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Dallas Smith and Odds had the large crowd at the CP Holiday Train visit in Quinte West in a festive mood with familiar holiday music. Photos by Ross Lees

CP Holiday Train popular in Trenton

By Ross Lees

The 18th edition of the Canadian Pacific (CP) Holiday Train did what it always does on its stop in Trenton – entertain the large crowd which turned out to see it with holiday music and presented a cheque of \$7,000 to the Trenton Care and Share Food Bank.

Performers Dallas Smith and Odds were a highlight of the arrival of this holiday decorated train which increases the public's awareness of the need for money and food to support local food banks.

Trenton Care and Share Food Bank general manager Al Teal said the \$7,000 boost in cash and donated foodstuffs at the CP Holiday Train visit each year gives a tremendous boost to the local food banks in Belleville, Trenton and Brighton.

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Toys for the North arrive at 8 Wing/CFB Trenton

RCMP-led Toys for the North distributes toys to isolated northern communities

By Ross Lees

The Royal Canadian Mounted Police (RCMP) led Toys for the North initiative distributes toys to children living in isolated northern communities across Ontario, Newfoundland and Labrador but it couldn't be done without the help of the Canadian Armed Forces (CAF) at 8 Wing/Canadian Forces Base (CFB) Trenton and other contributing partners, according to RCMP Inspector Chris McBryan.

Tuesday morning, the toys were handed over to 2 Air Movements Squadron at CFB Trenton and will now be transferred to Goose Bay and Thunder Bay before the RCMP and their local agencies reclaim them and do the final distribution to the remote northern communities.

"The Toys for the North program has been operating for seven years now," noted Inspector McBryan, who is overseeing the program's 7th iteration for the first time.

"We've actually donated, with our partners the CAF, Thompson Terminals and the Canadian Toy Association, almost half a million dollars' worth of toys over the past 7 years," he said.

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Inspector Chris McBryan, (left) Const. Barth Stankusz, (second from left) and Const. Brad Gossen, (right) join 8 Wing Commander Col. Colin Keiver, (second from right) and 8 Wing Chief Warrant Officer Darcy Elder at the Toys for the North handover Tuesday morning at 8 Wing/CFB Trenton. Photos by Ross Lees

Light up the Housing Units!

By Second Lieutenant Steve Comeau, 8 Wing Public Affairs

Everyone living in 8 Wing Trenton's Residential Housing Units are encouraged to light up their house this holiday season, since a decorating contest will be held Tuesday, Dec. 6.

Judges will be 8 Wing Commander Colonel (Col.) Colin Keiver and 8 Wing Chief Warrant Officer Darcy Elder.

There will be prizes given for the three best decorated houses!

For more information on this event, and to follow news about the residential housing unit council, please visit their Facebook page, 8 Wing PMQ Council.

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Brazil Defence Attaché (DA), Major-General (Maj.-Gen.) Jefson Borges (second from right) and assistant DA and Air Attaché Colonel (Col.) Sandro Francalacci De Castro Faria (second from left) are joined by 8 Wing Chief of Staff Lt.-Col. David Alexander, left, and 8 Wing Visits Officer Captain Mike Munroe during their recent visit to 8 Wing/CFB Trenton. Photo by Ross Lees

Brazilian delegation compares notes with RCAF

Brazilian Air Force going through unprecedented change seeks more operational air force

By Ross Lees

A small Brazilian delegation, consisting of Brazil Defence Attaché (DA), Major-General (Maj.-Gen.) Jefson Borges and assistant DA and Air Attaché Colonel (Col.) Sandro Francalacci De

Castro Faria, was at 8 Wing/Canadian Forces Base (CFB) Trenton last week to compare notes on military issues such as economics, maintenance, budgets, training and doctrine.

While in Canada, the delegation also presented a Brazilian

medal of Aeronautical Order of Merit to Royal Canadian Air Force (RCAF) Commander Lieutenant-General (Lt.-Gen.) Michael Hood at a ceremony in the Brazilian embassy in Ottawa.

Maj.-Gen. Borges said an important aspect of their visit to

the RCAF deals with similar issues.”

Canada is the perfect country to compare notes with, according to Maj.-Gen. Borges, because the two countries share many similarities. Both countries are relatively large, each has a northern region with unique challenges for the military, the size of the air forces are the same and the budgets are similar for the armed forces.

“We thought this was a good air force to study and learn from because our assets are similar, also,” he noted.

The whirlwind two-day tour of 8 Wing/CFB Trenton included a visit with 8 Wing Commander, Col. Colin Keiver, a visit with Canadian Forces Aerospace Warfare Centre (CFAWC) Commander, Col. Kelvin Truss, followed by a tour of the facility, a command and control briefing and discussion, an electronic warfare briefing and discussion, and an operational research analysis briefing and discussion on the first day.

The second day consisted of an aircraft maintenance and obsolescence discussion of the CC-115 Buffalo with Aerospace Telecommunications and Engineering Support Squadron (ATESS) and a tour of the Air Mobility Training Centre (AMTC).

Maj.-Gen. Borges said the meetings were quick, but that they were able to capture the main points of interest, adding they would often compare advantages of doing one thing as compared to another.

“Sometimes we think differently, sometimes we agree, sometimes we would do things differently because we have a different way of thinking about that issue,” he said.

“But always, it is an opportunity to study points and to learn about electronic warfare where there is lots of information we can exchange and learn because we are in the process of changing our assets in the air force. This has been a good learning process.”

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CFB 8 Wing Trenton Base Commander Colin Keiver and Wing Chief Warrant Officer Darcy Elder surrounded by members of the 8 Wing community in front of their impressive float before Trenton's Santa Claus parade. Erin Stewart/Metroland

Santa visits Quinte West, Frankford

Military plays part in both local Santa Claus parades

By Erin Stewart

Quinte West – Santa Claus was a very busy man in Quinte West over the weekend.

To kick off the holiday spirit, Santa came back to Quinte West to take part in Frankford's Santa Claus parade on Saturday, Nov. 26, visit with children at Frankford's legion and also join in Trenton's Santa Claus parade on Sunday.

Kathy Rupert, Frankford's parade chair, said the parade had a great turnout and Santa was so wonderful at the legion afterwards, always spending a lot of time with the children.

"We had our normal numbers of bags of candy prepared to handout and we ran out so we must have had good crowds," she said. "We were certainly grateful for the weather and one of the big things about our parade is the kids get to meet Santa."

After the parade of about 60 floats, it was time for the annual lighting of

the Christmas Fantasy of Lights in the Frankford Tourist Park, kicked off with a fireworks display.

"It was very good. I was very happy with the unveiling and a couple of new features," said Doug Phillips, Fantasy of Lights chair.

"We had a good turnout, this year we actually had three little bonfires going and children and adults were served hot chocolate and could toast marshmallows and make smores, that went over very good, we'll do that again next year," he said.

After a month of preparation for about 50 light displays, the Fantasy of Lights features a new mural of Santa reading his lists, a dedication to Canada's troops and a memory tree where people can make a donation in memory of a loved one whose name will be put on the memory tree.

Spectators lined the streets from Centennial Park to Queen Street to watch Trenton's Santa Claus parade on Sunday.

For the first time in about 50

years, CFB Trenton entered a float in the parade and made an impressive debut.

8 Wing's float featured a helicopter, borrowed from the National Air Force Museum of Canada.

"Look we have a helicopter, we just landed it here, Colonel Keiver is the pilot," joked Wing Chief Warrant Officer Darcy Elder. "It's perfect, it's 8 Wing on a truck, it's our whole community within our broader community in Trenton."

Base Commander Colin Keiver said the float was a team effort across 8 Wing with the Military Family Resource Centre and he was really happy with the outcome.

"It's awesome, it's a lot of fun and allows us to get back into the community, they get to see us, plus at the end of the day it's pretty cool to have a helicopter on a float," he said.

8 Wing's helicopter won them the best community service float.

Continued on page 8

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CFS Alert participates in Movember campaign

By Aviator Cody Sharron

Throughout the month of November, various members, both civilian and military, from Canadian Forces Station (CFS) Alert participated in the annual "Movember" campaign, raising \$332.90 in support of Movember Canada.

