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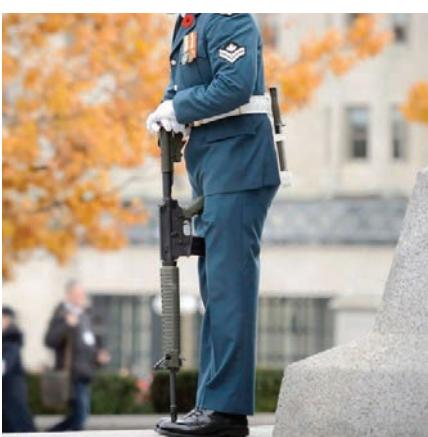
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8 WING ATHLETE MUSCLES HIS WAY TO THE TOP



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SGT. LECLERC TO LEAD SENTRIES IN OTTAWA



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MFRC TO HOST ANNUAL CHRISTMAS MARKETPLACE



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LOGISTICS BRANCH
50th ANNIVERSARY

50e ANNIVERSAIRE DU SERVICE DE LA LOGISTIQUE

YEAR OF THE LOGISTICIAN / L'ANNÉE DU LOGISTICIEN

Doug Ford announces new hotline to aid military families



Photos by Makala Chapman

Premier Doug Ford announces a military hotline for military families at the National Air Force Museum of Canada on Nov. 7.

By Makala Chapman

The provincial government is aiming to make the lives of military families moving to Ontario easier through the creation of a "one-stop-shop" hotline.

Premier Doug Ford stopped in at the National Air Force Museum of Canada in Trenton to deliver the announcement on Nov. 7. Bay of Quinte MPP and Minister of Economic Development, Job Creation and Trade Todd Smith and Minister of Government and Consumer Services Bill Walker also accom-

panied him. "A few months ago I made a promise to military families in Ontario that as premier I would do everything I can to support you," said Ford. He then went onto thank members of the Canadian Armed Forces for all that they do and highlighted the contributions and sacrifices also put forward by the families. "When I spoke to (military) families, the upheaval of moving weighed heavy on their shoulders when they have to go from city to city, right across the country," he said, "you can just imagine the stress they feel." On average, military families move three times more often than other

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Photos of the Week

CFS Alert: Op BOXTOP 22 Memorial Ceremony



Content submitted

On Oct. 30, Canadian Forces Station (CFS) Alert personnel held a Memorial Ceremony marking the 27th anniversary of the Operation (Op) BOXTOP 22 crash which took the lives of 17 Canadian Armed Forces members: Captain (Capt) John Couch, Capt Judy Trépanier, Master Warrant Oficer Tom Jardine, Warrant Oficer Robert Grimsley, and Master Corporal Roland Pitre. On October 30, 1991, a routine resupply mission during a normal Op BOXTOP ended in tragedy when a CC-130 Hercules crashed sixteen kilometres south of CFS Alert. Four members died in the crash, while a fifth sadly succumbed to hypothermia. Despite the efforts of so many, the survivors were stranded for more than forty hours in frigid Arctic conditions reaching lows in the range of -30 degrees Celsius before being rescued. The experiences of these survivors were reflected upon during the Memorial Ceremony; fittingly, the bitter cold felt by Station personnel during the relatively brief ceremony offered just a glimpse into the ordeal experienced by these courageous airmen and women.

Catching up with the Hasty Ps



Content submitted

The Hastings Prince Edward Regiment, also known as the 'Hasty Ps', is celebrating the accomplishments of two of its members. Oficer Cadet Fairholme received his promotion to Second Lieutenant and Corporal Hogg was awarded his Canadian Forces Decoration for 12 years service in the Canadian Armed Forces. He was presented his achievement by Chief Warrant Oficer Dean Stokes and the Hasty Ps commanding oficer Lieutenant-Colonel Chris Comeau.

Turn Old News into NEW!

