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## Afghanistan Repatriation Memorial to be enhanced with LAV III Memorial



By Ross Lees

A new Light Assault Vehicle (LAV) III Monument could not have been placed at a more suitable site than that of the Afghanistan Repatriation Memorial (ARM) at Bain Park in Quinte West.

The monument, spearheaded by the *Continued on page 8*

8 Wing Chief Warrant Officer Darcy Elder is literally ready to begin breaking ground at the Afghanistan Repatriation Memorial site while Quinte West Mayor Jim Harrison, 8 Wing Commander Col. Colin Keiver, 8 Wing Hon. Col. John Williams, 8 ACCS Hon. Col. Bernie Ouellet and former Hon. Cols. Kemp Stewart and Armin Quickert pose with shovels at the groundbreaking ceremony on Aug. 4. *Photo by Ross Lees*

## The Earl is coming!

Earl of Bessborough Social House will be a meeting place for all ranks

By Ross Lees

A project now under way at Canadian Forces Base (CFB) Trenton may prove to be the catalyst for social events transpiring well into the future on the busiest air base in Canada.

An all-ranks social house is

now being constructed in the old junior ranks Astra Lounge by former television personality Damon Bennett, who is best known for working with Mike Holmes for nearly 10 years on the Holmes Makes it Right, Holmes Inspection, and Holmes on Homes programs.

*Continued on page 15*



Damon Bennett checks some measurements as he works on the Earl of Bessborough Social House at CFB Trenton. *Photos by Ross Lees*

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# 8 ACCS presents Memorial Cross at Change of Command ceremony

Major Ryan Lizotte accepts the reins of command from Major Allan Ferris

By Ross Lees

It was a Change of Command parade, but the 8 Air Communication and Control Squadron (8 ACCS) "Gypsies", as they call themselves, used the opportunity to honour one of their own – Master Corporal (MCpl.) Melvyn Hearn.

MCpl. Hearn passed away in February 2015 after a fierce battle with cancer. His widow Mary Ellen

Hearn, and her two sons Chuck and David Clark, accepted the Memorial Cross and the Memorial Cross ribbons on behalf of MCpl. Hearn early in the ceremony.

MCpl. Hearn was an integral part of a squadron, whose dedication, and mission-focused approach to achieving operational excellence was as awe-inspiring, as are the other 75 members of the squadron, according to departing Command-



Mrs. Mary Ellen Hearn and her two sons, Chuck and David Clark, receive the Memorial Cross and the Memorial Cross ribbons from 2 Wing Commander, Colonel Luc Boucher, who is flanked on the left of the photo by Sergeant Virginia Hicks, 2 Wing Chief Warrant Officer Martin Rousseau, and on the right by Major Allan Ferris. Photos by Ross Lees



Colonel Luc Boucher, 2 Wing Commander, asks Major Allan Ferris, the departing Gypsy Mother, a question while the new Gypsy Mother, Major Ryan Lizotte, concentrates on getting his signature on the documents.

ing Officer Major (Maj.) Allan Ferris, who described his tenure as a "fun two years."

Maj. Ferris said he was humbled to have been the captain of a great team, a team focused on mission success and developing a relevant, sustainable capability for the Royal Canadian Air Force (RCAF).

"One full calendar-year of my command (2015) equated to 4,185 deployed days on named operations and exercises, a remarkable feat for a squadron of only 75 people," he noted.

Maj. Ferris said that kind of response could not have been possible without the support of their command team partners, and key enablers.

He advised incoming Commanding Officer Maj. Ryan Lizotte to unpack quickly and fasten his seat belt.

"It will be a quick, bumpy ride with lots of ups and downs, but don't fret," he told Maj. Lizotte. "You have a superior team behind you, and terrific people to work with you both in 2 Wing and at CFB Trenton."

2 Wing Commanding Officer Colonel (Col.) Luc Boucher described Maj. Ferris as a "...results-oriented, ops-driven mastermind of the procurement system" who helped 8 ACCS become the centre for excellence in the RCAF.

Col. Boucher told Maj. Lizotte his leadership would be constantly challenged to

balance work and family commitments.

"The very high operational tempo imposed on this unit is not unlike many other units, yet the nature of your work, and the dependence resulting from our own addiction to computer, telecommunication, and air traffic management systems is such that the RCAF as a whole, cannot operate without you. You can look at it as a job guarantee down the road, not a bad thing," he stated.

Col. Boucher warned Maj. Lizotte he was embarking on a very challenging trek, one that would see him and his team deployed on numerous occasions while pushing the envelope on the force development side of 2 Wing. He said the Air Expeditionary Wing was a fairly new capability, but a growing facet of the RCAF.

"I have no doubt your expertise and your leadership will guide you throughout your command," he said.

Maj. Lizotte said it was comforting and felt like coming home, returning to 8 ACCS after a six-year absence.

"Certainly there have been some changes; the command and control structure, the infrastructure, the equipment, and most of the faces but after a few short meetings with the Gypsies, I quickly realized that the cultures, the traditions, and the professionalism of the people that I

*Continued on page 8*



Major Ryan Lizotte accepts the 8 ACCS colours from 2 Wing Commander Colonel Luc Boucher while Major Allan Ferris looks on as part of the Change of Command at 8 ACCS on August 4.

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# Master Corporal Jarrod Conroy continues four generations of family's military legacy

**Editor's Note:** A number of personnel from 8 Wing/Canadian Forces Base (CFB) Trenton are currently deployed to Exercise Rim of the Pacific (RIMPAC) and are performing important duties while there.

Master Corporal (MCpl.) Jarrod Conroy is a Loadmaster from 436 Transport Squadron out of 8 Wing Trenton, Ontario. He has been a Canadian Armed Forces (CAF) member for 15 years and is currently deployed to Exercise Rim of the Pacific (RIMPAC) 2016 in Hawaii, U.S.A.



While deployed to Exercise RIMPAC 2016, he works as a Loadmaster for the Air Mobility Detachment of the Air Task Force. As a Loadmaster, he performs calculations, and plans cargo and passenger placement to keep the aircraft within permissible center of gravity limits throughout the flight. MCpl. Conroy ensures that cargo is placed on the aircraft in such a way as to prevent overloading of sensitive sections of the air-

Photo: MCpl Mathieu Gaudreault, Canadian Forces Combat Camera IS09-2016-0017-002

frame and cargo floor. "I joined the Canadian Armed Forces because of my desire to serve my fellow Canadians," said MCpl. Conroy. "I'm proud to continue the four generations of my family's military legacy.

"RIMPAC has been an enriching experience being able to work



Corporal (Cpl.) Cameron Lindsay, a Loadmaster from 436 Transport Squadron out of 8 Wing Trenton, Ontario, gets a CC-130J Hercules aircraft ready for a medical supply delivery scenario during Exercise RIMPAC 16 at Joint Base Pearl Harbor-Hickam, Hawaii on July 13.

Photo: MCpl Mathieu Gaudreault, Canadian Forces Combat Camera IS09-2016-0017-015

with our military partners from various nations in the Pacific," he said.

Twenty-six nations, more than 40 ships and 200 air-

craft, and 25,000 personnel are participating in Exercise RIMPAC, in and around the Hawaiian Islands and Southern California, from June 30 until August 4. As the world's largest international maritime exercise, Exercise RIMPAC provides a unique train-

ing opportunity that helps participants foster and sustain the cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world's oceans. Exercise RIMPAC 2016 is the 25th exercise in the series that began in 1971.



