LTD.
 613-969-0287

LOOKING FOR THE CONTACT?

BELLEVILLE:
 Belleville Public Library
 Belleville Legion 99
 QHC Belleville General
 Luc's Variety

TRENTON
 Smylies Independent Grocers
 Metro
 QHC Trenton Memorial
 Shopper's Drug Mart

Email your classified ad to hnaish@perprint.ca

8 Wing Chapel / Chapelle de la 8e Escadre



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

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

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

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

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

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

Civilian Officiant/Désservant civil:
 Gillian Federico

www.thecontactnewspaper.cfbtrenton.com

Safety



Fire Extinguishers: Know your A, B, C and Ds



Regardless of where you work, fire is always a serious threat. Even items in a wastepaper basket can be a fire hazard. In 1991, the National Safety Council reported that an estimated 327 workers lost their lives in work-place fires, accounting for 3.3 per cent of all workplace fatalities that year.

The best way to save your life in a fire is to sound the fire alarm and exit the building, leaving the fire to trained professionals. If however, the fire is contained in a small space like an ashtray or a wastepaper basket, if you have quick access to an unblocked exit and if you know how to use a fire extinguisher, you may be able to extinguish the fire yourself.

Many people have thought they can put a fire out, only to find it raging out of control seconds later. It's important to remember that fire extinguishers are only for small, contained fires. If the fire cannot be put out in a few seconds, leave the area immediately and call for help.

Here is some important information you should know about fire and fire extinguishers:

There are four different types of fires, "A, B, C, D," each

requiring a particular type of fire extinguisher. Using the wrong type of fire extinguisher can actually make the fire worse and put your life in serious jeopardy.

Types of fires:

Type A - wood, paper, cloth, rubbish; type B - flammable gas, grease and liquids; type C - electrical fires; type D - Combustible metals such as sodium, magnesium, potassium and sodium potassium alloys.

Remember, each type of fire requires a particular class of fire extinguisher. Know you have the right class of extinguisher before you pull the trigger. If you don't know, don't use it. Leave the area and call for help.

Ask yourself right now if you know the types of fire extinguishers in your work area. If you don't, talk with your supervisor and find out. Knowing this information can save your life.

Type A fires

Type A fires require a Class A fire extinguisher filled with pressurized water or foam and marked with a green label. These work by cooling the material below its ignition point and then soaking it. Plain water is still the best for ordinary

Class "A" combustibles. Class ABC fire extinguishers, multipurpose extinguishers, will also put out a Type A fire. But make sure that the multipurpose rating includes A-type. Using just a BC multipurpose extinguisher will not extinguish this type of fire.

Type B fires

Type B fires require a Class B extinguisher. There are several types of Class B extinguishers. They generally contain a powder to smother the fire and separate it from oxygen. Foam is also used and does the same job. Class B extinguishers are marked with a red label. A Class B extinguisher filled with foam is used primarily on large flat surface fires - farm oil tanks and oil fires at sea are examples. Ordinary BC-rated dry-chemical, multipurpose dry-chemical and halon extinguishers will also extinguish a B-type fire. Halon and carbon dioxide are agents commonly used and rated for electrical fires. Because CO2 is a gas, this type of "B" class extinguisher is better used indoors away from strong winds. It is also a clean substance making it excellent on electrical equipment like a computer.

Type C fires

Type C fires require a Class C extinguisher marked with a blue label. These work by using an agent that will not conduct electrical current. Class C fire extinguishers will also extinguish type A and B fires. An ABC-rated multipurpose dry-powder extinguisher will also work on a C-type fire. Never use water extinguishers on electrical fires.

Type D fires

Metal fires require a special Class D dry-powder extinguisher marked with a yellow label.

Know the location and class of fire extinguishers in your workplace. Don't wait for a fire to remind you. Get the training you need to learn how to properly use a fire extinguisher.

If you have any doubts when faced with a fire, sound the fire alarm and exit the building. Better safe than sorry is the best way to save your life.

2 AMS bids farewell to second generation Honorary Colonel Eben James



Hon.-Col. Mills said he looked forward to "looking right" as 2 AMS's Honorary Colonel.



Hon.-Col. Eben James passes the squadron flag to Lt.-Col. Graitson, who then presented the flag to Hon.-Col. Bill Mills.

Photos by Ross Lees

Continued from page 7

with admiration what you do each day, the commitment you have to your work, mission and cause and the responsibility you carry to support all members of the CAF, both here at home and around the world."

