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BOXTOP 22 crash commemorated at 8 Wing Trenton ceremony

Cairn in museum air park meant to remind everyone of the tragic events and acts of heroism

A cairn commemorated Sunday afternoon at the National Air Force Museum of Canada is meant to remind us all of the tragic events and acts of heroism which occurred on Oct. 30, 1991.

On that day, a CC-130 Hercules was conducting a semi-annual resupply mission to Canadian Forces Station (CFS)

Alert with 18 people on board. CFS Alert lost radar and communication with the aircraft that crashed into a rocky cliff 16 km south of Alert, sparking the largest air and ground rescue operation ever undertaken by the Canadian military in the north.

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Maj.-Gen. Greg Loos, Chief of Staff of Information Management, said the cairn, while very much an air force story, would also shed some light on the communications research and signal community. Photo by Ross Lees

ISPC Trenton will help maintain a chain of concern for those it helps

ISPCs provide personal and administrative support programs to ill or injured CAF members



Lt.-Col. Mike Thornley indicated the ISPC in Trenton would help base leadership and maintain a chain of concern for injured and ill CAF members, veterans, and their families. Photo by Ross Lees

Lieutenant-Colonel (Lt.-Col.) Mike Thornley, Deputy Commander of the Joint Personnel Support Unit (JPSU) of Ottawa, told those gathered for the official grand opening of the Integrated Personnel Support Centre (ISPC) in Trenton the new facility would help base leadership and maintain a chain of concern for their ill and injured personnel.

Lt.-Col. Thornley noted that ISPC becomes the injured or ill personnel's chain of command once they start visit-

ing the new facility at 8 Wing/Canadian Forces Base (CFB) Trenton, but that would not absolve their original chain of command of responsibility to see that they get the treatment they need to be reintegrated back into the military.

"You as a Commanding Officer (CO), you as the Chief Warrant Officer, the Adjutant, need to maintain a chain of concern for these individuals. You can't just send the individuals to an IPSC and hope for a back fill, and then carry on with your operation task, which is no

doubt important," he stated.

Once those ill or injured personnel begin attending the IPSC, their mission is to get better, Lt.-Col. Thornley noted.

"We want these people back on the line. We've put time, money and effort into training all these individuals - these members of the CAF - and we want them back. That's the first goal when they show up here - we want them back on the line.

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RCAF Flyers Arena Manager now on CAF Honour Roll

Former CAF PERI has an impressive list of CAF sporting accomplishments

By Ross Lees

Sergeant (Retired) Bryan Pearce has done so much in the Canadian Armed Forces (CAF) athletics, he has trouble remembering it all.

But even without total recall, he was recently named to the CAF Honour Roll as a multi-sport athlete at the 28th Annual CAF Sports Awards Ceremony in Ottawa. Because he's also not use to blowing his own horn, his addition to the Honour Roll came after being nominated to the CAF Sports Hall of Fame.

A man use to doing, Mr. Pearce admits he is not good at "selling himself" for something like the Hall of Fame, although he will have to go through the process again next

year.

"I didn't sell myself, I just filled in the blanks and they called me back and said there's not enough information here on what you did," he said. "I just listed what I had done and didn't put anything beside it."

That's not because he didn't have anything to

tell, it's just that he is not good at self-promotion. In fact, one has a hard time

understanding how this man described in the list of awards ability to move from athlete to official to coach with ease."

has been overlooked for the CF as "truly impressive, judging both by the myriad of sports list of his accomplishments, in which he excelled, and his

Continued on page 12



Bryan Pearce is shown here receiving his Honour Roll scroll at the ceremony in Ottawa.

Photo by Erika Houde-Pearce

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1st Canadian Division personnel hold Non-combatant Evacuation Operation at CFB Trenton

Annual exercises allow Government of Canada personnel to work the kinks out of crisis responses

By Ross Lees

Exercise Ready Angle 2016, conducted last week in the Quinte region, was staged to allow the role players in the exercise to synchronize their efforts with Global Affairs Canada (GAC) during a training exercise of a non-combatant evacuation operation (NEO).

Exercises of this nature are conducted regularly by all the organizations involved to demonstrate how evacuation of Canadians and selected non-Canadians might take place from threatening circumstances in a foreign affected nation, according to Lieutenant-Colonel (Lt.-Col.) Tony Dejacolyn, the exercise director.

Practicing these scenarios is important because this type of incident does not occur often, Lt.-Col. Dejacolyn stated, noting that the last time they were called on was in Libya in 2011.

"It gives us the chance to work the kinks out of a plan and make it as ready as possible for the real thing," stated Major-General Omer Lavoi, the Commander of 1st Canadian Division.

In Exercise Ready Angle, the affected nation is East French Africa and affected Canadians are being evacuated to a neighbouring safe country called Askam.

1st Canadian Division military personnel gain training through annual exercises like this one to work with other Federal departments and Canadian Armed Forces (CAF) assets in evacuating Canadian entitled persons from a failed state anywhere in the world.

This scenario has the failed country located in Quinte West and the initial staging of the evacuation taking place at CFB Trenton. Actors arrive at the staging area forcing the GAC-led team to respond to the various realities of an evacuation under these circumstances.

In one instance, journalist Andy Bernard, who was covering a story in French East Africa, wants to be taken back to Canada after his passport was confiscated by officials of French East Africa. The role players try to respond to such a situation as realistically as possible, including perhaps having standard com-

munications systems failing and other communications brought into play.

Standing Rapid Deployment Teams (SRDT) often made up of five people, would be ready to deploy on very short notice to a situation of this nature with due diligence done by GAC.

Lt.-Col. Dejacolyn noted that Canadians are asked to register with GAC when travelling abroad for this very reason. If rapid government deterioration takes place and Canada needs to respond to get Canadians out, it helps immensely if they have some idea how many Canadians may need assistance.

"By registering with GAC, it assists us to know who is there and in what numbers so we can tailor our response," he said.

That tailored response may also come as part of larger overall response in concert with other countries also trying to get their citizens out. Local resources may have to be shared and the military wants to have the right equipment on hand to remove their citizens

to a safe haven for further staging. In last week's exercise, those people were staged to the Armouries in Belleville and other areas of Prince Edward County.

Another aspect of the scenario all participants keep in mind at all times is that this is a country where Canadians have wanted to be and may want to return, so discretion is always a high priority.

"This is very much us coming into an area and having a Government of Canada footprint," Lt.-Col. Dejacolyn acknowledged. "We're trying to create efficient operating practices with our plans always being sensitive to the political environment. We try to keep as low key as possible and blend in with the existing methodology. We try not to affect the enduring relationship in the area."

All levels of government officials and departments will take part in these types of exercises to lend their expertise, if they have experience, or to work out problems in these scenarios so they will be familiar with them in an actual event.

Major-General Lavoi pointed out that the military needs to be involved in this type of exercise first for the coordinated response with the proper equip-

ment and personnel, but also for the inter-operability aspect.

"We can sometimes be going into complex situations where the Canadian military may not be in

charge and where they may want to come back under good circumstances," he explained.

"It's very important to get it right the first time."



GAC personnel explain the response setup to Maj.-Gen. Omer Lavoi during Ex Ready Angle last week at CFB Trenton's REC-Plex. Photo by Ross Lees



The Canadian response to a NEO would include military and civilian personnel from all levels of government coordinating their efforts, as represented in this photo. Photo by Ross Lees



Melissa Slaunwhite, of Global Affairs Canada, helps process Canadian citizens (actors) to get out of the affected country to first a safe haven and then eventually back to Canada or back into the affected country once the situation has stabilized. Photo by Ross Lees



Life-like scenarios were set up for Ex Ready Angle's NEO at CFB Trenton last week. Photo by Ross Lees

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CFS Alert holds BOXTOP 22 remembrance ceremony



(Left) WO. M. Descoteaux escorts Criss Carson of Environment and Climate Change Canada in the laying of a wreath during the ceremony. (Above) WO. R. Lawrence commands the century guard of the BOXTOP 22 memorial cairn during the ceremony held Oct. 30 to commemorate the 25th anniversary of the crash. The three wreaths were laid at the ceremony on behalf of the Department of National Defence, Nasittuq, and Environment and Climate Change Canada; representing the three organizations operating at CFS Alert.