Master Corporal (MCpl.) Cameron Lane, a Loadmaster from 436 Transport Squadron out of 8 Wing Trenton, Ontario, conducts a pre-flight check on a CC-130J Hercules aircraft before a medical supply delivery scenario during Exercise RIMPAC 16 at Joint Base Pearl Harbor-Hickam, Hawaii on July 13.

Photo: MCpl Mathieu Gaudreault, Canadian Forces Combat Camera

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# Lancaster Memorial at CFS Alert draws early attention of new Commanding Officer



The honour guard and flagbearers guard the monument, graves, and wreaths for the Lancaster No. 965 crash.

stand and pay their respects to those who came to this land before them.

A prayer was made by Sergeant Orichefsky with Major Tsai-Lamoureux delivering the commemoration speech. Three wreaths were placed on the graves: one from Environment and Climate Change Canada, another from the Canadian Armed Forces, and a third from Nasittuq.

The memorial had a special significance for ECCC personnel. CFS Alert was originally a weather station for the Joint Arctic Weather Station System. The military originally served as a support role to the Station prior to employing CFS Alert for signal's intelligence. The ties between the two agencies are remembered to this day.

By: Second Lieutenant Cory Watson

When a Change of Command occurs on a Canadian Armed Forces Base or Station there is a lot of action. Personnel are tasked as documents are signed and meeting after meeting is scheduled. The Change of Command at Canadian Forces Station (CFS) Alert on July 27 had all the hustle and bustle a Change of Command entails; but one of the first orders of business was not to plan for the future but to remember the past.

One of Commanding Officer Major (Maj.) Amy Tsai-Lamoureux's first tasks was to hold a memorial service for the Royal Canadian Air Force Lancaster No. 965 which crashed on July 31, 1950, taking the lives of nine people: Colonel C.J. Hubbard U.S.A Weather Bureau; Dr. D.W. Kirk; Wing Commander David Thomas French D.F.C.; Flight Lieutenant Lorne Munroe Maclean; Flight Lieutenant Felix Leon Joseph Swinton; Flight Officer Thomas Delbert Martin; Flight Officer Joseph Roland Gerard Dube; Flight Officer James Evertt McCutcheon; and Leading Aircraftsman Robert Leonard Sprange.

On July 31, CFS Alert - which is composed of mem-

bers from the Canadian Armed Forces, Nasittuq, and Environment and Climate Change Canada (ECCC) - all came from their respective duties to



CFS Alert Commanding Officer Major Tsai-Lamoureux gives commemoration speech.



Major Tsai-Lamoureux salutes the graves as Master Warrant Officer Dan Flammann prepares to lay a wreath.



Environment and Climate Change Canada representative Ms. Jane Fonger lays a wreath.



Spectators observe the ceremonies.

Photos by: Private Istvan Zsarik

## 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



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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.



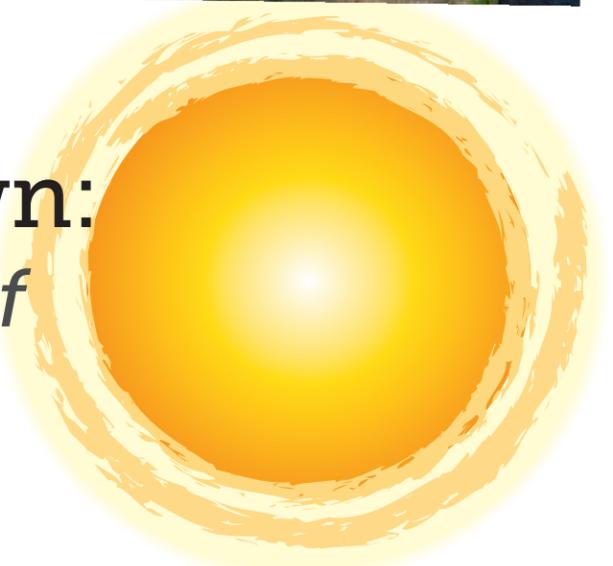
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## Cadet soakdown: *Heat relief*

General Training Cadets, serial two, were given some welcome relief from the hot, humid weather of late by the fire department. *Submitted photos*



## Wing Logistics and Engineering Picture of the Week

### *Cadet Season at CFB Trenton*

The Royal Canadian Air Cadets are back again and Wing Food Services is in full force. Seen here are Aviator Annie Desmarais, Alex Barnes and Robyn Dilworth serving the lunch rush of cadets in the Yukon Galley's cadet dining hall. Feeding up to 1,000 diners while the cadets are here for the summer, the kitchen is staffed around the clock to keep up with the meal demands required to feed these numbers. Along with our full-time staff there are also temporary cooks and kitchen helpers, as well as students hired from around the Quinte area. *Photo by Master Seamen Norm Galway*



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# Air Cadets learn about ships - citizenship, leadership and friendship

By Ross Lees

Trenton Cadet Training Centre (TCTC) Commander Lieutenant-Colonel (Lt.-Col.) Darryl Rolfe dipped into his former naval training in his speech to the General Training cadets graduating last Friday.

"You might not realize it, but you learn a lot of Navy stuff while you're here - you learn about ships, did you know that? Citizenship, leadership and friendship - big lessons in all of what we do," he told the cadets.

Learning to live in close proximity, being respectful of the environment and learning to live differently like they do on the cadet course helps the cadets with their citizenship, he said.

Throughout their courses, they are forced to be leaders, to demonstrate good conduct, lead in small tasks like drill and they are exposed to great opportunities, but he felt it was the friendships they made at the camp that was the most important aspect of all.



Capt. Found, the General Training Course Officer, presented the Drill Team Commander's Shield to Cadet Elizabeth Nigh of 822 Tutor Sqn. Photos by Ross Lees



Lt.-Col. Trevor Campbell, National Cadet and Junior Canadian Ranger Support Group Deputy Chief of Staff, whose uniform was travelling around the province on a train, presented the Lt.-Col. S.L. Beaton Trophy to Cadet Cameron Devrash Shah of 44 Squadron, Sarnia, as the top cadet.



He harkened back to his days in the general training program and noted that he still remains in touch with some of the friends he made during that period.

Reviewing Officer Lt.-Col. Trevor Campbell, the National Cadet and Junior Canadian Ranger Support Group Deputy Chief of Staff, said it was his cadet training which gave him the foundation for a very successful military career.

"I was a cadet back in the day in the early 80s, and that training took me to where I am now," he said. "I enrolled in the regular forces in 1988 as a pilot, and I have the air cadet program to thank for that. I've had a very happy and successful 28-year career in the regular forces."

Working in the national headquarters for

*Continued on page 9*

Lt.-Col. Trevor Campbell, National Cadet and Junior Canadian Ranger Support Group Deputy Chief of Staff and Reviewing Officer for the General Training Graduation Parade, Serial 2 on Aug. 5, speaks with a cadet during inspection while his Squadron Commander looks on.

