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TC ASD has not only maintained
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highest standard possible

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Canada 150

RCAF'S 93RD ANNIVERSARY

CANADA'S 150TH ANNIVERSARY

Guest speaker fuels frenetic bidding in fundraising auction



Linda Blanchette was given an Ottawa Senators jersey by Ottawa Senators' owner Eugene Melnyk following her emotional presentation at the sixth annual CFB Trenton Pond Hockey Classic Puck Drop dinner Friday evening.

Photo by Ross Lees

*Granddaughter,
daughter, wife and
mother of CAF
members that have
served or are serving
credits MFRC with
saving her family*

By Ross Lees

Known for the impact he has on the businesses and hockey teams he gets involved in, Ottawa Senators owner Eugene Melnyk had a major impact on fundraising at the sixth annual CFB Trenton Pond Hockey Classic Puck Drop dinner Friday evening.

When even bidding on plat-

inum tickets for an Ottawa Senators and Toronto Maple Leafs game weren't attracting the kind of attention it was thought they should, Mr. Melnyk stepped in with a new proposal - two tickets to his private box for any game in the remainder of the season.

Bidding took off with a vengeance.

Where the platinum tickets struggled to get to the \$600 mark, the private box tickets went beyond that in the first bid and eventually sold for \$4,700.

Throughout the auction in which proceeds were divided up between Wounded Warriors Canada and the Trenton Memorial Hospital Foundation, Mr. Melnyk had worn his signature Ottawa Senators

jersey. He was asked to donate the shirt off his back for auction and moments later, the autographed jersey garnered \$1,100 from Quinte West Mayor Jim Harrison, which he promptly donated to Belleville Mayor Taso Christopher as a symbol of support of the Quinte West Council.

This auction action was spurred on by the emotional speech given by Linda Blanchette about her and her family's experiences of living through post-traumatic stress disorder (PTSD) with her husband.

Linda Blanchette is a granddaughter, daughter, wife and mother of members that have served or are currently serving in the Canadian Armed Forces (CAF) and is currently

board chair of the Trenton Military Family Resource Centre (MFRC), an organization she credits with saving her and her family and getting them through the struggles with her husband's PTSD. Ultimately, she established a group to help families within the Trenton MFRC to deal with PTSD ramifications.

Married to her best friend for 38 years, she recalled her husband as the most kind, loving, fun guy and best father ever - until he went to Bosnia. He came home a different man, but it went unnoticed for nearly 18 months due to a frantic schedule and the fact the family was seldom together during that period.

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Ottawa Senators owner excited to drop puck in Belleville

Eugene Melnyk established the dedication of home games to military personnel in Ottawa

By Ross Lees

Ottawa Senators owner Eugene Melnyk is excited about the prospect of dropping the puck on the first season of the Belleville Senators of the American Hockey League, he told a captive audience at the sixth annual CFB Trenton Pond Hockey Classic Puck Drop dinner Friday evening.

"I just can't wait to see them play," he told nearly 200 people at the fundraising dinner at the Batawa Community Centre which traditionally kicks off this annual pond hockey tournament that raises funds for Wounded Warriors Canada and the Trenton Memorial Hospital Foundation.

"It's exciting, I can't wait to drop the puck in Belleville," he stated.

An Honorary Colonel of 414 Electronic Warfare Support Squadron, Mr. Melnyk is not only a successful business man and sports team owner, he is involved in a broad range of women's hockey initiatives. He supports the Hockey Canada Foundation, the Women's National Championships, the Ottawa Lady Senators and the Mississauga and Toronto



Ottawa and Belleville Senators owner Eugene Melnyk literally donated the shirt off his back to the fundraising cause at the sixth annual CFB Trenton Pond Hockey Classic Puck Drop dinner Friday evening. The jersey he donated and autographed sold for \$1,100 to Mayor Jim Harrison, who then turned around and donated to Belleville Mayor Taso Christopher. Photo by Ross Lees

teams of the Canadian Women's Hockey League. He has made a special trip to Kandahar to bring hockey equipment to Canadian and American troops and he was the professional team owner who came up with the idea and instituted the dedication of home games to the men, women and families of Canadian Armed Forces members, a theme now adopted by most professional leagues in North America.

"I've always had a real soft heart for



Ottawa and Belleville Senators owner Eugene Melnyk was thrilled as an Honorary Colonel to take part in the sixth annual CFB Trenton Pond Hockey Classic Puck Drop dinner Friday evening, noting the team was overwhelmed by the support it has received so far from the Quinte area, acknowledging especially Belleville Mayor Taso Christopher, Quinte West Mayor Jim Harrison and 8 Wing Commander Colonel Colin Keiver. Photo by Ross Lees

people who go out and fight for us," he said. "I appreciate so much what they do. We're all safer because of the dedication of these people, faceless until you meet people like Linda Blanchette," the other guest speaker at the dinner who spoke about the challenges families face when their fathers or mothers come home with post-traumatic stress disorder (PTSD).

He called Mrs. Blanchette up and made a presentation of an Ottawa Senators' jersey to her to give to her husband.

Mr. Melnyk had the audience laughing when he told about the theft of his idea for honouring troops by his team's nemesis, the Toronto Maple Leafs.

"Those Leafs, you come up with an

kind of exclusive until 7 a.m., then it's the Leafs' idea," he stated to guffaws from the audience.

While nearly 2,000 season tickets have been reserved already for next year's inaugural season of the Belleville Senators, Mr. Melnyk noted the ownership team was hoping for 2,200, a situation he described as ideal.

"Then we would have the opportunity for significant promotional opportunities and impact on the community," he said, reminding everyone to go to their website and purchase those season tickets.

According to Mr. Melnyk, personnel from the Ottawa and Belleville Senators

will be attending the Chamber of Commerce President's gala for a hot stove discussion on Friday, Feb. 10 in Belleville. Members of the Binghampton Senators will also visit Belleville on Feb. 21 for a practice for the media and for the members of the community to get a glimpse of the quality of hockey players that will make up the Belleville senators.

"That will be the only appearance of the team until we drop the puck in the fall of next year," he said.



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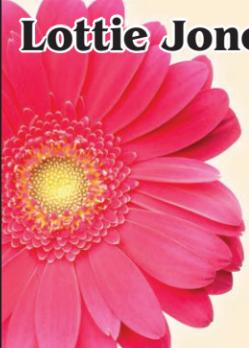


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CFB Trenton Pond Hockey Classic hosts 30 teams

The captain of the BCR Rangers receives the CFB Trenton Pond Hockey Classic trophy from organizer Capt. Jeff Moorhouse to close out the tournament late Sunday afternoon. Photo by Ross Lees

Organizers expect to achieve their fundraising goal of \$50,000 after expenses

By Ross Lees

With everyone - including Mother Nature - supporting the sixth annual CFB Trenton Pond Hockey Classic, the event may have scored a record-breaking success.

Certainly the tournament hit a new all-time high with 30 teams competing and the Puck Drop dinner Friday night to open the tournament, which was sold out three weeks prior to the event, according to organizer Captain (Capt.) Jeff Moorhouse of 436 Transport (T) Squadron.

"I'm ecstatic," Capt. Moorhouse said Sunday afternoon just prior to the final games. "It's been great! Diner was phenomenal thanks to the support from the community and you couldn't say enough about our speakers - Linda Blanchette and Mr. Eugene Melnyk of the Ottawa Senators."

Capt. Moorhouse indicated there had

been some challenges with the new system they are working with concerning the rinks, but added that three rinks worked flawlessly throughout the weekend.

