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The making of the Quinte International Air Show

Popular historical event is already being forced to turn away acts and aircraft

By Ross Lees

The planning of the Quinte International Air Show (QIAS) 2016 is well underway; however the official announcement of the date has yet to be released.

What is known is that a lot of work has gone into this first QIAS since 2003 and there will be a lot more go into prior to the event, according to co-chairs Lieutenant-Colonel (Lt.-Col.) Cathy Blue, 8 Wing Logistics and Engineering Officer, and Lt.-Col. Kevin Tromp, 437 (Transport) Squadron (Sqn.) Commanding Officer.

Work on this air show began in October of 2015 but really began to heat up in December when organizers attended the International Council of Air Shows (ICAS) Convention where the shows and the acts get booked, according to Lt.-Col. Blue and Lt.-Col. Tromp.

"Anybody who is anything is there," Lt.-Col. Blue stated in an interview Tuesday morning. Also known as "The Air Show Authority," the industry of air shows "must attend" this convention special event.

According to Lt.-Col. Tromp, the QIAS took care of an important piece of business at the ICAS.

"We hired our air boss at that time," he noted. "The air boss is in charge of the safety of the performers and he actually controls the air space during the air show."

Continued on page 11



Lt.-Col. Kevin Tromp and Lt.-Col. Cathy Blue are the co-chairs of the Quinte International Air Show. They are planning and looking forward to bringing this spectacular event back to the Quinte area.. Photo by Ross Lees

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Grapes of Wrath open to high school students this year

This extreme romp and stomp event raises money for the Canadian Cancer Society, PECMHF and TMHF

By Ross Lees

The Grapes of Wrath is getting younger this year, not older.

They are throwing their arms open and welcoming 14-18-year-olds into the fold this year in an effort to attract even more participants to the extreme romp and stomp event at Hillier Creek Estates Winery to this Canadian Cancer Society, Prince Edward County Memorial Hospital Foundation (PECMHF) and Trenton Memorial Hospital Foundation (TMHF) fundraising event.

Taking place on Sept. 10 this year at the winery in Prince Edward County (PEC), the event is already almost half-way sold out.

Opening up the age limit to high school students is an effort on the part of the organizers to boost participation to the 500 maximum limit for participants, in the third year of the event.

"We've had a lot of feedback the last two years that people 14 to 18 wanted to participate," noted Brad Warner, Community Fundraising Specialist for the Canadian Cancer Society. "Sometimes their parents were participating and they wanted to participate with their parents, but in general high school students have asked to do it. Now we're delivering on that and making sure they can get



involved." But the change in date and the involvement of high school students are not the only changes to the Grapes of Wrath event this year, according to Laura-Lee Hogan, Manager of Events and Stewardship at the TMHF. To keep the course interesting and a bit of a mystery for the contestants, some obstacles are being taken out and substituted with others, she said. "Each year we're upping the ante a bit. The hay bales will be gone and we're not saying what we're going to be replacing them with. The running is five kilometres, and it's running, but the obstacles are really what attract everybody," she stated.

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Noted for throwing all kinds of weather at its participants, the Grapes of Wrath event creates its own mud to increase the challenge, but the two first year events were vastly different. In year one the event included rain all day in early September, so the muddy course caused a slow-down

in times and upped the challenge considerably.

Last year, a beautiful day resulted in faster times but Mr. Warner indicated the average finishing time remained just over one hour.

"It still takes over an hour on average to finish the course," he said. "The first person crossed the line last year in 44 minutes or so and they were really fast."

"Last year, we switched the date and put it at the end of August as opposed to the first or second week of September," indicated Mrs. Hogan. "In hindsight, September works well. You're done vacation, if people are going to college or university, you're likely settled in already. We think that will be key to increasing our numbers again this year."

It was a point Mr. Warner also addressed.

"We had a couple of

teams of teachers ask for it to go back to September so they could come again this year," he said. They had some team members away on holidays last year.

Design and engineering of the obstacles takes about a year, according to Mrs. Hogan, adding they have been researching and preparing obstacles since they got feedback from contestants last year. For example, the 14 foot wall will be re-engineered for this year's event.

Organizers are encouraging participants to take advantage of the early bird registration fee of \$75. To register, visit www.cancer.ca/GrapesofWrathPEC

This year's event sponsor is Scotiabank.