Please Recycle this Paper

8 Wing member competes in national bodybuilding competition

By Master Corporal Mark Gillis

On Saturday, Oct. 20, 2018, I participated in my first national level event as a competitive bodybuilder - 2018 GNC/ALLMAX Canadian National Pro Qualifier. The National Championship was hosted by the Canadian Physique Alliance and sanctioned by the International Federation of Bodybuilding and Fitness (IFBB) Pro league. It was held at the Delta Toronto Airport & Conference Centre in Toronto, Ontario. I placed first in the Men's Bodybuilding Masters Middleweight (40+) category and attained my professional status as a bodybuilder (pro card) by winning the Overall in the Men's Bodybuilding Masters Middleweight (40+) category with a perfect score. In preparation for the event, I endured a restricted diet for a total of 20 weeks with a total weight loss of 42 lbs., entering at an official weight of 182.6 lbs. I would like to take this opportunity to thank those individuals who supported me and reinforced my efforts from the onset, and during my contest preparation. My lifelong dream of attaining professional status as a bodybuilder would not have been possible without the continued support of my family, friends, and colleagues within the RCAF. A heartfelt thank you is extended to the 8 Wing community including those at 8 Wing / ATESS / Training Flight, as well as Joseph Chacko and his staff at Revive Physio Care for their expertise and professionalism over the past two years, and particularly leading up to the national event. My participation would not have been possible without recognizing the Trenton Fitness & Support Centre's PSP staff and affiliates comprised of the Directorate of Fitness (DFIT) and the Canadian Forces Morale and Welfare Services (CFMWS) for their investment and sustained support. My triumphs and failures along this journey have kept me grounded and have solidified my belief that you embrace your passion(s), not the title(s). As members of the RCAF, we understand the true champion in any endeavour is family. Family truly 'lives' the experiences including the failures, and the victories. Furthermore, we are all well aware that family



Photo by Tony Sbriglia

Photo by Tony Sbriglia

Master Corporal Mark Gillis took first place at the 2018 GNC/ALLMAX Canadian National Pro Qualifier on October 20.

is not always acquired through bloodline only. You know who you are, and to say thank you does not seem to suffice, or do I have represented the Canadian Physio Care for their expertise and professionalism over the past two years, and particularly leading up to the national event. My participation would not have been possible without recognizing the Trenton Fitness & Support Centre's PSP staff and affiliates comprised of the Directorate of Fitness (DFIT) and the Canadian Forces Morale and Welfare Services (CFMWS) for their investment and sustained support. My triumphs and failures along this journey have kept me grounded and have solidified my belief that you embrace your passion(s), not the title(s). As members of the RCAF, we understand the true champion in any endeavour is family. Family truly 'lives' the experiences including the failures, and the victories. Furthermore, we are all well aware that family

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Safety

Sobering Thoughts About Drinking



Party animals can turn into dangerous beasts when they get behind the wheel of an automobile. Drinking and driving causes countless tragedies every year. It can also cause traffic accidents that could result in death, injury and suffering. People who party it up with their friends and try to drive home cause many of these accidents. Party hosts and guests both must take responsibility for preventing these accidents.

Here are some ideas for party hosts to discourage drinking and driving during the holiday season and year-round:

Take charge of the party: Tell the guests you have house rules, which include no one driving away while impaired by drugs or alcohol.

Collect car keys from your guests as they arrive, and don't return them to drivers

who might be impaired.

Designate drivers at the beginning of the evening. These drivers will remain sober and drive the others home.

Provide a choice of attractive non-alcoholic drinks for the designated drivers and for all guests.

Also provide a variety of food high in protein and starch, to delay the absorption of alcohol. Limit the foods which are salty; they increase thirst.

Plan activities to take the emphasis off drinking. Encourage guests to participate in games, entertainment, food preparation and other activities.

Control your bar by serving guests yourself or hiring a bartender. Measure all drinks. Stop serving drinks early in the evening.

Never serve a drink to a guest who appears intoxicated.

Arrange rides with sober guests or call cabs for guests who appear intoxicated. Allow guests to sleep over if they have had too much to drink.

Do not invite people who you know drink too much.

Here are some additional ideas for party guests to avoid drinking and driving:

Plan your transportation before you leave home for the party. If you are going to be drinking, make definite plans to ride with a sober friend or to take a cab.

Eat a snack at home before you leave for a party so you won't overindulge in salty snacks, which increase thirst.

Alternate your alcoholic drinks with other beverages such as fruit or vegetable juice. Don't chug down alcoholic beverages just because you are thirsty and fill up on water instead.