"The tournament was great, we had phenomenal weather contrary to last year, and we had great hockey all weekend," he said.

He wants to continue to grow the tournament by four or five teams each year to increase competition while at the same time keeping the quality of the tournament high.

This year's tournament was won by the BCR Rangers, who outscored the Dows Climate Care team 25-19 in the final.

The goal for the organizers was to raise \$50,000 after expenses this year and Capt. Moorhouse said they felt they would have come very close to that if they didn't actually achieve it by the time all of the proceeds are counted.

Next year, Capt. Moorhouse and the organizers might divide the tournament into competitive and non-competitive divisions, he indicated.

Continued on Page 8

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École élémentaire publique Cité Jeunesse celebrates 25th anniversary

The school was established in 1971 when a need was recognized for a francophone school for military families at CFB Trenton

By Ross Lees

École élémentaire publique Cité Jeunesse celebrated its 25th anniversary on Wednesday afternoon.

According to Vice-principal Tanja Morin-Kovacevic, it all began in 1971 when the Federal Government recognized the need for a francophone school for military families at CFB Trenton.

The need became so great, Cité Jeunesse was born and in 1986, the CEPEO (Conseil des écoles publiques de l'Est Ontario) took over the evolution of this wonderful school.

Now, after 25 years, Cité Jeunesse has been experiencing tremendous population growth in the last five years; so much so it opened a French daycare and a new wing with six new classrooms in 2016.

Local families were welcomed to tour the school during their celebratory open house Wednesday.

Principal Chantal McAlpine welcomed everyone to the event, received a certificate of congratulations from Quinte West Mayor Jim Harrison, and held a brief ceremony celebrating the 25 years of history and the new logo recently designed to adorn the new wing.

Here's to 25 more amazing years!



École élémentaire publique Cité Jeunesse's new logo was unveiled in the new wing during the open house Wednesday. Photos by Ross Lees



This little girl celebrated the 25th anniversary of École élémentaire publique Cité Jeunesse with this happy dance.



Principal Chantal McAlpine, right, celebrates the 25th anniversary of her school, École élémentaire publique Cité Jeunesse.



Alyssia Wade reads a poem celebrating École élémentaire publique Cité Jeunesse's 25 years of educational excellence.

(Left) The anniversary cake also featured the new logo.



Mayor Jim Harrison presents a certificate acknowledging the 25 years of educational excellence of École élémentaire publique Cité Jeunesse in the community while Principal Chantal McAlpine looks on.



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.

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- 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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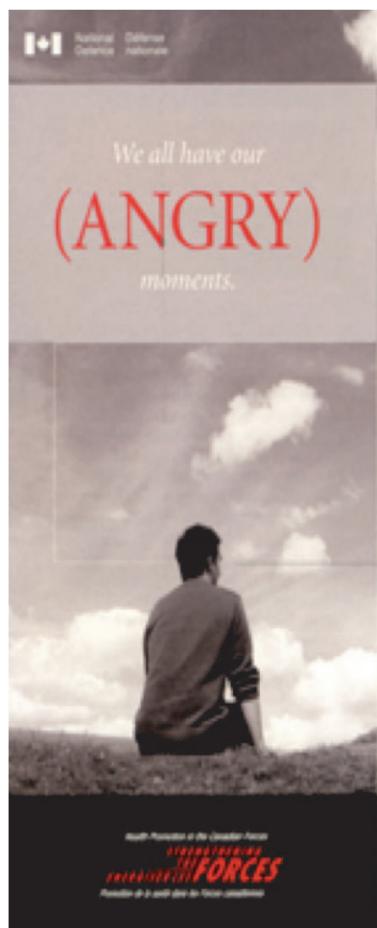
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A day in the life of a search and rescue aircraft commander



Photo by Ashley Black,
Canadian Joint Operations
Command Public Affairs

The Griffon crew from 424 Search and Rescue (SAR) Squadron poses for a photo at Canadian Forces Base (CFB) Trenton on Jan. 19. From left to right: Master Corporal Jeff Beaudry, SAR Technician; Master Corporal Terry Shanks, Flight Engineer; Sergeant Cory Cisyk, SAR Technician; Captain Stephanie Pouliot, Pilot; and Captain Nicholas Bossé, Pilot. Of particular note, this was Captain Pouliot first night mission and first successful night rescue.

By Ashley Black,
Canadian Joint
Operations Command
Public Affairs

The beautiful Great Lakes are perfect for boating during warm summer days. If you visit them often enough, chances are you may have spotted a CH-146 Griffon helicopter flying above them at some point. Have you ever looked up and wondered what they are there for?

Captain Nicolas Bossé is a search and rescue (SAR) Griffon helicopter pilot dedicated to saving lives. Thanks to him and many other SAR personnel, Canadian Armed Forces (CAF) SAR units respond to about 400 calls every year in Central Canada.

One of these calls came on June 19, 2016, when a male jet skier was reported overdue in Inner Bay in Norfolk County, Ontario, on Lake Erie. Captain Bossé was the aircraft commander tasked to lead his team from 424 Transport and Rescue Squadron, 8 Wing Trenton, to locate the jet skier. His team included two pilots, two SAR technicians, and a flight engineer. The mission was led by the Canadian Coast Guard and supported by the Norfolk Fire Department and the Canadian Armed Forces.

Captain Bossé and his team made the necessary plans before flying out, including gathering information about the jet skier.

"Usually when we get a call similar to this, we want to know the sex and age of the person," explains Captain Bossé, "We ask for any medical conditions that the person may have—for example, cardiac conditions or diabetes—so before going out we know a little about the person we are looking for and can anticipate the type of treatment the SAR techs may have to administer. We also ask for the person's last known location, the possible route he might have taken and whether he was familiar with the area."

Since it was a windy and dark night, and the search was going to take place over the water, Captain Bossé requested the support of the CC-130 Hercules. During night SAR missions, the Hercules flies higher than the Griffon and, at the re-

quest of the Griffon aircraft commander, it can use flares to illuminate the sky. This increases the chance of finding the missing person. The Hercules team can also search for signs of distress. If a sign of distress is found, the Hercules team notifies the Griffon team, which flies closer to the water and investigates further.

The winds were so harsh that Captain Bossé and his team had to stop for fuel along the way, despite leaving Trenton with a full tank. In the meantime, the Hercules crew made it to the location and started searching for the missing person.

About 10 to 15 minutes after arriving and beginning the search, the Canadian Coast Guard team on the water notified Captain Bossé and his team that the local fire department on land had heard some shouting.

"We asked for their position and we made our way towards that location," he said. "We started searching an area covered with 5- to 6-foot tall grass with several narrow paths in the grass. After looking around for some time, we spotted somebody on the water. We investigated a bit more and we found the overdue person standing on his jet ski frantically waving."

Earlier that day, the jet skier took one of the paths in the tall grass as a short cut to get back home. After getting lost in the tall grass and trying to find a new way home, his jet ski ran out of fuel.

When the Griffon team located the man, Captain Bossé took over as the pilot and flew the aircraft while a SAR technician was lowered into the water. Captain Bossé and his team then hoisted the jet skier onboard the Griffon. While the man was in good shape, it was approximately 1:00 a.m. when he was rescued and he was visibly tired, according to Captain Bossé. The SAR team flew the man to the nearest hospital and concluded their successful mission.

Continued on page 7

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412 Transport Squadron and Transport Canada Aircraft Service Directorate personnel at the Ottawa hangar.

Le personnel du 412e Escadron de transport et de la direction des services d'aéronefs de Transports Canada (DSA de TC) pose devant le hangar d'Ottawa.