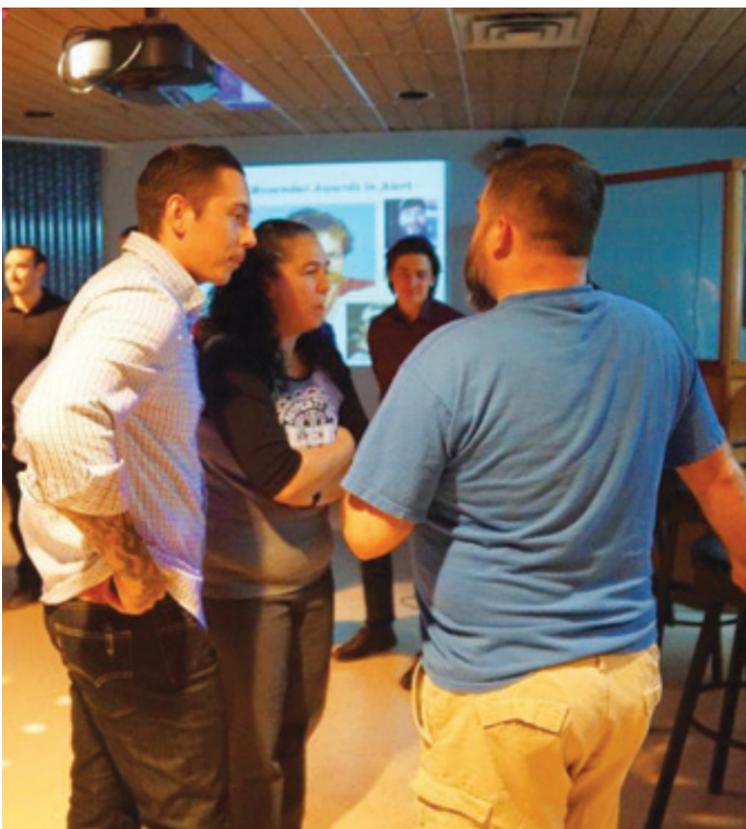
At CFS Alert, the station Fire Department held a raffle for

various prizes along with a contest for the "best moustache" and "best worst moustache." Contestants had 25 days from Nov. 1 to Nov. 25 to grow the best moustache they could, at which time they presented them in front of the station and volunteer judges.

The event had great participation from everyone and was an overall success.



The station firefighters and organizers of the event. Left to right, Sergeant (Sgt.) Richard Orichefsky, Master Corporal (MCpl.) Andrew Benjamin, Aviator (Avr.) Jonathan Guay, Corporal (Cpl.) Spencer Pearson, and Cpl. Harrison Swinson Photos by Private Keating



Judges discuss amongst themselves who will win the competition. Left to right, MCpl. Andrew Benjamin, Master Warrant Officer (MWO.) Chantal Audet, Warrant Officer (WO.) Rick Lawrence.



The winner for the best moustachewas WO. Cecil Plamondon, and the best worst moustache was Michael Mathewsie. Left to right, Michael Mathewsie, WO. Cecil Plamondon, MCpl. Andrew Benjamin

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.

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

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

Letters to the Editor:

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



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



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The Chief of the Defence Staff addresses Statistics Canada survey on Sexual Misconduct in the Canadian Armed Forces

The Chief of the Defence Staff, General (Gen.) Jonathan Vance, recently addressed the results of the Statistics Canada survey on Sexual Misconduct in the Canadian Armed Forces (CAF).

The volunteer survey, the first of its kind in the CAF, asked members about their experiences and their perceptions of sexual misconduct within the CAF. Conducted from April to June 2016, it used an online questionnaire distributed to Regular Force and Primary Reserve members.

More than 43,000 responses were collected from Regular Force and Primary Reserve CAF members, representing 53 per cent of the CAF population. "CAF members have responded in unprecedented numbers about their experience and perceptions of inappropriate sexual behavior, discrimination and sexual assault within the Canadian Armed Forces. This information is critical for all of us to understand the true scope and nature of the problem in our institution, and as well the challenges members continue to face and where we

must realign our action plan in order to achieve the mission of Operation HONOUR and ensure a workplace free from harassment and discrimination," said Gen. Vance. "Harmful sexual behaviour is a real and present threat to our institution. Those who commit such acts are betraying the values of the country they are sworn to defend. The information in this survey will give us a better understanding of the scope and nature of the problem, allowing us to target our efforts under *Operation HONOUR* to eliminate this behaviour."

The Statistics Canada survey provides support to the findings presented in the 2015 Deschamps Report. However, the scope of this survey extends far beyond the Deschamps Report by virtue of the number of respondents and the range of topics covered.

The survey gives CAF leadership and members a more detailed picture of the scope, prevalence and nature of the problem of sexual misconduct. Increasing this understanding is a key component of *Opera-*

tion HONOUR, which is based on two key principles:

- Every man and woman who serves their country deserves to be treated with dignity and respect – anything less is simply unacceptable; and
- Any attitudes or behaviours which undermine the cohesion and confidence of serving members threatens the morale and operational readiness of the CAF.

The survey results show that sexual assaults (unwanted sexual touching, sexual attack, and sexual activity to which the victim is unable to consent) are occurring at a rate well above that of the general Canadian population, and that discriminatory behavior continues to negatively affect many of our members.

Sexual assault

- In the twelve months preceding the survey, 1.7 per cent (or 960) Regular Force members reported that they were victims of sexual assault in the military workplace or involving military members. Unwanted sexual touching

was the most common form of sexual assault, reported by 1.5 per cent (or 840) Regular Force members.

- Women in the Regular Force were more likely than men to be sexually assaulted (4.8 per cent versus 1.2 per cent) in the twelve months preceding the survey.

Sexualized and discriminatory behaviours

- 79 per cent members of the Regular Forces saw, heard, or were personally targeted by sexualized behaviour in the military workplace or involving military members, Department of National Defence employees, or contractors.

- Sexual jokes were the most common type of sexualized behavior in the workplace, witnessed or experienced by 76% of Regular Force members.

Knowledge and perception of policies and responses to sexual misconduct

- The vast majority of Regular Force members were somewhat or very aware of *Opera-*

tion HONOUR (98 per cent). 81 per cent of Regular Force members strongly agreed that complaints about inappropriate sexual behavior are (or would be) taken seriously in their current unit, while 78% agree that inappropriate behavior is not tolerated in their unit.

The results of this survey will serve as a benchmark against which Operation Honour can be measured. The CAF is analyzing the survey results and developing an action plan that will enhance continuing efforts to support and assist victims, increase awareness and understanding of the nature of harmful and inappropriate sexual behavior, and effect lasting culture change.

"While it is sobering and disappointing to know that members continue to be victimized and feel threatened in our work environment, this survey provides us with the specific evidence we need to focus our efforts on culture change and to eliminate the threat these behaviours represent to the Profession of Arms," noted Chief Warrant Officer Kevin West.

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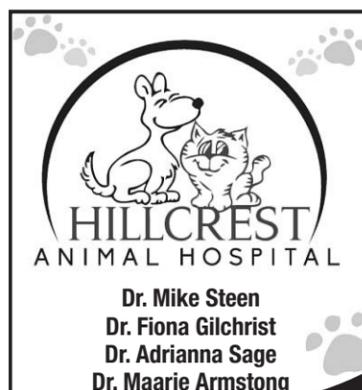


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It was with great pride and honour that the public secondary school Marc-Garneau welcomed the Minister of Education, Mitzie Hunter, on Oct. 13. While touring the region, the Minister took advantage of the opportunity to meet and talk with the school students, which was truly appreciated by the students and staff! The Public School Board of Eastern Ontario (CEPEO) Director of Education, Edith Dumont, the school counsellor, Rachel Laforest and superintendent, Mathieu Vachon, were also present. Submitted photo

Turn Old News into NEW!
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426 Squadron personnel support Trenton Care and Share Food Bank with donation

By Ross Lees

426 (Transport) Training Squadron ((T) Trg Sqn.) personnel made a timely donation to the Trenton Care and Share Food Bank last week.

The \$510 cheque will help with the increasing numbers of people now relying on the food bank, noted general manager Al Teal.