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Wing Logistics and Engineering Pictures of the Week

Clothing stores takes stock of inventory



Last week, Clothing Stores was closed for 100 per cent stocktaking. For five days (Feb. 8-12), Corporal Benoît Boutin and Aviator Mathieu Leblanc checked for correct stock codes as they tallied the inventory. *Photo by Sergeant Jenny Beck, Stocktaking and Investigating Group, Wing Replenishment Squadron*

Keeping the paper work done



Master Corporal (MCpl.) Katie O'Connor is the second-in-charge (2I/C) of the Wing Transportation and Royal Canadian Electrical and Mechanical Engineering (Tn/RCEME) fleet management section. Her primary responsibility is to ensure that all necessary paperwork is in order prior to distribution of new vehicles and equipment to 8 Wing units. MCpl. O'Connor works closely with national fleet managers in Ottawa, Maintenance Planning and Liaison (MP&L), Royal Canadian Electrical Mechanical Engineering (RCEME) planner and contracting cells to verify that everything is in order prior to distribution of this new kit. Her professionalism and pleasant attitude when dealing with customers makes her a pleasure to work with, and ensures that the customers walk away happy. *Photo by MCpl. Kelly Birkett*

The Contact Newspaper

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

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

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

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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.

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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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January Weather Summary

Last month was warmer and wetter than a year ago

By Cpl C. Pike-Pilditch, 8 Wing MET

This year, January brought no spectacular record otherwise frequently witnessed in the past few months. However, it was still warmer and wetter than January of last year.

The average daily maximum temperature this past January was -0.2C, several degrees warmer than the year before, which was -2.6C. Average daily minimum temperatures were a few degrees warmer as well, at -9.4C compared to -14.7C in 2015. The single warmest day of the month was 9.5C on the 31st, a trend that has continued into the beginning of February. The coldest night was on the 5th at -18.5C.

All around, the total precipitation was higher for January 2016. The rainfall accumulation for the month was 43.8mm, up from 24.6mm in 2015. The snow accumulated 35.2cm, up from 26.0cm the year before. And there were two days where freezing precipitation were recorded, as well as two days with fog and one day with blowing snow.

Outlooks for the month ahead indicate that temperatures will become more wintery again, though still warmer temperatures than average. There is no clear indication of whether precipitation amounts will stray far from the monthly average.



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Warming up that frostbitten green thumb

Five ways to get your garden ready for spring during the winter months

With temperatures below freezing, the ground cov-

ered in snow and the sight of plant life scarce, your green thumb may be feeling a bit frostbitten. With spring slowly coming into view, Canada Blooms would like to suggest five ways to start preparing your garden for the warmer days ahead.

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Pruning:

Winter is the prime time to prune your summer-blooming trees and shrubs to make room for new growth. Take advantage of this time while your plants are dormant and bugs are at a minimum to cut back your wisteria vines, rose bushes, ornamental grasses, and any other summer-blooming foliage growing in your garden.

Winter-Sowing:

While it may be too cold to sprinkle seeds in the garden, you can get a head start on growing your perennials and hardy annuals by making some DIY miniature greenhouses out of recycled clear plastic materials. These containers can be placed



outside during the cold winter months allowing hard-shelled seeds to naturally germinate, and plants to grow much stronger and sturdier as they withstand the elements.

providing calcium while the grounds provide nitrogen. Eggshells have also been known to deter pests such as slugs, snails, and even deer. On the other hand, coffee grounds work quite the opposite, attracting earthworms and helping beneficial microorganisms thrive in addition to improving drainage, water retention and soil aeration.

Sow seeds in a heated propagator:

While the perennials and hardy annuals can withstand the cold, some weak annuals require a warmer environment to get started. To get a head start on those plants that require a longer growing season such as geraniums, begonias and peppers, sow these seeds within a heated propagator. To mitigate costs, a similar miniature greenhouse as mentioned previously could be created and placed in direct sunlight indoors to garnish a similar effect.

Feed the birds:

During the cold months, insects are scarce, water is frozen, and most of the natural food supply is covered by snow making Canadian winters a stressful time for birds. By providing high calorie food options such as sunflower seeds, suet, or peanut butter, you will be helping your feathered backyard residents stay warm and cozy throughout the winter. In return, birds will provide natural pollination among your garden, while also minimizing the amount of weeds and pests.