By Lieutenant-Colonel Paul, ADM (Mat)

In August 1994, Transport Canada Aircraft Service Directorate (TC ASD) partnered with 412 Squadron in Ottawa to maintain the fleet of Challenger aircraft. Since then, TC ASD has not only maintained the fleet, but has been doing it to the highest standard possible. The dedication, quality of work and the continuous efforts of TC ASD have benefited the Royal Canadian Air Force (RCAF) with high aircraft availability rates, enabling it to meet and exceed its operational requirements.

The role of the four CC-144 Challengers is to fly high-ranking government dignitaries and senior officials around the world, and to provide utility transport for various approved missions for the Canadian Armed Forces (CAF). From August 25, 1994 to January 19, 2017, Challengers have logged 50,000 flight hours, 36,644 landings and 43,688 Auxiliary Power Unit hours.

La flotte Challenger vient de dépasser les 50 000 heures de vol et continue d'être forte

Par : Lieutenant-colonel Paul, DAEP(M)(TH)

Depuis août 1994, la Direction des services d'aéronefs de Transports Canada (DSA de TC) s'est associée au 412e Escadron à Ottawa pour maintenir la flotte d'avions Challenger. Depuis lors, la DSA de TC a non seulement maintenu la flotte, mais a accompli cette tâche selon les normes les plus élevées. Le dévouement, la qualité du travail et les efforts continus de la DSA de TC ont profité à l'Aviation royale canadienne et cela s'est traduit par un taux élevé de disponibilité des aéronefs, ce qui lui a permis d'atteindre et de surpasser ses besoins opérationnels.

Le rôle des quatre Challengers CC-144 est d'assurer le déplacement aérien de hauts dignitaires gouvernementaux et de hauts fonctionnaires à travers le monde entier et de fournir un moyen de transport pour les Forces canadiennes dans le cadre de diverses missions autorisées.

Du 25 août 1994 au 19 janvier 2017, les Challengers ont enregistré 50 000 heures de vol, 36 644 atterrissages et 43 688 heures de puissance auxiliaire.

Search and Rescue



Contact file photos by Ross Lees

Rescues on Lake Ontario by 424 SAR Squadron often takes place in conjunction with other rescue team members.

Continued from page 6

Not every mission comes without its challenges, though. "For us, the most challenging thing while flying the Griffon helicopter is having to do a hoist sequence over the water with few hover references," explains Captain Bossé. "That's why when we do this type of mission over water we always ask for Hercules support so they can provide illumination, which helps us a lot in maintaining a steadier hover."

This particular mission lasted approximately five hours from the moment the SAR team was tasked to the moment the jet skier was brought to the hospital.

Captain Bossé says that getting enough rest is crucial to helping him perform well at his job, because it's impossible to know

how long a mission will last. "As soon as we get a call, we're supposed to be able to provide a 15 crew day," he explains. "That means we could be tasked to work a 15-hour tasking."

Even though the job comes with its challenges and long hours, Captain Bossé says the feeling of saving a life is worth it.

"When we brought this person on board the chopper, I turned around and saw him smiling and I could see a sign of relief on his face: 'I'm on board now, I'm safe'. It was really, really rewarding," he says. "For this mission and any mission where we save lives, it is extremely rewarding because we make a difference."

Editor's note: This article was published originally on the Royal Canadian Air Force website.

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CFB Trenton Pond Hockey Classic hosts 30 teams

Continued from Page 3

"Certainly there are guys who come out and just want to support the cause and have fun and a good weekend. Equally, there are the ones who have that competitive edge and they want to win, so having that set up right from the start will make it more enjoyable for both sides," he speculated Sunday.

8 Wing Commander Colonel (Col.) Colin Keiver was impressed with the dinner and the speakers Friday night and the work done by Capt. Moorhouse. "As I listen to someone like Linda talk of what she has gone through and her family has gone through because of her husband's service, it's humbling and it makes us realize we are part of something much, much bigger than ourselves.

"Linda, the service has come a long way in helping people with PTSD, but the reality is we have a great deal more yet to do. You have my pledge that we will continue to do everything we can to make it better. Thank you

for your service, Linda, because at the end of the day, like I tell my wife all the time, they give us the medals and I think it's actually you guys who should get the medals," he noted.

Col. Keiver also couldn't say enough about the young captain who came into his office in 2011 and pitched the idea for the pond hockey tournament and the desire to fundraise for two charities - one military and one community focused.

"Jeff, you should be incredibly proud of what you've done because, I tell you, I'm proud of you," he stated.

Col. Keiver also took the opportunity to explain to Mr. Melnyk why hockey and the military are so compatible.

"The reason we love hockey is because it is fundamental to what we do at the core of the military - it's about team work, it's about discipline, it's about working hard together, and at the end of it, it's about having a beer. We do those things really, really well in the military," he said.

More pics on Page 9.



CFB Trenton Pond Hockey Classic title sponsors Scotia Bank and Scotia Wealth Management presented a \$15,000 cheque to the CFB Trenton Pond Hockey Classic Friday night.

Photo by Ross Lees



CFB Trenton Pond Hockey Classic organizer Capt. Jeff Moorhouse looks on as 8 Wing Commanding Officer Col. Colin Keiver and Wing Chief Warrant Officer Darcy Elder drop the puck Saturday morning to officially start the tournament.

Photo by Ross Lees



Auction items attracted a lot of attention Friday night at the CFB Trenton Pond Hockey Classic Puck Drop Dinner at the Batawa Community Centre.

Photo by Ross Lees



February Is Heart & Stroke Month

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February is the time of year for valentines, romance and heartfelt emotions. It's also an important time to focus on heart health. In addition to Valentine's Day, we observe **Heart & Stroke Month** in February. Cardiovascular diseases are our nation's number-one killer. The **Canadian Heart Association** strives to raise awareness about heart disease and stroke. You can reduce your risk for heart disease and stroke by adopting a healthier lifestyle that incorporates the following measures:

Eat a Healthy Diet

Eat a variety of foods from all of the basic food groups, and look for foods low in saturated fat and cholesterol.

Exercise Regularly

Gradually work your way up to at least 30 minutes of physical activity on most days of the week.

Quit Smoking

Cigarette and tobacco smoking increase your risk of heart disease and peripheral vascular disease.

Reduce Alcohol Intake

Binge drinking can cause heart-related problems, so if you drink alcohol, do so in moderation.

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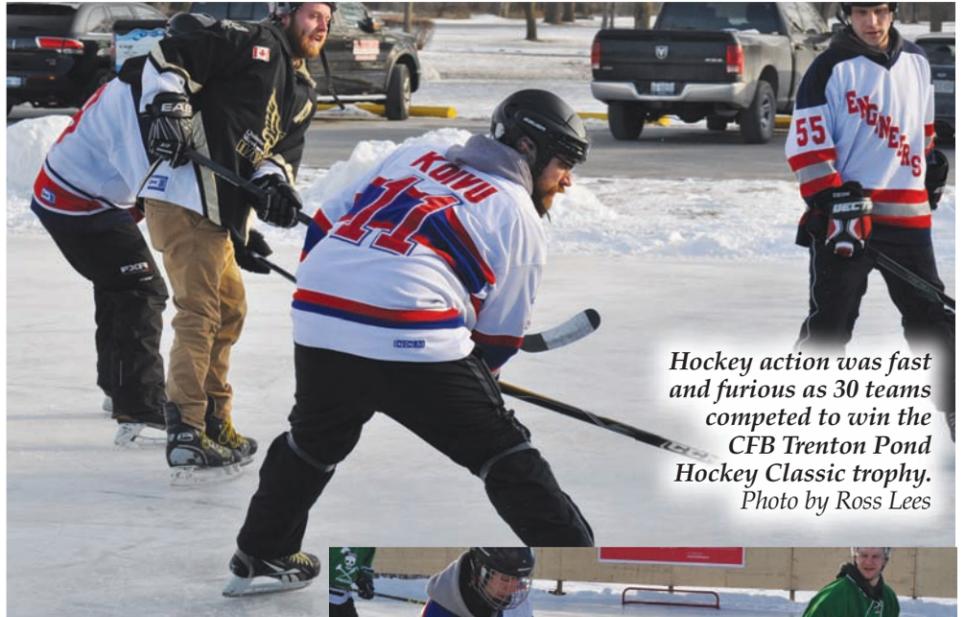
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CFB Trenton Pond Hockey Classic hosts 30 teams