The Contact Newspaper

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

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

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

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

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

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

Letters to the Editor:

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



A Military Community Newspaper

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



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25th Anniversary of Military Family Services Program recognized

Oct. 24 marked the 25th Anniversary of the Military Family Services Program (MFSP). Acting Wing Commander Lieutenant-Colonel Brent Hoddinott presented a plaque to the Chair of the Board of Directors of the Military Family Resource Centre (MFRC), Linda Blanchette and the Executive Director of the MFRC, Tamara Kleinschmidt to recognize and appreciate the program's support to our military families. Submitted photo



Wing Logistics and Engineering *Picture of the Week*

Members of 8 Wing Telecommunications and Information Services Squadron (WTISS), Aviator Kevin Wong and Corporal (Cpl.) Mark Williams are assisting in the assembly of the very-small-aperture terminal (VSAT) dish. This is part of the satellite communications suite used by the Canadian Armed Forces (CAF) to provide telecommunications to remote areas, such as overseas camps. Photo by Cpl. Jonathan Bayliss

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Manage holiday stress the natural way

(NC) 'Tis the season for holiday stress, but combating the feelings associated with this busy time of year is easier than you think. The Canadian Health Food Association recommends considering adding these three safe, effective, and high-quality natural health products that have been shown to help combat stress to your health-care regimen.

Valerian root

Getting enough sleep is one of the best ways to combat stress. However, consistently getting enough uninterrupted sleep can be challenging. Studies show that people who have trouble sleeping found that valerian reduced the

time it took to fall asleep, improved their sleep quality, and helped them wake up less often in the middle of the night.

Magnesium

Magnesium is involved in a many of our body's functions, including maintain brain health. Unfortunately, many Canadians fail to consume enough magnesium through their diet. In fact, according to Health Canada, 34 per cent of adults fall into this group. When we experience high levels of stress, the level of magnesium in our bodies is depleted. Low magnesium levels caused by stress have been shown to lead to headaches, cramps, and irritability. If you're feeling stressed out, speak to your healthcare practitioner about magnesium supplementation for an extra stress-relieving boost.

Omega-3 fatty acids

The importance of omega-3 fatty acids for heart and brain health is well documented. But studies found that omega-3 polyunsaturated fatty acids can help also reduce symptoms of anxiety, a prolonged form of stress that occurs even when we don't have anything to worry about. We can get omega-3s through our diet by eating oily fish like salmon and anchovies, but not everyone consumes the recommended weekly intake. This is why supplementation can be a great alternative.

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New colours in the sky

8 Wing Trenton King Air Aircraft displaying new colour scheme

By Second Lieutenant Steve Comeau, 8 Wing Public Affairs

As part of the Royal Canadian Air Force (RCAF) re-designation from Canadian Forces (CF), Lieutenant-General (Lt.-Gen.) Michael Hood mandated the adoption of a new aircraft livery scheme across all RCAF fleets by removing the signature 'Canadian Forces' and adding 'RCAF/ARC' to either side of the fuselage roundels.

At 8 Wing Trenton, both Multi-Engine Utility Flight (MEUF) King Air aircraft have been modified to reflect this new direction. The company who painted the aircraft was Avalerion-Plane Perfection, and the first glimpse of the new livery has been visible in Trenton's skies since Sept. 9.

Major (Maj.) Michael Graham, the MEUF Commander at 8 Wing Trenton, organized the changes for the King Air aircraft.

"I am very pleased with the job that Plane Perfection did

painting both of our aircraft. Their responsiveness to meet Lt.-Gen Hood's direction in a very short period of time was outstanding. I think that the RCAF/ARC designation brings us back to our roots and I'm proud that we're the first fleet in the RCAF to make the change," he declared.

Many more airplanes are being repainted all across the country as we speak, so be prepared to see plenty of new designs in the RCAF's fleets in the near future!

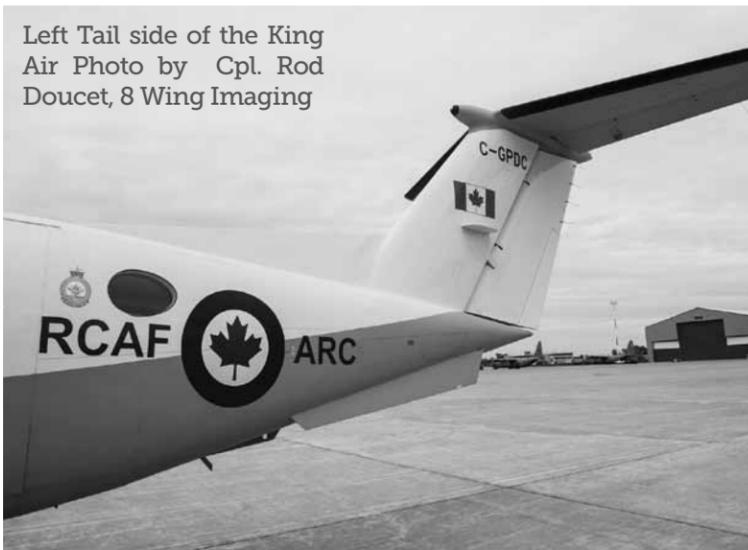
Left side of the King Air Photo by Cpl. Rod Doucet, 8 Wing Imaging