Save up egg shells and coffee grounds:

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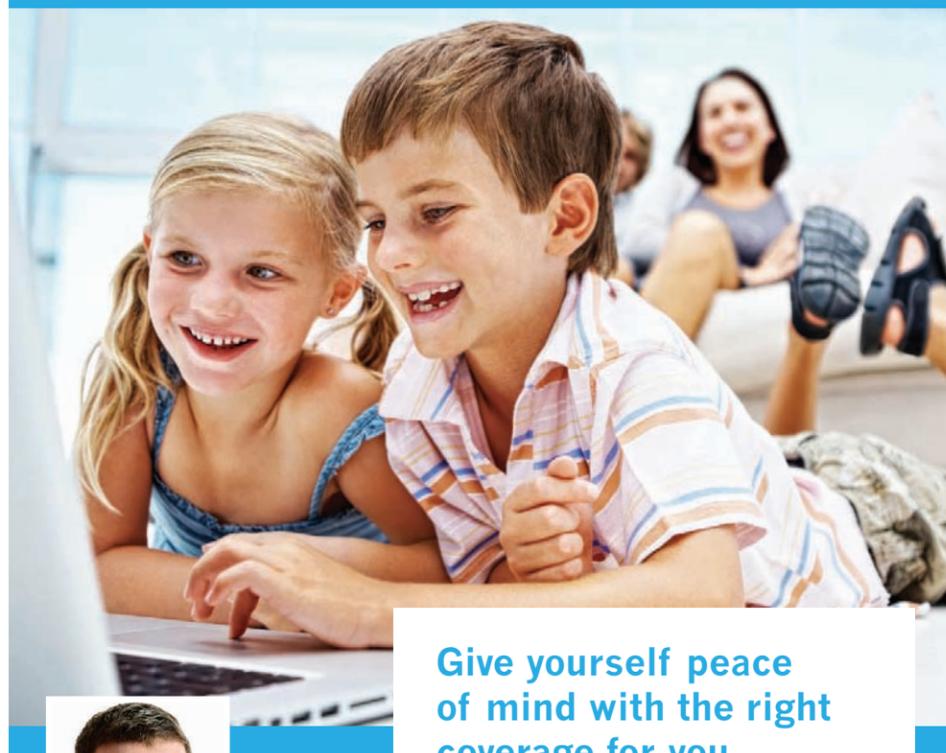
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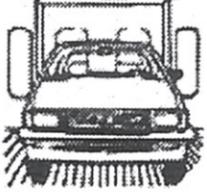
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8 Wing Officers' Mess Ladies' Club hear about taking stress out of their lives



Brenda Riddell; Health Promotion Specialist and Gillianne McCormick; Health Promotion Administrative Assistant, take a look at where participants marked their stress levels on the Stress-Performance Map. The Officers Mess Ladies Group had a great discussion along with some fun activities while discussing a very relevant health topic. Photo by Ross Lees

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New Programs at the Trenton MFRC

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

Nouveaux programmes pour l'automne au CRFM de Trenton

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

Cook with Grace

Enjoy four weeks of culinary delights! March 14 - Chinese Dim Sum; March 21 - Chinese Sichuan; April 4 - Thai Delight; April 11 - Japanese at home. When: Mondays starting on March 14, 6 p.m. to 8 p.m. Cost: \$30 per class or \$110 for all four classes. Where: 8 Wing Chapel. To register, please call the MFRC reception at 613-965-3575 or email rabia.s@trentonmfr.ca.

Cuisinez avec Grace

Savourez des délices gastronomiques durant 4 semaines ! 12 mars - Dim Sum chinois; 21 mars - Sichuan chinois; 4 avr - Délice Thai; 11 avr - un repas japonais à la maison. Quand : Débute le lundi 14 mars, 18h00 - 20h00. Coût : 30\$/classe ou 110\$/4 classes. Où : Chapelle de l'escadre. Inscrivez-vous en téléphonant la réception du CRFM au 613-965-3575 ou Rabia à rabia.s@trentonmfr.ca.

It's time to get back on track!

Reduce debt, increase cash flow and build your net worth! When: Tuesday, Feb. 23 from 9:30 a.m. to 11 a.m. Cost: Free. Where: Trenton MFRC. *Please note this session is only offered in English. To register, please call the MFRC reception at 613-965-3575 or email rabia.s@trentonmfr.ca.

La mise au point printanière

Réduire la dette, augmenter le flux de fonds et votre valeur nette! Quand : le mardi 23 février ; 9h30 - 11h00. Coût : Gratuit. Où : CRFM de Trenton. Inscrivez-vous en téléphonant la réception du CRFM au 613-965-3575 ou Rabia à rabia.s@trentonmfr.ca.

