

Contact

Serving 8 Wing/CFTrenton • 8^e Escadre/BFCTrenton • www.thecontactnewspaper.cfbtrenton.com

>> Twenty-six-year-old former Army Reservist deployed to Afghanistan captivates audience

Speakers on behalf of Wounded Warriors Canada fascinate audience at Pond Hockey Puck Drop Dinner

>> CFS Alert welcomes new Commanding Officer

Outgoing CO's tenure described as 'no walk in the tundra'

>> Allison (Sparky) MacKenzie loved her time in the BCAPT

As a wireless operator, she could have been the beacon of hope for many returning bomber pilots

2

4

8

POSTED?
Sold to 2 Military HHT Clients in January
Lots More on the Way!

DAVID WEIR* BA, CD

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

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



*Based on gross commission from sales

CFB Trenton Pond Hockey Classic maintains fundraising goal despite weather



This pond hockey competitor takes a pass and breaks around CJ Wilneff in early action on Saturday morning.

Photo by Ross Lees

Event still may raise more funds for Wounded Warriors and Trenton Memorial Hospital Foundation than last year

By Ross Lees

Mother Nature will be listed as the winner of the Canadian Forces Base (CFB) Trenton Pond Hockey Classic 2016, but Wounded Warriors and the Trenton Memorial Hospital Foundation were the ultimate winners.

The tournament was cancelled Saturday night because of mild conditions and when it was feared the ice conditions had deteriorated to the point further play risked injury to those playing hockey.

"We just thought it got too dangerous," Captain (Capt.) Jeff Moorhouse said the following day as volunteers broke down the site. All team captains were consulted and it was determined the tournament should be cancelled for the first time in its five-year history.

Twenty-five teams had participated to that point in what Capt. Moorhouse believes will be an even more successful event than last year, despite the fact the final day was cancelled.

Other aspects of this year's *Continued on page 10*

Trenton MFRC becoming a Prom Project drop-off

First response from a military member from CFB Trenton was spectacular

By Ross Lees

The Trenton Military Family Resource Centre (MFRC) is becoming a drop-off point for the Hastings and Prince Edward District School Board (HPDSB) Prom Project, in its fifth year locally this year.

The Prom Project garners donations of gently-used formal wear clothing and makeup for

students who might not otherwise be able to afford to attend their Grade 8 and Grade 12 graduations or their Grade 12 proms.

Once the formal wear is donated, students attend events where they choose their formal wear – dresses or suits – they are given free alterations, makeup, and this year,

tickets to their prom or graduation.

"We're hoping to be able to

reach 1,100 students this year," said Maribeth deSnoo, executive director of the Hastings and Prince Edward Learning Foundation (HPLF).

That desire got a very quick response from a military member who heard about the program

"She called to say she had heard about the program and she wanted to donate 12 dresses,"

Ms. deSnoo indicated. "That was absolutely incredible considering that one of our new drop-off points this year is the Trenton MFRC, which is so amazing. This is really and truly encouraging!"

It is a program that relies heavily on total community support, according to Ms. deSnoo. Donations come from people within

"Without the sponsors, it wouldn't happen because all of

Continued on page 3

#1 Most Productive Agents in Canada

RE/MAX

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

Choose wisely.

RE/MAX

remax.ca

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

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

447 Dundas St. W., Trenton
613-392-6594

www.remaxquinte.com
1-800-567-0776

41 Main St., Brighton
613-475-6594

Twenty-six-year-old former Army Reservist deployed to Afghanistan captivates audience

Speakers on behalf of Wounded Warriors Canada fascinate audience at Pond Hockey Puck Drop Dinner

By Ross Lees

Guest speakers from Wounded Warriors Canada held the Canadian Forces Base (CFB) Trenton Pond Hockey Classic Puck Drop dinner guests enthralled throughout their speeches Friday night at the Batawa Community Centre.

Philip Ralph a former military padre and now National Program Director of Wounded Warriors Canada, spoke about the ethos of his organization – honouring the fallen but helping the living – while CJ Wilneff, a 26-year-old former Army Reservist deployed to Afghanistan and now suffering from post-traumatic stress disorder (PTSD) supported Mr. Ralph's theory with cold, hard facts from his own story.

Mr. Ralph was the leadoff hitter, but it was CJ who hit the ball out of the park with his heartfelt dissertation on his struggle with PTSD. From the beginning of his speech, there was literally no sound in the dinner hall, except when CJ cracked a joke about being from Cape Breton. Otherwise, the crowd hung on his every word

and they seemed to suffer along with him as he described the agony of battling PTSD after his medical release from the military.

He wondered at first where to start, so he went to a logical beginning.

"I'm 26 years old, 26 and I go around telling everybody I'm retired," he said. "It's not a great thing, but as hopefully you'll see as I continue, it's turning into something that I'm now proud to call my life."

He held them captivated from that point on.

Self-described as friendly and outgoing prior to Afghanistan, he said he changed on that deployment, although he wasn't ready to admit it when he first came back.

"What Afghanistan did to me is it made me feel like there was no such thing as morals or values. It made me feel like I didn't have a right to be who I was, if that makes sense. In Afghanistan, you do things and you do them because you feel like you need to do them," he noted.

CJ described the turning point in his awareness about PTSD.

"I always think back to this one day, I came home after being out with my girlfriend, and my Mom asked where I was and what I was doing. I went downstairs in my room. Upstairs, I put that face on like everybody does and I acted like everything was fine. I went down in my room and I cried, and I cried, and I cried and I cried, and then I went back upstairs and admitted that they were right, that I did need help."

Speaking on behalf of Wounded Warriors, CJ said someone once said something to him that got through and that's what he tries to do as a speaker, get through to just one person.

"My message overall is that you're not alone and that there's hope," he said.

He recalled the first event he went to in Quebec.

"One of the first conversations I had with somebody was about the amount of times that we thought not being here was better than being here. To some, that's like why is that crucial? Well if two grown men sit there and talk about how many times they've sat alone and thought about why they shouldn't be here, and then look at each other and give each other a hug and say we're happy we're here, that gave me hope and that shows that

it's alright to cry, that it's alright to curse, it's alright to be broken. But at the end of the day, broken doesn't mean you've got to give up, broken doesn't mean you're alone and broken doesn't mean you're the only one going through it," he explained.

This was the fourth time he had spoken for Wounded Warriors at an event and he said it was helping him with his healing process. Originally, he used to say, "I'm CJ and I have PTSD," but now he

Continued on page 3

Home Auto Life Investments Group Business Farm Travel

the co-operators
A Better Place For You®



Give yourself peace of mind with the right coverage for you.

At The Co-operators, we're insurance experts. So, whether your goal is to protect your home, your vehicle or your family's financial future, you can count on us for the right coverage - designed to fit your needs. Call us today!



Paul Moran

Financial Advisor

Paul Moran Insurance Group Inc
17538B Highway 2 | Trenton
613-392-3501 | www.cooperators.ca/Paul-Moran

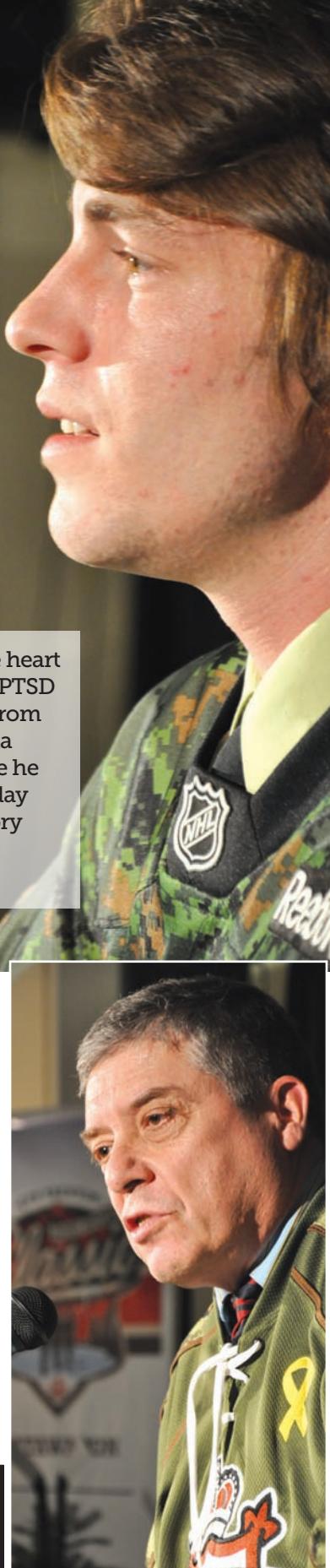
Not all products available in all provinces.

C&C

**Posted?
Relocating?
Transferred?**
Do you need a referral to your new location?
Need a REALTOR® that's registered
with Brookfield Relocation Services?