Left Nose side of the King Air. Photo by Cpl. Rod Doucet, 8 Wing Imaging



Right side of the King Air Photo by Cpl. Rod Doucet, 8 Wing Imaging



Left Tail side of the King Air Photo by Cpl. Rod Doucet, 8 Wing Imaging



King Air rolling down the Airfield Photo by Cpl. Rod Doucet, 8 Wing Imaging

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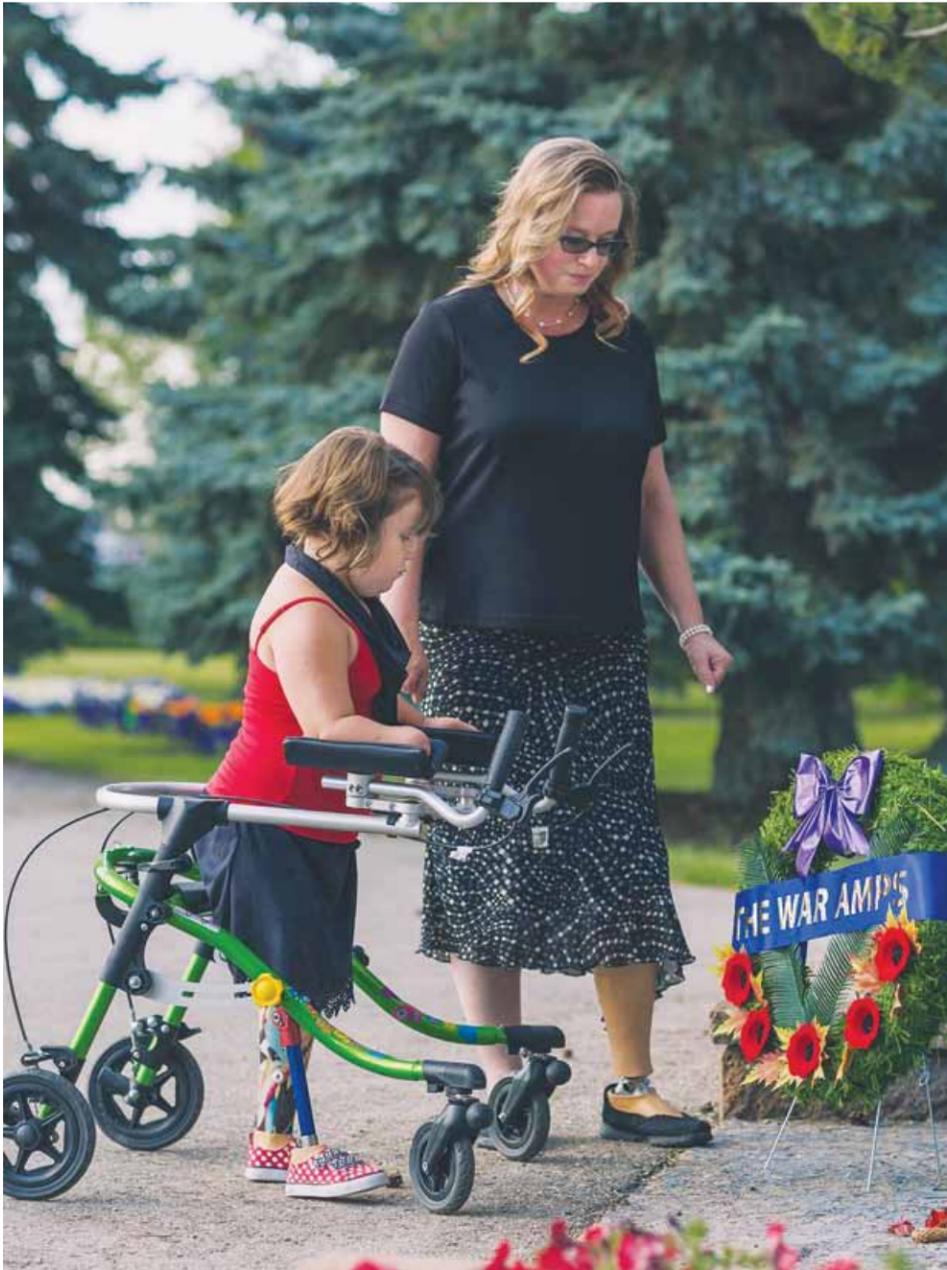
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Sharing a lasting legacy of remembrance



People often can't help but smile when they see six-year-old Kamryn Bond lay a wreath with her friend, Shannon Krasowski, 40, at their local Remembrance Day ceremony. Although an unlikely pair, they are both amputees and are part of a legacy that goes back nearly 100 years.

Kamryn is a member, and Shannon a graduate, of The War Amps Child Amputee (CHAMP) Program. It was war amputee veterans returning from the First World War who created The War Amps in 1918, its Key Tag Service in 1946, and later, the CHAMP Program. Since 1975, thousands of child amputees across Canada have received financial assistance for their artificial limbs through CHAMP and attended regional seminars where they learn about growing up as an amputee.

When Kamryn was 11 months old, both of her legs, right hand, and several fingers on her left hand, were amputated due to a respiratory illness. Shannon's left leg was amputated when she was 13 years old due to bone cancer.

They met three years ago at their local Remembrance Day ceremony in Grande Prairie, Alberta. That year, Kamryn watched Shannon lay a wreath on behalf of The War Amps Operation Legacy, but ever since, it has been a tradition they share.

While growing up as a Champ, Shannon met many war amputee veterans and heard their firsthand accounts of the devastation of war. "They passed this legacy to us younger amputees and now it's our turn to share their stories, so that we never forget their sacrific-

es," she says. Although Kamryn is still quite young, her mom, Dale, says it is important for her daughter to lay a wreath on Remembrance Day. "It builds the foundation for her to understand how much our war veterans gave up for our freedom."

When Shannon was younger, she shared a close bond with one particular war amputee veteran. He gave her a lion statue because he said that she had the courage of a lion. Shannon says, "I have since passed this statue down to Kamryn to recognize her courage, and I hope that one day she will pass it down to another young amputee, who looks up to her."

According to Shannon though, Kamryn is already a role model to many people. "Kamryn epitomizes what CHAMP is all about. She has such a great attitude and her positivity makes everyone smile. You can't help but be in a great mood when you're around her."

Dale says that because Kamryn and Shannon are both amputees, they share a unique bond. "It's important for Kamryn to have someone who understands what it's like to be an amputee, especially as she gets older, because she will have questions that I won't always know the answers to."

Dale adds, "We will always be appreciative of the work of the war amputee veterans and the message they have left for young amputees like Kamryn to carry into the future. It is for this reason that she lays a wreath every year in their honour, and will do so for many years to come."

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Running in the rain

8 Wing Trenton participated in a charitable run for "Liberty For Youth"

By Second Lieutenant Steve Comeau, 8 Wing Public Affairs

In freezing rain and gusty winds, Frederick Dryden, the

creator of 'Liberty For Youth', joined forces with 8 Wing/Canadian Forces Base (CFB) Trenton personnel to run 5 kilometers in support of at-risk youth.

Liberty For Youth aims to

transform the lives of at-risk youth; offering national programming to break a negative generational cycle of personal defeat and redirecting youth to a pathway of personal success.

In total, around 18 of 8

the Canadian Army Advanced Warfare Centre (CAAWC).

'Liberty For Youth's 2016 campaign covers 650 kilometers total, stretched over three weeks, travelling from Ottawa

Wing's personnel ran for an average of 42 kilometers per day and hopes that his foundation can raise enough money to help troubled kids and teenagers.

Participants for the run were from 426 (Training and Transport) Squadron, 436 only (Transport) supporting young offenders, but human lives could be sal-

vaged. "It costs more than \$200,000 per year to take care of every chronic offender. That's a waste of money and resources, but worst of all, a waste of lives. Our goal is to take them out of jail and to take care of them," he declared.

On their way to the finish line, the runners managed to pass in front of 8 Wing Headquarters, where they were greeted and encouraged by spirited 8 Wing members.

Upon arrival at Bain Park, Mr. Dryden thanked everyone for their support, and then proceeded with his journey towards Hamilton.



Runners proceeded along Highway 2 towards 8 Wing Trenton. Photo by Second Lieutenant Steve Comeau



Spirits were high despite the freezing rain as runners readied to depart. Photo by Second Lieutenant Steve Comeau



Participants arrived at Bain Park with Frederick Dryden giving two thumbs up! Photo by Second Lieutenant Steve Comeau

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BOXTOP 22 crash commemorated at 8 Wing Trenton ceremony

Cairn in museum air park meant to remind everyone of the tragic events and acts of heroism

Continued from page 1

When that rescue operation was finally completed, 13 lives were saved while five lives were lost in an incredibly successful effort under horrifically trying circumstances. Logistics officer Captain (Capt.) Judy Trépanier, CANEX regional services manager Master Warrant Officer (MWO.) Tom Jardine, supply technician Warrant Officer (WO.) Robert Grimsley and traffic technician Master Corporal (MCpl.) Roland Pitre

all died in the crash, while the aircraft's commander, Capt. John Couch, succumbed to hypothermia after leading the effort to survive in place, and giving up his coat to the other survivors.

The cairn will be "a permanent commemoration of loss and heroism," according to Lieutenant-General Michael Hood, Commander of the Royal Canadian Air Force (RCAF). He said he suspected the passage of time had not softened the loss for family and friends,

and that survivors still bear the scars and rescuers still remember.

It was his fear, however, that the Canadian public was forgetting the incredible sacrifices and effort that took place during the rescue operation.

"I hope it will be an enduring reminder to Canadians of those who did not return, those who survived and those who fought valiantly to bring the survivors home. I hope it will be a place of memory and healing for you and a way to insure

you and your loved ones will be forever remembered," he told the families, friends, survivors and rescuers at the Sunday afternoon ceremony.

The cairn, dedicated in Alert at the original crash site in June of this year, has since been transported to Trenton where it can now be seen by all who wish to visit the museum. Lt.-Gen. Hood accompanied two of the survivors - Tony Cobden and Monty Montgomery, as well as Scott McLean, the young 29-year-old Commanding

Officer of Alert at the time, and Master Warrant Officer Ben House, a Search and Rescue Technician, who jumped into the crash site, - to the dedication ceremony in Alert in June.