"We're seeing a lot more seniors," Mr. Teal noted, adding that with the assistance of the community and places like 426 (T) Trg Sqn., the food bank is managing to assist everyone and they will continue to try to keep up that support.

"We rely on the community's generosity and the base has always been most generous to us," he said. "I, for one, appreciate it very much. I wish there was a way I could thank them all."

Lieutenant-Colonel (Lt.-Col.) Brent Hoddinott, Commanding Officer of 426 (T) Trg Sqn., said the funds were raised during the Dress for a Difference campaign over the past six months and the proceeds were split between the animal shelter and the food bank.

"We feel they are two worthwhile charities at this time of year," he said.



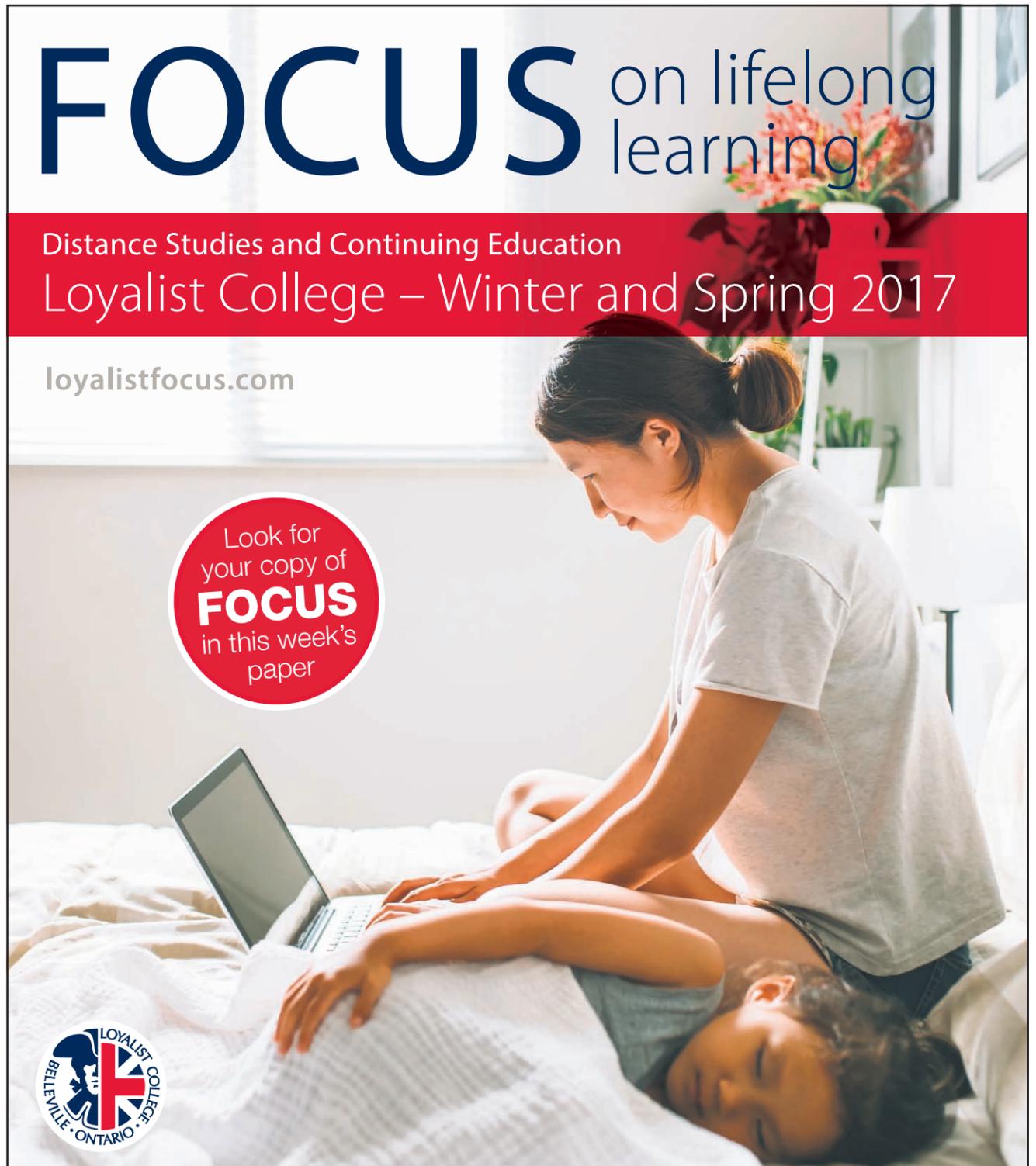
Trenton Care and Share Food Bank general manager Al Teal receives a cheque of \$510 from 426 (T) Trg Sqn. Commanding Officer Lt.-Col. Brent Hoddinott and Chief Warrant Officer Allen Shackleton. Photo by Ross Lees

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Santa visits Quinte West, Frankford

Military plays part in both local Santa Claus parades

Continued from page 3

"I am amazed year after year with the effort and creativity from businesses, schools and community groups" says Suzanne Andrews, manager at the Quinte West Chamber of Commerce.

"This parade could not exist without the businesses and groups putting in the time and energy necessary to get their floats ready," she said. "They were well decorated and they lit up the streets to kick off the holiday season. The weather was just perfect this year and all the spectators, especially the children seemed to really appreciate the music, the floats and

the candy."

Other winning floats from the parade include the Bay of Quinte Harley Owners Group's float with the theme Angry Birds Christmas, winning the title of best overall float.

St. Mary's School Trenton won the best Christmas themed float, Studio 2 won the best musical entertainment, and the Kodiak Concert Band won the best youth float, to name a few.

The people's choice award is still up for grabs.

To vote on your favourite float from Trenton's Santa Claus parade, go to quintewest-chamber.ca, voting closes Tuesday Dec. 6.



Sisters Lorelle Bennett, 3, and Laci Bennett, 2, waved to spectators during Trenton's Santa Claus parade on Sunday Nov. 27. Erin Stewart/Metroland



Santa waved to the children during the Frankford Santa Claus parade on Saturday Nov. 26. Erin Stewart/Metroland



The Pentecostals of Quinte kids train made its way through Frankford's Santa Claus parade. From left: Elly Brooks, Rebecca Li, Jay-Lynn Brooks, Audrey Witty, Oliver Quinn, Owen Hawkes. Erin Stewart/Metroland



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8 Wing Officers' Mess Ladies club decorates the mess



The 8 Wing Officers' Mess Ladies Club spent Tuesday and Wednesday of this week decorating the 8 Wing Officers' Mess for the festive season. Jocelyne Chambers, right, and Lise Rolsky stand before some of the elaborate work done by the ladies and another segment of the mess displays the fabulous work the ladies did throughout the mess. Photos by Ross Lees



Marc-Garneau wins Bay of Quinte volleyball championship



Public secondary school Marc-Garneau volleyball players and coach proudly posing after winning this year's Bay of Quinte Championship. The team will represent the Quinte region in November's Ontario Federation of School Athletic Associations (OFSAA) tournament. Submitted photo Les joueurs et l'entraîneur de volleyball de l'école secondaire publique Marc-Garneau semblent fiers après avoir remporté les honneurs du 'Bay of Quinte Championship'.