Hormann.ca
Frank & Joanne
Sales Rep. Broker

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



Philip Ralph a former military padre and now National Program Director of Wounded Warriors Canada thanked their many supporters who help people like CJ Wilneff recover from PTSD. Photo by Ross Lees

www.quinteanimalhospital.ca

Quinte Animal Hospital

DOGS & CATS
Dr. Olga Peck-Callan
Dr. Stephanie Runciman

List of Services: Annual exams and vaccines, surgery, medicine, dental care, ultrasound, x-ray, nutrition, acupuncture and Chinese herbal medicine.
"Ask about Military Discounts"

71 Murphy St. Trenton, ON K8V 0C3
613-392-8900

Trenton MFRC becoming a Prom Project drop-off

First response from a military member from CFB Trenton was spectacular

Continued from page 1

this is at no charge to the students, which is absolutely incredible," added Ms. deSnoo.

In talking about the project, the HPLF said the student emergency fund is there for students a story of one young lady who took advantage of the program.

A young lady came out at one of the events in a dress and looked at herself in a mirror.

"She said she didn't know she could look beautiful and that was so special to her," Ms. deSnoo stated, adding it was an emotional moment for those witnessing it.

"We're dependent upon the community though. We're looking for that gently used formal wear and what comes in is what we have to give out. Our student emergency fund, the Belleville Kiwanis, the Belleville Rotary Club, who each support with cash donations, also make it possible to purchase prom tickets,

The Prom Project will run from February to March, with eight schools hosting their Prom events in April, including Bayside Secondary School and Trenton High School. The Bayside event is April 12 from 12 noon until 4 p.m. and the Trenton High School event is on April 13, unlikely you could afford the

cost of a prom ticket, either. So we help to pick up those costs as well," noted Ms. deSnoo.

Geoff Cudmore, chairman of the HPLF, said the student emergency fund is there for students and their families who are struggling.

"One of the largest areas we provide is Food for Home. If people are in that kind of need,

something like a prom ticket, or a dress or a suit, is not going to happen. So it's all part of the support right through the system," he said. "Prom and grad would

be out of reach for a lot of these students and families without

the Prom Project. The Prom Project will run from February to March, with eight schools hosting their Prom events in April, including Bayside Secondary School and Trenton High School. The Bayside event is April 12 from 12 noon until 4 p.m. and the Trenton High School event is on April 13, unlikely you could afford the



Maribeth deSnoo, executive director of the Hastings and Prince Edward Learning Foundation and Geoff Cudmore, chairman of the HPLF, pose beside a Prom Project flyer advertising the event.

Wounded Warriors Canada speakers fascinate audience

Continued from page 2

has advanced to saying, "I'm CJ Shrapnel is a very, very messy and look where I've gotten with my PTSD or look who I've become."

He has come to respect himself again and he says he owes all of that to Wounded Warriors and to people like those at the Puck Drop dinner who support Wounded Warriors.

Mr. Ralph said people like CJ speak at events like the CFB treatment they Trenton Pond Hockey Classic might be receiving. He said support Wounded Warriors Canada than knocking on doors on the part of the four employees of the organization in Canada. He "walking on said he is often asked what is the egg shells, not face of mental illness and PTSD.

"The way I put it very simply is we all know that the most dangerous things in overseas operations are improvised explosive devices. They're planted by people who want to disrupt operations, who want to maim, to kill and do the most damage to friendly forces. We've seen the re-

sults of that, they can tear flesh. Shrapnel is a very, very messy business. But there's something that is also just as messy and is

not seen. I call it shrapnel of the soul," he said of mental illness. That shrapnel of the soul affects the families of those returning from deployments like Afghanistan because those people often won't talk about their

ordeals or the treatment they receive than knocking on doors on the part of the four employees of the organization in Canada. He "walking on said he is often asked what is the egg shells, not face of mental illness and PTSD.

"The way I put it very simply is we all know that the most dangerous things in overseas operations are improvised explosive devices. They're planted by people who want to disrupt operations, who want to maim, to kill and do the most damage to friendly forces. We've seen the re-

ing home to an inquisitive wife. She asks how it went and he replies, "Fine, hand me the remote. Everything goes quiet. There are

calls from a seemingly hopeless place like this, care enough to stand behind an organization like Wounded Warriors Canada to make sure these individuals

get the help that they need," he stated.

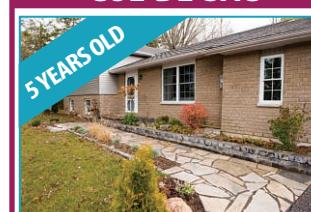
Direct: 613.438.5588

Email:
Shussey@exitrealtygroup.ca
www.SandraHussey.ca
IRP DND APPROVED



Sandra Hussey
Sales Rep

QUIET CUL-DE-SAC



21885 LOYALIST PARKWAY

Stunning brick home w/ huge rec room, separate entrances with in-law suite potential

MLS#QR21507325
\$297,000

BEAUTIFULLY MAINTAINED



242 BYRON STREET

Beautiful 2 bed/2 bath bungalow offering a fenced in backyard and in-ground pool.

MLS#404110093
\$136,500

SUPER-SIZED LOT



1559 OLD HIGHWAY 2

Beautiful 3 bedroom bungalow with a covered side porch & double car garage.

MLS#404250031
\$199,900

IN THE HEART OF BRIGHTON



21 DEERFIELD DRIVE

Beautiful bungalow offering over 2700 sq ft of living space. Ideal for your growing family.

MLS#511590161
\$300,000

GORGEOUS IN NAPANEE



719 COUNTY RD 9 (RIVER RD)

Exquisite waterfront bungalow offering a boathouse, in-ground salt-water pool, wrap around deck and so much more!

MLS#451120001
\$580,000

CLOSE TO BEACHES



610 COUNTY ROAD 64

Spacious 1.5 storey, 3 bed/2 bath home offering a sunroom and tranquil private backyard

MLS#511660539
\$200,000

ABC TAXI

Let Us Help You & Your Valentine Celebrate Safely



24 HOUR DRIVE BACK SERVICE

We will get you & your vehicle home safely

613-392-3525

If Busy Call: **613-394-4326** or **1-866-392-3525**

36 Murphy St, Trenton ON K8V 4S7

DIRECT DRIVE FOR DELIVERY OF ENVELOPES & PACKAGES

**24 HOUR
LIVE DISPATCH
SERVICE**

GET FUSSY CALL HUSSEY! 613-438-5588

Trenton's Nostalgic Trivia



For those of you who work in Transient Servicing, I think being called out on the line to service this aircraft might have made your day. On Feb. 2, 1959 this Avro Arrow was diverted and landed in Trenton due to the runway being closed at its home base in Milton, Ontario. This was the only time an Avro Arrow landed anywhere other than at Milton.

Provided by Capt. Sandor Gyuk, Wing Heritage Officer

DELIVERY INQUIRIES
Please Call
613-966-2034

"The Only Place To Go"

SMITTY'S
WAREHOUSE OPERATION
For NEW or GOOD USED Appliances

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

Best Quality Best Price

Best Selection Best Guarantee Best Service

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

R0013078196

BALL HOCKEY Quinte West

REGISTRATION

AGES 5 TO 15

Sat., Feb. 13th 8:30am to 12pm
Sat., Feb. 20th 8:30am to 12pm

at
TRENTON COMMUNITY
GARDENS
FOR MORE INFO:
www.quinteballhockey.ca



R0013630569



TRINITY
FAMILY DENTAL

- ✓ General and cosmetic dental services offered.
- ✓ Kid friendly - they get to watch Netflix while we work!
- ✓ Insurance company direct payments.
- ✓ Athletic Mouthguards.

Saturday
& Evening
Appointments
Available

Dr. Appan is accepting new patients

A Beautiful Smile Starts Here.



69 Division St. Trenton

613-392-9586 | www.trinityfamilydental.ca

Fitness & Health

Faces of Health Promotion



Faces of Health Promotion at 2. What were the highlights of 8 Wing/CFB Trenton is a profile the courses you have taken? of individuals who demonstrate a commitment to overall health and well-being through participation in Health Promotion programming.

This week's Face of Health Promotion is Sergeant (Sgt.) Scott Smith of 436 (T) Sqn. Sgt. Smith has 19 years of service, five of which have been in Trenton with the 'J' Hercules. He has completed Stress Take Charge! (STC), Alcohol Other Drugs Gambling and Gaming Awareness (AODGGA) and Managing Angry Moments (MAM). Sgt. Smith was kind enough to reflect on his experience with Health Promotion.