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# Afghanistan Repatriation Memorial to be enhanced with LAV III Memorial



Honorary Colonel John Williams (left) takes a moment to say a few words at a groundbreaking ceremony on Aug. 4 for a new LAV III monument. In the photo and also ready to break ground with Hon.- Col. Williams are former Hon. Col. Armin Quickert, 8 Wing Commander Col. Colin Keiver, Quinte West Mayor Jim Harrison, former Hon. Cols. Kemp Stewart, and Hon. Col. Bernie Ouellet. Photo by Ross Lees

Continued from page 1

Honorary and former Honorary Colonels of 8 Wing/Canadian Forces Base (CFB) Trenton, will enhance the memorial already in place dedicated to those brave

men and women who made the supreme sacrifice for their country in the Afghanistan conflict, according to 8 Wing Honorary Colonel (Hon. Col.) John Williams.

While the project was origi-

nally discussed back in the fall of 2015 by former Hon. Col. John Smiley, supported by Hon. Cols. Bernie Ouellet, John Williams and former Hon. Cols. Kemp Stewart and Armin Quickert,

the groundbreaking for the monument was just held last week at the ARM.

“We think it will enhance what we already have here, and it recognizes the sacrifices as part of the Afghanistan conflict,” stated Hon. Col. Williams. “It’s a great memorial the way it is, but I think this will just add to it. Thank you to all the Honoraries and thank you to the Mayor and the City for supporting this.”

According to Hon. Col. Williams, the opportunity to acquire a LAV III came up through Canada Company and the Honorary Colonels at CFB Trenton jumped at the opportunity, approaching Quinte West Mayor Jim Harrison and his council to support the project application; approval was given.

With the LAV III now ready to be shipped, the project has begun and is hoped to be completed by the end of August.

An official dedication will take place on September 24, at the Wounded Warriors Canada Highway of Heroes Ride to Toronto which departs from the ARM.

The refurbished LAV III will be

mounted on a pad near the ARM with a sidewalk leading to it, and an official plaque placed on it, according to Hon. Col. Williams.

8 Wing Commander Colonel (Col.) Colin Keiver said 8 Wing gets an incredible amount of benefit from the Honorary Colonels program.

“It’s awesome to see the Honorary Colonels working together to do something like this not just for themselves but the community writ large, which we all belong to and call home,” he said. “I think it’s an exceptional initiative and I applaud the Honorary Colonels for doing it.”

Quinte West Mayor Jim Harrison said he and his council were happy to support the project, adding any such donations are gratefully received by the municipality.

“We’ll make sure it’s maintained and we have great security here for various reasons, but it’s also a great acknowledgement to those people who gave the supreme sacrifice in different parts of the world,” he said. “We’re thankful that you have chosen to do this.”

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2 Wing Commander Colonel Luc Boucher and Major Allan Ferris take the salute of 8 ACCS and their new Commanding Officer Major Ryan Lizotte at the Change of Command ceremony August 4. Photo by Cpl. Kenneth Beliwicz

## 8 ACCS presents Memorial Cross at Change of Command

Continued from page 2

admired the most on my last tour here is still well intact,” he said.

Maj. Lizotte said he was extremely humbled to be the new Commanding Officer of 8 ACCS, noting that having worked at 1 Canadian Air Division over the last

few years, he had seen the impact the squadron has on capability of the RCAF.

“As your new CO, I fully understand that you are the squadron’s greatest asset and thus, I am committed to ensuring you have the leadership, the skills, the tools, and the support at home that you need to do what you do best,” he stated.

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# The spirit of military families is revived at Heroes' Camp



From left to right: Brad Snyder, Tammy Snyder, Diane Fothergill and Brad Fothergill pose beside the Heroes Camp sign.

By Devon Taylor

Every year for the past eight summers, Brad and Tammy Snyder, and Diane and Brad Fothergill host a week-long summer camp for the children of Canadian Armed Forces (CAF) members.

Thirty-two children from the Quinte region have the chance to spend a week with other children who experience the unique, and sometimes challenging military family lifestyle: a parent that is frequently away, making new friends at new schools every few years, and in some cases language barriers.

Kendra Bickford, the Trenton Military Family Recourse Centre (MFRC) Children's Deployment Coordinator, believes this opportunity is important for children with a parent (or both parents) in the CAF.

"It is extremely important for military children to spend time with those who are living the same lifestyle because it shows them that they are not alone. Knowing that other kids understand what their life is like, and finding things in common can be really comforting. It gives them a feeling of normalcy; they're just like everyone else, just maybe a little more resilient," she said.

A fully-funded camp for children of military members, Heroes' Camp is a water ski/wakeboard camp designed to honor the children of military heroes in the community.

Kelly Briggs, the Trenton MFRC He-

roes' Camp liaison said, "The camp recognizes the sacrifices made by children so that their parents can do their job."

"It is a way to say thank you to these heroes that wear dog tags, not capes," as Brad Fothergill told the campers at the end of the week. "Freedom is never really free. We can only be free because of those who protect our freedom. Your parents make this happen."

This past Friday, the Trenton MFRC awarded the Heroes' Foundation founders an exclusive Military Family Coin, as a way to thank the foursome for their dedication to military families. The coin symbolizes the founders' spirit and achievements; it was given to the Snyders and Fothergills to acknowledge their significant contribution to the spirit of the military family.

These coins are not given lightly. The Trenton MFRC has only awarded four coins previously; and for eight years, Brad, Tammy, Diane and Brad have been dedicated to showing their appreciation to members of the CAF and their families. This appreciation comes in the form of Heroes' Camp.

"We're all volunteers who are thankful to you (CAF members)," said Fothergill. "It's been our privilege to serve you this week."

For more information on Heroes' Camp, please visit [www.heroesfoundation.ca](http://www.heroesfoundation.ca) or you can contact Kelly Briggs at the Trenton MFRC to learn how you can register your child for camp next summer.



The band prepares for inspection during the General Training Graduation Parade, Serial 2 on Aug. 5. Photos by Ross Lees

## Citizenship, leadership and friendship

Continued from page 7

cadets made him especially aware of the premium youth program the cadets provide to 53,000 Canadian cadets and close to 5,000 Junior Rangers.

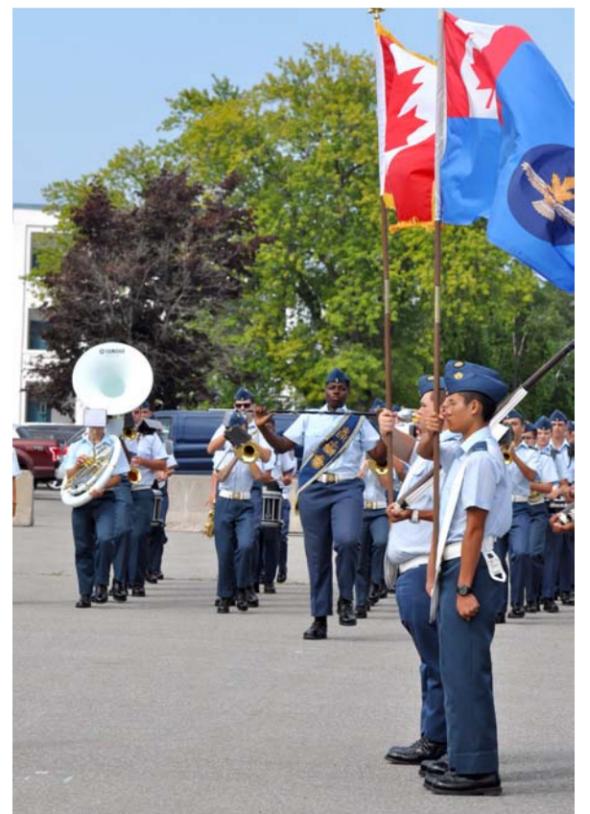
He noted today's cadets get great opportunities within the cadet training programs, but that there are also other opportunities they should look into taking advantage of, like the youth council being set up by the Minister of youth, Prime Minister Justin Trudeau.