8 Wing Commander Col. Colin Keiver was impressed with the speakers at the Puck Drop dinner Friday night and the calibre of hockey played throughout the weekend. Photo by Ross Lees



Hockey action was fast and furious as 30 teams competed to win the CFB Trenton Pond Hockey Classic trophy. Photo by Ross Lees



The BCR Rangers played a consistently competitive style of hockey throughout the weekend to finally take the CFB Trenton Pond Hockey Classic trophy by defeating Dows Climate Care 25-19 in the A division final. Photo by Ross Lees



This hockey player gets control of a pass and breaks up the ice in pond hockey action on the weekend in which 30 teams competed for bragging rights. The BCR Rangers eventually defeated Dows Climate Control 25-19 in the final game. Photo by Ross Lees



Hockey players experienced all kinds of lighting conditions throughout the weekend as they competed for the CFB Trenton Pond Hockey Classic trophy. Photo by Ross Lees



CFB Trenton Pond Hockey Classic organizer Capt. Jeff Moorhouse was kept busy on the weekend as he took his shifts on the Zamboni to keep the regulation size pond hockey rinks clear. Photo by Ross Lees

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8 Wing Women RCAF Flyers go undefeated at Regional Championships



The 8 Wing Women RCAF Flyers outlasted a tough Petawawa team 1-0 in three periods of overtime, in the final, to win gold at the Regional Championships recently. This win made it a clean sweep for the Trenton RCAF Flyers teams at the Ontario Regional Championships this year.

Submitted photo

Slap shot decides final after six tough periods of hockey

By Sgt. Penelope Stuart

After months of dedicated training, the 8 Wing Women RCAF Flyers have brought home the gold!

The Ontario Women's Hockey Regionals were held Jan 23-27 at CFB Petawawa. A round-robin style tournament took place before teams met in a semi-final.

During the round-robin, the first match-up was against Petawawa, which ended in a 3-2 shootout win for Trenton. Next was Kingston, who battled hard, but ultimately fell 4-1. Borden was their final match before the semis, and that ended in a 5-0 victory, again for Trenton.

This put Trenton in the first place position for the semis, where they faced the

fourth placed Borden team. Borden lost to Trenton 8-0, and was eliminated from the competition; this meant that Trenton would advance to the finals to face Petawawa.

The final was a hard-fought game, and after six nail-biting periods, a beautiful slap shot from Cpl. Annie Bourassa would prove to be the game-winner, allowing the 8 Wing Women Flyers to remain undefeated through the tournament.

Upon returning to Trenton, their head coach, Master Corporal (MCpl.) Derek Brown commented on the mindset going into the games.

"Every team goes into a competition expecting to win," he said.

And win they did. He is proud of the resiliency of his team. He added that there were some points during the competition where the team didn't play their best game, but they rose above it, rallied around each other, and ultimately dominated the tournament.

This group of women, along with their coaches, will bask in their victory for a short time before getting back to work, focusing on the CAF Women's Hockey Nationals, which takes place March 4-9 in Borden.

Well done, ladies and good luck!

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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 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!

March Break Kidz Camp

This partnership with PSP will get you active as well as get your creative juices flowing. Enjoy sports, swimming, a paint class, a game of wii and more. Don't miss our St. Patrick's Day party at the end of the week! March 13-17 for ages 6-8 and 9-12. At the RecPlex 21 Namao Dr. East. To register: Visit the RecPlex or register online at <http://bk.cfpsa.com/trentonpub/index.asp> For more information, please call 613-392-2811 ext. 3348.

Camp Kidz du Congé de mars

Cette collaboration avec PSP apportera des activités dynamiques et stimulera vos idées créatives. Venez profiter d'activités sportives, de la natation, une classe de peinture, des jeux wii et beaucoup plus. Ne manquez pas, à la fin de la semaine, notre célébration du jour de la St-Patrick! Du 13 au 17 mars pour les 6 à 8 ans et les 9 à 12 ans. Au RecPlex, 21 Namao Dr. Est. Pour les inscriptions, visitez le RecPlex ou inscrivez-vous en ligne au <http://bk.cfpsa.com/trentonpub/index.asp> Pour plus d'information, téléphonez au 613-392-2811 poste 3348.

Winter Symposium

Rediscover, rejuvenate! Take a day for yourself and join friends for a day of unique, invigorating workshops. Enjoy your choice of three different workshops, a keynote speaker, a delicious and nutritious lunch that will inspire you to bust out your crockpots again. The day will end with a group yoga session led by Mindful Movements. You can learn about the magic of contouring, the health benefits of essential oils, personal safety, travelling solo and more! Please see our program to read about the available sessions. Download and print the registration form or pick one up at the MFRC. Payment must be included with registration. <http://trentonmfr.ca/news-events/event/winter-symposium/> Ticket prices: Early bird - \$40, after February 6 - \$50. *Open to the military community and the general public. For more information, please contact reception or email helene.cg@trentonmfr.ca.

Symposium hivernal

Redécouvrir, revivifier! Prenez une journée pour vous & joignez des amis pour assister à des ateliers uniques et vivifiants. Profitez d'un choix de trois ateliers différents, une conférencière, un repas délicieux et nutritif qui vous suscitera à tirer de l'oubli votre mijoteuse. La journée finira avec une session de yoga en groupe facilitée par 'Mindful Movements'. Vous pourrez apprendre la magie du maquillage pour le contour du visage, les bénéfices des huiles essentielles sur la santé, la sécurité personnelle, voyager en groupe ou solo! Lisez notre programme pour voir tout ce qui est disponible. Téléchargez et imprimez le formulaire d'inscription ou arrêtez au CRFM pour l'obtenir. <http://trentonmfr.ca/news-events/event/winter-symposium/> Le coût est 40\$ d'ici le 6 février, 50\$ à partir du 7 février. *Cet événement est ouvert

à la communauté militaire et la population générale. Pour plus d'information, contactez la réception au 613-965-3575 ou helene.cg@trentonmfr.ca.

Dance with France - Ladies Night

Learn to merengue with France's fun choreography! Mondays starting March 13 at 6 p.m. to 7 p.m. \$55 for eight weeks. At 8 Wing Officer's Mess (Upper Lounge). To register, please contact MFRC reception at 613-965-3575. Payment can be made by cash, debit or cheque. Deadline: March 10.

Danse avec France - La soirée des dames!

Apprenez le merengue avec la chorégraphie amusante de France! Les lundis débutant le 13 mars à 18h - 19h. 55\$ par personne pour 8 semaines. Au Mess des officiers 8 Wing. Pour vous inscrire, veuillez contacter la réception du CRFM au 613-965-3575. Paiement en cash, débit ou chèque Date Limite: le 10 mars.