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

The most recent course I completed was the Alcohol Other Drugs Gambling and Gaming Awareness course. This course was titled as a supervisor training course and as a Senior NCO, I felt it would be beneficial to be-

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

During the Stress Take Charge! course I was introduced to the concept of what causes stress. The concept focused on me, professionally come more aware of this subject matter.

rather our interpretation and response to that event that leads to a stressful reaction. I wrote this concept down during the course and I often use it as a reminder.

It seems like a simple statement but I was able to connect with it.

It helps me to remember that I need to work on changing my re-

The Health Promotion Team spouses and dependants. There are currently 10 programs offered, focusing on both mental community to increase control and physical health. For more information regarding upcoming course dates and registration, contact Health Promotion charge to all CAF members, DND 613-392-2811 x3768 or healthpro motiontrenton@forces.gc.ca

Health Promotion 2016 Winter Calendar



Butt Out Self Help

Dates: Every Wednesday
Timings: 13h15
Info: Hosted at 24 HSvcs

Mental Fitness Mondays

Dates: Every Monday!
Timings: 12h00 - 12h45 hrs
Info: Hosted at South Side Gym

Stress: Take Charge!

Dates: 11 February 2016
Timings: 08h30-16h00

Alcohol & Other Drugs Awareness

Sup Trgng
Dates: 18-19 February 2016
Timings: 08h30-16h00 & 08h30-12h00
Info: Course Coded

Get Registered!
Online <http://healthpromotion.cfbtrenton.com>
613-392-2811 Ext3768

Stress: Take Charge!

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

11 February 2016 • 0830-1600hrs

Sign up today at http://www.cfbtrenton.com/forms/HP_Registration/stf_input.php
613-392-2811 x3768

WE ARE WELCOMING NEW PATIENTS!



Marinovich DENTAL

- Complete dental care for all ages
- Direct payment accepted from insurance companies upon request

Now at our New Location!

246 Dundas St. E.
Trenton, ON K8V 1L9
613.392.3939 • marinovichdental.com

**FAMILY OWNED,
SERVING YOUR LOCAL
COMMUNITY SINCE 1994!**

DISCOVER BELLEVILLE'S BETTER RENTAL VALUES!

Inquire About Our Leasing Incentives

- ✓ With laminate and ceramic floors with sheers*
- ✓ Close to shopping malls
- ✓ Large walk-in closets*
- ✓ Heat & Hydro included*
- ✓ Footsteps to transit stop
- ✓ Heated outdoor pools
- ✓ Large doors to balcony or terrace
- ✓ Park-like picnic area with barbecue
- ✓ No pets preferred

*On selected units

Rental Office Hours

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

Saturday & Evening Apartment viewing by appointment only.



613-966-1512

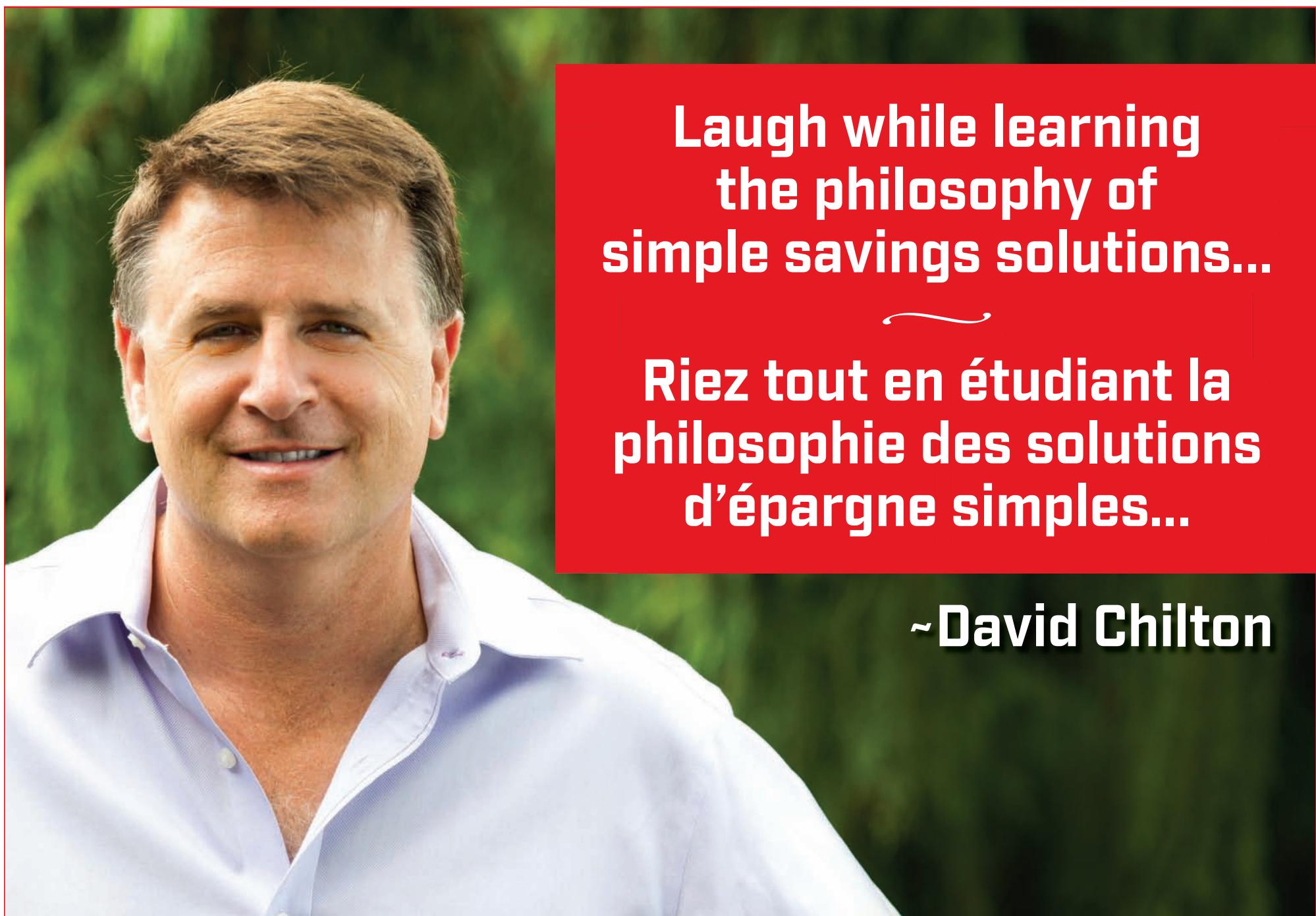
201 Palmer Road, Belleville, ON

belleville2@scpl.com

www.scpl.com

**SHELTER
CANADIAN**

**PROPERTIES
LIMITED**



**Laugh while learning
the philosophy of
simple savings solutions...**

**Riez tout en étudiant la
philosophie des solutions
d'épargne simples...**

~David Chilton

SISIP Financial invites you
to join them along with
David Chilton, author of

The Wealthy Barber Returns*

and former Dragon from
CBC'S Dragons' Den:

Trenton
National Air Force
Museum of Canada
February 9
19:00 - 20:00 Hrs
FREE Admission (Limited seating)

*Attendees will receive a free copy of
The Wealthy Barber Returns
(Refreshments to be provided)

La Financière SISIP vous invite à
venir rencontrer
David Chilton, auteur du livre

Le retour du barbier riche*

et ancienne vedette de l'émission
Dragons' Den de la CBC :

Attendees can enter to win:
\$500 CAF Savings Plan (RRSP/TFSA)
or a \$250 CANEX Gift Card

Les participants pourront s'inscrire et
courir la chance de gagner :
500 \$ à déposer dans un compte
(REER/CELI) des Régimes d'épargne des
FAC ou une carte-cadeau CANEX de 250 \$

Trenton
Musée national de la Force
aérienne du Canada
Le 9 février | 19 h à 20 h
Admission GRATUITE
(nombre de places limité)

*Les participants recevront un exemplaire gratuit
du livre *Le retour du barbier riche*
(Des rafraîchissements seront servis)

Allison (Sparky) MacKenzie loved her time in the BCAPT

As a wireless operator, she could have been the beacon of hope for many returning bomber pilots

By Ross Lees

Allison (Sparky) MacKenzie might well have been the beacon of hope for many bomber pilots during the Second World War.

In the Canadian Armed Forces (CAF) for nearly three-and-a-half years starting in 1942, this chipper wireless operator loved her work. Having cut her teeth in the military in the British Commonwealth Air Training Plan (BCAPT), she was given the best wireless set, the most powerful transmitter in England, so she sent the signal off to bombers flying missions over Germany.

"I would send out the signal every half hour (BV9QTF and the time), she recalled in a recent interview from her apartment in Belleville. "I would repeat it every half hour; then I would listen for SOSs or O for emergency. Otherwise, they couldn't send (messages) to headquarters unless it was something like that."