"He's looking for 30 youth – mostly kids 16 years of age or older – to be youth advisors on the youth council," he told the cadets.

The cadet program strives continually to reinforce its five key principles, he said, to invite all youth from all different backgrounds to get involved; to instill Canadian military views in the participants, including the values and ethos of the military amongst youth; to develop citizen and leadership skills; balance the challenge and safety aspects of instruction; and to give cadets a positive, life-long experience.

Mr. Tom Thomas from the Ontario Provincial Committee of the Air Cadet League of Canada, boiled the lessons taught by cadets down even more succinctly for the cadets.

"The main purpose of cadets is to produce good Canadian citizens through leadership



The band moves into position on parade behind the colour party.

training, self-discipline and, most important, to discover your own initial potential in the process of forging you into young adults and future leaders," he said.

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# RP OPs Det Trenton Picture of the Week

By CPL C. Pike-Pilditch,  
8 Wing MET

Passing on trade experience and knowledge does not require a specific uniform. Real Property Operations (RP OPS) Detachment Trenton Refrigeration and Mechanical (RM) section completes a new installation of a blast freezer at the Yukon Galley with Canadian Armed Forces (CAF) RM Technicians working alongside civilian Red Seal Refrigeration Technicians. The RM shop not only provides refrigeration and heating, ventilating, and air conditioning (HVAC) training to on-the-job trainees but also has been successful in the refrigeration apprentice program.

From right to left is Master Corporal (MCpl.) Dave Pollock, Private (Pte.) Yury Boika, Aviator (AVR) Brandon Simms, senior technician Jamie Bird, junior technician Brandon Dafoe, junior technician Matt Smyth and new apprentice Thomas Kump. With commitment to on-the-job training and apprentice programs, the RM shop is better equipped to meet the operational requirements for RP OPS and 8 Wing/CFB Trenton. Photo by John Maracle



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## July Weather Summary

# Dry July also features hot temperatures

July sits on the same bandwagon as the rest of summer so far, with higher than average temperatures and very little precipitation. Many municipalities in the area have issued water conservation advisories as a result.

Two records were broken last month, both for daily maximum temperature. The first was on the 22<sup>nd</sup>, at 34.8C, replacing the previous record of 33.3C set in 1955. The second was set on the next day on the 23<sup>rd</sup> at 33.4C, beating out the old record of 32.8C set in 1964.

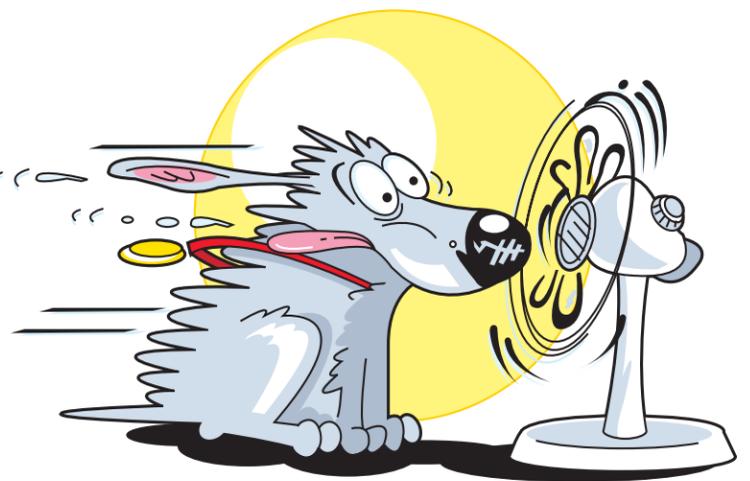
The average daily maximum temperature for July this year was 28.4C, several degrees warmer than the 26.2C of last year. Average daily minimum temperatures were a degree warmer, at 16.0C com-

pared to 14.9C of 2015. The single warmest day of the month was the record breaking 34.8C on the 22<sup>nd</sup>. The coldest night was on the 1<sup>st</sup> at 10.7C.

The difference in precipitation amounts between July this year and last year is not as drastic as the amounts reported last month, but it was still much less when compared to years before. There were 32.8mm of precipitation reported this July, down from 40.2mm last year. July of 2014 saw 88.3mm, to put recent totals into perspective.

About the same number of days with thunderstorms were recorded this July as in previous years.

The outlook for the rest of the summer does not show much change from previous months – more dry and warm conditions seem to be in store for us for the near future!

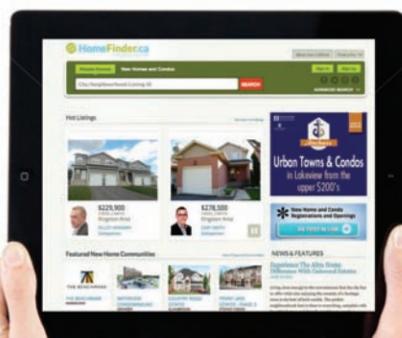


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**New Programs at the Trenton MFRC**

Visit our website - [www.trentonmfr.ca](http://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](http://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!

**MFRC Summer Hours**

Our summer hours begin on Monday, July 4. Until Sept. 12, we will be open Monday to Friday from 7:30 a.m. to 5 p.m.

Nos heures d'ouverture pour l'été débutent le lundi 4 juillet. Jusqu'au 12 septembre, nos heures seront du lundi au vendredi, de 7h30 à 17h.

**OMG: Opportunities to motivate and grow**

Building a community of youth leaders. The Trenton MFRC will be hosting a series of summer workshops for youth aged 12 to 15. Over the course of the weeks, participants will learn to become strong leaders in their community. The workshops will cover themes like self-esteem, empowerment, awareness of current events, safety and social image in the media, healthy relationships and developing a professional image to prepare for your future. **Workshop Dates:** July 4 to July 8; July 11 to July 15; July 18 to July 22; July 25 to July 29; Aug. 1 to Aug. 5; Aug. 8 to Aug. 12, Aug. 15 to Aug. 19; Aug. 22 to Aug. 26. Prices: \$60 for one week, \$200 for four weeks (a savings of \$40). Choose your weeks! \$400 for all eight weeks. For more information and to register, please call 613-965-3575 or email [rabia.s@trentonmfr.ca](mailto:rabia.s@trentonmfr.ca).

**Le programme "OMG" Une opportunité pour motiver et grandir**

Le CRFM de Trenton offrira une série d'ateliers durant l'été pour les jeunes de 12 à 15 ans. Au cours des semaines, les participants apprendront comment devenir de forts leaders dans leur communauté. Les ateliers couvriront des sujets tels que ; l'estime de soi, l'autonomisation, la prise de conscience de l'actualité, l'image social et la sécurité avec les médias sociaux, les relations saines et le développement d'une image professionnelle pour le futur. **Dates des ateliers:** Du 4 au 8 juillet; Du 11 au 16 juillet; Du 18 au 22 juillet; Du 25 au 29 juillet; Du 1er au 5 août; Du 8 au 12 août; Du 15 au 19 août; Du 22 au 26 août. Coûts des ateliers: 60\$ pour une semaine, 200\$ pour quatre semaines (un rabais de 40\$)- Choisissez vos semaines, 400\$ pour les huit semaines. Inscrivez-vous en téléphonant la réception du CRFM au 613-965-3575 ou Rabia à [rabia.s@trentonmfr.ca](mailto:rabia.s@trentonmfr.ca) pour d'information.