Stay sober and help volunteer to drive for others. Help your host to arrange transportation for other guests.

Never ride with someone who has been drinking even if you arrived with that person.

Remember only time can reduce impairment. Hot coffee, cold showers and fresh air do not sober you up.

Parties are bright spots in our lives during the December holidays and throughout the year. Make sure they remain bright memories, not darkened by a drinking and driving accident.

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. Mark Goulden, MSM, CD, Commander, 8 Wing/CFB Trenton. The Publisher reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CAF or other agencies.

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

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ARTICLES AND PHOTOS

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

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

Letters to the Editor:

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

A Military Community Newspaper

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



The Contact ~Wing Headquarters
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Minister Todd Smith explains that a military caucus will be formed at Queen's Park to help understand how the government can improve delivery of service to families in military communities.

Continued from page 1

families, Ford said. As a result, his government has worked to create a military hotline for those moving to Ontario to help make the transition easier. The hotline will be able to provide information on how to obtain vehicle and driver's license, health cards and childcare. "They can get information that we take for granted," said Ford. "I want to reaffirm that we will be there to support you and we are going to do what we can to reduce the anxiety and the stress of moving. When military families come to Ontario we want them to feel comfortable in their new home." In order to ensure the hotline has the answers that individuals are looking for, Ford explained that a consultation process would be held over the next three months. Information will be collected

through face-to-face interactions, look forward to working with our military families in the Bay of Quinte and the online feedback. Trenton Military Family Resource Centre will then report back on their findings in the new year. Online feedback can be provided at Ontario.ca/Military Families, where information on current resources available in communities can also be found. Next to take to the podium to share his thoughts was the director Tamara Kleinschmidt. "Having been just last month that he and Ontario's minister of Children, Community and Social Services Lisa MacLeod visited the Trenton area to learn more about the military families and to get feedback from organization's working with them, including the Trenton Military transition for families moving to Ontario Family Resource would soon become seamless. As for the Centre (MFRC), she said they would continue to do all that they could to support

Smith announced his intentions to form a military caucus at Queen's Park. Now almost a month later, Smith announced that his plans had been given the green light and were officially moving ahead. "I've heard firsthand from those military families," said Kleinschmidt, "but boy have we seen how things have changed accessing services and resources when today."

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C&C

Veteran Reflects on War Amps: 100 Years of "Amputees Helping Amputees"

Content courtesy of Joshua Buck

Charlie Jefferson was serving in the Second World War when he was injured by an anti-personnel mine explosion, resulting in the loss of his left leg below the knee. When he returned to Canada, he was greeted by a war amputee veteran who reassured him that The War Amps would be there to support him. The War Amps was started in 1918 by amputee veterans returning from the First World War to help each other in adapting to their new reality as amputees. They then welcomed amputee veterans following the Second World War, like Jefferson, sharing all that they had learned, as well as starting the Key Tag Service. Jefferson says that he gained practical advice from fellow amputee veterans, like how to protect the skin on his stump from blisters. He adds that the moral support he received was just as important. "It became easier to accept your amputation and helped make the most of what you've got left," says Jefferson. Over the years, he "paid it forward" by visiting new amputees in hospitals and at their homes to provide the same guidance that he had been given.

In 1975, war amputee veterans recognized that their knowledge and experience could help others so they started The War Amps Child Amputee (CHAMP) Program, which provides financial assistance for the cost of artificial limbs and regional seminars to young amputees. When war amputee veterans started The War Amps, they could not have predicted that their founding principle of "amputees helping amputees" would still be going strong 100 years later. Thanks to the public's continuing support of the Key Tag Service, The War Amps vital programs for amputees across Canada will carry on long into its second century.



Charlie Jefferson, a Second World War amputee veteran.



Photos submitted

Charlie Jefferson passes down the advice he learned from fellow amputee veterans to members of The War Amps Child Amputee (CHAMP) Program.

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National Child Day: The Power of Play and Recreation

Personnel Support Program

"On Dec. 20, 2015 at the age of 10, Janelle was diagnosed with High Risk Stage 3 Favourable LOH+ Wilms Tumour (a form of Kidney Cancer). She's been through surgery, 12 rounds of radiation, and 33 weeks (11 cycles) of chemotherapy." – Liane Haviland, Janelle's mother.