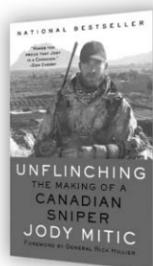
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 Lighting of Doug Whitney Fantasy of Lights at Fraser Park following the Santa Claus Parade

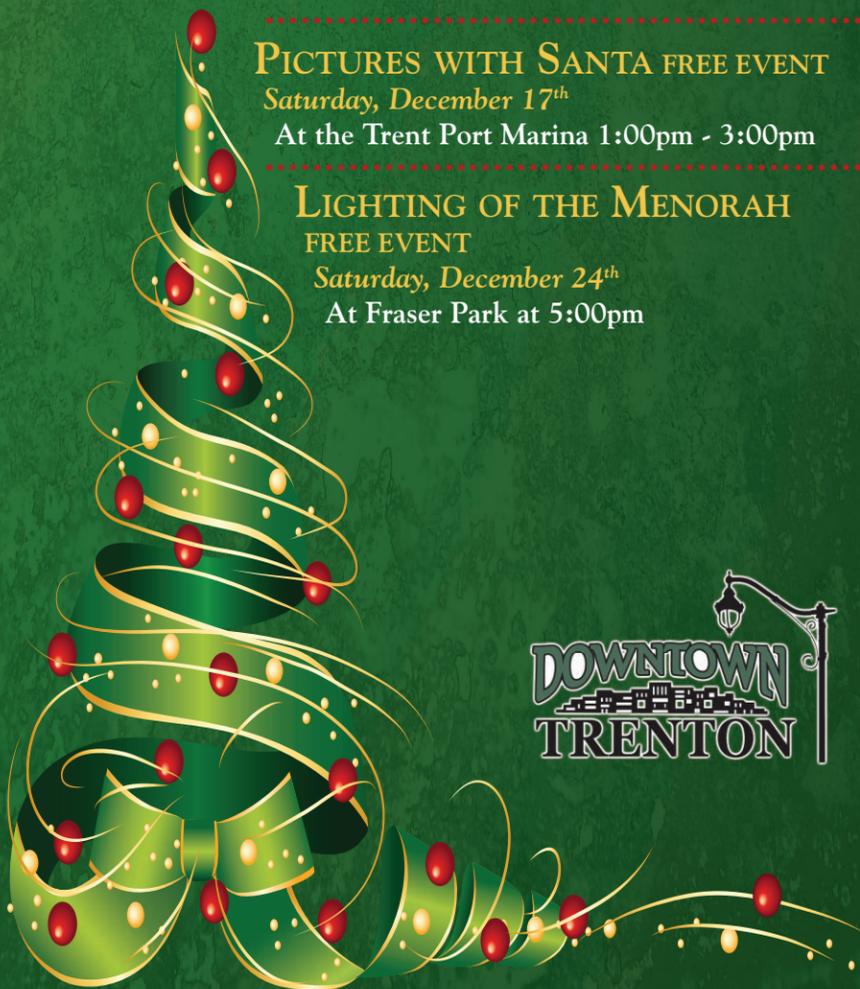
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 Starts at City Hall at 6:00pm, with a visit to the Fantasy of Lights before ending at City Hall for a performance by Joyful Noise at 7:00pm.

HORSE DRAWN WAGON RIDES WITH SANTA FREE EVENT
 From December 2nd to 23rd
 Friday, December 2nd 6:30pm - 8:30pm
 Saturday, December 3rd 12:00pm - 3pm
 Thursday, December 8th 6:30pm - 8:30pm
 December 9th to 23rd - Weekdays from 6:30pm to 8:30pm, Saturdays 4:00pm to 7:00pm, Sundays from 12:00pm - 3:00pm
 Join Santa at the Trent Port Historical Society 1861, 55 King St., Trenton

DOWNTOWN WITH DICKENS SOME FEES MAY APPLY
 Saturday, December 3rd
 Join the merchants of Downtown Trenton as they celebrate a day with Dickens. Come out for free samples at participating merchants as you shop the downtown core, drop into the Trenton Town Hall 1861 (55 King St.) for a look at a Victorian Christmas while you enjoy free roasted chestnuts, and a visit with father Christmas or a story read by Mrs. Cratchit. Visit www.facebook.com/trentontownhall for a full list of Dickens events.

PICTURES WITH SANTA FREE EVENT
 Saturday, December 17th
 At the Trent Port Marina 1:00pm - 3:00pm

LIGHTING OF THE MENORAH FREE EVENT
 Saturday, December 24th
 At Fraser Park at 5:00pm



For more info, visit www.downtowntrenton.ca, Trenton DBIA on Facebook, or call 613-394-4318

Toys for the North arrive at 8 Wing/CFB Trenton

RCMP-led Toys for the North distributes toys to isolated northern communities

Continued from page 1

The toys come from a variety of locations where RCMP detachments are located and are donated by members of the RCMP, some supporters and members of the public.

"Then we gather all those toys up and deliver them to Thompson Terminals, which is one of our corporate sponsors. They ship all the toys here to CFB Trenton, where we do a handover to the CAF," confirmed Inspector McBryan.

Then the military steps up and completes the next phase of the program, according to 8 Wing Commander, Colonel (Col.) Colin Keiver, because it is the right thing to do.

"It's all about Canadians helping Canadians, whether they're in uniform or not," he said. "436 Squadron (Sqn.) will fly an airplane to Goose Bay and another one to

Thunder Bay and, from there, the RCMP and the local agencies look after distribution to Canadians in need."

While Col. Keiver called it a great cause, he said the hardest part is getting approvals in place to actually make the flights happen.

"But we do it and it's the right thing to do. It's work worth doing," he said.

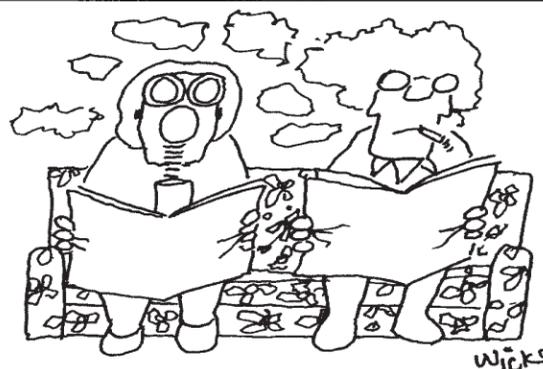
Col. Keiver said some of these remote communities have challenges and this kind of effort on behalf of so many is a win/win situation all around.

"You get so busy sometimes doing the missions that go on here day-to-day that when you get to do missions like this, it makes you remember that you're part of something bigger. It's not just about the airplanes, it's about truly helping Canadians which is really why we exist. I know that the crews think about this when they do it, so it's important," he said.

RP Ops Det Trenton Picture of the Week



A new capability, for the Real Property Operations Detachment Trenton (RP Ops Det Trenton) is the video conferencing which has been installed in their conference room. The project was managed by Marina Obadinma and the installation consisted of the latest modern video-tele-conferencing equipment with specialised furniture. This project would not have been possible without the support of Steve Chinnatamby, Engineering Officer, Sara Clark of Management Services, Warrant Officer Robert Lutz of Operations and James Leblanc of the paint shop along with personnel from the electrical, carpenter, and roads and grounds shops. Shared Services Canada (SSC) Trenton is also commended for their excellent work to support this project. Photo by Jane Clement



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New Programs at the Trenton MFRC

Visit our website - www.trentonmfrc.ca - or our Facebook page to find new and returning programs or events for adults, children, and the whole family!

Nouveaux programmes pour l'automne au CRFM de Trenton

Visitez notre site internet - www.trentonmfrc.ca - ou notre page Facebook pour trouver les nouveaux programmes et événements en plus de ceux qui nous reviennent, pour les adultes, les enfants et toute la famille!

MFRC's 3rd Annual Christmas Marketplace

Join the Trenton MFRC for our third Annual Christmas Marketplace. Come out and finish your Christmas shopping by supporting small business owners in our community. Dec. 3 from 10 a.m. to 3 p.m. Admission is a monetary donation or a non-perishable food item to a local food bank. There will be a large variety of products, a bake sale supporting the Trenton MFRC Youth Centre as well as a great door prize! Something fun for everyone.

Le 3e Marché de Noël au CRFM

Venez à notre 3e Marché de Noël annuel. Venez finir vos emplettes tout en encourageant les petites entreprises de la communauté. Le 3 décembre de 10 h à 15 h. L'admission est un don monétaire ou un produit non-périssable pour la banque alimentaire locale. Vous y trouverez une grande variété de produits, une vente de pâtisserie en appui au Centre des jeunes du CRFM de Trenton ainsi qu'un fabuleux prix de présence! Chacun y trouvera son plaisir.

Al Anon meeting

An Al Anon meeting will be starting at the Trenton MFRC. Al Anon meetings are open to the general public, offering strength and hope for friends and families of problem drinkers. Sept. 11 from 6:30 p.m. to 7:30 p.m. For more information, please contact Linda Reade 613-392-2811 ext 4583.

Rencontre Al Anon

Des rencontres Al Anon ont lieu au CRFM de Trenton. Al Anon offre de l'espoir et de la force aux familles de la communauté dont un membre souffre de problème de consommation d'alcool. Les dimanches de 18h30 à 19h30. Pour information, contactez Linda Reade 613-392-2811 poste 4583 ou linda.r@trentonmfrc.ca.