Dance with France

Mondays starting March 13. Level 1 from 7 p.m. to 8 p.m. Tango/Swing. Tuesdays starting March 14, level 2 from 6 p.m. to 7 p.m. Samba/Viennese Waltz Introduction. Level 3 from 7:15 p.m. to 8:15 p.m. Lindy Hop/Swing Choreography. Practice Sessions for Level 1,2,3 will

be held on April 3 and May 1 at 7 p.m. to 8:30 p.m. \$90 per couple for eight weeks. At 8 Wing Officer's Mess (Upper Lounge). To register, please contact MFRC reception at 613-965-3575. Payment can be made by cash, debit or cheque. Deadline: March 10.

Danse avec France

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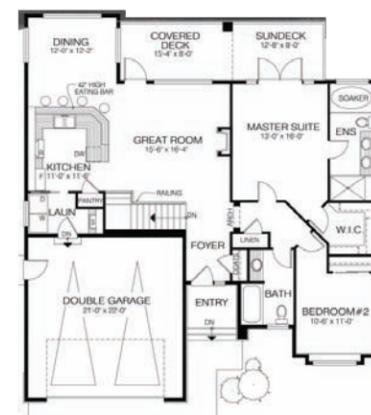
Finding Emotional Balance

Strategies for managing strong emotions. Join us for a six week program for ages 14 to 18 to help you understand and manage emotions and practice healthy coping skills. Feb. 15, 22 and March 1, 8, 15 and 22 from 4 p.m. to 5 p.m. For more information or to register, please contact Jaclyn Hunter 613-392-2811 ext. 4017.

Continued on page 13

Home of the Week

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Plan No: 1-2-661

In this attractive two-bedroom bungalow, compact size doesn't matter, because the plans feature all the amenities that a contemporary family would wish for. Entry is via a covered porch and through a door with a window and side-light. The foyer includes a coat closet to the immediate right. Just beyond is the open-plan great-room complex.

Natural light will stream into the dining 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 option. The kitchen is separated from the dining area by an L-shaped island and four-seat eating bar, and the kitchen sink faces the dining room windows. A pantry is located near the entrance to the laundry room, which includes a useful storage space. To the left of the great-room entrance is a stairwell, protected by railings, to an optional basement. The sleeping wing is separated from the foyer by an archway. The master bedroom boasts French doors that open onto a sun deck, a continuation of the covered deck beyond the great room. The en-suite includes a soaker tub, set in a corner with two windows to let in natural light, as well as double basins and a shower stall. A commodious walk-in closet with built-in shelving completes the layout. The second bedroom, well-separated for noise from the master suite, features a bay window with an extra-wide sill that overlooks the front garden. A three-piece bathroom is situated nearby, together with a linen closet.

Exterior finishes include horizontal siding that contrasts with the vertical board-and-batten siding in the gables. Brick accents and painted woodwork lend the facade character. This home measures 48 feet wide and 53 feet deep, for a total of 1,481 square feet of living space on the main floor. Ceilings rise nine feet throughout.

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

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

**Feb. 12 – Belleville Ostomy Group
Monthly Meeting**

The Ostomy group of Belleville and area will be holding it's monthly meeting on Feb. 12 at 2 p.m. in room P21 in the Quinte Business Centre Loyalist College. Remember, you might not need us now but others in the group can learn from your experiences. Please come and share your expert advice with other Ostomates.

**Feb. 18 – Quinte Branch of the
Ontario Genealogical Society's
Tales of the Script**

The Quinte Branch of Ontario Genealogical Society presents "Tales of the Script: Learning the Alphabet" by Carol St. Clair, SSW. Looking at old handwriting styles from the 19th century and using that knowledge to navigate handwritten records of the 1800s. Everyone is welcome. Quinte West Public Library, 1 p.m. to 3 p.m. Visit www.roostweb.ancestry.com/~canqbogs

**Feb. 19 – Music at St.
Thomas**

The 2016 - 2017 edition of Music at Saint Thomas, scheduled for 4:30 p.m., is dedicated to keyboard and choral music. Music directors Francine and Matthieu Latreille are preparing a concert named "Mystery" for February. This concert will gather 10 professional singers from Belleville, Montreal and Toronto. A reception will follow. Admission: Pay what you can.

La présente édition de "Music at Saint Thomas" est dédiée aux instruments à clavier et à la musique chorale. Les directeurs musicaux Francine et Matthieu Latreille préparent un concert intitulé "Mystère" pour le mois de février. Ledit concert réunira dix chanteurs professionnels de Belleville, Montréal et Toronto. Une réception suivra l'événement. Une contribution volontaire sera demandée en guise de prix d'entrée.

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**Feb. 20 – National Air Force
Museum of Canada Free Family
Day**

The National Air Force Museum of Canada is holding a free Family Day on Feb. 20 from 11 a.m. to 3 p.m. Admission is free and includes a free family portrait at their Spy School and X Camp – where spies are made. Once enrolled, you will be sent on a series of missions designed to test your skills as an international spy. Come dressed as your favourite spy. The Spy School features code breaking, covert messaging, surveillance challenge, laser maze, missile neutralization and much more.

**Feb. 25 – Legion Branch 110
Concert and Dance**

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

Feb. 26 – RecPlex Indoor Triathlon

Your Community Recreation Association invites you to TRI your winter blues away by taking part in their Indoor Triathlon on Feb. 26. Participants will swim for 15 minutes, bike for 30 minutes on the cycle trainer and run a 5 km outdoor run. Those wishing to participate can do so by registering online at www.myracetime.ca

**Feb. 26 - Fixed Fur Life
Tea Party
and Purse Auction**

Fixed Fur Life is holding a Tea Party and Purse Auction at the Quinte West Marina on Feb. 26 from 12 noon until 3 p.m. Purse donations and volunteers are still needed for the event to be emceed by Norm Harriet. Only 100 tickets are being sold at \$10 each, which includes light lunch, beverage and door prize. The facebook link is <https://www.facebook.com/events/395805447478011/> and more information can be obtained at thworx@hotmail.com

**Every Sunday – Catch the Ace at
Royal Canadian Legion Branch 110**

Quinte West area residents are urged to come to Royal Canadian Legion Branch 110 at 19 Quinte St., Trenton, to Catch the Ace, the craze that took the East coast by storm. Tickets are \$2. The event takes place from 1 p.m. to 3 p.m. every Sunday with the draw at 4 p.m. For more information, contact 613-392-0331 or www.rcl110.ca

**March 2 – Quinte Ballet School
of Canada presents Dancing with
Parkinson's**

The Quinte Ballet School of Canada (QBSC) is now enrolling people for 12-week pilot class to begin March 2 at 11 a.m. No experience is necessary and classes are geared to all levels and abilities. There are only 20 spaces available for Parkinson's dancers, so those wishing to participate are encouraged to enroll quickly. Classes take place at the Quinte Ballet School of Canada, at 196 Palmer Road, Belleville. For information or to register, please contact Laura Ryan at danceparkinsonsqbosc@gmail.com

June 9 – Surf 'n Turf

The 2017 Surf 'n Turf race begins early in the morning of June 9 and allows competitors to compete in running, cycling and canoeing and kayaking events covering a lot of ground and water in Quinte West. Volunteers are still being sought for this event, as are competitors. Co-chairs for the event are Capt. Victoria Chatzikirou and Capt. Brent McIntyre.