**The Trenton MFRC and Autism Ontario Present:**

Eeko's Splash Landing, Saturday, Aug. 20, from 10 a.m. to 12 p.m. Come and join us for a live reading of the new book- Eeko's Splash Landing! The author will read the book aloud and then show us how to make our very own spaceships. All families who attend will leave with their own copy of the book and a spaceship created with the author! About the book Eeko's Splash Landing - A school project building a spacecraft on planet Zeebot goes wrong and lands Eeko, a friendly alien, in Xavier's swimming pool with a broken spaceship! Will Xavier be able to help Eeko repair the spaceship so he can return home? For information please contact Orlana Bourgoin 613-392-2811 ext. 3953. Register on line at <http://ao-eseekostrenton.eventbrite.ca>

**Limitless Youth Night**

Inclusive youth social night for children with special needs, their sibling and friends ages six to 11. Every third Monday of the month - begins June 20 from 6 p.m. to 8 p.m. Have question? Contact Orlana Bourgoin [orlana.b@trentonmfr.ca](mailto:orlana.b@trentonmfr.ca) or 613-392-2811 ext. 3953.

**Possibilités Infinies**

Learn the timeless art form from the Middle East.

Mondays starting May 30, from 7 p.m. to 8:30 p.m. \$55. for eight classes. To register visit the MFRC reception. For more information, call 613-392-2811 ext 3265.

**Monthly Mindfulness Group**

Open to those who are interested in developing their mindfulness practices as a way to reduce stress and anxiety. Previous experience is not required. Last Thursday of the month (May 26) from 12 p.m. to 1 p.m. or 1 p.m. to 2 p.m. For information or to register please contact by email [helene.t@trentonmfr.ca](mailto:helene.t@trentonmfr.ca) or 613-392-2811 ext.5541

**Groupe mensuel de pleine conscience**

Offert à ceux qui sont intéressés à développer leur pleine conscience pour réduire le stress et l'anxiété. Aucune expérience préalable n'est requise. Le dernier jeudi du mois (26 mai) de midi à 13h00 ou de 13h00 à 14h00. Pour information ou pour vous inscrire par courriel [helene.t@trentonmfr.ca](mailto:helene.t@trentonmfr.ca) ou 613-392-2811 poste 5541.

**Program Calendars**

The June Youth Centre calendar and the Spring Playroom calendar is available under 'Youth & Teens' and 'Children & Parents' respectively on our website - [www.trentonmfr.ca/family-services](http://www.trentonmfr.ca/family-services).

*Continued on page 12*

**Home of the Week**  
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This two-bedroom home, designed for a lot that slopes to the back, appears compact from the outside, but contains all the amenities any home-owner could wish for. And since the plans include an unfinished basement, there will be lots of room for expansion. Beyond the covered porch, always a boon in bad weather is the foyer, with a coat closet ahead and to the right. Directly ahead is the great-room, with a gas fireplace to ensure cosy evenings during the cooler months. Generous windows overlook a covered deck. Ceilings in the

rest of the ground-floor ceilings are nine feet. Also overlooking the back garden, with a doorway to the covered deck, is the dining room, where an optional buffet will provide extra serving and storage space. The kitchen is separated from both the great room and the dining area by a polygonal work island that includes the double sink. A walk-through pantry at one end will provide storage space for canned goods and other staples, and provides entry to the laundry room. The laundry room can double as a mud room, thanks to a closet and bench, useful for changing muddy boots, and access to

the double garage. In the sleeping wing, the master bedroom is located at the back of the home, for privacy. As well as a roomy walk-in closet, there is an en-suite with double sinks, a tub and a shower stall. Adjacent, overlooking the front garden is the second

bedroom, with an extra-deep window sill and a three-piece bathroom nearby. Exterior finishes include cedar shakes and stucco with brick accents, painted trim and decorative garage doors. This home measures 47 feet wide by 61 feet deep, for a total of 1,632 square feet.

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

### Choral Scholarships

St. Thomas' Anglican Church has paid choral scholar positions available for students (age 15-plus) who wish to join the choir. The ensemble performs sacred music from all periods, with a special emphasis on the great classical repertoire. For more information, please email the music directors, Francine and Matthieu Latreille at [MusicAtStThomas@gmail.com](mailto:MusicAtStThomas@gmail.com).

### Aug. 15 – Knights of Columbus Blood Donor Clinic

At the Knights of Columbus Hall, 57 Stella Crescent, Trenton, from 1 p.m. to 7 p.m.

### Aug. 20 - Air Cadet 75th Anniversary Reunion Gala

Join us in Winnipeg on Aug. 20, at the Victoria Inn and Conference Centre for an Air Cadet 75th Anniversary Reunion Gala for those who have been and are still involved with the Air Cadet Program (must be 19 to attend). Purchase tickets to reconnect with friends by e-payment: <http://aircadet75thanniversaryreunion.ca> Please forward this information. Deadline to confirm tickets: June 30. [aircadet75thanniversaryreunion@outlook.com](mailto:aircadet75thanniversaryreunion@outlook.com)

### Sept. 8 – Wing Commander's Invitational Golf Tournament

The Wing Commander's Golf Invitational Golf Tournament in support of the Government of Canada Workplace Charitable Campaign (GCWCC) and the United Way of Quinte campaign takes place on Sept. 8 at Roundel Glen Gold Course with tee-off at 10 a.m. and registration beginning at 8 a.m. Cost for this four-player scramble event is \$100 per person and includes 18 holes of golf, cart, steak dinner, a grab bag of prizes and entrance into the various draw prizes. Members can register just for the steak dinner for \$35 per person. Registration deadline is Sept. 2. For further information, contact Capt. Dana Sponder at [dana.sponder@forces.gc.ca](mailto:dana.sponder@forces.gc.ca) or at local 2784.

### Sept. 9-11 – Canadian Military Flight Engineering Reunion

The Canadian Military Flight Engineering Reunion will be held in Trenton from Sept. 9 to 11 with a meet and greet taking place at 413 Wing. Cost is \$15 per person. A dinner and dance will be held Sept. 10 at the Officers' Mess at a cost of \$50 per person. On Sept. 11, a breakfast will be served at the Officers' Mess at a cost of \$20 per person. A total weekend package special of \$65 per person can be arranged. Closing date for registration is Aug. 24. For further information, contact [cmfeareun2016@gmail.com](mailto:cmfeareun2016@gmail.com) Please make payment (cheque, money order or email payable to CMFEA Reunion 2016. Mail to D.M. Knockleby at 46 First Ave., Trenton, ON. K84 4C4.