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. Bienvenue 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.

The 'Just for Laughs' Roadshow

Tuesday, April 5, join us for a night of fun and laughter in Kingston! The Trenton MFRC has reserved 30 tickets, on the main floor; however, more can be reserved if necessary. We will need a minimum of 20 people (with payment) to secure a bus by Friday, March 4. Cost: \$55.95 (includes HST) - a savings of \$3.40/ticket! Bus transport: \$5/each for military community; \$10 for civilian. To reserve your ticket and seat on the bus, please contact MFRC reception at 613-965-3575.

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@trentonmfr.ca.

Groupe de pleine conscience

Intéressés à développer pleine conscience pour réduire le stress et l'anxiété et pour aider à faire face situations difficiles? Le dernier jeudi du mois de midi à 13h00 ou de 13h00 à 14h00 (le 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@trentonmfr.ca.

Program Calendars

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

Continued on page 10

Home of the Week

Your Building Renovation Experts



This compact home is well suited for today's smaller subdivision lot. The gabled roof, covered front veranda and stone and shingle accents lend character to the exterior, while inside, an efficient layout includes everything we've come to expect in a contemporary family home.

The covered front entry leads to a foyer with a coat closet on the right, as well as a niche for displaying art and collectibles. Directly ahead of the foyer is the great room, where the gas fireplace is placed so it will cast its warmth into the dining area and kitchen.

The dining area enjoys a large window, as well as a sliding glass door that opens on to a covered patio, making outdoor meals a breeze during the warmer months.

The kitchen is separated

from the great room and dining area by a three-seat eating bar and prep island. The double sink is set into a corner, so natural light will enter through two windows. The L-shaped counter configuration promises efficiency, and a double-doored pantry will provide extra storage space.

A powder room is tucked around the corner from the foyer and beyond it, the laundry room has access to the

two-car garage. The garage also has a door opening to the backyard.

Up the U-shaped staircase, the master suite stretches across the back of the second floor and features a window with an extra deep sill, as well as a roomy walk-in closet. The en suite bathroom includes a shower stall as well as a soaker tub, a great spot to relax after a long day.

The two secondary bedrooms share a three-piece

bathroom. One of these bedrooms overlooks the front garden, while the other boasts a window with an extra-deep sill.

Exterior finishes include wooden shingles in the gables and on the upper storey, contrasting with horizontal siding on the rest of the façade. Stone-based pilasters decorate the front porch and the back patio. The front door is flanked by sidelights.

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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

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



Safety

What features should you look for when purchasing a CO detector?



Most CO detectors are designed to give an alarm when CO levels reach a high-level in a short time. However, health agencies advise that long term, low-level exposure are also of concern, especially for the unborn and young children, the elderly and those with a history of heart or respiratory problems (Health Canada, 1989). Detectors that can display both high and low levels are more expensive but they do provide greater accuracy and more information.

Here are some features to consider when purchasing a CO detector:

- Look for a detector that is listed with the Canadian Standards Association (CSA) standard. The logos of the testing agency will be on the product.
- Choose a detector with a memory if you want to monitor long term low-level exposure and short term, high-level exposure. Even though product standards do not allow manufacturers to display low levels of CO, these units monitor and store this information. Peak levels, no matter what the level of concentration, can be viewed by pressing a button.
- Battery-operated units allow detector placement in the most convenient location. However, any battery-operated device requires the user's diligence in

- replacing worn-out batteries.
- Do not connect plug-in units to an electrical outlet that is controlled by a wall switch.
- No detectors will operate properly forever. Replace them at least every five years, unless the manufacturer specifies a shorter or longer life.
- Eventually, manufacturers may be required to print expiry dates on their CO detectors. This will ensure that you are purchasing an up-to-date product with a full sensor life.

Where do I put a CO detector?

Most manufacturers specify where you should locate their CO detector. In general, the best place to put the detector is where you will hear it while sleeping. CO is roughly the same weight as air and distributes evenly throughout a room, so a detector can be placed at any height in any location, as long as its alarm can be heard. Additional units could be installed in several other loca-



tions around the home, such as a child's bedroom; check the list below before installing.

To avoid both damage to the unit and to reduce false alarms, do not install CO detectors:

- In unheated basements, attics or garages
- In areas of high humidity
- Where they will be exposed to chemical solvents or cleaners, including hair spray, deodorant sprays, etc.
- Near vents, flues or chimneys
- Within two metres (6 feet) of heating and cooking appliances
- Near forced-or unforced-air ventilation openings
- Within two metres (6 feet) of corners or areas where natural

- air circulation is low
- Where they can be damaged, such as an outlet in a high traffic area
- Where directly exposed to the weather.