Because her set was so powerful, the Germans could pick it up and monitor it, so messages were kept to an absolute minimum, she said, recalling often getting messages from downed aircraft in the ocean.

"It was always in code (She was trained in Morse code at 24 words per minute) and it went straight up to operations. It was quite exciting, but we kept our cool. It was war," she said matter-of-factly.

Sparky recalls D-Day vividly.

"D-Day was fantastic. We never went off duty. We stayed on duty the whole 24 hours and we could hear and see the bombers. The sky was just black coming from all our satellite stations. We were headquarters for a lot of stations and it was pretty exciting," she noted.

She did not see them coming back because she was in headquarters.

"All I saw was the fellows going out.

When they came back it was pretty scraggly," she recalls hearing. "Some of our girls lost their husbands in the war. Personally, I lost a few boyfriends, let's put it that way, but no one I was close to."

Much of her time in the military was recorded in pictures, which she has spread throughout her apartment for this interview with Contact and Base Information Officer Captain (Capt.) Sandor Gyuk.

Sparky (her maiden name was also Sparks) loved being a wireless operator and she has stayed in touch with technology over the years, now owning her own computer.

"I've got Windows 10," she notes with pride, adding she has been using computers for about 10 years.

Married twice, Sparky was latterly married to Squadron Leader Andy MacKenzie, the hero of the book entitled Mayhem to Mayday, a book for which she supplied much of the information. A press release about the book described her husband this way:

Andy MacKenzie's dream of flying came true when he graduated as a pilot in the RCAF. He desperately wanted to be a fighter pilot but first had to spend two years as an instructor. Finally overseas he quickly became an ace when he downed



three enemy aircraft in 90 seconds winning the Distinguished Flying Cross. He was shot down by American friendly fire over the Normandy beachhead. His final count was 8.5 kills before returning to Canada to command a squadron of Kitty Hawks for the Pacific war. The atomic bomb shut down his chance to fight again and he left the air

force. Soon after he rejoined, he had ground jobs before taking command of 441 Squadron flying F-86 Sabres. On exchange duty with the US air force in Korea he was shot down by a wing mate and spent two years of torture in a Chinese prison -- 465 days in solitary confinement for refusing to reveal military secrets. With the Korean war over, he returned to Canada 70 pounds lighter but still in charge of his ebullient sense of humour."

Sparky describes him as a "wonderful man" and takes every opportunity to talk about him and his outstanding career.

"He really had a distinguished career. He was the Squadron Commander of 441 (Squadron)," she said. "He enjoyed himself and never took himself too seriously. The men just loved him. When he went missing, they were really upset. He stayed missing and nobody cared here. His wife said, he isn't dead and she wouldn't sign any papers, so she kept getting his pay. She had four children. Eventually, he turned up. She spoke to a diplomat and he spoke to Zhou Enlai, and he said he would look to see if they had him as a prisoner. He let them know they had him and they said they would let him go in due course.

Two years to the day, to the hour to the minute, they let him go in Hong Kong."

When his wife, Sparky's best friend died, she married her husband and they enjoyed several years together. He earned 15 medals, which she still has. She also still has a picture of him with England's leading ace Johnny Johnston, taken at the last fighter pilots' reunion at the Chateau Laurier in Ottawa.

She recalled a funny story about Squadron Leader MacKenzie getting his wings, a ceremony which would normally carry some pomp and ceremony to it; however, this was not the case for MacKenzie.

Upon completion of pilot training, Andy MacKenzie's instructor said, "You fellas did very well; I think you've got your wings. You wanna pick up your wings, they're on the desk here, but leave 26 cents."

"He got Royal Air Force (RAF) wings because his instructor from England was in the RAF."

Sparky met her first husband in England. Married 50 years, they met as wireless operators working alongside each other. Fred (Tommy) Tucker and Sparky were married in an 11th century church on the station and they went on their honeymoon to Trafalgar Square.

"He was a 'sparky' too," she recalls of him getting the badge depicting their trade.

Her husband was still in England when she came back. He was over there until almost VJ Day.

"He came home before that and we went on honeymoon to Niagara Falls on VJ Day. I was out by that time," she said.

Much of what she recalls from that time period comes from the numerous photographs she still retains about that period of her life. She has already given some of her mementos to a museum in Ottawa, but she can take you through her military life with the photos she keeps to this day.

She has a photograph of Group Captain Weber giving her her Sparks badge. She joined the forces at 19 years of age and continued the tradition

of her family having someone in every war.

"Somebody in my family had been in every war since the Crimean War," she said. "I've got (a picture) of my grandfather in the living room and he was in the Crimean War and his commission is signed by Queen Victoria. I have her signature there. My Dad was in but he had a tubercular gland, so they put him out, but two of his brothers served.

"That's me on the Harvard wing at Upplands. I was stationed at Upplands, and that's the summer uniform," she noted.

She did her basic training in Rockcliffe and was unhappy about it because that was home and she wanted to travel. But Sparky and her friends made the most of that period of their careers.

"We took part in swimming against other stations in the Montreal Athletic Association, and we played basketball and won over Rockcliffe. We were busy, physically," she stated.

She recalled a very long route march through Montreal

Allison (Sparky) MacKenzie is shown here with a picture of her second husband, Squadron Leader Andy MacKenzie, the hero of the book entitled Mayhem to Mayday. Photos by Ross Lees



(Above) Sparky is shown in her uniform and with her badge. Photo supplied by Allison (Sparky) MacKenzie.

(Right) Sparky and another young lady who just returned from England with her, enjoy a donut and coffee upon their arrival in back in Canada. Photo supplied by Allison (Sparky) MacKenzie



Capt. Gyuk and Sparky look at some of the many photographs she retains of years in the military as a wireless operator



Sparky proudly shows Capt. Gyuk, 8 Wing Heritage Officer, a picture of her husband, Squadron Leader Andy MacKenzie with England's leading ace Johnny Johnston.

CFB Trenton Pond Hockey Classic suffers first cancellation in five years

Continued from page 1

tournament went very well, according to Capt. Moorhouse.

"Sponsorship was up this year by 20 per cent, which indicates support from local businesses is increasing and we're becoming fully established as an annual event," he said.

The live auction and sale of items Friday night at the Puck Drop dinner was very good, as was attendance at the opening event of the this annual classic pond hockey tournament, according to Capt. Moorhouse.

Guest speakers Philip Ralph of Wounded Warriors Canada and CJ Wilneff, a former member of the Canadian Armed Forces (CAF) now battling Post-traumatic Stress Disorder (PTSD), held the audience spellbound throughout their speeches.

"I don't know how many people came up to me after the

dinner and said they had never heard the place so quiet while CJ was speaking," Capt. Moorhouse noted.

Mr. Wilneff deployed to Afghanistan in 2010 as an Army Reservist but returned home a very different young man. He admitted to emotions ranging from feeling lost, lonely, pressured and unsure of himself but it was his family and friends who originally pointed out the fact he had changed to him. After struggling through initial attempts at help, he finally was pointed to Wounded Warriors

Canada and finds speaking on their behalf part of his healing process.

"This is the fourth time I've spoken and I'm aware of the affect it is having on me," he said near the end of his speech Friday night.

He said he's gone from saying,

"Hi, I'm CJ and I have PTSD" to

saying "I'm CJ and look where

I've gotten with my PTSD."

Philip Ralph said young men like CJ are torn apart by what he calls "shrapnel" of the weekend.

soul" but that Wounded Warriors' Canada's ethos is to "honour the fallen and help the living."

It may be several weeks before the final tally is achieved for the latest edition of the CFB Trenton Pond Hockey Classic, according to Capt. Moorhouse. He has to get back to his work with 436 Transport Squadron and he thinks it might be two weeks or longer before he can assemble his full team for the announcement of the total raised.

He gave his team kudos for their hard work throughout Friday and Saturday and leading up to the event, noting they did everything they could to keep ice on the four ponds at Batawa, but Mother Nature just proved too persistent.

"We worked that Zamboni really hard on Saturday, but there just wasn't enough ice," he said.

"But not a single person left here angry."

In his speech Friday night at the Puck Drop dinner, 436 Transport Squadron Commander Lieutenant-Colonel (Lt.-Col.) Troy Paisley thanked Capt. Moorhouse and his team of volunteers for their efforts in putting the CFB Trenton Pond

Hockey Classic together and calls for their efforts throughout the weekend.



Action was fast and furious in the traditional pond hockey style and there was a lot of scoring in these wide-open games.