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MARCH BREAK CAMPS

March Break Kidz Camp

When: 13 – 17 March
Who: Ages 6-8 & 9-12
Where: RecPlex,
 21 A Namao Dr. East
Contact: RecPlex 613-392-2811 ext. 3348
Registration: <http://bk.cfpsa.com/trentonpub/index.asp> or in person at the RecPlex



Are you ready?! March Break is right around the corner And WE WANT YOUR KIDS! Our program is a high energy, fun-filled week with each day a new adventure. Your child will experience all sorts of activities like, sports, crafts, water activities, team building and many other fun activities! Remember to bring running shoes, a lunch, snacks, swimming gear and to dress for playing outside. *Peanut free lunches*

March Break Camp Fees (HST Included)	
MILITARY COMMUNITY	GENERAL PUBLIC
\$147 for one child	\$166 for one child
\$267 for two children	\$301 for two children
\$315 for three children	\$355 for three children
\$392 for four children	\$442 for four children
*Cost per Day (HST Included)	
\$32/day for one child	\$34/day for one child
\$58/day for two children	\$62/day for two children
\$80/day for three children	\$85/day for three children
\$91/day for four children	\$105/day for four children
TRIP DAY Frink's Centre March 16th: Additional \$10 (HST Included)	
A.M Care (7-8am) + P.M Care (4-5pm): Optional but included in Prices	

Children's Martial Arts March Break Camp 2017

When: March 13th- March 17th, 0800hrs-1600hrs
What: Martial Arts, Games, Hikes, Sports, Activities and more!
Who: Children, ages 6-8 & 9-12
Dress: Active wear *Mouth guards for children are mandatory (found at Canadian tire/any sports store)
Where: 32 Buffalo Ave. Trenton, ON.
Contact: RecPlex 613-392-2811 ext. 3348
Registration: <http://bk.cfpsa.com/trentonpub/index.asp> or in person at the RecPlex



Join us for a fun-filled week of fundamentals of mixed martial arts, games, activities and much more! Your child will experience Kickboxing, Jiu-jitsu, Karate, Brazilian Jiu-jitsu, and Taekwondo. This will definitely be a week of lasting friendships, fun, learning new skills, and experiences for all!

**Mouth guards are mandatory. A surcharge will be applied if a child shows up without safety gear.

March Break Camp Fees (HST Included)	
MILITARY COMMUNITY	GENERAL PUBLIC
\$147 for one child	\$166 for one child
\$267 for two children	\$301 for two children
\$315 for three children	\$355 for three children
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*Cost per Day (HST Included)	
\$32/day for one child	\$34/day for one child
\$58/day for two children	\$62/day for two children
\$80/day for three children	\$85/day for three children
\$91/day for four children	\$105/day for four children
A.M Care (7-8am) + P.M Care (4-5pm): Optional but included in Prices	

Please Note: Food is not included; Lunches, snacks and drinks must be peanut free!

MFRC continued from page 11

Trouver son équilibre émotionnel

Stratégies pour maîtriser les émotions fortes. Un programme de 6 semaines spécialement conçu pour aider les jeunes de 14 à 18 ans, à comprendre et à mieux maîtriser leurs émotions en pratiquant de saines compétences d'adaptation. Les 15 et 22 février et les 1er, 8, 15 et 22 mars de 16h à 17h. Pour inscription ou information Jaelyn Hunter 613-392-2811 poste 4017.

The Power of Essential Oils - 10 Week Series

Classes are Tuesday evening from 6:30 p.m. to 8 p.m. Learn about the many benefits of having essential oils in your life. Whether you're struggling with the discomfort of hot flashes, lack of sleep, aches and pains or if you simply want to shift into a natural lifestyle, this class could be right for you! Come out with a friend or give it as a gift. Each class includes an essential oil take-home product. In this 10-class series, featuring DoTerra products, you will learn about the following uses: Essential oils and healthy skin; essential oils and aches and pains; essential oils and sleep; essential oils emotions; essential oils first aid; essential oils and our immune response; essential oils and detox; essential oils and digestion; essential oils and hormones; essential oils - DIY night. Sign up for one or join all classes! One class: \$20. Five classes: \$75. Ten classes: \$150. Register and pay at Trenton MFRC reception. For more information email rabia.s@trentonmfrc.ca.

Le pouvoir des huiles essentielles - Une série de 10 ateliers

Les cours sont accessibles les mardis soirs de 18 h 30 à 20 h. Apprenez sur les bénéfices d'ajouter les huiles essentielles à votre style de vie. Combattez-vous l'inconfort des bouffées de chaleur, le

manque de sommeil, des maux et douleurs ? Ou voulez-vous simplement changer pour un style de vie plus naturel ? Ces classes sont pour vous ! Venez avec un(e) ami(e) ou donnez comme cadeau. Chaque atelier inclut un produit que vous apporterez à la maison. Vous apprendrez durant cette série d'ateliers, mettant en vedette les produits DoTerra, les utilisations suivantes : Huiles essentielles et les soins de la peau; huiles essentielles et les maux et douleurs; huiles essentielles et le sommeil; huiles essentielles et les émotions; huiles essentielles et les premiers soins; huiles essentielles et la réponse immunitaire; huiles essentielles et la détoxification; huiles essentielles et la digestion; huiles essentielles et les hormones; huiles essentielles - Vous ferez vos projets. Inscrivez-vous pour un ou tous les ateliers ! Un atelier : 20\$. Cinq ateliers : 75\$. Dix ateliers : 150\$. Inscription et paiement se font à la réception du CRFM. Pour plus d'information, contactez rabia.s@trentonmfrc.ca.

Al Anon meetings

The Hope and Serenity Group Al Anon meeting meets on Sundays from 7:30 p.m. to 8:30 p.m. at the Trenton MFRC. Friends and families of problem drinkers will find understanding and support at Al-Anon meetings open to the general public. For more information, please contact Linda Reade 613-392-2811 ext. 4583 or linda.r@trentonmfrc.ca.

Rencontre Al Anon

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

Triple P Positive Parenting seminar

For every parent who ever wondered, "Why does my child do that?" This seminar helps you understand the reasons kids do what they do, so you can guide their behavior - and see more of the behaviour you like, and less of the behaviour you don't like. The power of positive parenting takes place on March 8 from 6 p.m. to 7:30 p.m. For more information please contact Jaelyn Hunter 613-392-2811 ext. 4017.

Triple P Séance de discussion

Pour les parents s'étant déjà posé la question: " Pourquoi mon enfant fait-il cela?" Cette conférence vous aide à comprendre les raisons pour lesquelles les enfants se comportent comme ils le font. Vous pourrez ainsi mieux les guider dans le but de voir davantage des comportements acceptables et moins ceux qui sont inacceptables. La puissance des pratiques parentales positives, le 8 mars de 18h à 19h30. Pour renseignement veuillez contacter Jaelyn Hunter 613-392-2811 poste 4017.

Limitless Youth Night

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

Possibilités Infinies

Une soirée pour les jeunes chaque 3me lundi du mois de 18h à 20h. Veux-tu te faire de nouveaux amis, jouer et avoir du plaisir? Alors ce groupe est pour toi! Un groupe social inclusif pour les jeunes

ayant des besoins particuliers, leurs frères et soeurs et les amis de 6 à 11 ans sont les bienvenus. Pour information communiquer avec Orlana Bourgoin 613-392-2811 poste 3953 ou orlana.b@trentonmfrc.ca.

Trenton MFRC Special needs parent support group

Every second Thursday of the month from 6 p.m. to 7:30 p.m. Connect with other families in your community and discuss topics that effect and interest you. Gain support and insight from local families. This support group is for parents, grandparents, caregivers of children with all special needs. Next meeting will be Oct. 13. Contact Orlana if you require childcare a week prior to the meeting 613-392-2811 ext. 3953 or orlana.b@trentonmfrc.ca.