What do I do if I hear the CO detector alarm?

- Do not ignore the CO detector's alarm if it sounds. Treat each alarm as serious and respond accordingly.
- CO detectors are designed to sound an alarm before a healthy adult would feel any symptoms. Infants, the elderly and those with respiratory and heart conditions are at particular risk and may react to even low levels of CO poisoning (Health Canada, 1989).

Symptoms of CO poisoning

Be sure that all members of your family know the symptoms of CO poisoning:

- Mild exposure**
 - Flu-like symptoms such as headache, running nose, sore eyes, etc.
- Medium exposure**
 - Drowsiness, dizziness, vomiting. The sense of disorientation and confusion may make it difficult for some victims to make rational decisions like leaving the home or calling for assistance.
- Extreme exposure**
 - Unconsciousness, brain damage, death.

Continued low-level exposure to CO

- While this may not lead to observable symptoms, you should still avoid such exposure.

Testing a carbon monoxide detector

Most CO detectors have a test button that should be pressed once a week to confirm that the device is in operation. Detectors with displays can be tested with a known source of CO such as smoke from a cigarette or incense stick. Hold the CO source about eight to 10 inches away and watch the digital display respond to the presence of even a small amount of CO. An alarm will most likely not sound with this test.

There are CO detector test kits available, where CO detectors are sold, that provide a vial of high level of CO (1000 ppm) and a plastic tent to house the unit during the test. This test only proves that your detector will sound an alarm with a very high level of carbon monoxide.

For More info:
http://www.cmhc-schl.gc.ca/en/co/maho/yohoyohe/inaiqu/inaiqu_002.cfm



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

Feb 20 – Quinte Branch of Ontario Genealogical Society presents Scotland from Abroad

The Quinte Branch of the Ontario Genealogical Society presents "Scotland from Abroad" by Bob Dawes, who will explain and demonstrate how to use both free and paid websites to trace your Scottish ancestry. Place - Quinte West Public Library, 7 Creswell Drive, Trenton. Time - 1 p.m. to 3 p.m. Everyone is welcome. For more information visit www.rootsweb.ancestry.com/~canqboogs/

Feb. 20 – Trenton Legion 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.

Feb. 26 – Trenton Legion Pizza in the lounge and Adam Graeme Comedy Stage Hypnotist

Trenton Legion, Branch 110-Friday, will host in the lounge, pizza \$1.50/slice followed by Adam Graeme Comedy Stage Hypnotist Show at 7 p.m. in the auditorium on Feb. 26 from 5 p.m. to 7 p.m. \$10/person, tickets at the Legion office.

Feb. 27 – Trenton Legion Branch 110 features Shawn Nelson and Whiskey Burn

Trenton Legion Branch 110 has entertainment and dancing every Saturday in the Lounge. On Feb. 27, they will feature Shawn Nelson from 2 p.m. to 6 p.m. and Whiskey Burn from 8 p.m. to midnight.

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 chambersj@live.ca

March 11 – CFB Trenton Blood Donor Clinic

The CFB Trenton Blood Donor Clinic will be held at the RecPlex gymnasium at 21 Namao Drive, from 10 a.m. to 2 p.m. All regular and new blood donors are encouraged to donate.

MFRC continued from page 8

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://trentonmfrc.ca/fr/services-famille>

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.

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.

Special Needs Parent Support Group

Connect with other families in your community, discuss topics that affect and interest you and gain support and insight from local families. This support group is for parents, grandparents, and caregivers of children with all special needs. It is held

every second Thursday of the month from 6 p.m. to 7:30 p.m. Topic Schedule for 2016: Feb. 11 – Valentine's Day Celebration, March 10 – Funding Options, April 14 – Camps and Recreational funding. If you require childcare please contact orlana.b@trentonmfrc.ca.

Groupe de soutien pour les parents de personnes ayant des besoins particuliers

Venez rencontrer d'autres familles de la communauté pour discuter, échanger, obtenir du soutien et des ressources. Ce groupe d'entraide est pour les aidants naturels de personnes qui ont des besoins particuliers.