Like many kids her age, Janelle attends a camp over the summer. But, during the summer of 2016, Janelle was undergoing treatment for her cancer, which made it impossible for her to attend the Winnipeg PSP sports camp. This had been something she was looking forward to. Before her cancer diagnosis, Janelle was an energetic kid who loved the sports-themed camp. Studies have shown that recreation, sports and play are integral to building resilience in children, and that by participating in activities they are able to develop core characteristics that will help overcome challenges. Fast-forward to the summer of 2017, with her treatment complete, Janelle was able to attend camp. However, there were some concerns as her treatment had left her weak and with no stamina. The PSP recreation staff encouraged Janelle's parents to send her with a promise that they would take good care of her. That promise turned out to be the best thing for her. The counselors encouraged her and pushed her a little more every day. They found appropriate ways for her to be able to participate in all the activities, ensured she had time to rest when needed and took special care to keep her well hydrated. By the end of the summer, Janelle's stamina and energy levels had greatly improved, so much so that even her oncologist was impressed. She is now going on two years in remission. "The fact that PSP Rec staff encouraged us to send her and were willing to go above and beyond to work with her is huge," said Liane Haviland. "We are very thankful for them and the help they provided. They are now encouraging our daughter to become a volunteer for



Janelle Haviland at age 13.

camp in 2020 when she is 14 and too old to attend. Now due to her positive experience with the camp and the counsellors, she can't wait."

Every year on November 20th, National Child Day is recognized across the globe, giving children the opportunity to have a voice, be protected from harm and be provided with their basic needs to reach their full potential. These rights include the promotion and participation in cultural, artistic, and recreational and leisure activities. "Janelle's story is one of many we hear," said Ryan Cane, PSP Senior Manager Recreation Program and Community Services. "Across the country at all of our Bases and Wings, children from military families are building their resiliency when they play in our programs and work with our specially trained coaches and instructors."

To celebrate National Child Day and the integral role that PSP recreation plays in the physical, emotional, social and cognitive development of children from CAF families, PSP on bases and wings will be hosting a free creative workshop for children in their community on Saturday, November 17, 2018. The art the children will create will be on display at the National War Museum November 28, 2018. For more information and to register: CAFconnection.ca/child-day

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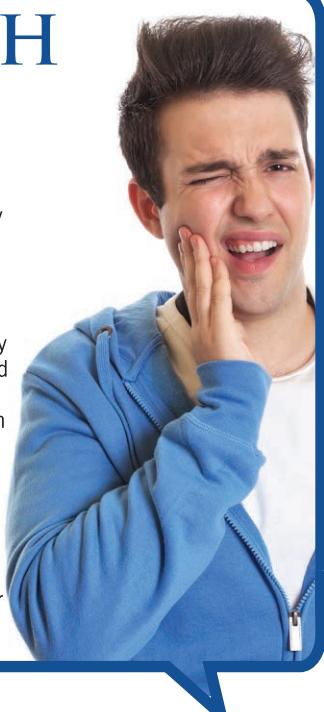
WISDOM TEETH

Wisdom teeth are the third and final set of molars that most people get in their late teens or early twenties. They are called "wisdom teeth" because they erupt in our late teens when we are "smarter".

When wisdom teeth are misaligned, or "impacted", they may position themselves in odd angles to adversely affect the adjacent teeth. This misalignment of the wisdom teeth can crowd or damage adjacent teeth, the jawbone, or nerves.

In many people, the wisdom teeth do not fully erupt, are very difficult to clean and will cause discomfort. Infections, called pericoronitis, can occur around the wisdom teeth because of this lack of full eruption. In some circumstances the wisdom teeth are considered "impacted" such that they cause damage, via resorption, to the adjacent teeth. This leads to problems in 2 teeth! Many of us do not have a sufficient amount of room in our mouth's for wisdom teeth and this is what leads to these problems.

Be pro-active and talk to your dentist or hygienist about your wisdom teeth.