"Ironically, the wreckage of the aircraft still lies twisted and broken on the arctic tundra, but it is so well preserved by the northern climate, you might think that a crash had happened only a few months ago," Lt.-Gen. Hood noted. "As we walked the ground from the top of the ridge down to the site of the crash, pieces of aircraft scattered around, you'd be amazed that anyone could have survived that crash, let alone the horrific hours that followed.

"To be honest, I can't really comprehend what those on board Hercules 130322, the rescuers, team Alert, the families - what they must have gone through. But I do know there were many heroes that day. And I would assess the heroism demonstrated that day and in the days that followed has not, I think, been equaled in our peacetime RCAF. I salute all of them - all of you - for your will to survive, your heroism and your determination to succeed. I salute the families of those who perished for your bravery in the face of a tremendous loss," he told the crowd during the ceremony in the air park of the museum.

Lt.-Gen. Hood said the crash was an emotional event for him a young captain at the time in 435 Squadron.

Continued on page 11



Lt.-Gen. Michael Hood, Commander of the Royal Canadian Air Force, spoke in remembrance of Boxtop 22 cairn dedication ceremony not only as the Commander of the Air Force but as a person who lost friends and colleagues in the crash on Oct. 30, 1991. Photos by Ross Lees

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Continued from page 10

“The crew was my friends, I’d flown with them, played with them, and for a great number of days, we had no idea what had happened.”

“This crash resides particularly close to home for the men and women of 8 Wing,” noted Colonel Colin Keiver, Commander of 8 Wing Trenton. “We have just completed another successful Operation BOXTOP, but the dangers of operating in Canada’s Arctic are something always top of mind for our personnel at CFS Alert, as well as our 8 Wing aircrew who supply them.”

Major-General (Maj.-Gen.) Greg Loos, Chief of Staff of Information Management, said the story was very much an air force story, but also a story of the communications research and signal community, who by nature and necessity must keep most of their operational stories to themselves.

“This crash and the ensuing rescue occurred almost literally in the back yard of that station, then under the command of Scott McLean,” he said

As the rescue attempt progressed, the kitchen of the station was turned into a surgical ward and all station members became fully engaged in the significant operational and emotional event, including; housing of the rescuers, coordination, administration and logistics - which passed through some 13 aircraft on the gravel of the Alert runway.

Maj.-Gen. Loos said the commemoration of the cairn at this time served to remind everyone of the potential risk and sacrifice that attends military duty.



8 Wing/CFB Trenton Commander Colonel Colin Keiver and Wing Chief Warrant Officer Darcy Elder salute after laying a wreath at the Boxtop 22 cairn dedication ceremony on Oct. 30, 2016 and the National Air Force Museum of Canada Air Park. Photo by Ross Lees



Survivors of the Boxtop 22 crash; Master Warrant Officer Anthony Cobden, Master Seaman (retired) David “Monty” Montgomery, Captain (retired) Dr. Wilma de Groot, Sergeant (retired) Paul West, Master Warrant Officer (retired) Marc Tremblay, Captain (retired) David Meace and Captain (retired) Richard Dumoulin, prepare to lay a wreath during the ceremony commemorating the 25th anniversary of Boxtop 22. Photo by Ross Lees

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RCAF Flyers Arena Manager now on CAF Honour Roll

Former CAF PERI has an impressive list of CAF sporting accomplishments

Continued from page 2

In that same description, he is called "...one of the best broomball players in CF history, winning gold medals at the 1987 and 1991 CAF National Broomball Championships, a bronze medal at the 1989 Canadian Broomball Championships, and a final six finish at the 1991 World Men's

Broomball Championships. Throughout his military career, Sgt. Pearce participated in 41 CAF Regional Sports Championships and won 14 gold medals in ice hockey, ball hockey, basketball, fastball, soccer, broomball, running and triathlon, making an enormous impact as an athlete, coach and official."

During that stellar career, he

played on four different provincial broomball teams for Nova Scotia, Manitoba, Ontario and New Brunswick.

When pushed a little bit, he readily admits he did not get everything on that list because he simply forgot some of it and only remembered it after the submission. Because much of the records were lost when the trade went down, he may still

be missing some of the accomplishments because he says he can't remember it all.

Mr. Pearce started his military career in 1996 as an infantry soldier in the 2nd Battalion of the Royal Canadian Regiment but, half way through his career, he remustered to a Physical Education Recreation Instructor (PERI) and stayed with that until the trade was closed out in 1997.

"I would have stayed longer, for sure, but the trade went and I had to move on," he stated. "It's sad the trade went down, because it was a good trade."

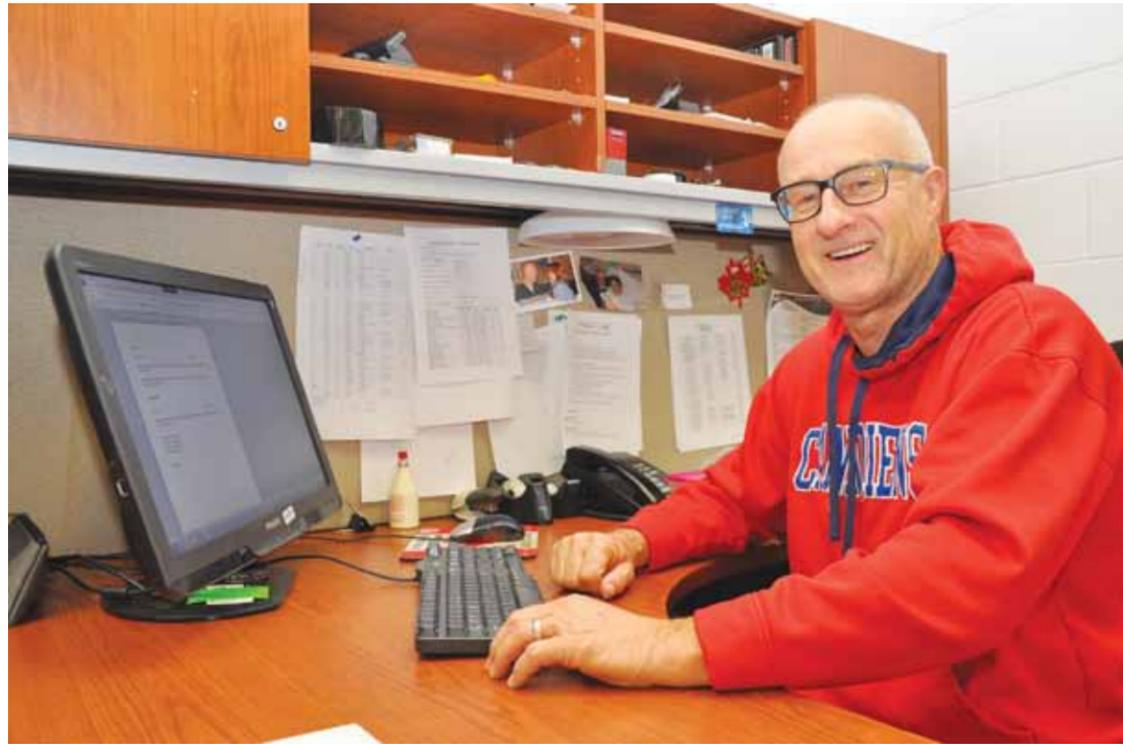
In 1999, Mr. Pearce took the job in Trenton of being the arena manager and he has added to his incredible list of accomplishments since then. He has coached teams for his children – four daughters although one wasn't an athlete – and he has continued to contribute to athletics at CFB Trenton. Since he has been here, he has supervised the construction of the 8 Wing Flyers Arena, the outdoor pool, the RecPlex and the new soccer fields.