8 Wing/CFB Trenton Commander Colonel (Col.) Keiver dropped the puck to officially open the 2016 CFB Trenton Pond Hockey Classic Saturday morning. Joining Col. Keiver in this picture are, from left to right, foreground, the captain of the hockey team, playing along with CJ Wilneff, the guest speaker from the night before but a member of the other team playing in the opening game of hockey. In the background are, from left to right, Lt.-Col. Troy Paisley, CO of 436 (T) Sqn., 8 Wing Chief Warrant Officer Darcy Elder, Philip Ralph of Wounded Warriors Canada, and Capt. Jeff Moorhouse, organizer of the 2016 CFB Trenton Pond Hockey Classic.

Shelley O'Donnell
Business and Finance
(613) 969-1166
Cell: 613-847-4585
sodonnell@bellevillemitsubishi.ca

MITSUBISHI MOTORS
BUILT BETTER. BACKED BETTER.

BELLEVILLE MITSUBISHI
720 Dundas Street West, Belleville, ON K8N 5B5

Family Dental Centre

Personalized & Comfortable

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

Three Locations to Better Serve You!

Frankford 613-398-8888
Belleville 613-961-7050
Cobourg 905-372-7400

www.FamilyDentalCentre.com



10% Military Discount!

Cleaning & Polishing Only \$99

FRIEL
HEATING & AIR CONDITIONING INC.
"Fireplace Showroom"
Specializing in your Home Comfort Since 1995

WARM UP YOUR WINTER WITH A GAS FIREPLACE

FREE THERMOSTATIC REMOTE
with purchase
(Offer ends March 31st)

NAPOLEON FIREPLACES...
a lifetime of instant ambience with reliable performance year after year after year

Call or visit us today for your FREE No Obligation quote
"You'll Be Glad You Did!"

122 Parks Dr. Belleville 613-966-8848
Locally owned and Operated to Serve You Better Since 1995

R0013619877

Photos by
Ross Lees



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

New Programs at the Trenton MFRC

Visit our website - www.trentonmfrca.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.trentonmfrca.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 Night with the Golden Hawks

Watch the Trenton Golden Hawks face-off against rival team Kingston Voyageurs for a night of great hockey in honour of military families! Enter the raffle for a chance to win one of two war-plane prints! When: Friday, Feb. 12, 7:30 p.m. puck drop. Where: Duncan Memorial Gardens. Tickets purchased at the MFRC: \$8 for adults, \$5 for children. *The GHawks are donating a portion of these ticket sales to the MFRC. Show your support for the troops by wearing red to the game and you could win a prize! For information, visit or call MFRC reception: 613-965-3575.

Soirée de CRFM avec les Golden Hawks

Venez regarder les Trenton Golden Hawks faire face aux Voyageurs de Kingston, une soirée de hockey excitant en l'honneur des familles militaires ! Participer au tirage pour une chance de gagner une des deux gravures 'war-plane' ! Quand : Le vendredi 12 février 19h30 la rondelle tombe. Où : Duncan Memorial Gardens. Les billets sont vendus au CRFM : 8\$ par adulte, 5\$ par enfant. *GHawks donnent une portion du revenu de la vente des billets au CRFM. Démontrez votre soutien aux troupes en portant du rouge durant la partie & vous pourrez gagner un prix ! Pour plus d'information, contactez la réception du CRFM : 613-965-3575.

Financial Future

Learn how to invest and prepare for what's to come! Plan short and long term goals. Pursue your financial dreams and achieve a comfortable retirement while balancing the demands of a challenging military career. When: Tuesday, Jan. 19 from 7 p.m. to 8:30 p.m. Where: Trenton MFRC. Cost: This is a free seminar! To register, please call the MFRC reception at 613-965-3575 or email rabia.s@trentonmfrca.ca.

Votre futur financier

Apprenez comment investir et préparer pour les jours à venir ! Des objectifs à court et à long terme. Poursuivez vos rêves en matière de finance et réalisez une retraite confortable tout en balançant les demandes et défis d'une carrière militaire. Quand : le mardi 19 janvier, 19h00 - 20h30. Où : CRFM de Trenton. Coût : gratuit ! Inscrivez-vous en téléphonant la réception du

CRFM au 613-965-3575 ou rabia.s@trentonmfrca.ca.

HERCS - Online Entrepreneur Program

Are you tired of job searching every time you are posted? Do you want a career that can travel with you? Are you interested in having your own business? Whether it is direct sales, a franchise, your own business idea, or even if you just want to learn what being an entrepreneur is all about, this program is for you! Who: Open to the entire military community. When: Monday, Feb. 29 from 1 p.m. to 3 p.m., Wednesday, March 2 from 1 p.m. to 3 p.m., and Monday, March 7, 1 p.m. to 3 p.m. Where: Online via Webex. Cost: Free which includes your manual. Required: A headset with microphone and a business idea or sample idea to work with. Note: This session will be available in French only. Please register by Monday, Feb. 9 by contacting Priscilla at 613-392-2811 ext. 3852 or priscilla.tremblay@forces.gc.ca.

HERCS – Programme virtuel pour entrepreneur

En avez-vous assez de chercher un emploi à chaque mutation? Voulez-vous un carrière qui peut vous

suivre partout? Souhaitez-vous lancer votre propre entreprise? Que ce soit pour la vente direct, une franchise, une idée d'entreprise, ou seulement pour en apprendre davantage sur le rôle d'entrepreneur, ce programme est pour vous!

Qui : Ouvert à la communauté militaire. Quand : Lundi le 29 février 13h à 15h, Mercredi le 2 mars de 13h à 15h, Lundi le 7 mars de 13h à 15h. Où : En ligne via Webex. Coût : Gratuit incluant le manuel. Matériel requis : Un casque d'écoute muni d'un micro et une idée d'entreprise ou toute autre idée. Inscrivez-vous d'ici le 9 février en contactant Priscilla Tremblay au 613-392-2811 ext. 3852 ou priscilla.tremblay@forces.gc.ca.

Video Dance Party

Youth are invited to a Video Dance Party at the RecPlex on Friday, Feb. 19! Doors open at 6:30 p.m. and dance from 7 p.m. to 10 pm. Cost is \$6 for military, \$7 for civilians. Registration and more information: meghan.enwood@forces.gc.ca or 613-392-2811 ext. 5230.

Continued on page 12

Home of the Week

Your Building Renovation Experts

Plan No: 1-2-661

The floor plan shows a double garage (21'0" x 22'0") with an attached laundry room (6'0" x 11'0") and a double door leading to the front entrance. The main entrance leads into a foyer with a coat closet and stairs leading up to the second floor. To the left of the foyer is a large great room (15'6" x 18'4") with a fireplace and a double door leading to a covered deck (15'4" x 12'0"). The great room also has a double door leading to a dining room (12'0" x 12'2") with a four-seat eating bar. The kitchen (11'0" x 11'0") is located to the right of the dining room, featuring a large island with a sink and a window above it. The kitchen also has a double door leading to a covered deck. The master suite (13'0" x 16'0") is located on the second floor, featuring a walk-in closet (W.I.C.), a double door leading to a bathroom, and a double door leading to a sun deck (12'0" x 9'0"). There are two additional bedrooms (10'6" x 11'0" and 10'6" x 11'0") and a full bathroom on the second floor. The exterior features vertical siding, a stone foundation, and a covered deck.

In this attractive two- by an L-shaped island and a continuation of the cov- looks the front garden. A bedroom bungalow, com- four-seat eating bar, and ered deck beyond the great three-piece bathroom is pact size doesn't matter, the kitchen sink faces the room. because the plans feature dining room windows. A The en-suite includes a with a linen closet. all the amenities that pantry is located near the soaker tub, set in a corner Exterior finishes include a contemporary family entrance to the laundry with two windows to let horizontal siding that con would wish for. room, which includes a in natural light, as well as trasts with the vertical

Entry is via a covered useful storage space. To the left of the great- with a window and side- room entrance is a stair- light. The foyer includes a well, protected by railings, coat closet to the immedi- to an optional basement. ate right. Just beyond is The sleeping wing is sep- the open-plan great-room arated from the foyer by an archway. The master bed-

Natural light will room boasts French doors stream into the dining that open onto a sun deck, area, which occupies its own niche and boasts windows on three sides. The great room boasts a gas fireplace, as well as a doorway to the partly-covered deck overlooking the back garden, where year-round grilling will be an easy op-

The kitchen is separated from the dining area

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

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

"YOUR ONE STOP BUILDING CENTRE"
COLE'S TIMBER MART
COMPLETE LINE OF BUILDING SUPPLIES
KITCHEN & BATH SHOWROOM
DELIVERY AVAILABLE
RENTAL CENTRE
www.colestimbermart.ca
47 Ontario St., Brighton
613-475-2810
1-888-265-3742



Community Events

generously sponsored by...

independent

YOUR INDEPENDENT GROCER



President's Choice

CFB Trenton	Smylie's Independent Grocer
(Hwy #2) Dundas St. E.	