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November 11, 2018

Remembrance DAY



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Remembrance Day

November 11, 2018

One hundred years of remembrance

This year marks the 100th anniversary of the signing of the armistice that brought the First World War and its four years of armed conflict to an end. On November 11, 1918, representatives of France, Great Britain and Germany met in a railway carriage in France to sign the historic document, paving the way for the peace negotiations that would culminate in the Treaty of Versailles, a document drafted five months later.

The anniversary of the Armistice was observed the next year in Great Britain and this tradition quickly spread to the other Allied Nations. The holiday was originally known as Armistice Day, but member states of the Commonwealth of

Nations like Canada eventually adopted the name Remembrance Day.

We commemorate on this date not only citizens who fought in the First World War but also those who fought in the Second World War and every other war and peace-keeping mission since.

Although the Allies won the conflict, Armistice Day wasn't a day of unabashed celebration. Given the unspeakable horrors and death tolls in World War I, and likewise in World War II, November 11 became a day of solemn commemoration. Hence the two minutes of silence we observe on this date, a tradition that goes back to the very first Armistice Day commemoration, in 1919.

Three ways of understanding Canada's war contributions

Living in a peaceful country like Canada, it's easy to forget the wars of the 20th century in which our country's freedom and harmony hung in the balance. On Remembrance Day, and throughout the year, we should engage with this past so that we can better appreciate the great sacrifices made by Canadians in these devastating conflicts. Here are a few good ways to reconnect with this history.

1. VISIT A WAR MEMORIAL

There are over 6,000 war memorials in Canada, each with a unique story and significance. These affecting and artistic constructions will inspire you to reflect on the soldiers who dedicated themselves to various war efforts and the histories they represent.

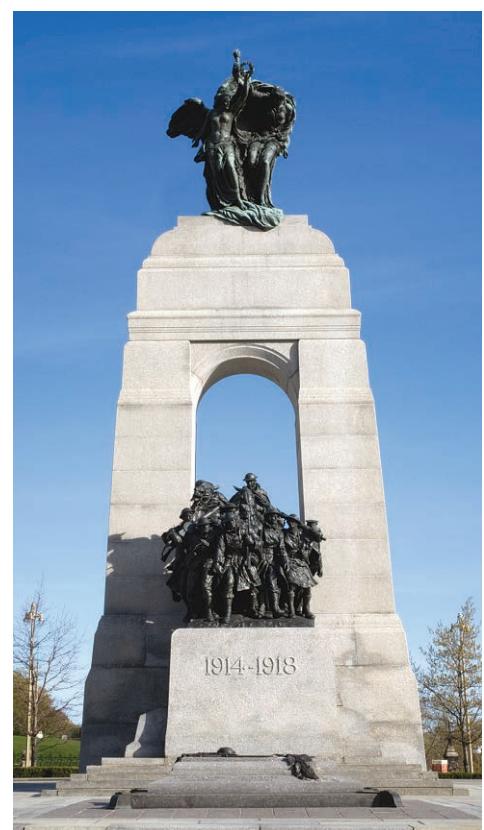
2. DISCOVER THE HISTORY

To wholly appreciate the sacrifices of Canadian soldiers, we need to know who they were and why they were fighting. One way of learning about this is by visiting one of Canada's many military and war museums. Another way is by reading about the history. Some good places to start your research are the Military Heritage section of the Library and Archives Canada website and the History section of the Veteran Affairs Canada website.

3. SPEAK WITH AND SUPPORT CANADA'S VETERANS

Veterans are usually happy to tell you about their military experience. By talking

with them you'll gratify their need to share their personal stories and also learn a meaningful bit of history you can keep alive by passing on to others. Additionally, you can support veterans in financial need by donating to organizations like the Royal Canadian Legion and VETS Canada. Visit their websites — legion.ca and vetscanda.org — for more information.



1918
2018



With gratitude on Remembrance Day

On Remembrance Day, we'd like to share our admiration and appreciation for the dedicated men and women in uniform whose service and actions have protected our freedom and our way of life through the generations. To all of the brave soldiers who made the ultimate sacrifice, our deepest gratitude remains with you and your families on Remembrance Day and always.