As if that wasn't enough, Mr. Pearce has been coordinating the United Way Hockey for 16 years where they have raised on average about \$2,000 per year and last year, he started the United Way Slo-Pitch tournament and raised \$1,600 in their first effort.

Always a lover of sports and competing, Mr. Pearce now limits himself to golf and coaching his daughters' hockey, soccer and rugby teams. He must have some talent in that regard, also, because one of his daughters is a world-class rugby player.

We have attempted to list Mr. Pearce's accomplishments with this article and we're sure you will think it is a truly impressive list, if he thought to list all of it.

Like, did he think to include that in his first track meet in the military, he won seven gold medals?



- ### Bryan Pearce's track to the CAF Honour Roll
- 7 CAF Regional Men's Broomball Champions
 - 12 CAF National Men's Broomball Championships
 - 2 CAF National Men's Broomball Champions
 - 1 Civilian World Men's Broomball Championship
 - 4 Civilian Elite Provincial Men's Broomball Champions in three different provinces
 - 2 Civilian Intermediate Men's Broomball Champions
 - 10 Civilian Elite Provincial Men's Championships
 - CAF Team of the year 1992
 - CFB Cornwallis Men's Broomball team - Elite and Intermediate Provincial Champions the same year, the first CAF team to accomplish this
 - Champions CFB Shearwater International broomball tournament - first CAF team to accomplish this 1992 CFB Cornwallis
 - 2 CAF Regional Women's Broomball Championships
 - 6 CAF Regional Basketball Champions
 - 1 CAF Regional Basketball Champion won by 2RCR Battalion team 1979
 - 10 CAF Regional Hockey Champions
 - 6 CAF Regional Soccer Championship
 - 1 Civilian Provincial Soccer championship
 - 1 CAF National Soccer Champions
 - 5 CAF Regional Ball Hockey Champions
 - 1 Civilian Ball Hockey Champions
 - 2 CAF Regional Fastball Champions
 - 1 CAF Regional Triathlon Champions
 - 8 CAF Regional Championships Official Various sports
 - 20 CAF Regional Championships as Coach of various sports
 - 20. 1 CAF Coach of the Year
 - 35 Years Coaching Minor Hockey
 - 16 United Way Hockey tournaments raised over \$30,000
 - 1 United Way Slo-pitch Tournament raised \$1,600
 - Deserving Serviceman's Award 1988
 - Air Command Athlete of the Year 1989

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Bryan Pearce can now most often be found in his office in the RCAF Flyers Arena doing the job he has held for going on 18 years as a civilian. Photo by Ross Lees



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ISPC Trenton will help maintain a chain of concern for those it helps

ISPCs provide personal and administrative support programs to ill or injured CAF members

Continued from page 1

If we are unable to do that, if that's not a reasonable outcome, we want them to experience the best possible transition to civilian life possible," he said.

Keeping track of the process as the military members go through the IPSC would ultimately benefit the squadrons and units, Lt.-Col. Thornley added.

"You've got to stay involved in

their recovery because you want them back in your lines. That's the fastest way you're going to get a trained person back in that slot," he said.

This newest structure at CFB Trenton comes under the umbrella of the JPSU and provides personal and administrative support programs to ill or injured Canadian Armed Forces (CAF) members of the regular and reserve force that have a medical condition that precludes them from returning to their place of duty for a period of six months or more.

IPSC Trenton provides one-on-one contact under one roof and support for serving and former CAF personnel, their families and the families of the fallen. The new facility is currently manned with nine military members and civilian staff, providing support services to 51 platoon members and 107 clients, and these numbers are on the rise, according to Gilles Tremblay, one of the IPSC services coordinators.

8 Wing /CFB Trenton Commander Col. Colin Keiver noted the irony of holding the official opening ceremony of the building exactly two weeks prior to Remembrance Day.

"It's not just about remembering those who have gone before, but as Mike has so succinctly

stated, it's about remembering those who need help today, and that is what this building is all about. It's about helping those we want back into the fold," he said.

Col. Keiver also attempted to straighten out a misconception about the IPSCs.

"You know, the IPSC and the JPSUs were stood up entirely as a return to service organization. They were not stood up as something to transition people out of the military. They are about looking after our own and getting them back into uniform where they belong and getting them back on the line where they want to be," he explained.

Prior to tours of the building, a Quilt of Valour was unveiled at the ISPC Trenton facility, as they are in every IPSC's across Canada. Quilts of Valour especially designed for presentation to injured and ill CAF members and veterans have already touched over 7,777 military members, according to Mr. Tremblay.

Blair Smith, the IPSC service manager, called the Quilts of Valour program a special part of the ISPC program, one he was proud to be a part of in terms of presenting quilts to ill and injured members.

"It's really a very emotional



8 Wing Chief Warrant Officer Darcy Elder, Wing Commander Col. Colin Keiver, IPSC Platoon Warrant Officer Frances Gaudet, IPSC Platoon Commander Capt. Nicole Coté and JPSU DCO Lt.-Col. Mike Thornley take part in the official cake cutting ceremony to open the new IPSC in Trenton on Oct. 28. Photo by Ross Lees



Janice Easton, Vice President of the Quinte Area Quilts of Valour, and Blair Smith, ISPC Service Manager, officially unveiled the Trenton IPSC Quilt of Valour. Photo by Ross Lees

experience to present a quilt to a member and see the emotional impact that it has on that member," he explained.

The quilt unveiled at the Trenton IPSC was made by a former Royal Canadian Air Force (RCAF) pilot from 436 Squadron and by Jan-

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New Programs at the Trenton MFRC

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

Nouveaux programmes pour l'automne au CRFM de Trenton

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

Afternoon Chatter

Glam up your hairstyles for the holiday! Glam up for your Christmas events! Come and discover some ideas and techniques for new hairstyles with Annie of Jazz Hair Studio. Sunday, Nov. 20 from 1 p.m. to 4 p.m. at the Trenton MFRC. Always popular and everyone is welcome! Onsite subsidized childcare (0-12 years old) is available, must be registered and paid at the MFRC reception, no later than Wednesday, Nov. 16 at 4 p.m. Information and registration: 613-965-3575.

Rencontre sociale mensuelle - Jasette de l'après-midi mensuelle

Coiffures avec glamour pour les Fêtes! Toujours populaire! Bienvenue à tous! Ajoutez un peu de 'glamour' pour vos célébrations des Fêtes. Venez à la découverte d'idées et techniques pour de nouvelles coiffures. Le dimanche 20 novembre au CRFM de Trenton, 13h à 16h. 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 16 novembre à 16h. Information et inscription : 613-965-3575

Harry Potter-Thon at the Youth Centre

\$5 per child and lunch is included, Sunday, Nov. 6 from 12 p.m. to 3 p.m. Join us for magical treats and movies!

Harry Potter-Thon

Le 6 novembre au CRFM de Trenton 12h à 15h. 5\$ par personne - le diner est inclus.

Wine Glass Creations

Dates: Thursday, Oct. 13 - Halloween Design; Thursday, Nov. 17 Winter/Christmas Design. Time: 6:30 p.m. to 8:30 p.m. Cost: \$20/class, includes two (20 oz) glasses and painting supplies. Where: Trenton MFRC. Deadlines to register and pay: Oct. 6 and Nov. 10. For more information call 613-965-3575.

Creations de verres à vin

Dates: Jeudi 13 octobre Design pour Halloween; Jeudi 17 novembre Design hiver/Noël. Heure: de 18h30 à 20h30. Coût: 20,00\$/classe, comprend deux verres (20 oz) et matériel requis. Où: CRFM de Trenton. Dates limite pour

inscription et paiement: 6 octobre et 10 novembre. Information : 613-965-3575.

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@trentonmfr.ca.

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 Orana 613-392-2811 ext. 3953 or orlana.b@trentonmfr.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 Orana Bourgoin 613-392-2811 poste 3953 ou orlana.b@trentonmfr.ca

Family Cooking Classes

Monthly cooking classes are now available for children with special needs, their siblings and their parents. This program will help children develop independent social skills by teaching them about healthy eating and how to prepare meals. Oct. 15 and Nov. 19 from 11:30 a.m. to 1:30 p.m. at the 8 Wing Chapel.