### Sept. 11-16 – Operation Heal Our Patriots

Operation Heal Our Patriots (OHOP) is a ministry project of Samaritan's Purse. Samaritan's Purse is a Christian international relief and development organization with projects in more than 100 countries worldwide. OHOP focusses on bringing spiritual refreshment, physical renewal and marriage enrichment to physically and/or emotionally wounded military personnel and their spouses. This year's opportunity for Canadians will take place from September 11 to 16 at the Samaritan Lodge in Port Alsworth, Alaska. Although OHOP has existed since 2012, and hosted more than 500 military couples from the U.S. during the past four years, this is only the second year that a special week has been set aside solely for Canadian military personnel and their spouses. The marital enrichment and spiritual encouragement portion of the week at Samaritan Lodge flows from workshops led by retired military chaplains. The Biblically-based sessions are designed to strengthen married couples' relationship with God and with each other. The relaxation portion of the week at Samaritan Lodge includes a cozy little wheelchair-accessible cabin for each couple, and delicious meals with all 10 couples together. The recreation times include professionally guided kayaking and salmon-fishing excursions, a hike to a scenic waterfall,

and a float-plane trip to view grizzly bears. [samaritanspurse.ca/ohop](http://samaritanspurse.ca/ohop)

### Sept. 18 - Olde Fashioned Pie Social

All you can eat pie and ice cream at 1 p.m. at the Trenton Legion Branch 110 at 1 p.m. Live Band "Cowboy's Don't Cry." Advance tickets available in Trenton Legion office. Legion members \$8, non-members \$10. Call 613-392-0331 for more information

### Sept. 23-25 Voodoo Rockfest

Voodoo Rockfest will bring 28 bands to Napanee, 8 craft beers and free camping Sept. 23-25. Come join us for a fun-filled weekend of music, food trucks and vendors. Children 10 and under get in free with a paying adult. Wild T and the Spirit is headlining Sunday bringing us his originals and a full set of his tribute to Jimi Hendrix. There are five other tribute acts including Pearl Jam, Stone Temple Pilots, Rage Against the Machine, TOOL, and Motley Crue. We have hand selected 20 amazing original acts from Waterloo to Montreal with several being on the verge of becoming headlining acts. For a full list of details, including line up times and info about the artists, find us on [MusicFly.ca](http://MusicFly.ca) under the festivals tab in the KINGSTON region. Follow us on Facebook for daily updates on the event including band education and important festival details. See you in September! Military members get a 20 per cent discount when registering.

### Sept. 24 - Barn Dance

Country Theme Dance at 8 p.m. at the Trenton Legion Branch 110. Live band "Cowboys Don't Cry." Advance tickets available in Trenton Legion office. Legion members \$8, non-members \$10. Call 613-392-0331 for more information.

### Oct. 29 - Hallowe'en Dance

Hallowe'en dance Trenton Legion Branch 110 at 8 p.m. Come in costume if you like! Live band "The Shadows." Advance tickets available in Trenton Legion office. Legion members \$8, non-members \$10. Call 613-392-0331 for more information.

MFRC continued from page 11

### Le calendrier du Centre des jeunes

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

### All Hands Drop-Off Childcare

This group is for children with special needs and their siblings, every Tuesday of the month from 5 p.m. to 8 p.m. Parents must supply all snacks and dinner, but the program is free. To register, contact Orleana 392-2811 ext. 3953 or [orleana.b@trentonmfr.ca](mailto:orleana.b@trentonmfr.ca)

### Halte garderie pour toutes les mains

Ce groupe est destiné aux enfants ayant des besoins particuliers et leurs frères et sœurs sont aussi les bienvenus. Ce programme gratuit, a lieu chaque 3me mardi du mois de 17h00 à 20h00. Vous devez fournir le repas et les collations. Pour inscrire votre enfant, contactez Orleana Bourgoin au 613-392-2811 poste 3953 ou [orleana.b@trentonmfr.ca](mailto:orleana.b@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

Continued on page 13



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### Fitness Programs

**Boot Camp (Trent Athletics) Friday** – July 8 to Aug. 26 – 4:30 p.m. to 5:30 p.m.

**Outdoor Yoga** – Tuesday, July 5 to July 26 – 7:30 a.m. to 8:30 a.m.

**Fusion Wellness** – Monday, July 4 to Aug. 29 – 11:30 a.m. to 12:30 p.m.

**Stroller Fit and Fusion** – Monday, July 4 to Aug. 1 – 10 a.m. to 11a.m.

**Yoga Wellness Retreat 16+** – Saturday, June 20 – 9 a.m. to 1 p.m.

**Personal Training** - Schedule determined by client and trainer

### Fitness Programs – Children, Youth and Teen

**Youth Strength and Conditioning Course 13 to 15 years at the RecPlex**

**Figure Skating Dryland 10 to 16 years** – Wednesday, June 8 – July 27 – 5 p.m. to 6 p.m. at the RecPlex

**Home Alone Safety Course** – Wednesday, Aug. 24 – 8 a.m. to 4 p.m. at the MFRC.

**Babysitting Course** – Thursday, Aug. 25 and Friday, Aug. 26 – 8 a.m. to 4 p.m. at the MFRC

**Summer Kidz Kamp 2016** – June 27 to Sept. 2 – 8 a.m. to 4 p.m. at the RecPlex

**8 Wing Martial Art Club MMA Camp** – Monday, Aug. 8 – Friday, Aug. 12 – 8 a.m. to 4 p.m. (no before or after care will be available for this camp)

**Youth Development Camp** – 11 to 14 years – Monday, Aug. 22 to Friday, Aug. 26 – 8 a.m. to 4 p.m. at the MFRC.

**She Rocks – Girl's Adventure Camp** – Sept. 10 and 11 – Grades 7 and 8.

### RCAF Flyers Arena Programs

**Wheelchair Sports "New" – Rugby** – Wednesday, July 6 to Aug. 31 – 6 p.m. to 9 p.m. and Saturday, July 9 to Aug. 27 – 12:30 p.m. to 3 p.m.

**Ball Hockey Shinny (Co-Ed) 16+** – Monday, July 4 to Aug. 29 – 7:30 p.m. to 8:30 p.m.

### Aquatic & Leadership Programs

**Morning Aquafit** – Monday, Wednesday, Friday – July 6 to Aug. 26 – 8:30 a.m. to 9:20 a.m.

**Evening Aquafit** – Tuesday and Thursday – July 19 to Aug. 11 – 6 p.m. to 6:50 p.m.

**NEW Aqua Zumba Outdoor** – Monday – Aug. 8 to Aug. 29 – 6 p.m. to 7 p.m.

**Standard First Aid** – Monday, Aug. 22 and Tuesday, Aug. 23 – 8 a.m. to 4 p.m.

### Special Events

**Outdoor Summer Movie Night** – Friday, Aug. 19 - 8:30 p.m. at the RecPlex.

**Roller night Event** – Friday, Aug. 26 – RCAF Arena – 6 p.m. to 8 p.m.

*MFRC continued from page 12*

### 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.

### Halte-garderie du vendredi

Avez-vous besoin d'un répit? Avez-vous un rendez-vous? Nous offrons un service de halte-garderie à la salle de jeux du CRFM les vendredis de 9h à 16h. Nous prenons les réservations à compter du lundi 13h jusqu'au jeudi midi au 613-965-3575. Le coût est de 5\$/heure pour le premier enfant et de 4\$/heure pour le deuxième et ainsi de suite.