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



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

Feb. 6 – Trenton Rowing and Paddling Club 4th Annual Funspiel Fundraiser

The Trenton Rowing and Paddling Club will hold its fourth annual Funspiel Fundraiser at the Trenton Curling Club on Saturday, Feb. 6 from 9 a.m. to 4 p.m. entry fee is \$60 per person and includes two four-end games, lunch, prizes, silent auction and cash bar. Contacts for the event are: Krista Matisko, 613-392-0874 kmatisko@yahoo.com; Cheryll Drumm, 613-922-6981 drumm20042000@yahoo.com; Glenda Bruynson, 613-392-5244 trentoncurling@hotmail.com. Entry forms are available at the Quinte West Chamber of Commerce and the Trenton Curling Club. Registration is limited and deadline for payment is Jan. 22.

Feb. 6 – Trenton Legion Branch 110 features Robin Edgar and Jeff Murray

Trenton Legion Branch 110 has entertainment and dancing every Saturday in the lounge. Feb. 6 will feature Robin Edgar from 2 p.m. to 6 p.m. and Jeff Murray from 8 p.m. to midnight.

Feb. 8 - Wealthy Barber coming to NAFMC

SISIP Financial invites interested people to join them along with David Chilton, author of The Wealthy Barber Returns and former Dragon from CBC's Dragons' Den at the Trenton National Air Force Museum of Canada on Feb. 8 from 7 p.m. until 8 p.m. Admission is free but seating is limited. Laugh while learning the philosophy of simple savings solutions. Attendees will receive a free copy of The Wealthy Barber Returns and

they can enter to win a \$500 CAF Savings Plan (RRSP) or a \$250 CANEX gift card. Refreshments will be provided and the MFRC will be providing free child care services from 6:30 p.m. until 9:30 p.m. if required.

Feb. 6 – Trenton Legion Branch 110 features Valentine Dinner and Dance

Trenton Legion Branch 110 will be having a Valentine Dinner and Dance on Saturday, Feb. 13. Advance tickets at the office are \$25 per person. Cocktails are served at 6 p.m., dinner begins at 7 p.m. Dancing to The Reasons begins at 8 p.m. Door prizes. Professional photo sessions available for \$10/couple.

Feb. 17 – 8 Wing Officers' Mess Ladies Club Personal Support Programs Presentation

The 8 Wing Officers' Mess Ladies Club is hosting a presentation by Lisa Refausse, Manager of Health Promotion at CFB Trenton, Personal Support Program, with topics to include creative living, fitness, stress management and much more. The event is to be held on Wednesday, Feb. 17 at 6:30 p.m. in the Mess. Members are free and invited guests are \$10. For more information, contact chamber sj@live.ca.

Branch 110 features Hallman & Hoffman and Picket Fence

Trenton Legion Branch 110 has entertainment and dancing every Saturday in the lounge. Feb. 20 will feature Hallman & Hoffman from 2 p.m. to 6

p.m. and Picket Fence from 8 p.m. to midnight.

Feb. 22 – Trenton Knights of Columbus Blood Donor Clinic

The Trenton Knights of Columbus Blood Donor Clinic will be held at the Trenton Knights of Columbus Hall at 57 Stella Crescent from 1 p.m. to 7 p.m. All regular and new donors are encouraged to attend and give the gift of life during this time of depleted blood reserves.

MFRC continued from page 11

'Video Dance Party'

Les jeunes sont invités à Video Dance Party au RecPlex le vendredi 19 février. Les portes ouvriront à 18h30. Coût: 6\$ military/7\$ civilians. Inscription et plus d'information : meghan.enwood@forces.gc.ca or 613-392-2811 poste 5230.

Mindfulness Group

This group will help you develop mindfulness practices as a way to reduce stress and anxiety, and improve choice when responding to difficult situations. Experience is not required. The Mindfulness Group will take place on Jan. 28, Feb. 25 and March 31 from 12 noon to 1 p.m. or 1 p.m. to 2 p.m. at the Trenton MFRC. Please register at least one week prior to the workshop. You can register and learn more by contacting Rabia: 613-392-2811 ext. 3265 or rabia.s@trentonmfrca.ca.

Groupe de pleine conscience

Intéressés à développer pleine conscience pour réduire le stress et l'anxiété et pour aider à faire face à des situations difficiles? Le dernier jeudi du mois de midi à 13h00 ou de 13h00 à 14h00 (le 28 janvier, le 25 février et le 31 mars) au CRFM de Trenton. Veuillez vous inscrire au moins une semaine avant l'atelier auquel vous désirez assister. Pour information ou pour vous inscrire : Rabia 613-392-2811 ext. 3265 ou rabia.s@trentonmfrca.ca.

Program Calendars

The January Youth Centre calendar

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

The 8 Wing Officers' Mess Ladies Club is hosting a "New to You Accessories" evening on Wednesday, March 9 at 6:30 p.m. in the Mess. Suggested items include handbags, scarves, belts and jewellery. (No shoes or clothes) Members and invited guests of members are free with accompanying items or \$5 at the door. For more information, contact chamber sj@live.ca

and the Winter Playroom calendar is available under 'Youth & Teens' and 'Children & Parents' respectively on our website - www.trentonmfrca.ca/family-services.

Le calendrier du Centre des jeunes

Le calendrier du mois de janvier 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://trentonmfrca.ca/fr/services-famille>

Afternoon Chatter - Monthly social gathering

What: Meet and munch. When: Sunday, Feb. 21 from 1 p.m. to 4 p.m. Where: Buffet Gardens, 355 North Front Street, Belleville. Everyone is welcome! Joanne and Susan decided to bring the members of the Facebook group "CFB Trenton Spouses" out of cyberspace and invite members and non-members to 'meet and mingle'. Information and RSVP by Feb. 17 with Susan by text or call 343-263-3388.

Jasette de'après-midi - rencontre sociale mensuelle

Quoi : Jaser et grignoter. Quand : Le dimanche 21 février de 13h à 16h. Où : Buffet Gardens, 355 North Front Street, Belleville. Bievenu à tous ! Joanne et Susan ont décidé d'accroître les horizons du groupe Facebook "CFB Trenton Spouses" et d'organiser des rencontres sociales à l'extérieur de cyberspace où membres et non-membres puissent se rencontrer. Information & RSVP avant le 17 février avec Susan par text ou téléphone au 343-263-3388.

HILLCREST
ANIMAL HOSPITAL

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

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

Tel: 613-394-2953
www.hillcrestanimalhospital.ca

Looking for The Contact?

BELLEVILLE: Belleville Public Library Dewes YIG Kelly's Guardian Pharmacy	TRENTON: Smylies YIG Metro QHC Trenton Memorial
---	---

CAMPBELL'S AUTO SHOP
327 COLEMAN STREET, BELLEVILLE

R0013077985

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

613-968-5791

E-mail: autoshop@bellnet.ca



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

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

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

McDonald's in Walmart
Trenton
Smoothies now available



Old Timer's Hockey championship Feb. 5

Petawawa wins Ontario Region Old Timer's Hockey Championship

By Ross Lees



8 Wing Commander Colonel (Col.) Colin Keiver is joined by 8 Wing Chief Warrant Officer (WCWO) Darcy Elder at the puck dropping ceremonies to begin the Ontario Region Old Timer's Hockey Championship on Jan. 29. Photos by Ross Lees



The captain of the Petawawa team receives the championship plaque from WCWO Darcy Elder at the end of the tournament.

Video Dance Party

On Friday, Feb. 19 for ages nine to 14 years of age at the RecPlex from 7 p.m. to 10 p.m.

NEW - March Break Kidz Kamp

Monday, March 14 to Friday, March 18 from 8 a.m. to 4 p.m. Registration for the military community is Monday, Jan. 4 and for the general public on Monday, Feb. 1.

New! Fitness Class Pass

Purchase a Punch Card and you have the choice of any or all fitness classes. eight classes per card.

Adult Programs

Morning Aquafit - Mondays, Wednesdays, Fridays, Jan. 4 to March 23 from 8:30 a.m. to 9:20 a.m.

Evening Aquafit (Jogging) - Tuesday and Thursday, Jan. 5 to Feb. 25 from 6 p.m. to 6:50 p.m.

Senior Lane Swim - Mondays, Wednesdays, Friday, Jan. 4 to March 23 from 7:30 a.m. to 8:20 a.m.

Boot Camp Fitness - Mondays, Jan. 4 to Feb. 29 from 4:05 p.m. to 5:05 p.m.

Circuit Training - Mondays from Jan. 4 to Feb. 29 from 7 p.m. to 8 p.m.

Hatha Yoga - Tuesdays, Jan. 5 to Feb. 23 from 4:15 p.m. to 5:15 p.m.

Spin-Fusion - Tuesday, Jan. 5 to Feb.