Cours de cuisine familiale

Cours de cuisine mensuel maintenant offert pour les enfants ayant des besoins particuliers, aussi pour leurs frères et sœurs et leurs parents. Ce programme aidera les enfants à développer leurs aptitudes sociales indépendantes en leur enseignant la saine alimentation et la préparation de repas. Le 15 octobre et le 19 novembre, de 11h30 à 13h30 à la chapelle de la 8e Escadre.

Continued on page 13

Home of the Week

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With curb appeal galore, this one and a half storey, three-bedroom home, which includes an unfinished basement, will enhance any residential neighbourhood.

The covered porch that shelters the entry extends around the corner to form a small veranda. Inside, the foyer includes a spacious coat closet and leads into the great-room complex, where part of the ceiling is double-height, lending this area an airy elegance.

The gas fireplace in the great room, flanked by built-in shelving, will cast its glow into the dining room, as well as the kitchen. French doors to the covered patio will make out-

door meals easy to serve.

The kitchen, with a step-saving U-shaped counter configuration, features a window over the double sink with an extra-deep sill, ideal for collectibles and pots of herbs.

To the left of the foyer is the laundry room and a powder room is adjacent to the great room, close to the U-shaped stairway to the second floor.

Ceilings on the main floor measure nine feet high.

Upstairs, the master bedroom occupies a bayed-out area with a dramatic vaulted ceiling that rises to 11 feet. A walk-in closet is located across from the large en-suite, which includes a

soaker tub with a window overlooking the back garden, as well as double sinks and a shower stall.

The secondary bedrooms share a three-piece bath with a handy linen closet nearby.

On the exterior, board-and-batten cladding adds texture to the lower part

of the facade, with stained wooden shakes on the upper part. Unstained shakes provide contrast on the front porch. Painted trim and decorative woodwork add interest.

This home measures 48 feet wide by 46 feet, six inches deep, for a total of 1,796 square feet.

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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.

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.

MFRC continued from page 14

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 affect 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@trentonmfrc.ca

Groupe de soutien pour les parents de 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@trentonmfrc.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@trentonmfrc.ca

Club des blocs de construction

Le CRFM de Trenton et Autisme 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 soeurs âgés de 6 à 10 ans. Pour information contactez Orlana au 613-392-2811 poste 3953 ou orlana.b@trentonmfrc.ca

Your Financial Future

Learn how to invest and prepare short and long term goals. Nov. 15 at 9 a.m. or Nov. 22 at 3:30 p.m. Free at the Trenton MFRC! Register with the MFRC reception 613-965-3575 or Rabia at rabia.s@trentonmfrc.ca

Votre futur financier

Apprenez comment Investir et préparer pour les jours à venir...des objectifs à court et à long terme. Le 15 novembre à 9 h OU le 22 novembre à 1530h. Gratuit au Trenton CRFM ! Inscrivez-vous en téléphonant la réception du CRFM au 613-965-3575 ou Rabia à rabia.s@trentonmfrc.ca

PALS (Peers Assisting with Life Skills)

This program favorite is being extended to the children of medically released veterans, ages six to 11. Children learn resiliency and life skills such as dealing with stress, emotional regulation and communication skills. Dinner is provided. Member-

ship: \$50/first child, \$80/two children, \$110/three of more children. Please note this program is open to children from military and veteran families. Sept. 9, 5:30 p.m. to 7:30 p.m. All About Me. Meet new friends and learn about the program. Oct. 14, 5:30 p.m. to 7:30 p.m. – Worries and Fears. Learn about why we get scared and ways to manage worries. Nov. 18, 5:30 p.m. to 7:30 p.m. – Compassion. Learn about caring for others and the benefits to ourselves. Register by email by the Monday before the program with Kendra at kendra.b@trentonmfrc.ca

AMIS (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 septembre de 17 h 30 à 19 h 30 : Tout sur moi. Faites de nouveaux amis et découvrez tout sur le programme. 14 octobre de 17 h 30 à 19 h 30 : Préoccupations et peurs. Découvrez la raison de vos peurs et apprenez à gérer vos préoccupations. 18 novembre, 17 h 30 à 19 h 30 : Compassion 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 d'ici le lundi précédent le début du programme.

Continued on page 17



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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.

Nov. 4 – CFB Trenton Blood Donor Clinic

The CFB Trenton blood donor clinic will be held at the RecPlex gym, 21 Namao Drive, on Nov. 4 from 10 a.m. to 2 p.m. Regular and new donors are encouraged to come out, donate and give the gift of life.

November 4 to 6 - Ski Swap at Batawa Community Centre

Friday, Nov. 4, 5 p.m. to 8 p.m., drop off items you would like to sell: skis, snowboards, boots, poles, clothing (but no helmets or straight skis please). Since this is a fundraiser, a 15 per cent commission will go to the Batawa Ski Racing Club. Saturday Nov. 5 and Sunday, Nov. 6, come shopping for both used and new ski and snowboarding items Saturday between 9 a.m. and 4 p.m. or Sunday between 10 a.m. and 3 p.m. Payments accepted include: cash, cheque, debit or credit (two per cent charge for credit purchases). For more info: batawaskiracing.com

Nov. 5 - Queen of the Most Holy Rosary Catholic Women's League Annual Bazaar

Queen of the Most Holy Rosary Catholic Women's League Annual Bazaar takes place Saturday, Nov. 5 from 10 a.m. to 2 p.m. in the parish hall at 169 North Park St. Belleville. Baked goods and preserves, hand-made crafts, pick your prize draws, cake walk, jewellery and children's corner will be featured. Tea Room opens at 10 a.m. Cost is \$5. Free admission. We look forward to seeing you.

Nov. 5 – I Am Not a Rock Star

The documentary "I Am Not a Rock Star" will be presented at St. Thomas' Anglican Church (201 Church Street, Belleville) at 7:30 p.m. It was filmed by Bobbi Jo Hart and shows Marika Bournaki's evolution from being a child prodigy to becoming a professional pianist. Admission is \$5.

Nov. 9 – 8 Wing Officers' Mess Ladies Club 'New to You Accessories' Evening

The 8 Wing Officers' Mess Ladies Club 'New to You Accessories' evening will be held on Nov. 9 at 6:30 p.m. at the Mess. Suggested items include belts, handbags, scarves, and jewellery. No shoes or clothes. Admission for members and invited guests of members is free with two auction items. For more information, contact chambersj@live.ca

Nov. 13 – Revive Physio Care helping Wounded Warriors

Revive Physio Care is a multidisciplinary

physiotherapy clinic that recently opened its second clinic in Trenton. Physiotherapist Joseph Chacko has been treating Quinte area clients for years from his clinic in Belleville and also worked at 24 Health Services at 8 Wing Trenton. He is now accompanied by physiotherapist Nejin Chacko, Chiropractor Dr Raymond Lee, Manual Osteopathic Practitioner Emma Rose and Registered Massage Therapist Jordan MacQuarrie. Joseph and the rest of his staff would like you to join them at their free shoulder clinic fundraiser that is being held in honour of Wounded Warriors. Revive Physio cares for Wounded Warriors will be taking place Sunday Nov. 13 from 10 a.m. to 3 p.m. at the Quinte YMCA. The practitioners will offer assessments and small treatments as well as education on shoulder maintenance and different treatment approaches. Revive Physio Care only asks that you donate as much as you can for this service to help support this wonderful cause. Please join us for coffee and treats and show our brothers and sisters how much we care.

Nov. 13 – Ostomy Support Group Monthly Meeting

The Ostomy Support Group of Belleville and area will be holding its monthly meeting on Sunday, Nov. 13 at 2 p.m. in room P10 in the Quinte Business Centre Building, Loyalist College. Remember, you might not need us right now but others in the group could learn from your experiences. Please come and share your expert advice with other ostomates. We need you.