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

Venez rencontrer d'autres familles de la communauté pour discuter, échanger, obtenir du soutien et des ressources. Ce groupe d'entraide est pour les aidants naturels de personnes avec des besoins particuliers. Ces rencontres ont lieu le deuxième jeudi du mois de 18h à 19h30. La prochaine rencontre sera le 13 octobre. Pour information contactez Orlana Bourgoin 613-392-2811 poste 3953 ou orlana.b@trentonmfrc.ca.

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.

Continued on page 14

Classifieds

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 Du lundi au vendredi 08h00 à 16h00

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

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

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

RC Weekday Masses at noon
 Messes CR quotidiennes à 12h00

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

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



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 Brigitte Gamache, (613) 392-2811 ext/poste 2490/4593

Safety

Excessive vibration can cause long-term health problems



In the human body, excessive vibration can cause permanent damage to nerves, blood vessels, muscles, tendons, joints and bones. Exposure to vibration may even cause stress symptoms including irritability, anxiety and sleep disturbances.

Just about anything which moves also vibrates. Tools such as jackhammers and drills expose the operator to excessive vibration. In a vehicle, vibration is caused by bouncing over rough terrain or from the movement of the drive train and other parts. Foundries, buses, trucks, ships, trains, platforms and construction equipment are just some of the areas and objects where workers can be exposed to too much vibration.

Vibration injury often affects

the hands, as in the case of a worker who operates a vibrating tool such as a chainsaw or a chipping hammer. However, vibration injury can also affect your arms, shoulders or back.

The first symptoms of vibration injury may be tingling and numbness in the fingers. Swelling and pain in the hands may follow, leading to a loss of flexibility. Hands may turn white, indicating a reduced blood flow because the blood vessels have become constricted. Carpal Tunnel Syndrome and Vibration White Finger (Reynaud's Phenomenon) are two of the problems that can be caused or made worse by vibration.

Vehicles and manufacturing machinery such as forklifts, earthmoving equipment, cranes,

transit and watercraft equipment can cause whole body vibration injury. Over time, these exposures could result in back pain, damage to the spine and problems with internal organs.

Here are more tips for avoiding vibration injury:

- Operate tools at the lowest speed that will still get the job done in the same length of time.
- Always use the equipment according to the manufacturer's recommendations and your company policies and procedures.
- Maintain tools and equipment so they will function well. If the tool's vibration seems to increase, tell your supervisor so it can be repaired or re-

placed.

- Reduce vibration at the source. Take advantage of shock absorbing devices on equipment. Cut down the transfer of vibration to the operator by using suspension devices between the operator and the source. Placing vibrating equipment on a cushioned, shock absorbent surface or using other damping devices can also help.

- Keep your hands and arms warm.
- Alternate work with vibrating tools or equipment with other tasks.
- Limit the hours of exposure to vibrating equipment or tools.
- Hold tools as loosely as you can while still working safely and effectively.

- Use tools made with padded grips to absorb some of the shock. Use anti-shock vibration gloves when possible.

If you have ever had problems with your hands caused by hand-arm vibration, don't use vibrating tools.

When driving heavy equipment or vehicles, use ample, adjustable seating. Adjust the seat so it supports your lower back.

Sit square in the seat with an upright posture. Shift your position and stretch frequently.

Don't bend or lift right away after driving. Instead, walk around and loosen your muscles.

Our bodies are not designed to absorb continuous vibration. Limit exposure to vibration from moving equipment and tools.

MFRC continued from page 13

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'à 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.

PALS - Peers Assisting with Life Skills

This program favorite is being extended to the children of medically released veterans, ages 6 to 11. Children learn resiliency and life skills such as dealing with stress, emotional regulation and communication skills. Dinner is provided. Mem-

bership: \$50 for first child, \$80 for two children, \$110 for three or more children. Please note this program is open to children from military and veteran families. Theme is Feelings. Feb. 17 from 5:30 p.m. to 7:30 p.m. Register by email by Feb. 15, with Kendra at kendra.b@trentonmfrc.ca.

AMIS (PALS)

Aide sur les compétences de vie par les pairs. Ce programme vedette se prolonge pour les enfants d'anciens combattants libérés pour raison médicale âgés de 6 à 11 ans. Les enfants apprennent sur la résilience et les compétences essentielles comme la gestion du stress, l'équilibre émotionnel et les aptitudes à la communication. Le souper est fourni. Adhésion : 50 \$/premier enfant, 80 \$/deux enfants, 110 \$/trois enfants et plus. Notez que ce programme est ouvert aux familles de militaires et d'anciens combattants.

17 février, 17 h 30 à 19 h 30. Apprenez à avoir de la compassion pour les autres et les bienfaits que cela vous rapporte. Inscrivez-vous par courriel à kendra.b@trentonmfrc.ca par le 15 février

Trenton MFRC and Autism Ontario Present:

Brighton's Special Needs Parent Support Group every last Thursday of the month from 6:30 p.m. to 8 p.m. at the East Northumberland Secondary School in Brighton. This support group is for parents/grandparents/caregivers of children. Connect with other families in your community and discuss topics that effect and interest you. Gain support and insight from local families. This support group is for parents/grandparents/caregivers of children with all special needs. For information contact Orleana Bourgoin 613-392-2811 ext. 3953.

Autisme Ontario et le CRFM de Trenton présentent

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

Monthly E-News/Social Media

Get the latest news from the MFRC and community at large. Sign-up through our website www.trentonmfrc.ca for the monthly E-News and to follow us on Facebook.

Guest speaker fuels frenetic bidding in fundraising auction

Continued from Page 1

"I started to notice that things weren't quite right, that things were different," noted Mrs. Blanchette in her presentation. Her gregarious husband began to drink more and more, and had trouble dealing with his children when they misbehaved.

Mrs. Blanchette began to notice changes in her husband while he played hockey. Now, when the puck hit the boards, he would duck or flinch, something he had never done before.

"He would wake up in night terrors and the kids quit trying to wake up their father because he would come up swinging," she told the attentive audience. "There was one night when I was sound asleep, I woke up as I hit the floor. I looked up and he was leaning over the bed, covering me up and yelling 'Incoming!'"

She gently woke him up and explained what was going on.

Shortly thereafter, he had a heart attack and it was then she first heard of PTSD from his attending physician.

While there was help for her husband, there was no help for Linda or her family, a situation she has since corrected, but she

also uses her talk to apprise CAF members suffering from PTSD of the impact of their illness on those they love. Often, having gone through PTSD, those members don't really realize the impact on close family members until it is brought to their attention. When it is pointed out to them, they often don't recall the results of their episodes.

"PTSD was destroying our family," recalled Mrs. Blanchette.

She always tried to keep up a brave front, to prevent people from knowing what was going on in their home. She did everything she could to help prevent further episodes, but finally had to give him an ultimatum.

"I said you have two choices, go for help or we leave," she acknowledged with a breaking voice and to utter silence from the audience. "He went for help."

But help was still not available for Mrs. Blanchette and her family and the issues did not magically disappear. Her husband continued to drink and she had to hide money to be able to pay the bills each month. Horrors continued to haunt their home and their family.

"I stayed because my marriage vows said for better or for worse,



Linda Blanchette is a granddaughter, daughter, wife and mother of members that have served or are currently serving in the Canadian Armed Forces (CAF) and is currently board chair of the Trenton Military Family Resource Centre (MFRC), the organizations she credits for saving her life and helping to keep her family together. Photos by Ross Lees



and I knew that the man I had married was there, and I knew he needed the help," she explained. "I'm not saying it was easy, because it definitely wasn't. We never knew when the ugly dragon was going to raise his head or what would set him off."