23 from 5:20 p.m. to 6:20 p.m.

Fintess 4 Two - Wednesdays, Jan. 6 to Feb. 24 from 5:30 p.m. to 6:30 p.m.

Parented Pilates - Wednesday, Jan. 6 to Feb. 24 from 9:30 a.m. to 10:30 a.m. and/or (new) Saturdays, Jan. 9 to Feb. 27 from 9:30 a.m. to 10:30 a.m.

Pilates/Core Fitness - Wednesdays, Jan. 6 to Feb. 24 from 4:30 p.m. to 5:30 p.m.

Children, Youth and Teen Programs

Learn to Skate for Youngsters for ages four to seven years - Thursdays, Jan. 7 to March 10 from 4 p.m. to 5 p.m. or Thursdays, Jan. 7 to March 10 from 5

p.m. to 6 p.m.

Learn to Skate for ages eight to 16 years - Thursdays, Jan. 7 to March 10 from 6 p.m. to 7 p.m.

Basketball Skills and Drills for eight to 12 years - Wednesday, Jan. 6 to Feb. 24 from 5 p.m. to 6:30 p.m.

Drop in Youth Basketball - Wednesdays, Jan. 6 to Feb. 24 from 7 p.m. to 8 p.m.

Tyne Terrain for ages five and under - Tuesdays and Thursdays, Jan. 5 to March 10 from 9 a.m. to 10 a.m.

Dash 'n' Splash for ages six months and older - Fridays, Jan. 8 to Feb. 26 from 9 a.m. to 10:30 a.m.

First Home or Larger Home? Downsizing or Relocating?

No matter what you're planning, having the right financing in place is just as important as having the perfect home.

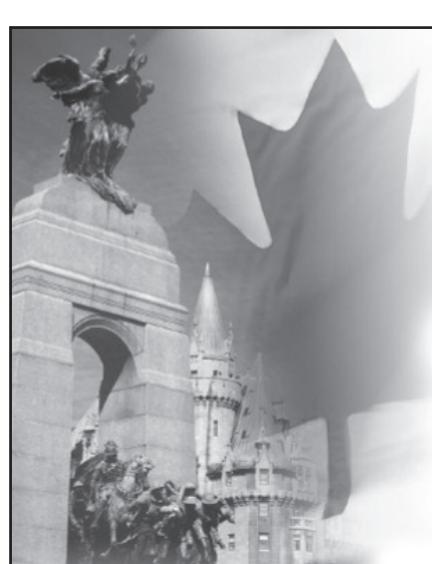
As a BMO Bank of Montreal Mortgage Specialist, I can help you before you choose a new home or start your relocation. Let me show you how to customize a mortgage to fit your needs and how to make sense of home financing.

Contact me and let's get started.



Craig Dick, DND Relocation Specialist
Mortgage Specialist
Phone: 613-921-8141
craig.dick@bmo.com
bmo.com/ms/craigdick

BMO **Bank of Montreal**
Official Bank Of the Military



Weaver
REINVENT TRADITION
www.weaverfuneralhomes.com

SO THAT WE MAY BE FREE.

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

IT IS THESE BRAVE FEW WE HONOUR.

Trenton East
29 Bay Street
613-394-2433

Trenton West
170 Dundas St. W.
613-392-3579

Classifieds

A Articles for Sale

A Articles for Sale

A Appliances

A Appliances

C Cleaning / Janitorial

C Cleaning / Janitorial

**2012 Passat 3.6**

6 Cyl Highline,
Black on Tan Leather.
Originally leased and Serviced here,
Equipped with Navigation, sport
package and Fender audio.
51,000km

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

613-966-3333

239 North Front
Belleville
www.bellevillevw.com

NEW & USED REFRIGERATORS

Stoves, washers, dryers, freezers,
dishwashers, 3 months old & up.
Sold with written guarantees.

Fridges \$100 and up

NEW APPLIANCES

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

PAYS CASH

for good used appliances in
working order, or not, but no junk
please. VISA & MASTERCARD
accepted. We have our own
financing. Shop at our competitors
& then come and see for yourself,
quality at low prices.

Open 7 days a week & evenings.
We deliver. We like Base people.

**SMITTY'S
APPLIANCES LTD.**
613-969-0287

Tammy's Cleaning Service

Years of 100% successfully passed
Marchout Inspections, and 20 years of
house cleaning in the Quinte Area.

Opening and closing services available.

"I likely clean for someone
you already know."

Call Tammy

613-392-0759 Cell: 613-847-7670

LOOKING FOR THE CONTACT?**BELLEVILLE:**

Belleville Public Library

Belleville Legion 99

Dewe's YIG

TRENTON

Smylies YIG

Metro

Quinte West Public Library

8 Wing Chapel / Chapelle de la 8e Escadre

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

Phone/Téléphone:

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



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

Services Times/Heures des services religieux

RC Mass: 0900 hrs (English) / Messe catholique: 09h00 (Anglophone)
RC Mass: 1010 hrs (French) / Messe catholique: 10h10 (Francophone)

RC Bilingual Mass the 4th Sunday of the month at 0900 hrs
Messe bilingue catholique le 4e dimanche du mois à 09h00

Protestant Worship Service: 1115 a.m.

Service de culte protestant: 11h15

RC Weekday Masses at 11:45 a.m.

(Tuesday, Wednesday and Thursday – may be cancelled on short notice)
Messes catholiques quotidiennes à 11h45
(mardi, mercredi et jeudi – peuvent être annulées sans préavis)

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 (Padre) Eric Doiron • Capt (the Rev./Rév.) Gerson Flor
Capt (the Rev./Rév.) Blair Ross • Capt (the Rev./Rév.) Daniel Walton

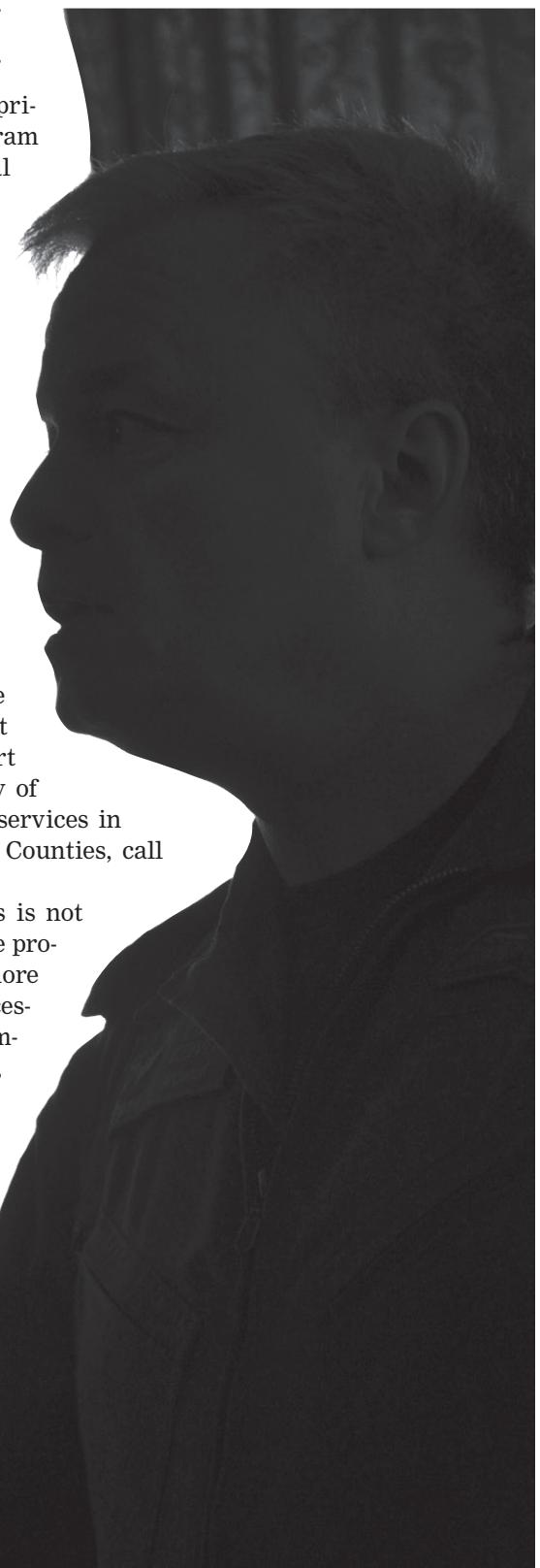
Know your local mental health resources

By Capt. Angela Raymond, MSW, RSW

As we come off the heels of the Bell Let's Talk campaign this is a fitting time to stress, emotion management, self-esteem and the counselor is your primary information. This program send out a reminder of some local Mental Health issues, immediate crisis, addiction consultation and adjustment difficulties. Administrative services are initiated by Chains of issues. If more specialized Health Resources available to service members and their families. Managing excessive stress, distress, an undiagnosed mental Command and include; assessments for quality of life postings or compassionate status, required the counselor health disorder, or supporting a loved one who suffers from the same can at times be pre and post deployment readiness, Out-Can/ will make a referral to the appropriate resource. overwhelming. Reaching out for assistance Isolated screenings and presentations to units.