Ces rencontres ont lieu le deuxième jeudi du mois de 18h00 à 19h30. Les sujets discutés en 2016 seront : Le 11 février – Célébration de la St-Valentin, Le 10 mars – Options de financement gouvernemental et privé, Le 14 avril – Options de financement pour les camps d'été et les activités de loisirs, Si vous avez besoin du service de garde contactez orlana.b@trentonmfrc.ca.

Trenton MFRC and Autism Ontario present: Creative Animation

Starting Feb. 26 from 4 p.m. to 5 p.m. Learn how to draw, paint, and create your very own character. You will also collaborate on the final project, a master mural. The cost for this eight-week program is \$20. To register or for information, contact Orlana 613-392-2811 ext.3953 or orlana.b@trentonmfrc.ca

Le CRFM de Trenton et Autisme Ontario présente : Animation créative

Début le 26 février de 16h00 à 17h00. Dessine, peint et crée ton propre personnage et collabore au projet final, une murale. Le coût pour ce programme de 8 semaines est de \$20.00. Pour inscription ou information contactez Orlana au 613-392-2811 poste 3953 ou orlana.b@trentonmfrc.ca

All Hands Playgroup

An inclusive drop-in playgroup for children with Special Needs ages 0-8 years and their parents. Children's friends are also welcome. Every first and third Tuesday of the month. Starts Feb. 16 from 3 p.m. to 5 p.m. For more information please contact Orlana at orlana.b@trentonmfrc.ca.

Un groupe de jeux pour tous

Une halte de jeux inclusive pour les enfants ayant des besoins particuliers âgés de 0 à 8 ans, leurs amis ainsi que leurs parents. Chaque 1er et 3e mardi du mois. Commence le 16 février 15h00 à 17h00. Pour plus d'informations s'il vous plaît contacter Orlana au orlana.b@trentonmfrc.ca

Continued on page 11



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



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RCAF Flyers Arena March Break

Monday, March 14 to Friday, March 18
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Drop-in for:

Family Skate – 3 p.m. to 5 p.m.
Junior Figure Skate – 6 p.m. to 7 p.m.
Senior Figure Skate – 7 p.m. to 8 p.m.

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.

Adults Programmes

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.

Fitness 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 Programmes

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.

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

The making of the Quinte International Air Show

Continued from page 1

The ICAS is perhaps the most important step in any air show's existence and especially an air show trying to re-establish itself in the international community.

"It's a great learning opportunity and a chance to book acts," said Lt. Col. Blue. "It's a good place to gain situational awareness. The intent is to have a full service air show where there is a lot of corporate memory that has to be regenerated."

"We attended seminars, as well," Lt. Col. Tromp added. "There was an education piece, Air Shows 101, which we attended."

There is already a tremendous workforce rebuilding that corporate memory in order to re-establish this popular Quinte area event. Nine directors manage full committees beneath them, which includes about 50 to 75 people at this stage of planning, according to Lt. Col. Tromp, who hopes to see over 30,000 people per day rush through the gates at 8 Wing/Canadian Forces Base (CFB) Trenton during the two-day event.

At the height of the event, he expects approximately 900 volunteers and personnel to be required to make the QIAS happen.

Lt. Col. Blue is in charge of support and logistics, personnel and finance for the QIAS. She gets the contracts signed, sees that rental cars are available, that hotel rooms get booked for the acts and takes care of the concessions, signing contracts, etc.

Lt. Col. Tromp is in charge of flight operations, special events, security and traffic management.

This effort encompasses the entire wing, according to Lt. Col. Blue, including Personnel Support Programs (PSP) which is heavily involved in supporting the QIAS from a contracting and concessions stand point.

"John Snyder and his crew are playing a key role," Lt. Col. Blue noted.

If there is an easy part to the organization of the QIAS, it is attracting aircraft. All Royal Canadian Air Force (RCAF) aircraft should be in attendance, according to Lt. Col. Tromp. But other military and civilian aircraft and performers also want

to be a part of this historically impressive event.

"We actually have to find a way to cut back the number of aircraft that want to come," Lt. Col. Tromp indicated. "We've had a tremendous amount of participants who want to come and be a part of the air show."

At this point, however, the actual performers and lineup will be officially announced at a later time.

"It's just building on the cachet of what the QIAS use to be," remarked Lt. Col. Blue, adding that the lineup is coming together. "They know the reputation of this air show and though it's been a long time since we held one, that reputation is still there and they are happy to see us in the game again."

With the re-establishment of this popular event, the organizers are setting it up to be a biannual event, according to Lt. Col. Tromp.