Afternoon Chatter - Monthly Social Gathering

Potluck and energy healing. Bring some snacks to share while discovering the benefits of energy healing with Melanie - natural medium, certified reiki practitioner, certified fairyologist and certified realm reader. Everyone is welcome! Date: Sunday, Dec. 11 from 1

p.m. to 4 p.m. at the Trenton MFRC. Onsite subsidized childcare (0-12 years old) is available, must be registered and paid at the MFRC reception, no later than Wednesday, Dec. 7 at 4 p.m. Information and registration at 613-965-3575.

Jasette de l'après midi - Rencontre sociale mensuelle

Repas-Partage et Guérison par énergie. Bienvenue à tous! Apportez une collation à partager et découvrez les bénéfices de la Guérison par énergie. Avec Melanie médium naturelle, praticienne certifiée en Reiki, certifiée dans l'étude des fées, liseuse certifiée de l'univers. Date : dimanche 11 décembre, de 13h00 à 16h00 Où: CRFM de Trenton. Du gardiennage sur place subventionné (0 à 12 ans) est offert, les inscriptions et paiements doivent être faits à la réception du CRFM au plus tard, le mercredi 7 décembre à 16h. Information et inscription - 613-965-3575.

PALS - Peers Assisting with Life Skills

This program favorite is being extended to the children of medically released veterans, ages 6 to 11. Children learn resiliency and life skills such as dealing with stress, emotional regulation and communication skills. Dinner is provided. Membership: \$50 for first child, \$80 for two children, \$110 for three or more children. Please note this program is open to children from military and veteran families. Dec. 9 from 5:30 p.m. to 7:30 p.m. Holiday fun! Register by email by Dec. 7 with Kendra at kendra.b@trentonmfrc.ca.

AMIS (PALS)

Aide sur les compétences de vie par les pairs. Ce programme vedette se prolonge pour les enfants

d'anciens combattants libérés pour raison médicale âgés de 6 à 11 ans. Les enfants apprennent sur la résilience et les compétences essentielles comme la gestion du stress, l'équilibre émotionnel et les aptitudes à la communication. Le souper est fourni. Adhésion : 50 \$/premier enfant, 80 \$/deux enfants, 110 \$/trois enfants et plus. Notez que ce programme est ouvert aux familles de militaires et d'anciens combattants. 9 décembre, 17 h 30 à 19 h 30 : Plaisir du temps des fêtes. Apprenez à avoir de la compassion pour les autres et les bienfaits que cela vous rapporte. Inscrivez-vous par courriel à kendra.b@trentonmfrc.ca par le 7 décembre.

Limitless Youth Night

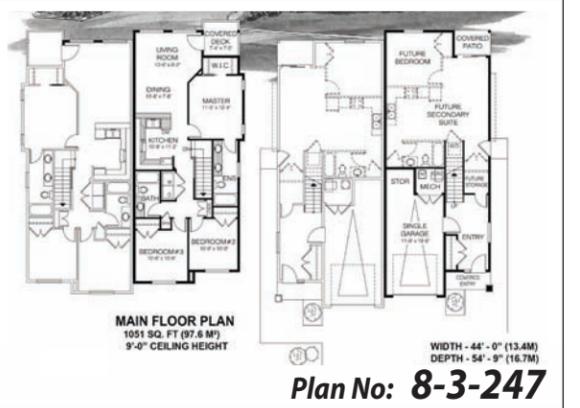
Every third Monday of the month from 6 p.m. to 8 p.m. Do you want to meet new people, play games and have some fun? Then this group is for you! Inclusive youth social night for children with special needs, their siblings and friends ages six to 11. For information, contact Orlanda 613-392-2811 ext. 3953 or orlanda.b@trentonmfrc.ca

Possibilités Infinies

Une soirée pour les jeunes chaque 3me lundi du mois de 18h à 20h. Veux-tu te faire de nouveaux amis, jouer et avoir du plaisir? Alors ce groupe est pour toi! Un groupe social inclusif pour les jeunes ayant des besoins particuliers, leurs frères et soeurs et les amis de 6 à 11 ans sont les bienvenus. Pour information communiquer avec Orlanda Bourgoin 613-392-2811 poste 3953 ou orlanda.b@trentonmfrc.ca

Continued on page 13

Home of the Week
Your Building Renovation Experts



This plan for a side-by-side, two-storey duplex includes room for two future secondary suites on the main floor, making it an attractive choice as a revenue home. Entry is on the ground floor, protected by a covered porch. Once inside the foyer, a coat closet is to the immediate left, with room for a storage cupboard next to the stairway to the second floor. Upstairs, the open-plan living-dining room enjoys access to a covered deck that looks out to the back garden. The kitchen features a step-saving U-shaped counter configuration and is divided from the dining area by a low counter. The master suite includes a walk-in closet, as well as an en-suite with double basins. The two secondary bedrooms overlook the front garden and share a three-piece bathroom. A washer and dryer are located just outside this bathroom, with a linen cupboard and broom closet nearby. Ceilings on the main floor

measure nine feet. On the ground floor, the single-vehicle garage is large enough to provide storage space. The future one-bedroom secondary suite enjoys access to a covered patio.

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

Your PMQ Community Council is looking for you!

Your PMQ Community Council is looking for you, especially if you have a great sense of community and want to see it become a better place. The PMQ Community Council is looking for creative and motivated persons who would like to join the PMQ Community Council, including your spouse if they are interested. They welcome maximum representation from friendly and dedicated volunteers. For more information or to put your name forward, please email PMQ Council President Cpl. Art Mason at Art.Mason@forces.gc.ca or PMQ Council Vice-President MCpl. Cabezas at Sacha.Cabezas@forces.gc.ca

Dec. 2 – Ostomy Support Group Christmas Lunch

The Ostomy Support Group will be holding their Christmas lunch at Swiss Chalet in Belleville on Sunday, Dec. 2 at 1 p.m. Meet everyone there and don't forget to bring your coupons.

Dec. 3 – St. George's Anglican Church Victorian Tea and Bazaar

St. George's Anglican Church is holding their annual Victorian Tea and Bazaar on Saturday, Dec.

3 from 2 p.m. to 4 p.m. at the Parish House, 25 John Street in Trenton. Live music, refreshments, crafts, baked goods, twoonie table and much more! Door prizes! Tickets are \$4 per adult and \$2 for children under 12 years available at the door. Call 613-394-4244 for more information.

Dec. 3 & 4 – Quinte's 21st Annual Railroad Show

Quinte's 21st Annual Railroad Show takes place at Quinte Secondary School on Dec. 3 and 4 from 10 a.m. to 4 p.m. at the 45 College St., W. location of the school. Visitors can buy model railroad equipment and get expert advice on model railroading as well as get excellent Christmas gifts for young and old. Admission is \$5 for adults, \$4 for seniors, and students and \$2 for children five to 12 years old. This annual attraction is sponsored by the Belleville and Brighton Model Railroad clubs (www.bellevillemodelrailroadclub.org or on Facebook – Belleville model railroad club). For further information, contact Rick Potter at 613-398-7260 or at email rickp@reach.net

Dec. 6 – Light up the RHUs (PMQs)

Everyone living in 8 Wing Trenton's Residen-

tial Housing Units are encouraged to light up their house this holiday season, since a decorating contest will be held Tuesday, Dec. 6. Judges will be 8 Wing Commander Colonel Colin Keiver and 8 Wing Chief Warrant Officer Darcy Elder. There will be prizes given for the three best decorated houses! For more information on this event and to follow news about the residential housing unit council, please visit their Facebook page, 8 Wing PMQ Council.

Dec. 11 – Skate with Santa

The PMQ Community Council is sponsoring a Skate with Santa event at the RCAF Arena on Dec. 11 from 1:30 p.m. to 3 p.m. Free hot chocolate, tea or coffee will be available, along with door prizes and kids' colouring contest. The fee is a non-perishable food donation for the Trenton Care and Share Food Bank.