Hon.-Col. James said Canadians have the ability to raise their families with a right to tolerance and education, the freedom to take their children to and from school without fear, the right to celebrate holidays, religious or otherwise, and the privilege to pursue their dreams, aspirations and goals because of what the men and women of the CAF do throughout their careers.

"The most important message I bring to you today is one of thanks," he stated. "We, as Canadians, have the lifestyle we do because of you. But this debt of gratitude is not just owed to you, it is owed to your husbands, wives, parents, children and grandparents. You see, you regularly put yourselves in harm's way and your families make an untold contribution by supporting you, and worrying every minute of every day about your well-being. I join all Canadians in saying thank you to each of you and your spouses and families for all they give, physically, mentally and emotionally."

He elaborated on that theme of saying thanks to the military personnel at the end of speech, adding, "I celebrated the holidays with my family, and tomorrow, my children will be free to follow their dreams."

Hon.-Col. Mills is also no stranger to military life, having experienced German bombing of his home during the Second World War, his mother was even hit in the neck with a piece of shrapnel.

In the late 60s and early 70s, he also spent many weekends golfing on the base in Trenton at a time

when while golfing on the back nine holes, a golfer could actually see the airstrip. Last year during the Wing Commander's tournament, he revisited that area and saw that vegetation had grown to the extent the runway was no longer visible.

"I was also at the base during a sad moment," he recalled. "I was watching the Golden Hawks perform at the Air show in 1972 when one of them crashed and the pilot lost his life."

Hon.-Col. Mills said he was proud to don the uniform, recalling a line in Canada's national anthem.

"'O Canada, we stand on guard for thee.' That is what the men and women of this base do for our country...they live this line every day," he said.

He also noted that with the 30-page protocol book detailing the proper wearing of the uniform, he would be able to follow one of his civilian pearls of wisdom he often used to guide him.

"You not only have to be right, you have to look right," he said, and that book would always ensure he would look right.

He said he looked forward to observing how Lt.-Col. Graitson and her team tackled the various challenges they would be forced to deal with in the future.



Hon.-Col. Eben James was extremely impressed with the gift he was given by 2 AMS Commanding Officer Lt.-Col. Debra Graitson.

"Don't get stuck in the cold this winter"

13% Military Discount
on all services



Call Martino. Your local HVAC experts.
613-395-1800 or visit online at martinohvac.com



HOUSE HUNT SPECIAL
Open House Sun, Feb 22nd 1pm - 2:30 pm
14 O'Neil Crescent, Trenton

See this Spacious 1450 sq. ft. prime west end 4 bedroom - 3 bath home within walking to parks, school and shopping! Updated eat-in kitchen leads to private BBQ deck (with gas hookup) and fenced yard. Formal dining room, hardwood floors, cozy gas fireplace in finished rec room. Cool c/air. 1.5 garage with inside entry. Freshly painted and move-in ready! Interlocking brick patio and upper balcony add to curbside appeal. MLS QR21500507

RE/MAX 447 Dundas St. W
TRENTON 613.392.6594
Remax Quinte Ltd. Brokerage 1.800.567.0776

Hormann Frank & Joanne
Sales Rep. Broker

CALL US FOR YOUR PERSONALIZED
"MARKET VALUATION"
FEATURES • COMPARABLES • MARKET CONDITIONS

LegalShield™
Worry Less. Live More.

RON SAUCIER
Independent Associate
Legal Advice On
All Matters

Brighton, Ontario
Phone: 613-439-9547
Email: rsaucier.legalshield@cogeco.ca

THE WAY USED CAR BUYING SHOULD BE!

BAYVIEWAUTO.CA



ASK ABOUT OUR LOWEST PRICE GUARANTEE... OVER 300 HAPPY CUSTOMERS EACH MONTH!



UP TO **600** VEHICLES IN STOCK



14 FORD ESCAPE TITANIUM



22844 4WD! Nav! Ecoboost! Pwr heated leather memory seats! Panoramic sunroof! Reverse camera! Pwr heated mirrors! 18" Alloy rims! Roof rack! Automatic, 4 cyl, 4 dr, sync, park aid, pwr liftgate, traction control, keypad entry, satellite radio, keyless entry, only 5,000kms!!!!