Nov. 19 – Legion Branch 110 Harvest Ball Dance

The Royal Canadian Legion Branch 110 is having a Harvest Ball dance with live band "The Shadows" on Nov. 19 at 8 p.m. Advance tickets can be purchased at the Legion office. Call 613-392-0331 or visit rcl110.ca for more information.

Nov. 19 – Legion Branch 110 Harvest Ball Dance

The Quinte Branch of the Ontario Genealogical Society meeting will include the annual general meeting for 2017 elections, Robyn May will introduce her book "Sacrifice of Angels" about WWI Canadian nurses and also the library services and recent updates to help maximize researching at our library. Place - Quinte West Public Library, 7 Creswell Drive, Trenton, ON. Time - 1 p.m. to 3 p.m. Everyone is welcome. For more information visit www.rootsweb.ancestry.co/~canqbogs/ and facebook. Have you started your family tree?

Nov. 20 – Piano Recital

New-York-based pianist Marika Bournaki will

give a piano recital at St. Thomas' Anglican Church (201 Church Street, Belleville) at 4:30 p.m. Bournaki received the First Prize of the Pro-Piano Romania International Piano competition. In 2011, Chatelaine Magazine named her one of Canada's Women of the Year. A reception will follow. Admission: Pay what you can.

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. 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. 28 – 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. 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.

Classifieds

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 Messe CR du dimanche en français à 10h10
 Messe CR du dimanche bilingue le 4ième dimanche du mois à 9h00
 RC Weekday Masses at noon (usually on Tuesday, Wednesday and Thursday)
 Messes CR quotidiennes à 12h00 (habituellement du mardi au jeudi)

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) (the Rev/Rév) Félix Roberge
 Lt (N) (the Rev/Rév) Mary Anne VanHeuvelen
 Capt (the Rev/Rév) Daniel Walton

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

Safety

How not to catch a cold or the flu



That scratchy throat, the sneeze and snuffle; you've caught another cold or the flu. It's not the first in your life and it won't be the last. You're in for a few days or even a couple of weeks of discomfort and inconvenience.

Here are some tips for avoiding these contagious illnesses:

- Wash your hands often. The viruses that spread colds can be transmitted by contact such as shaking hands or touching a surface that an infected person has touched, such as a door-knob or a telephone.
- Keep your hands away from your face. Without realizing it, you probably touch your eyes,

nose and mouth many times a day with your hands. This is how the virus can get from your hands into your respiratory tract.

- Maintain your health to keep your immune system in good shape. Eat a variety of fruits and vegetables, exercise regularly, get plenty of rest and drink at least eight glasses of water a day.
- Talk to your doctor about a flu shot if you are over 60, have a chronic illness or just want to decrease your chances of getting the flu.
- Cover your mouth and nose when you cough or sneeze to keep from spreading the in-

fection to others. Dispose of issues where others will not contact them, and wash your hands frequently when you have a cold or the flu. If you're really sick and contagious, consider staying home so as not to spread the disease to others.

What's the difference between a cold and the flu? If you just have the runny nose and sneezing, you probably have a cold. If you also have a fever, headache, muscle aches and fatigue, you probably have the flu.

You can usually care for yourself until you get over a cold or the flu. Drink plenty of fluids, get plenty of rest and eat nutritious

foods.

Persons who are very young or old, pregnant or suffering from allergies may need medical help.

You should also call a doctor if you have one or more of these symptoms:

- If you are sick for more than a week.
- If you have a high fever.
- If you are coughing up mucous which is not clear.
- If you have a sore throat that hurts when you swallow and have white patches on the tongue.
- If you have chest pains, shortness of breath, wheezing, a bad earache or headache for more than a couple of days.

- If you take over-the-counter remedies to relieve cold or flu symptoms, be aware many of them can cause drowsiness, making it unsafe to drive or operate machinery. Also, many can affect other medications that you may be already taking.

Perhaps one day medical science will come up with a way to cure the common colds and flu. In the meantime, a healthy lifestyle will decrease your chances of becoming infected and will speed your recovery.

MFRC continued from page 15

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 aid-

ants 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.

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. Diner 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.

Friday Drop-Off

Need a break, have an appointment - for an hour or a day? We have drop-off child care on Fridays from 9 a.m. to 4 p.m. at the Playroom. To book a spot, call MFRC reception (613-965-3575) from 1 p.m. on Monday to noon on Thursday. The cost is \$5 per hour for your first child and \$4 per hour for subsequent children.

Band of Brothers

Remembering those whose "weapons" were saxophones, trumpets, and trombones



By Andy Sparling

Seventy years ago, my dad, Phil Sparling, came home to Canada (London, Ontario) after World War Two. He was 23 years old, and hadn't fired a shot.

He and the other 20-some-

things in the *RCAF Streamliners*, a 15-piece big band considered one of Canada's best, had packed up their horns and headed for home on the *Ile de France*, a luxury ocean liner that had been converted into a troop and munitions carrier during the war. As they sailed

home, the Streamliners knew their lives would be forever affected by what they had done, where they had been, and what they had seen in the previous 20 months.

In June 1944, they'd been posted to Europe with the task of providing a musical taste of home for soldiers, sailors and airmen not just from Canada, but from all allied nations. In sometimes dangerous and always challenging conditions, the Streamliners played more than 600 gigs - an

average of one every day, seven days a week - throughout the UK, France, Belgium, Holland, Germany, and Denmark.

They travelled thousands of miles in trains and trucks - occasionally under fire - and hopped between continents in unarmed Dakota C3 planes to play for soldiers in freshly-liberated territory mere yards away from the front lines. They witnessed the horror of a German concentration camp. Their big band swing and jazz was featured regularly on BBC radio broadcasts, and they alternated billing with the great Glenn Miller American Army band at the Queensbury All-Services Club, in what is now London's Prince Edward Theatre. And like all wartime Londoners, they scrambled to stay clear of German V1 and V2

rockets, sometimes fervently wishing they could ditch their uniforms and join the civilians who sought the safety of the underground shelters.

After arriving in London shortly after D-Day, the Streamliners played for troops throughout the UK. They entertained often in London, when German rockets rained down nightly for a while. Drummer Don Hilton, who would go on to a career in music in Toronto that included the *Juliette* show on CBC-TV and backing jazz greats Art Blakey and Oscar Peterson, can now laugh about one particularly harrowing night.

Hilton and bandmate Jack Perdue woke up to the sirens and heard the engine of what Perdue thought was a truck outside, but what Hilton guessed could well be an approaching rocket. It was hard on the nerves, because if the engine cut out, it was likely a V1 rocket that would soon fall and explode nearby.

"What do you think that is, Jack?"

"Oh, it's just a truck."

"I don't think it is a truck, Jack."

"Yes it is, it's just a truck."

"No it isn't."

"Yes it is."

So they waited awhile longer, and the engine stopped.

"It is like hell a truck, that's a bomb!"

They scurried downstairs to safety in the nick of time, the bomb exploding nearby.

Continued on page 19



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Continued from page 18

Hilton also recalls that on the day the great American bandleader Glenn Miller took his fateful flight across the English Channel, never to be heard from again, the Streamliners set out in skies filled with enemy air activity for Eindhoven, Holland. Trombonist Charlie Overall, looking out his window, announced that he could see a lot of fighter aircraft nearby. Understandably concerned, to say the least, the others held their breath for a few moments until he updated his report with "It's okay... they're ours!"

Hilton recalls another close call when the band played a recently re-captured German airfield, again in Eindhoven. The Streamliners were headed there for New Year's Eve,

but bad weather forced them to camp in a hospital for the night. The next morning, hundreds of wounded soldiers were brought in to that hospital from the airfield, as the Germans had attacked once again in an effort to reclaim it.