Dec. 18 – Carols by Candlelight

The Choirs of St. Thomas' Anglican Church, Belleville, will be presenting "Carols by Candlelight," a festival of lessons and carols at 4:30 p.m. on Dec. 18. The event will be presented in the traditional style. The audience is also invited to join in singing some all-time favourites. A reception will follow. Admission: Pay what you can.

Dec. 31 – Legion Branch 110 New Year's Eve Dinner and Dance

The Royal Canadian Legion Branch 110 is having their annual New Year's Eve dinner and dance on Dec. 31. Advance tickets must be purchased at the Legion office. Call 613-392-0331 or visit rcl110.ca for more information.

Jan. 28 – Legion Branch 110 Winter Dance

The Royal Canadian Legion Branch 110 is having a Winter Dance with Live Band "The Shadows" on Jan. 28 at 8 p.m. Advance tickets can be purchased at the Legion office. Call 613-392-0331 or visit rcl110.ca for more information.

Feb. 11 – Legion Branch 110 Valentine's Dinner and Dance

The Royal Canadian Legion Branch 110 is having their Annual Valentine's Day dinner and dance featuring live band "The Reasons" on Feb. 11 at 6 p.m. Advance tickets must be purchased at the Legion office. Call 613-392-0331 or visit rcl110.ca for more information.

Feb. 25 – Legion Branch 110 Concert and Dance
The Royal Canadian Legion Branch 110 is having a Concert and Dance with Nashville Recording Artist Dean James on Feb. 25 at 8 p.m. Advance tickets can be purchased at the Legion office. Call 613-392-0331 or visit rcl110.ca for more information.



Its time to get creative!

PMQ Community Council is having a Christmas decorating contest.

Prizes for 1st 2nd and 3rd place.

Judging will take place Tuesday December 6.



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Aquatic Programs

****New Inner Tube Water Polo League at the Quinte Sports and Social Club** – Monday, Oct. 17 to Nov. 28, 6 p.m. to 8 p.m. No Game on Oct. 31. Register a team or individual: <http://qssc.ca>

****New WaterArt** – Saturday, Sept. 24 and Sunday, Sept. 25 at 9 a.m. to 5 p.m. at the RecPlex. Register online at: http://www.waterart.org/events_info

SUPFIT Fitness plus Standup Paddleboarding (SUP) – Mondays, Sept. 26 to Sept. 31 from 4:30 p.m. to 5:30 p.m. or 5:30 p.m. to 6:30 p.m.

**** NEW Splash Pass** – (Monthly) – Includes admission to the pool during scheduled swims.

**** New Aquafitness Pass** – (10 classes) – Includes admission to Aquafit, Aqua Bootcamp and Aqua Zumba.

Fitness Programs

Yoga (W) Mondays, Sept. 26 to Nov. 14 from 12 noon to 1 p.m. at the RecPlex observation room or Tuesdays, Sept. 27 to Nov. 15 from 4:15 p.m. to 5:15 p.m. at the South Side Gym.

Spin (Trent Athletics) – Option 1: Tuesdays, Sept. 27 to Nov. 15 from 5 p.m. to 6 p.m.

Option 2: Thursdays, Sept. 29 to Nov. 17 from 5 p.m. to 6 p.m.



Bootcamp (Trent Athletics) – Fridays, Sept. 30 to Nov. 18 from 4:30 p.m. to 5:30 p.m. at the RecPlex gym.



****New Dodgeball league (Quinte Sports and Social Club)** – Thursday, Sept. 22 to Dec. 8 from 6 p.m. to 10 p.m. at the RecPlex gym. Register a full team or as an individual: <http://qssc.ca>

Wheelchair Rugby – Wednesdays, Sept. 28 to Nov. 16 from 6 p.m. to 9 p.m. at the South Side gym.

****New Land Fitness Pass (10 classes)** – Includes admission to “Wellness Fitness classes.”

Children, Youth and Teen programs

Kids in the Kitchen – Wednesdays, Sept. 28 to Nov. 16 from six to eight years from 5 p.m. to 6 p.m. and nine to 12 years from 6 p.m. to 7 p.m. at the Chapel. Pre-register by Friday, Sept. 23. No drop-ins.

Basketball for Kids (eight to 12 years) – Wednesday, Sept. 28 to Nov. 16 from 5 p.m. to 6 p.m. at the RecPlex. Pre-register by Friday, Sept. 23.

Drop-in Youth Basketball (13 to 17 years) – Wednesday, Sept. 28 to Nov. 16 from 6:30 p.m. to 8 p.m. at the RecPlex.

RCAF Flyers Arena Programs

Mini Hockey - Ages four to six years – Friday, Sept. 30 to Nov. 18 from 4 p.m. to 5 p.m. or Sunday, Oct. 2 to Nov. 20 from 8:15 a.m. to 9 a.m.

may teach participants new skills. \$16 per child for eight weeks. To register contact Kendra Bickford 613-392-2811 (7917) Kendra.b@trentonmfr.ca.

Le projet casse-tête

Pour les enfants de 8 à 12 ans. Ce programme a pour but de partager les joies et les défis d'avoir un frère ou une sœur ayant des besoins particuliers. A travers des jeux, des bricolages, des discussions et des invités spéciaux, les participants apprendront de nouvelles habiletés personnelles. Le coût est de \$16.00 par enfant. Pour inscription on contact Kendra Bickford 613-392-2811 poste 7917 ou kendra.b@trentonmfr.ca.

Building Block Club

Trenton MFRC and Autism Ontario - An evidence based social skills program using Legos to assist in the development of communication. This six-week free program is for children with special needs and their siblings ages six to 10. For information, contact Orlana : 613-392-2811 ext. 3953 or orlana.b@trentonmfr.ca.

Club des blocs de construction

Le CRFM de Trenton et Autism Ontario - Un programme éprouvé pour le développement des aptitudes sociales qui utilise des “Légos” pour améliorer la communication. Pour une durée de 6 semaines, cette activité gratuite est spécialement conçu pour les enfants ayant des besoins particuliers et aussi pour leurs frères et sœurs âgés de 6 à 10 ans. Pour information contactez Orlana au 613-392-2811 poste 3953 ou orlana.b@trentonmfr.ca.

Hockey Shooting Development – Saturday, Oct. 1 to Nov. 19, seven to nine years from 8 a.m. to 9 a.m.; 10 to 12 years from 9 a.m. to 10 a.m.

Hockey Goalie Training – Saturday, Oct. 1 to Nov. 19 from seven to nine years from 8 a.m. to 9 a.m.; 10 to 12 years from 9 a.m. to 10 a.m.

Figure Skating Drop-in – Oct. 2 to Nov. 20 from 9 a.m. to 11 a.m.

Learn to Skate for four to seven years – Saturday, Oct. 1 to Nov. 19 from 11 a.m. to 12 p.m. or Sunday, Oct. 2 to Nov. 20 from 11 a.m. to 12 p.m.

Learn to Skate eight-plus years – Saturday, Oct. 1 to Nov. 19 from 12 noon until 1 p.m. or Sunday, Oct. 2 to Nov. 20 from 12 noon to 1 p.m.

Parent and Child Skating Lessons – Oct. 1 to Nov. 19 from 10 a.m. to 10:30 a.m.; 10:30 a.m. to 11 a.m. and 1 p.m. to 1:30 p.m.

Shinny Hockey – Fridays, Sept. 30 to Nov. 18 – Tyke/Novice (under nine) from 5 p.m. to 6 p.m.; Atom (under 11) from 6 p.m. to 7 p.m.; PeeWee (under 13) from 7 p.m. to 8 p.m.

Family Skate – Saturday, Oct. 1 to Nov. 19 from 1:30 p.m. to 3 p.m. and Sunday, Oct. 2 to Nov. 20 from 1:30 p.m. to 3 p.m.

Services and Miscellaneous Information

**** New Birthday Parties** – Sport and Play; Play and Swim and Skating Party.

Trenton MFRC and Autism Ontario Present:

Brighton's Special Needs Parent Support Group every last Thursday of the month from 6:30 p.m. to 8 p.m. at the East Northumberland Secondary School in Brighton. This support group is for parents/grandparents/caregivers of children. 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. For information contact Orlana Bourgoin 613-392-2811 ext. 3953.