"Most air shows of this size are bi-annual events," Lt. Col. Tromp noted.

A new logo has also been worked on extensively for this air show and will be unveiled in the near future.

MFRC continued from page 10

Visit from Costco representative at the MFRC

Wednesday, March 2 - Time 3 p.m. to 5 p.m. Come get your Costco card and learn about all their programs and services.

Visite d'un représentant de Costco au CRFM

Le mercredi 2 mars - de 15h à 17h. Venez signer pour votre carte d'abonné de Costco et connaître tous leurs services et programmes.

Bus Tour to Northumberland County

Saturday March 5. Cost \$15 per person. You will visit Kokimo Candles, Hoselton Studio and then shop and visit what downtown Cobourg has to offer. Minimum of 20 people. Registration and information at the MFRC reception, 613-965-3575.

Tournée, en autobus, dans le comté de Northumberland

Le samedi 5 mars. Coût: 15,00\$ par personne. Vous visiterez Kokimo Candles, Hoselton Studio par la suite vous pourrez magasiner et visiter ce que le centre-ville de Cobourg offre. Minimum de 20 personnes. Inscription et information à la réception du CRFM, 613-965-3575.

Monthly E-News/Social Media

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Nouvelles mensuelles et Facebook

Ne manquez pas les dernières nouvelles du CRFM et

les communautés avoisinantes. Inscrivez-vous par notre site internet www.forcedela-famille.ca pour les nouvelles mensuelles par courriel et suivez-nous sur Facebook et suivez-nous sur Twitter!



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RVs on page 11



15 DODGE RAM 1500

25579 Auto, 4 dr, 8 cyl, 4x4, tow/haul, keyless entry, crew cab, short box, alloys, air bags, traction ctrl, AC, MP3, touch screen, sat radio, u-connect, pwr roof/seats/windows/locks/mirrors, heated seats/mirrors/steer wheel, cruise, steering wheel ctrls, tilt steering, curbside mirrors, park assist. 114 km

\$39,995
\$242
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 CHEVROLET CRUZE LT

26485 Auto, 4 dr, 4 cyl, FWD, Sedan, ecotec engine, keyless entry, factory remote start, hubcaps, air bags, traction ctrl, height adjust seats, pwr windows/locks/mirrors, AC, MP3, sat radio, rev camera, Bluetooth, touch screen, "my link", cruise, steering wheel ctrls, tilt steering wheel. 9,202 km

\$14,995
\$91
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



11 FORD EDGE

24371 Auto, 4 dr, 6 cyl, keyless entry, alloys, leather, pwr seats, windows, locks, mirrors, folding seats, liftgate, heated seats, AC, sat, reverse camera, cruise, Sony snd syst, blindspot detection, cross traffic warning. 95,621 km

\$24,495
\$218
bi-weekly
60 mths @ 5.9%
0 DOWN + HST



15 AUDI A4 S-LINE QUATTRO

26627 Auto, 4 dr, 4 cyl, AWD, Sedan, TFSI, keyless entry, alloys, air bags, traction ctrl, leather, pwr roof/seats/windows/locks/mirrors, heated seats/mirrors, AC, CD, MP3, Bluetooth, sat radio, nav, park aid, cruise, steering wheel ctrls, tilt steering wheel. 34,099 km
PREVIOUS DAILY RENTAL

\$32,495
\$196
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 HYUNDAI ELANTRA GL

26628 Auto, 4 dr, 4 cyl, FWD, Sedan, keyless entry, hubcaps, air bags, economy mode, pwr windows/locks/mirrors, heated seats, AC, CD, MP3, sat radio, Bluetooth, cruise, steering wheel ctrls, tilt steering wheel. 44,506 km
PREVIOUS DAILY RENTAL

\$13,495
\$82
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 CHRYSLER TOWN & COUNTRY

26423 Auto, 4 dr, 6 cyl, FWD, keyless entry, factory remote start, flex fuel, roof rack, alloys, air bags, traction ctrl, leather, economy mode, heated seats/mirrors/steering, AC, dual climate, CD, DVD, MP3, nav, sat radio, rev camera, u-connect, touch screen, pwr roof/seats/windows/locks/mirrors/liftgate/doors, cruise. 28,791 km

\$29,495
\$178
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



11 VW TOUREG TDI

25074 Auto, 4 dr, 6 cyl, AWD, Diesel, off road option, keyless entry, trailer hitch, alloys, panoramic roof, air bags, traction ctrl, leather, pwr seats/liftgate/windows/locks/mirrors, AC, CD player, sat radio, nav, bluetooth, heated mirrors, cruise, steering wheel ctrls, select terrain. 108,220 km