### Royal Ontario Museum

The Trenton MFRC is pleased to announce that, on a trial basis, we are selling Royal Ontario Museum (ROM) tickets at a discount rate. Adults - \$13.50; students with ID - \$12.50; children (4-14) - \$9.50. Information: 613-965-3575

### Royal Ontario Museum

Le CRFM de Trenton est fier d'annoncer que, à titre d'essai, nous vendons des billets pour le 'Royal Ontario Museum' (ROM) in Toronto à un coût réduit. Adultes - \$13.50; Étudiants avec pièce d'identité - \$12.50; Enfants (4-14) - \$9.50. Information: 613-965-3575.

### Second Language Training

The next session for French and English classes begins on Monday, Sept. 19. Courses for military spouses/partners and their immediate family (minimum age 16 years) are offered at the Trenton MFRC for beginner and intermediate levels. Language classes and clubs available: French and English classes begin Sept. 19; Spanish classes, Beginner Level I begin on Sept. 19; Spanish classes, Beginner Level II begin on Sept. 21; French Conversation Club begins Sept. 27; English Conversation Club begins Sept. 20; Spanish Conversation Club begins Sept. 26. \* Register for all courses and clubs by Sept. 9. \*\*Rosetta Stone is available upon request for military spouses/partners. To register, please contact Nathalie Vadeboncoeur: (613) 392-2811 ext. 3855 or nathalie.v@trentonmfr.ca.

### Formation en langue seconde

La prochaine session commencera le 19 septembre (inscription avant le 9 septembre)

Les cours sont offerts au CRFM aux conjoints/partenaires et à la famille immédiate des militaires (16 ans et +), aux niveaux débutant et intermédiaire. Voici les cours et les clubs de langue disponibles : Les cours de français et d'anglais commencent le 19 septembre; les cours d'espagnol, niveau 1 débutant, commencent le 19 septembre; les cours d'espagnol, niveau 2 débutant, commencent le 21 septembre; le club de conversation en français débute le 27 septembre; le club de conversation en anglais débute le 20 septembre; le club de conversation en espagnol débute le 27 septembre. \*Inscrivez-vous d'ici le 9 septembre pour vous assurer

une place dans un des cours et des clubs. \*\*Rosetta Stone est disponible sur demande pour les conjoint(e)s de militaires. Pour obtenir plus d'information est pour vous inscrire, veuillez contacter avec Nathalie Vadeboncoeur – nathalie.v@trentonmfr.ca ou (613) 392-2811 ext. 3855,

### Connection Café Connexion

Thursday, Sept. 8 and Wednesday, Oct. 5. Newcomers to meet and greet! Learn about your new community at the Trenton MFRC.

### Connection Café Connexion

Le jeudi 8 septembre et le mercredi 5 octobre. Séance d'accueil pour les nouveaux arrivants! Découvrez votre nouvelle communauté qui est celle du CRFM de Trenton!

### Yoga (for medically releasing/released members)

A chance for medically released members and/or their families to experience the benefits of different types of yoga. You do not require a partner for this yoga. Please register with Kelly at kelly.b@trentonmfr.ca (free to medically released members and their partners). Sept. 1 (Hatha Flow), Oct. 16, Nov. 6 from 1 to 2 p.m. Location: 'Get Yoga Studios', 45 Front Street, 3rd floor, Trenton.

### Yoga

Voilà une belle occasion pour les membres libérés pour raison médicale et leurs familles de vivre les bienfaits des différents types de yoga. Vous n'avez pas besoin d'un(e) partenaire pour participer à ce cours. Envoyez votre demande d'inscription à Kelly à kelly.b@trentonmfr.ca (cours gratuit pour les membres libérés pour raison médicale et leurs conjoint(e)s). 1er septembre (Hatha Flow), 16 octobre, 6 novembre de 13 h à 14 h

Lieu: "Get Yoga Studios", 45 Front Street, 3e étage, Trenton.

### Couples Yoga

A chance for the medically releasing/released Veterans and a partner to participate in a yoga class designed especially for couples. Space is Limited. Please register with Kelly at kelly.b@trentonmfr.ca (free to medically released members and their partners). Sept. 11, Oct. 16, Nov. 6 from 12 p.m. to 1 p.m. Location: 'Get Yoga Studios', 45 Front Street, 3rd floor, Trenton.

### Yoga en couple

Voilà une belle occasion pour les anciens combattants libérés pour raison médicale et son (sa) conjoint(e) de participer à un cours de yoga spécialement conçu pour les couples. Les places sont limitées. Envoyez votre demande d'inscription à Kelly à kelly.b@trentonmfr.ca (cours gratuit pour les membres libérés pour raison médicale et leurs conjoint(e)s). 11 septembre, 16 octobre, 6 novembre de 12 h à 13 h. Lieu : «Get Yoga Studios», 45 Front Street, 3e étage, Trenton.

### Canada's Wonderland!

Exclusive ticket offer through the MFRC, Wonderland tickets are now available!

# Classifieds

To Place an Ad: **613-392-2811** or **613-966-2034**  
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 91 Namao Drive East  
 91 Promenade Namao Est

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



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 Monday to Friday - 8 a.m. to 4 p.m.  
 Du lundi au vendredi - 08h00 à 16h00

**Services Times/Heures des services religieux**

Bilingual RC Sunday Mass: 9:30 a.m.  
 Messe bilingue CR: 09h30

Protestant Service: 11 a.m.  
 Service protestant: 11h00

RC Weekday Masses at 11:45 a.m.  
 (usually on Tuesday, Wednesday and Thursday)  
 Messes CR quotidiennes à 11h45  
 (du mardi au jeudi habituellement)

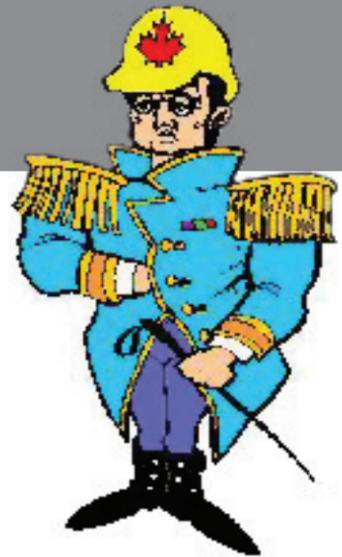
**Wing Chaplain/Aumônier de la 8e Escadre:**  
 Maj. (Rev./Rév.) Roy Laudenorio

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

# Safety

## Drinking and driving

# DON'T MIX



**Y**ou are the safest when you completely separate drinking and driving. This is true if you drive for a living and it is also true on your own time.

Here are some reminders about avoiding the dangers of drinking and driving on social occasions:

- If you are going to be attending an event where there will be drinking, do not drive. Arrange for other transportation. One way is to designate a driver for your group; this person agrees to stay sober and do all the driving.
- Make a drink last a long time. Do not be pressured into drinking more, or having "one for the road."
- Before having your first drink of alcohol, enjoy a cup of hot coffee or tea. Switch back to non-alcoholic beverages early in the evening. Pour your own fruit juice or soda if necessary.
- If you are drinking, consume snack foods and lots of mix. Dancing, games and other party activities can keep you busy doing something besides drinking.
- Carry money for a cab and for a phone call to obtain a ride. Also stash some cash at home for you or other family members to pay for the taxi.
- Make a pact with your family members to never drive drunk or ride with a drinking driver. You agree to provide rides for one another if you really need one – at any hour with no questions asked.
- Be a responsible host, friend and co-worker. Help ensure that others get home safely. Encourage non-alcoholic beverages on social occasions.
- Time is the only cure for intoxication. Black coffee, cold showers, fresh air, exercise and other remedies will not sober you up.
- There is no safe limit for drinking before you drive. You can actually be impaired at an alcohol level well below the legal limit. You are safest if you completely separate drinking from driving.
- A party tonight followed by eight hours sleep does not make you a safe and sober driver tomorrow. Drivers have been convicted of drinking and driving offenses occurring the day after a party the night before.
- Don't mix alcohol with other drugs or medications. Such mixtures can greatly increase intoxication, drowsiness and various side effects.