Autisme Ontario et le CRFM de Trenton présentent:

Groupe de soutien pour les parents de personnes ayant des besoins particuliers à Brighton. Ce groupe de soutien et d'entraide est dédié aux aidants familiaux ou aux gardiens d'enfants ayant des besoins particuliers. Venez discuter de sujets qui vous intéressent. Le dernier jeudi du mois de 18h30 à 20h00 à la polyvalente East Northumberland à Brighton. Pour de plus amples informations contactez Orlana Bourgoin 613-392-2811 poste 3953

Painting with Suso

Sunday, Dec. 11, join us in the Youth Centre and paint a masterpiece with Suso Bach. \$5 per person. Register in the Youth Centre or email Rabia: rabia.s@trentonmfr.ca.

MFRC continued from page 11

Trenton MFRC Special needs parent support group

Every second Thursday of the month from 6 p.m. to 7:30 p.m. 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. Next meeting will be Oct. 13. Contact Orlana if you require childcare a week prior to the meeting 613-392-2811 ext. 3953 or orlana.b@trentonmfr.ca

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. Ces rencontres ont lieu le deuxième jeudi du mois de 18h à 19h30. La prochaine rencontre sera le 13 octobre. Pour information contactez Orlana Bourgoin 613-392-2811 poste 3953 ou orlana.b@trentonmfr.ca.

The Puzzle Project

For children ages 8 to 12. Support group for siblings of a child with Special Needs. This is to provide a fun and supportive environment for siblings to share the joys and struggles of being a sibling of an individual with special needs. This is done through discussion, activities, games designed to be unique, upbeat and appealing to a wide ability range, craft activities, and special guests who

Classifieds

To Place an Ad: 613-392-2811 or 613-966-2034
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 Du lundi au vendredi 08h00 à 16h00

Services Times/ Heures des services religieux
 Protestant Service: 1115 hrs
 Service protestant: 11h15

RC Sunday Mass (English) at 0900 hrs
 RC Sunday Mass (French) at 1010 hrs
 RC Sunday Mass (Bilingual every 4th Sunday of the month) at 0900 hrs

Messe CR du dimanche en anglais à 9h00
 Messe CR du dimanche an français à 10h10
 Messe CR du dimanche bilingue le 4ième dimanche du mois à 9h00

RC Weekday Masses at noon
 Messes CR quotidiennes à 12h00

Quinte West Jewish Community at 8 Wing,
 various services, call for details
 Communauté juive de Quinte West à la 8e Escadre,
 divers services, appelez pur plus de détails

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



Unit Chaplains/Aumôniers des unités:
 Capt (Rabbi/Rabbin) Bryan Bowley
 Capt (the Rev./Rév.) Eric Davis
 Capt (the Rev./Rév.) John Funelas
 Lt(N)(Fr/Père) Félix Roberge
 Lt(N)(the Rev./Rév.) Mary Anne VanHeuvelen
 Capt (the Rev./Rév.) Daniel Walton

Phone/Téléphone:
 Administrative Assistant/Adjointe administrative
 Brigitte Gamache, (613) 392-2811 ext/poste 2490/4593

| | | | | | |
|--|----------------------------------|---------------------|------------------------|-----------------------|-----------------------|
| EMPLOYEE ASSISTANCE PROGRAM REFERRAL AGENTS | Drew Craig (Chairperson) 3930 | Karen Brake 7911 | Nathalie Serre 7413 | Rhonda Loomes 7588 | James Leblanc 3053 |
|--|----------------------------------|---------------------|------------------------|-----------------------|-----------------------|

Safety

Tips to help you safely deck your halls



Klutzy comedians having accidents while decorating for the holidays is a stale joke. In real life, it's not funny if you fall or start a fire. However, you and your family can spruce up the house safely by following some guidelines.

Safety checklist before the holidays

- Put any fuel that can catch on fire in a safe container outside the home.
- Test your home's multipurpose fire extinguisher.
- Test the batteries in your fire alarm.

- Clear any clutter out of escape routes from your home.
- If toddlers will be visiting, install safety gates at tops and bottoms of stairs.
- Check your throw rugs for non-slip backings.
- Put nightlights in hallways.
- To prevent fall hazards, install window guards with emergency release mechanisms on high windows.
- Test the ground fault circuit interrupters (GFCIs), both indoors and outdoors.

Tree trimming

- Before you buy a live tree, bend some needles in half.

- If they break easily or don't spring back, the tree is too dry.
- At home, put your tree in a non-tip stand kept filled with water.
- Place it at least three feet (one meter) away from a heat source, and near an electrical outlet.
- Never put candles on a tree.
- Before you string on the lights, inspect the bulbs, sockets and cords for damage.
- Replace lights that have frayed cords or broken sockets.
- String no more than three strands of lights together.

Great safety gifts to give and get

- Smoke alarm
- Ear muffs
- Cooking thermometer
- Car emergency kit
- Reaching aids
- Safety goggles
- Escape ladder
- Fire extinguisher
- Carbon monoxide detector

Decorations

If you buy a decorative plant for the holidays, ask the florist if it's poisonous to kids or pets. Keep questionable plants out of children's reach.

Reach for the star - but don't reach far!

- Face a ladder while climbing, and wear non-slip soles.
- When reaching to crown your tree with an ornament, keep your body centered on the ladder.
- On a stepladder, stand no higher than the second rung from the top.
- When nailing Santa onto the roof, remember that the highest safe standing level of an extension ladder is third rung from the top.
- Place your outdoor ladder well away from power lines, on level ground.

MFRC continued from page 13

Peinturez avec Suso

Le dimanche 11 décembre, venez peindre un chef-d'oeuvre au Centre des jeunes avec Suso Bach. 5,00\$ par personne. Inscrivez-vous au Centre des jeunes ou contactez Rabia: rabia.s@trentonmfr.ca.

Babies and Beyond

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

Drive, East. For more information contact Debbie at 613-392-4331 ext. 274.

Bébés et au-delà

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

Mindfulness Group

This group will help you develop mindfulness practices as a way to reduce stress and anxiety, and improve choice when responding to difficult situa-

tions. Experience is not required. The Mindfulness Group will take place on Nov. 17, Nov. 24 and Dec. 15 from 12 noon until 1 p.m. or 1 p.m. until 2 p.m. at the Trenton MFRC. Please register at least one week prior to the workshop. You can register and learn more by contacting Rabia: 613-392-2811 ext. 3265 or rabia.s@trentonmfr.ca.

Groupe de pleine conscience

Intéressés à développer pleine conscience pour réduire le stress et l'anxiété et pour aider à faire face situations difficiles? Le dernier jeudi du mois de midi à 13h00 ou de 13h00 à 14h00 (le 17 novembre, le 24 novembre et le 15 décembre) au CRFM de Trenton. Veuillez vous inscrire au moins une semaine avant l'atelier auquel vous désirez assister. Pour information ou pour vous inscrire : Rabia 613-392-2811 poste 3265 ou rabia.s@trentonmfr.ca.

CP Holiday Train popular in Trenton

Continued from page 1

“Our numbers are up this year so this is good timing,” Mr. Teal noted as the train was pulling in for its stop at RCAF Road. “The community and the military always support the food bank well, but this event helps bring it to the foreground at an important time.”

Upon receiving the cheque in front of the large gathering which featured many young children, Mr. Teal thanked Quinte West Mayor Jim Harrison, 8 Wing Commander Colonel (Col.) Colin Keiver and

CP Rail for their contributions.

Platinum selling country star Dallas Smith has blazed a path across genres in Canadian music for nearly two decades and fans continue to prove they’ll follow him wherever he wants to go. This Vancouver, BC native has an armful of JUNO and CCMA Award wins and nominations and continues one of the most talked about journeys in Canadian country music.

“Being able to help local food banks across the country is something I’m excited to be a part of. I’ve toured Canada

many times but not like this. I can’t wait for this amazing experience to begin,” Smith said.

The rock band Odds was born out of the 1987 Vancouver music scene and their albums have achieved platinum status in Canada, along with six JUNO nominations, several top 10s, and a few top 40 hits in the US and around the world.

Combined, Dallas Smith and Odds had the crowd in a festive mood during the short visit which featured unseasonably warm weather and sunny skies.



Odds kicked off the CP Holiday Train performance at RCAF Road with some rocking festive music.