\$27,995
\$249
bi-weekly
60 mths @ 5.9%
0 DOWN + HST



12 MAZDA 3

24993 Auto, 4 dr, 4 cyl, FWD, Hatchback, rear spoiler, keyless entry, alloys, air bags, traction ctrl, height adjust seat, AC, CD player, skyactive, Bluetooth, pwr windows/locks/mirrors, cruise, tilt steering wheel. 111,856 km

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



15 JEEP GRAND CHEROKEE LTD

25972 Auto, 4 dr, 6 cyl, 4x4, keyless entry, factory remote start, push button start, roof rack, alloys, air bags, traction ctrl, leather, heated seats/mirrors/steering, AC, dual climate, MP3, touch screen, sat radio, rev camera, park aid, pwr seats/windows/locks/mirrors/liftgate, cruise, steering wheel ctrls, DAC, select-terrain. 21,471 km

\$38,995
\$236
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



13 KIA OPTIMA GDI

24127A Auto, 4 dr, 4 cyl, FWD, Sedan, keyless entry, economy mode, alloys, air bags, traction ctrl, heated seats, pwr seats/windows/locks/mirrors, AC, CD, MP3, sat radio, Bluetooth, cruise, steering wheel ctrls, tilt steering wheel. 16,854 km

\$15,995
\$122
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



12 TOYOTA PRIUS HYBRID V

26215 Auto, 4 dr, 4 cyl, FWD, Electric/Gas, Hatchback, keyless entry, push button start, alloys, air bags, panoramic roof, pwr windows/locks/mirrors, heated seats, AC, CD, Bluetooth, sat radio, nav, rev camera, cruise, steering wheel ctrls, tilt steering wheel. 20,432 km

\$22,495
\$200
bi-weekly
60 mths @ 5.9%
0 DOWN + HST



14 HYUNDAI ACCENT GL

26108 Auto, 4 dr, 4 cyl, FWD, Hatchback, keyless entry, economy mode, hubcaps, air bags, traction ctrl, economy mode, AC, CD, MP3, sat radio, Bluetooth, pwr windows/locks/mirrors, heated seats, cruise, steering wheel ctrls, tilt steering wheel. 46,853 km
PREVIOUS DAILY RENTAL

\$10,995
\$74
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



13 FORD FOCUS TITANIUM

24197AA Auto, 4 dr, 4 cyl, FWD, keyless entry, flex fuel, chr wheels, fog lights, rear spoiler, pwr roof/seats/windows/locks/mirrors, push button start, air bags, traction ctrl, leather seats, AC, dual climate, CD player, MP3, sat radio, Sony snd, nav, rev camera, park aid, sync, heated mirrors, cruise, steering wheel ctrls. 54,634 km

\$15,495
\$118
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



12 VW JETTA

26459 Auto, 4 dr, 5 cyl, FWD, Sedan, keyless entry, alloys, air bags, height adjust seats, pwr roof/windows/locks/mirrors, heated seats, AC, CD, MP3, Fender snd, sat radio, nav, Bluetooth, cruise, steering wheel ctrls, tilt steering wheel. 26,151 km

\$13,995
\$125
bi-weekly
60 mths @ 5.9%
0 DOWN + HST



12 FORD ESCAPE XLT

26059 Auto, 4 dr, 4 cyl, 4WD, keyless/keypad entry, roof rack, chrome wheels, air bags, traction ctrl, heated mirrors, AC, CD, MP3, sat radio, sync, pwr seats/windows/locks/mirrors, cruise, steering wheel ctrls, tilt steering wheel. 61,107 km

\$16,995
\$151
bi-weekly
60 mths @ 5.9%
0 DOWN + HST

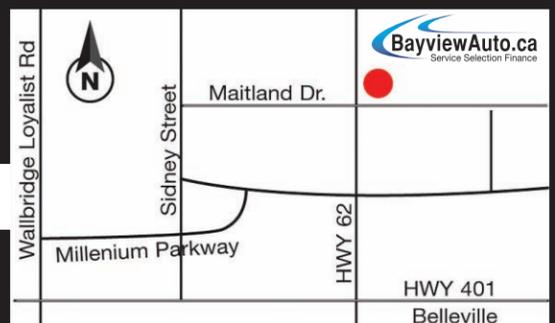
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