General Mental Health Services are accessed through a medical doctor's referral. Mental Health clinicians provide diagnostic assessments, individual and group treatment for an extensive range of mental health concerns such as anxiety, depression, trauma, addiction etc. Members who may have an Operational Stress Injury can also be assessed, diagnosed and treated by the General Mental Health program.

Though the CAF strives to reduce, if not eliminate, stigma associated with Mental Health, there are those who continue to suffer with symptoms of emotional distress rather than seek services due to the perceived negative consequences associated with seeking help. Though you are encouraged to seek services at 8 Wing's Mental Health Department, there is another option available to you. The Member Assistance Program is a self-referral program that assists Regular, and Reserve Force members and their families who are experiencing personal problems. The 24 hour, 365 days a year service can be reached at 1-800-268-7708. You will be connected with a counsellor in your geographical region who will provide brief counselling intervention. The CAF pays for the service, however the information shared



Mental Health Department, 50 Yukon St., Building 451 • 613.392.2811 ext 3651

Member Assistance Program • 1.800.268.7708

Trenton Military Family Resource Centre (MFRC) • 613.392.2811 ext 4528

Open Line Open Mind • 613.310.OPEN (6736)

LEASE FOR
AS LOW AS **0% FOR 48 MONTHS¹¹**



**\$2,000 NO-CHARGE ALL-WHEEL CONTROL REBATE¹
ON 2016 OUTLANDERS**

Outlander GT S-AWC model shown[‡]

2016 OUTLANDER

BUILT OVER **100 WAYS BETTER.**
EXPLORE OVER 100 ENHANCEMENTS AT
OUTLANDER100.CA

LEASE STARTING FROM
\$216 0% 48
BI-WEEKLY AT

Available on Outlander GT[§]

Top Safety Pick Plus applies to Outlander GT only.

**0% PURCHASE FOR UP TO 84 MONTHS¹²
ON SELECT VEHICLES**

HURRY IN BEFORE
THE 2015s ARE GONE!

2015 RVR

RVR GT AWC model shown[‡]

PURCHASE FINANCE FROM
0% 84 + UP TO \$1,000
FOR MONTHS¹³ CONSUMER CASH¹⁴

Available on RVR SE AWC, Limited Edition and GT models[§]

2015 LANCER SE LTD EDITION



PURCHASE FINANCE FROM
0% 84 + \$2,500
FOR MONTHS¹³ IN NO-CHARGE EXTRA FEATURES¹⁵



Available on Lancer Evolution, Ralliart and Sportback



Excludes Lancer Evolution, Ralliart and Sportback

2015 MIRAGE

Mirage SE model shown[‡]

STARTING FROM
\$9,998 + \$1,965 = \$11,657
INCLUDES \$2,500 CONSUMER CASH¹⁶ FREIGHT AND OTHER FEES



10 YEAR
160,000 KM
POWERTRAIN LTD WARRANTY^{**}

**BUILT BETTER.
BACKED BETTER.**

COLIN
PRESIDENTTERRY
BUSINESS & FINANCESHELLEY
BUSINESS & FINANCEBEN
SALES CONSULTANT

MITSUBISHI-MOTORS.CA

BELLEVILLE MITSUBISHI

720 Dundas St. W. Belleville K8N 4Z2
613.969.1166 | www.bellevillemitsubishi.ca

Up to 600 Vehicles In Stock

The Way Used Car Buying Should Be!

BayviewAuto.ca

Service Selection Finance



MON-THURS 8AM-8PM, FRI 8AM-6PM
SAT 9AM-5PM, SUN 10AM-4PM



SCAN
and Apply
Securely
Today!



ASK
ABOUT 6 MONTHS
DEFERRED PAYMENTS

Drive today and
don't pay for
6 months!*



15 CHRYSLER 300 C

\$32,995
\$199.00
biweekly
96 mths @ 5.9%
0 DOWN + HST



15 FORD EXPLORER XLT

\$31,995
\$193.00
biweekly
96 mths @ 5.9%
0 DOWN + HST



13 FORD FOCUS SE

26453 Auto, 4 dr, 4 cyl, FWD,
Sedan, keyless entry, flex fuel,
alloys, air bags, height adjust
seats, pwr windows/locks/mirrors,
AC, CD, MP3, sync, cruise,
steering wheel ctrls, tilt steering
wheel. 66,743 km

\$9,995
\$76.00
biweekly
72 mths @ 5.9%
0 DOWN + HST



15 CHRYSLER TOWN & COUNTRY

25978 Auto, 4 dr, 6 cyl, FWD, keyless
entry, flex fuel, roof rack, alloys, air
bags, traction ctrl, leather, economy
mode, heated seats/mirrors, AC,
DVD, MP3, sat radio, rev camera,
u-connect, pwr roof/ seats/
windows/locks/mirrors/liftgate/
doors, cruise, steering wheel ctrls,
tilt steering wheels. 34,060 km

\$28,995
\$175.00
biweekly
96 mths @ 5.9%
0 DOWN + HST



15 FORD FIESTA SE

\$13,495
\$82.00
biweekly
96 mths @ 5.9%
0 DOWN + HST



14 SUBARU XV CROSSTREK

26122 Manual, 4 dr, 4 cyl, 4WD,
keyless entry, roof rack, trailer
hitch, alloys, air bags, traction ctrl,
height adjust seat, heated seats,
AC, CD, MP3, Bluetooth, pwr
windows/locks/mirrors, cruise,
steering wheel ctrls, tilt steering.
23,132 km

\$21,995
\$148.00
biweekly
84 mths @ 5.9%
0 DOWN + HST



14 VW JETTA

23714 Auto, 4 dr, 4 cyl, FWD,
Sedan, keyless entry, hub caps,
air bags, pwr windows/locks/
mirrors, heated seats, heated seats,
AC, CD player, cruise, tilt steering
wheel. 42,835 km

PREVIOUS DAILY RENTAL

\$12,995
\$87.00
biweekly
84 mths @ 5.9%
0 DOWN + HST



14 DODGE RAM 1500 OUTDOORSMAN

25887 Auto, 4 dr, 8 cyl, 4x4,
keyless entry, crew cab, trailer
hitch, box liner, alloys, air bags,
traction ctrl, AC, MP3, sat radio,
Bluetooth, pwr windows/locks/
mirrors, heated mirrors, cruise,
steering wheel ctrls, tilt steering.
20,596 km

\$30,495
\$205.00
biweekly
84 mths @ 5.9%
0 DOWN + HST

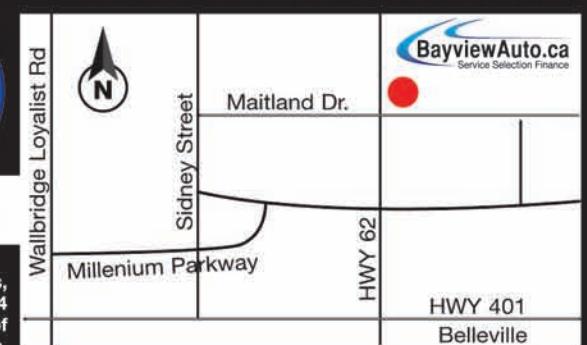
AGGRESSIVE FINANCING RATES & OPTIONS AVAILABLE WITH FLEXIBLE TERMS TO FIT YOUR BUDGET.

UP TO 600 CERTIFIED PRE-OWNED VEHICLES IN STOCK!

HOURS: MON-THURS 8AM-8PM, FRI 8AM-6PM, SAT 9AM-5PM, SUN 10AM-4PM

BAYVIEWAUTO.CA • 1.866.594.2262 • 6692 HWY 62 Belleville

7 Open
Days a week!



Deferred payments subject to financing. All payments are based on bi-weekly payments. All 2010-2012 - 60 mths: 2013 - 72 mths, 2014 - 84 mths, 2015 & 2016 - 96 mths: P.P.S.A., License and taxes extra. EG: \$10,000 + Taxes \$1,300 + P.P.S.A. \$65 = \$11,365 financed over 60 mths at 5.9% = \$117.34 Bi-Weekly with a cost of borrowing of \$1,962.47 on approved credit. All cash deals are price of vehicle + taxes. Terms & rates are current at time of print. 0 Down + HST. Most 2015 & 2016 vehicles are former daily rentals. Bayview Auto is not responsible for any errors in pricing. See dealer for details.