\$28,995 +HST **\$163.51** PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%

14 FORD FUSION SE



22898 AWD! 18" Alloy rims! Nav! Ecoboost! Pwr sunroof! Pwr heated leather memory seats! Black! Automatic, 4 cyl, 4 dr, keypad entry, park aid, sync, steering wheel controls, satellite radio, keyless entry, only 18,000kms!!!!

\$23,995 +HST **\$150.93** PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%



14 FORD EDGE SEL

22899 AWD! Pwr heated seats! Pwr heated mirrors! Panoramic sunroof! 20" Alloy rims! Reverse camera! Black! Pwr Rear spoiler! V6, Automatic, 4 dr, keypad entry, sync, park aid, traction control, satellite radio, keyless entry, only 20,000kms!!!

\$30,495 +HST **\$191.82** PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%



14 FORD EXPEDITION MAX LTD

22845 4X4! Nav! Pwr sunroof! Pwr heated & cooled leather memory seats! Reverse camera! Roof rack! Pwr heated mirrors! Trailer sway control! 20" Alloy rims! Black! V8, Automatic, 4 dr, sync, Bluetooth, park aid, pwr running boards, flex fuel, trailer hitch, satellite radio, keyless entry, only 27,000kms!!!

\$44,995 +HST **\$282.98** PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%



13 HYUNDAI ELANTRA GT

21584 Panoramic sunroof! Pwr heated leather seats! 17" Alloy rims! Black! Automatic, 4 cyl, 4 dr, hatchback, Bluetooth, traction control, tilt, air, cruise, satellite radio, keyless entry, only 3,000kms!!!!!!

\$20,995 +HST **\$146.20** BI-WEEKLY 0 DOWN +HST 84 MTHS @ 6.99%



14 FORD F-150 LARIAT

22896 4X4! Nav! Ecoboost! Pwr sunroof! Pwr heated & cooled leather memory seats! Reverse camera! Factory remote start! 18" Alloy rims! 3.5L-V6, Crew cab, short bed, bed liner, trailer hitch, keypad entry, chrome step bars, pwr pedals, pwr sliding rear window, park aid, Bluetooth, sync, woodgrain trim, satellite radio, keyless entry, only 15,000kms!!!!

\$38,995 +HST **\$245.29** PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%



14 NISSAN ALTIMA SV

22662 Push button start! Pwr sunroof! Pwr heated seats! Factory remote start! Reverse camera! Pwr heated mirrors! 17" Alloy rims! Black! Automatic, 4 cyl, 4 dr, Bluetooth, air, tilt, cruise, dual climate controls, satellite radio, keyless entry, only 28,000kms!!!!

\$19,995 +HST **\$125.77** PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%



14 DODGE AVENGER SXT

22751 18" Alloy rims! Heated seats! Pwr sunroof! Rear spoiler! Pwr heated mirrors! Automatic, 4 cyl 4 dr, air, tilt, cruise, u-connect compatible, traction control, satellite radio, keyless entry, only 14,000kms!!!!

\$16,995 +HST **\$106.90** PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%

Because of our high sales volume, our Business Managers are equipped to offer the most aggressive financing rates & options available with flexible terms to fit your budget.

UP TO 600 CERTIFIED PRE-OWNED VEHICLES IN STOCK!

6692 HWY 62 BELLEVILLE, 1KM NORTH OF THE 401

Hours: Mon.-Thurs. - 8am-8pm, Fri. - 8am-6pm, Sat. - 9am-5pm, Sun. - 10am-4pm

www.BayviewAuto.ca • Toll Free 1-866-594-2262

OPEN 8 DAYS A WEEK



All payments are based on bi-weekly payments. All 2007 - 60 mths: All 2008 & 2009 \$5,000 - \$9,999 - 72 mths: 2009 over \$10,000 & 2010 - \$5,000-\$24,995 & 2011 - \$5,000 - \$9,999 - 84 mths: 2010 over \$25,000, 2011 over \$10,000, all 2012 & 2013 - 96 mths: P.P.S.A., license and taxes extra. EG: \$10,000 + taxes \$1,300 + P.P.S.A. \$65 = \$11,365 financed over 60 mths at 6.99% = \$117.34 Bi-weekly with a cost of borrowing of \$1,962.47 on approved credit. All cash deals are price of vehicle + taxes. Terms & rates are current at time of print. 0 Down + HST. Most 2010, 2011, 2012 & 2013 vehicles are former daily rentals. Bayview Auto is not responsible for any errors in pricing. See dealer for details.