Think of drinking and driving as two separate activities. If you are intending to drive, do not drink. If you do intend to drink, don't drive!

# Earl of Bessborough Social House will be a meeting place for all ranks

Continued from page 1

For four years now, Mr. Bennett has been establishing his own business and the Earl of Bessborough Social House is one of the projects he's working on.

Mr. Bennett said he lasted on Holmes on Homes for two reasons – first that Mike Holmes was really great to work for, but also because they were also helping people every single day.

“That helps you get out of bed,” he noted of working on projects that help people have better lives.

“It's a passion of the heart, and I think that's where I made a decision in my life early on with Mike that, no matter what we went forward doing, I would always try to do something that also touched my heart as well as my pocketbook,” he said. “Doing stuff for your pocketbook your whole life is a very shallow life.”

The project at CFB Trenton falls emphatically into that category, as far as Mr. Bennett is concerned.

He was taught early in life, at Burritts Rapids, Ontario, near Ottawa, about honouring and respecting those who don the Canadian Armed Forces uniforms and represent their country around the world, whether it be in peacekeeping missions or in global conflicts. He saw this project as an opportunity to demonstrate his respect, and do something significant for the military.

“So that's how I ended up here,” he said Monday afternoon as he took a break from the project to talk with a local journalist.

The project came about over a beer at the 8 Wing Operations Mess Dinner last October, ac-

ording to Mr. Bennett and 8 Wing Commander Colonel (Col.) Colin Keiver. Mr. Bennett gave a very brief speech at the dinner as the guest in which he noted how much he admired what military personnel did.

Later in the evening over a beer with Col. Keiver, he mentioned that he would love to do a military project at some point.

Col. Keiver's ears immediately perked up and he replied, “I just might have a project for you.”

Col. Keiver explained the idea of an all-ranks social house for the base to replace a couple that disappeared, along with a couple Second World War buildings a few years ago, and which the base has lacked since.

The project was brought to Col. Keiver's attention by 8 Wing Chief Warrant Officer (WCWO) Darcy Elder just after Col. Keiver took over command of the base, noting the topic had been discussed but hadn't gone anywhere.

“We just decided to energize it and see where it went,” Col. Keiver recalled of their discussions, quickly adding that he does not think the project would have evolved without that completely coincidental sharing of a brew with Mr. Bennett at the Mess dinner.

“Damon and I still joke; it began over a beer and it will finish over a beer,” Col. Keiver stated with a smile.

Mr. Bennett expects the project to be completed by mid-October, but at latest, well before Christmas.

The two men, who obviously respect each other, see the social house (not a pub) as being a place where all ranks can drop in after

work to share a brew and socialize while perhaps discussing events of the day.

There have been a number of benefits from the project, both agree.

“Community support has been fantastic,” Mr. Bennett stated.

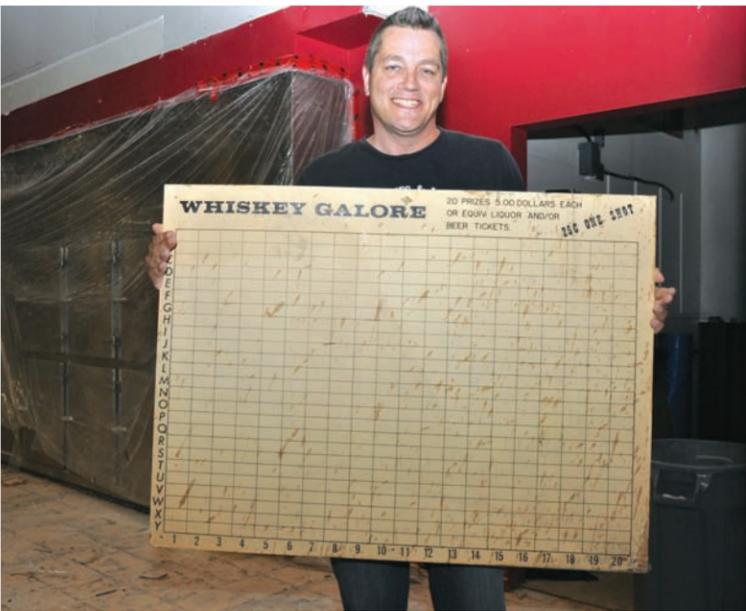
Loyalist College jumped on the bandwagon immediately after Mr. Bennett told them he would like them involved, supplying students to help with the work while receiving on-the-job training and as well as filming the project. Kennametal Stellite Incorporated out of Belleville is making replica British Commonwealth Air Training Plan (BCATP) gates for one arch in the social house at zero cost to the project, and Kim Taylor, a local sign maker is doing the painting of the gates.

According to Col. Keiver, in a normal setting, this project would cost between \$1.4 to \$1.6 million, but the estimated cost the way this is being done is between \$250,000 and \$300,000. He also hopes this addition to the services offered on the base will revive, and help reinvigorate the facilities to the point where they will begin contributing back to the messes for future investment.

The name for the social house came from the cornerstone of the headquarters building on the base. In 1934, then Governor-General the Earl of Bessborough, placed the cornerstone of the headquarters building as part of a massive Department of National Defence relief effort which employed thousands of people to begin construction of the base.

WCWO Elder has gone to Rideau Hall and obtained a high resolution image of the Earl of Bessborough which has been transferred onto canvas, and will occupy a prominent position in the social house.

By the time the project is finished, Mr. Bennett will have spent a year in and around Trenton working on the project, actually sleeping on the base on nights



Damon Bennett and his crew found this old Whiskey Galore board between the walls of the Astra Lounge during the refurbishing process.. Photos by Ross Lees

when he was too tired to make the drive back to Toronto.

“As we get closer to the finish, my crew and I will do that much more often,” he said.

Military involvement has been one of the concepts he worked towards from the beginning, and is hoping military personnel and perhaps even some veterans will drop in and see what is going on.

“We would like military involvement to the degree military

personnel want,” Mr. Bennett said, adding that he would like veterans to just drop in and visit.

“We won't put a hammer in their hands because they have already done their service.”

Mr. Bennett, in telling the story of the project, realized it would be almost exactly a year working on the project.

Something tells us he is going to enjoy the beer with Col. Keiver when the project is finished.



Renovations continue at the soon-to-be Earl of Bessborough Social House, and Col. Keiver predicts it will be the best social house (not a pub) between Kingston and Toronto when it is completed.



This is a portrait of the Earl of Bessborough in all his finery.



The name for the new all-ranks social house came from this cornerstone of the 8 Wing headquarters building.



Damon Bennett sometimes has trouble getting back to work as tradesmen drop in to swap construction horror stories with this former television celebrity.

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