On their way from Eindhoven to Arnhem, Germany to a concert for Canadian Army troops, the band crossed the Nijmegen Bridge under shell fire. When they made it to the concert site just 250 yards from the German lines, they played for soldiers who pointed their guns at the door every time it opened, just in case some of the German paratroopers in the area decided to drop in.

Another surviving band member is guitarist Len Coppold, now in his mid-90s and still playing in Melbourne,

Florida. He'll never forget what he saw the day the band was taken to the German concentration camp Bergen Belsen after playing in Celle, Germany.

The prisoners had been freed by American troops just days before the band's arrival.

"We went through the gates, and you just wanted to faint. The people who'd been imprisoned and tortured for three years were just there....they had nothing to do and no place to go. It was a terrible, terrible scene. These people weighed just 60 to 65 pounds maximum, lying on the ground, and holding their hands on the fence... and then we saw the ovens. It just demolished me."

My dad died in 2010. A year before, I asked him to write down what he remembered

about the end of the war.

"At a concert near Apeldoorn in Holland, we could hear the rumble of guns as the Battle of the Bulge fizzled out. By boat back to England, where we added the France and Germany Star to the Defense of Britain Ribbon. Some heroes. Always felt sheepish when guys who fought and killed and lived in terror in planes and trenches started applauding us."

"I remember joining the giddy mobs on VE Day, and surging down the Strand to the Palace and cheering the Royals who appeared at intervals all day. They wept; we wept; the gods wept."

"Well, as the guy with billboards in Piccadilly Circus proclaimed, "the end is nigh." Nine more frustrating months passed before we found ourselves trooping up the gangplank of the "Ile de France," destination Canada. It was time to savour the improbable success we had enjoyed, time to sweep it all under a mat, and get on with the rest of our lives."

For Don Hilton, drumming for the RCAF Streamliners was one of the best experiences of his life.

"We were like brothers. We were together so long, and we went through a lot together, with bombings in London night after night. I'll never forget it. Never."

The RCAF Streamliners "Band of Brothers"

- Pat Riccio, leader, arranger, reeds (Toronto)
- Don Hilton, drums (Toronto)
- Jack Fallon, bass (London)
- Lyle Kohler, piano (Ottawa)
- Len Coppold, guitar (Montreal)
- Jack Perdue, reeds (Clinton ON)
- Phil Sparling, reeds (Clinton - London ON)
- Bob Burns, reeds (Montreal)
- Frank Palen, reeds (Woodstock ON)
- Billy Carter, trumpet (Goderich ON - Clinton)
- Fraser Lobban, trumpet (Owen Sound ON)
- Claude Lambert, trumpet (Wyoming ON)
- Mel Smith, trombone (Laing, SASK.)
- Bill Bebbington, trombone (St. Thomas ON)
- Charlie Overall, trombone (Ottawa)
- George Lane, vocalist

Editor's note: Andy Sparling taught journalism at Loyalist College and was the leader of the Commodores Orchestra.




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\$26,495
\$160

28372 Pwr roof/seat recline, push btn start, heated seats/mirrors, rev camera, Bluetooth, cruise, Fender snd, touch screen, auto, alloys. 21,432 km

bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 AUDI A4 ALLROAD

\$39,995
\$241

28282 Panoramic roof, leather, heated seats/mirrors, Bluetooth, pwr liftgate/seats, auto, 4cyl TFSI AWD. 18,487 km

bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 SMART FORTWO R

\$7,995
\$48

28679 Auto, tinted windows, heated seats, AC, keyless entry. 40,407 km

bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 HYUNDAI TUCSON LTD

\$25,995
\$157

28983E Auto, 4cyl T-GDI, AWD, alloys, heated seats/rear seats/steering, rev camera, Bluetooth, blindspot detect, rear cross traffic alert. 22,327 km

PREVIOUS DAILY RENTAL

bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 NISSAN ROGUE SL

\$28,995
\$175

28951 Auto, AWD, alloys, heated seats, lane depart warn, forward collision warn, pure drive, Bose snd, pwr liftgate, blindspot detect, cruise, rev camera, Bluetooth. 36,683 km

bi-weekly
96 mths @ 5.9%
0 DOWN + HST



14 FORD ESCAPE SE

\$16,995
\$114

28949 Auto, 4WD, keypad entry, eco boost, alloys, heated seats, rev camera, sync, cruise. 99,088 km

bi-weekly
84 mths @ 5.9%
0 DOWN + HST



15 JEEP PATRIOT HIGH ALTITUDE

\$20,195
\$122

29040 Auto, 4x4, alloys, pwr roof, leather, heated seats, U-connect, cruise. 22,944 km

PREVIOUS DAILY RENTAL

bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 HYUNDAI TUCSON LTD

\$25,995
\$157

28980E Auto, 4cyl T-GDI, AWD, alloys, heated seats/rear seats/steering, rev camera, Bluetooth, cruise, blindspot detect. 22,019 km

PREVIOUS DAILY RENTAL

bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 DODGE GRAND CARAVAN CREW

\$21,995
\$133

28985 Auto, flex fuel, alloys, Stow'n'go, dual climate, rear air ctrls, heated mirrors, cruise. 38,318 km

PREVIOUS DAILY RENTAL

bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 DODGE GRAND CARAVAN CREW

\$21,995
\$133

28986 Auto, flex fuel, alloys, AC, dual climate, rear air ctrls, heated mirrors, cruise. 31,173 km

PREVIOUS DAILY RENTAL

bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 KIA SEDONA LX+

\$24,995
\$151

28913E Auto, GDI, 8 pass, alloys, push btn start, heat seats, dual climate, rev cam, park aid, Bluetooth, cruise, pwr slide doors. 29,472 km

PREVIOUS DAILY RENTAL

bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 CHRYSLER T&C TOURING L

\$27,995
\$169

28566 Factory rem start, alloys, pwr roof/seats/liftgate/rear slide doors, leather, heat seats/steering, DVD x2 auto, nav, rev cam, cruise. 26,622 km

PREVIOUS DAILY RENTAL

bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 DODGE RAM PRO-MASTER CITY/SLT

\$23,995
\$145

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

bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 FORD F450 SD LARIAT

\$68,995
\$416

29017 8cyl powersstroke, diesel, factory remote start, long box, leather, heated seat/mirrors, nav, park aid, sync, dual rear wheel. 17,905 km

bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 FORD F250 SD XL

\$32,495
\$196

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

PREVIOUS DAILY RENTAL

bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 DODGE RAM 1500 LARAMIE

\$49,995
\$302

28837 Auto 3.0 6cyl Turbo ECO Diesel, factory remote start, crew cab, leather, heat seats/mirrors/steering, vent seats, nav, rev cam, park aid, U-connect. 4x4. 10,234 km

bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 CHEVY SILVERADO HIGH COUNTRY

\$48,995
\$296

27949A 4x4, factory remote start, crew cab, pwr roof/seats, leather, heated/vented seats, nav, rev camera, park aid, Bluetooth, OnStar, Mylink, cross traffic alert, auto. 12,501 km

bi-weekly
96 mths @ 5.9%
0 DOWN + HST



09 KUBOTA L3540

\$28,900
\$257

22123 Front end loader with bucket, LA724, diesel, 4x4, AC, AM/FM, CD, 2 doors, 686 hours.

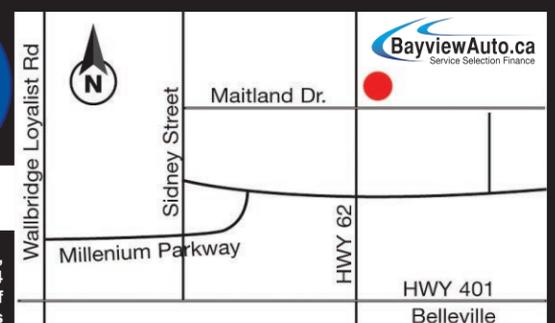
bi-weekly
60 mths @ 5.9%
0 DOWN + HST

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