This young audience member had perhaps the best seat in the house at the CP Holiday Train visit at RCAF Road in Trenton.



Trenton Care and Share Food Bank general manager Al Teal (second from left) thanks everyone for their generosity, including CP Rail, Quinte West Mayor Jim Harrison and 8 Wing Commander Col. Colin Keiver (second from right).



This mother and daughter team enjoyed the performance at the CP Holiday Train.

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15 TOYOTA COROLLA S

29100 Manual 6spd, 1.8 4cyl, keyless entry, rear spoiler, tract ctrl, leather trim seats, bucket seats, heat seats/mirrors, AC, CD, MP3, rev cam, Bluetooth. 47,443 km

\$13,995
\$84
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



14 CHEVY CRUZE LT

29124 Auto, 1.4 4cyl turbo ecotec, keyless entry, tract ctrl, bucket seats, AC, CD, MP3, sat radio, OnStar, compass, ext temp gauge, cruise, steer ctrl. 39,810 km

\$12,795
\$86
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



13 HYUNDAI VELOSTER

28499 Auto 1.6, 4cyl GDI, push button start, heated seats, rev camera, park aid, Bluetooth, cruise, alloys. 31,743 km

\$11,995
\$91
bi-weekly
84 mths @ 5.9%
0 DOWN + HST




12 SCION IQ

29099 Auto, 1.3 4cyl, hatchback, keyless entry, airbags, tract ctrl, econo mode, bucket seats, AC, CD, MP3, ext temp gauge, steer ctrl, Pioneer radio. 19,746 km

\$9,995
\$89
bi-weekly
60 mths @ 5.9%
0 DOWN + HST



16 SCION IM

29058E Auto, 1.8 4cyl, hatchback, alloys, tint windows, bucket seats, AC, dual climate, MP3, rev cam, Bluetooth, compass, cruise. 21,531 km
PREVIOUS DAILY RENTAL

\$19,195
\$116
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 SCION IM

29059E Auto, 1.8 4cyl, hatchback, alloys, dual climate, MP3, rev cam, Bluetooth, compass, cruise, steer ctrl, pwr fold mirrors. 15,468 km
PREVIOUS DAILY RENTAL

\$19,495
\$118
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

16 SCION IM

29060E Auto, 1.8 4cyl, alloys, AC, dual climate, MP3, rev cam, Bluetooth, compass, cruise, Pioneer snd. 22,066 km
PREVIOUS DAILY RENTAL

\$19,195
\$116
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 GMC YUKON XL SLE

29102E Auto, 5.3 8cyl, 4x4, factory remote start, flex fuel, alloys, pwr seats, dual climate, rear air ctrl, CD, MP3, sat radio, rev cam, park aid. 60,840 km
PREVIOUS DAILY RENTAL

\$45,995
\$278
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



17 FORD ESCAPE TITANIUM

29224 Auto, 2.0 4cyl, 4WD, factory remote start, alloys, pano roof, push btn start, leather, pwr seats, memory seat, heat seat/steer, nav. 20,394 km
PREVIOUS DAILY RENTAL

\$31,995
\$193
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 TOYOTA VENZA LE

29152E Auto, 3.5 V6, AWD, alloys, fog lights, tint windows, pwr seats, AC, dual climate, CD, MP3, sat radio, rev cam, Bluetooth, heat mirrors. 26,409 km
PREVIOUS DAILY RENTAL

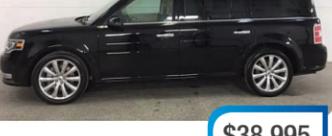
\$26,195
\$158
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 JEEP CHEROKEE LTD

29143 Auto, 3.2 V6, factory remote start, alloys, leather, pwr seats, heated seats/mirrors/steer, MP3, sat radio, nav, rev cam, U-connect, cruise, stop/start engine sys. 8,816 km

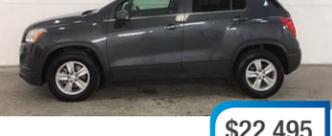
\$27,495
\$166
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 FORD FLEX LTD

29120 Auto, 3.5 6cyl eco boost, AWD, factory remote start, alloys, pwr roof, push btn start, leather, pwr seats, memory seat, AC, nav, WiFi. 24,258 km
PREVIOUS DAILY RENTAL

\$38,995
\$235
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 CHEVY TRAX LT

29221 Auto, 1.4 4cyl turbo ecotec, AWD, factory remote start, roof rack, alloys, pwr roof, tract ctrl, leather trim seats, pwr seats, AC, MP3. 27,989 km
PREVIOUS DAILY RENTAL

\$22,495
\$136
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 JEEP CHEROKEE LTD

29148 Auto, 3.2 V6, alloys, leather, pwr seats, heat seats/mirrors/steer, MP3, sat radio, rev cam, park aid, U-connect, cruise, lane change alert, stop/start engine sys. 8,366 km

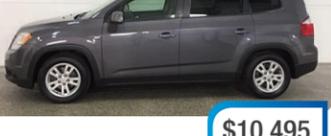
\$27,495
\$166
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 FORD ESCAPE SE

29107 Auto, 2.0 4cyl, 4WD, eco boost, chrome wheels, leather trim seats, pwr seats, heat seats, CD, MP3, sat radio, Sync, cruise, steer ctrl, touch screen. 55,903 km

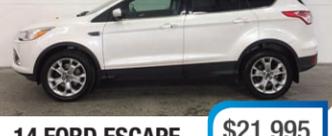
\$24,995
\$151
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



12 CHEVY ORLANDO

29125 Auto, 2.4 4cyl ecotec, 7 pass, keyless entry, alloys, tract ctrl, bucket seats, height adj seat, AC, CD, MP3, compass, ext temp gauge, cruise, steer ctrl. 95,340 km

\$10,495
\$93
bi-weekly
60 mths @ 5.9%
0 DOWN + HST



14 FORD ESCAPE TITANIUM

29118 Auto, 2.0 4cyl, 4WD, factory remote start, eco boost, roof rack, trailer hitch, alloys, push btn start, pwr seats, memory seat, heat seat, CD, MP3, sat radio, rev cam, park aid. 45,628 km

\$21,995
\$148
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



16 CHEVY EXPRESS 2500

29067E Auto, 4.8 V8 vortec, 2 pass, RWD, airbags, tract ctrl, vinyl floor, leatherette, bucket seats, AC, OnStar, pwr windows/locks/mirrors. 36,000 km
PREVIOUS DAILY RENTAL

\$24,995
\$151
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 FORD TRANSIT T250

29097 Auto, 3.7 V6, 2 pass, RWD, keyless entry, airbags, tract ctrl, vinyl floor, leatherette, bucket seats, AC, AM-FM, rev cam. 35,073 km
PREVIOUS DAILY RENTAL

\$26,995
\$163
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 DODGE RAM PRO-MASTER CITY/SLT

28740 Alloys, heated seats/mirrors, nav, rev camera, park aid, Bluetooth, cruise, touch screen, auto 2.4, 4cyl MULTIAIR, curbside mirrors. 13,447 km

\$23,495
\$142
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 DODGE RAM 1500 REBEL

29169 Auto, 5.7 V8 Hemi, 4x4, crew cab, short box, alloys, push btn start, leather trim seats, pwr seats, heat seats, rev cam, park aid, 4 corner air suspension. 16,729 km

\$44,995
\$272
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 FORD F250 SD XL

28944 4x4, long box, flex fuel, heated mirrors, reg cab, tow/haul, trailer hitch, box liner, AC. 8,808 km!!!
PREVIOUS DAILY RENTAL

\$31,995
\$193
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

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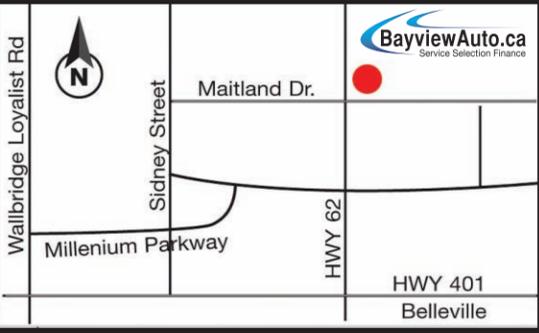
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