There were titanic battles between her husband and her daughter.

"It got so nasty at times, I wanted to run and hide," she said, recalling one shouted response from her daughter. "You went away and you never came back, so why should I listen to the man who is here now?"

Her daughter eventually wrote a heart-rending poem about PTSD, which Mrs. Blanchette read for the audience.

Mrs. Blanchette hopes that with each recounting of these details of the worst period in her family's life that other families recognize the problem and seeks help, and that the organization she founded, now a national organization, will be there to respond.

"The MFRC saved my life and I will never be able to thank them," she said.

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15 KIA SOUL EX

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13 VW JETTA TENDLINE

29356 Auto, 2.0 4cyl, keyless entry, alloys, fact ctrl, bucket seats, height adj seat, heat seats, AC, CD, MP3, pwr windows/locks, cruise, tilt steer. 74,511 km

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\$80
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



16 HYUNDAI ELANTRA SE

29316E Auto, 1.8 4cyl, keyless entry, tract ctrl, econo mode, bucket seats, AC, CD, MP3, sat radio, Bluetooth, compass, ext temp gauge. 48,530 km
PREVIOUS DAILY RENTAL

\$13,995
\$84
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0 DOWN + HST



14 CADILLAC ATS

29389 Auto, 2.0 4cyl turbo, AWD, alloys, pwr roof/seats, push btn start, heat seats, AC, CD, MP3, sat radio, OnStar, cruise, touch screen, Bose snd. 24,144 km

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\$161
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



14 BUICK VERANO

29362 Auto, 2.4 4cyl, keyless entry, fact remote start, alloys, leather trim seats, AC, CD, MP3, sat radio, rev cam, OnStar, compass, ext temp gauge, cruise, steer ctrl, IntelliLink. 34,488 km

\$15,195
\$102
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



17 FORD FUSION SE

29284 Auto, 2.0 4cyl, AWD, fact remote start, eco boost, alloys, push btn start, leather, pwr seats, memory seat, heat seat/mirrors, AC, nav. 14,924 km
PREVIOUS DAILY RENTAL

\$26,495
\$160
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 HONDA ACCORD SPORT

29542 Auto, 2.4 4cyl, fact remote start, pwr roof/seats, push btn start, leather trim seats, heat seats, rev cam, park aid, Bluetooth, cruise, lane keep assist, road depart mit set. 16,495 km

\$27,995
\$169
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



14 ACURA RLX TECH PKG

29559 Auto, 3.5 6cyl, keyless entry, alloys, pwr roof, push btn start, leather, memory seats, AC, rev cam, park aid, cruise, heat steer, fwd collision warn, blindspot detect. 64,672 km

\$27,995
\$188
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



13 CHEVROLET CRUZE LT

29521 Auto, 1.4 4cyl ecotec, keyless entry, fact remote start, fact ctrl, bucket seats, AC, CD, MP3, sat radio, OnStar, compass, ext temp gauge, cruise, steer ctrl. 14,805 km

\$12,495
\$95
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



16 CHEVROLET CRUZE LT

29532 Auto, 1.4 4cyl turbo ecotec, keyless entry, tract ctrl, bucket seats, AC, CD, MP3, sat radio, rev cam, OnStar, compass. 28,561 km
PREVIOUS DAILY RENTAL

\$15,195
\$92
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



14 CHEVROLET CRUZE

29398 Auto, 2.0 4cyl turbo ecotec, diesel, fact remote start, alloys, leather, trim seats, pwr seats, AC, rev cam, park aid, OnStar, cruise, Pioneer stereo. 71,000 km

\$14,995
\$101
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



14 CHEVROLET CRUZE

29407 Auto, 2.0 4cyl turbo, diesel, fact remote start, alloys, leather, pwr seats, heat seats, AC, dual climate, MP3, U-connect, compass, ext temp gauge, pwr windows/locks/mirrors. 72,882 km

\$14,995
\$101
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



16 CHEVROLET CRUZE LTD

29465 Auto, 1.4 4cyl turbo ecotec, keyless entry, tract ctrl, bucket seats, AC, CD, MP3, sat radio, rev cam, OnStar, compass. 34,262 km
PREVIOUS DAILY RENTAL

\$15,295
\$92
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



13 CHEVROLET CAPTIVA LTZ

29523 Auto, 2.4 4cyl ecotec, keyless entry, fact remote start, alloys, pwr roof, leather, pwr seats, heat seats, AC, CD, MP3, sat radio, rev cam. 34,655 km
PREVIOUS DAILY RENTAL

\$16,995
\$129
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



16 NISSAN ROGUE SL

29475E Auto, 2.5 4cyl, AWD, alloys, pano roof, push btn start, leather, pwr seats, heat seats/mirrors, AC, dual climate, nav, rev cam. 22,150 km
PREVIOUS DAILY RENTAL

\$28,995
\$175
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96 mths @ 5.9%
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16 CHEVROLET TRAX LT

29461 Auto, 1.4 4cyl turbo ecotec, AWD, fact remote start, alloys, leather trim seats, pwr seats, AC, rev cam, park aid, OnStar, compass. 14,765 km
PREVIOUS DAILY RENTAL

\$20,995
\$127
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



12 DODGE JOURNEY

29077AA Auto, 2.4 4cyl, keyless entry, push btn start, tract ctrl, bucket seats, height adj seat, AC, dual climate, MP3, U-connect, compass, ext temp gauge, pwr windows/locks/mirrors. 56,550 km

\$11,995
\$107
bi-weekly
60 mths @ 5.9%
0 DOWN + HST



12 JEEP COMPASS NORTH EDITION

29108 Auto, 2.0 4cyl, 4x4, keyless entry, roof rack, alloys, tract ctrl, AC, CD, MP3, ext temp gauge, heat mirrors, cruise. 92,216 km

\$11,495
\$102
bi-weekly
60 mths @ 5.9%
0 DOWN + HST



15 DODGE RAM 1500 SPORT

29167 Auto, 5.7 8cyl Hemi, 4x4, fact remote start, crew cab, short box, trailer hitch, box liner, alloys, pwr roof, push btn start, leather, heat seats, vent seats, Bluetooth, pwr adj pedals. 19,488 km

\$39,995
\$268
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



16 DODGE RAM 2500 OUTDOORSMAN

29499 Auto, 5.7 V8 Hemi, 4x4, crew cab, trailer hitch, box liner, alloys, AC, MP3, sat radio, compass, ext temp gauge, heat mirrors, cruise. 19,948 km
PREVIOUS DAILY RENTAL

\$37,995
\$229
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0 DOWN + HST



16 DODGE RAM 1500 SPORT

29341 Auto, 5.7 V8 Hemi, 4x4, crew cab, short box, trailer hitch, box liner, chrome step bars, leather trim seats, pwr seats, AC, MP3. 13,631 km
PREVIOUS DAILY RENTAL

\$39,495
\$238
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16 DODGE RAM 2500 LARAMIE

29290 Auto, 6.7 Inline 6cyl cummins turbo, diesel, 4x4, fact remote start, crew cab, short box, tonneau cover, alloys, pwr roof/seats, push btn start, leather, heat seats/rear seat. 12,737 km

\$60,995
\$368
bi-weekly
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16 DODGE RAM 1500 ST

29501 Auto, 5.7 V8 Hemi, 4x4, crew cab, short box, trailer hitch, tonneau cover, alloys, AC, MP3, sat radio, U-connect, compass ext temp gauge, heat mirrors, cruise. 33,185 km

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