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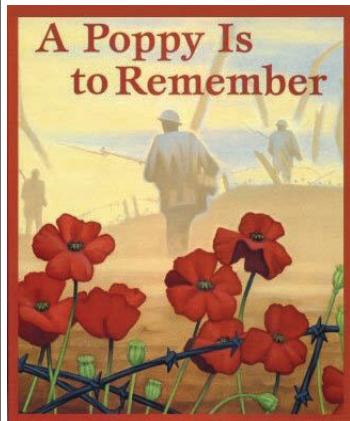
They shall grow not old, as we that are left grow old;
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning, We will remember them.

Lest we forget.

On November 11, please remember our fallen.



DAVID PICCINI
MEMBER OF PROVINCIAL PARLIAMENT
Northumberland-Peterborough South
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Remembrance Day

November 11, 2018

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November 11, Remembrance Day Parade at 10:45 a.m.

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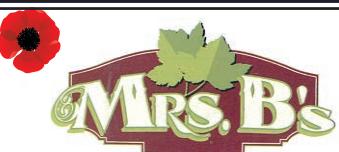
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November 11, 2018

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Saturday, November 10 Candlelight Vigil
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Sunday, November 11

Remembrance Day Ceremonies at
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in Campbellford, Queen St.

Refreshments/light lunch at the
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COLBORNE remembers

Colborne Royal Canadian Legion Br 187 Sunday, November 11, Service in Victoria Square Park at 11:00 a.m. After the service, participants will have a luncheon at the Legion followed by an afternoon of comradeship.

The Remembrance Day Dinner will be held that evening starting with cocktails at 5:00 p.m. and a dinner at 6:00 p.m.

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Remembrance Day

November 11, 2018

Hastings remembers

Hastings Royal Canadian Legion Branch 106 would like to invite everyone to the Remembrance Ceremony on Sunday, November 11, at 11:00 a.m. beside the Hastings Legion. Following the ceremonies refreshments and lunch will be served at the Legion.

I stand each year at the cenotaph
And see my flag against the sky,
Admire a crowd of young and old
I remember those who died.

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We shall not sleep, though poppies grow
In Flanders fields.*

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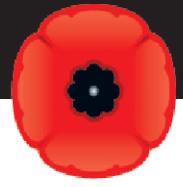


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**The Royal Canadian Legion
Branch 106 Hastings
Poppy Statement 2017**

| | |
|--|---------------------|
| Balance in Branch Poppy Trust as of October 1, 2017 | \$6,827.15 |
| Income from Campaign and all other sources | 9561.71 16388.86 |
| Campaign Expenses | |
| October 2017 — September 2018 | -2887.27 |
| Disbursements | |
| October 2017 — September 2018 | -8577.85 |
| Closing balance September 30, 2018 | 4923.74 |
| Yours in Comradeship | |
| Sandra Beattie, Poppy Chairman | |

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Remembrance Day

November 11, 2018

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Saturday November 3-5 pm Remembrance Dinner,
Advance tickets only available in Legion Office

Guests: The Military Wives Choir and Quilts of Valour

Sunday November 4-10:00 Church Parade at
St. James Anglican Fellowship, 15 South Street, Trenton

Friday November 9-11 am Highway of
Heroes Tree Dedication on Water St., Trenton

Saturday November 10- 10:30 Crown Ridge
Remembrance Services

6:30 pm Candle Light Vigil at Trenton Cenotaph

Sunday November 11-10:30 Form up at Cenotaph
for Remembrance Services Reception to follow on
the main floor of Trenton Legion,

4:45 pm Bell of Peace at Trenton Cenotaph and
various Churches

 *Sincere Gratitude
to all the Veterans
Thank You*

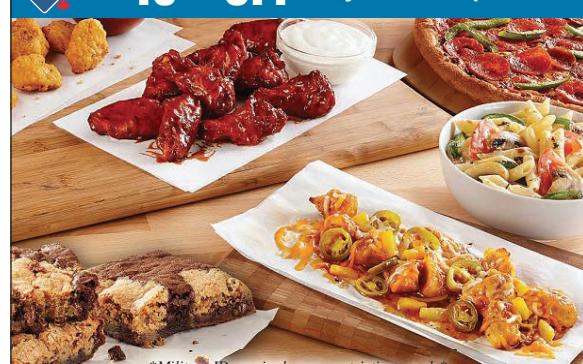


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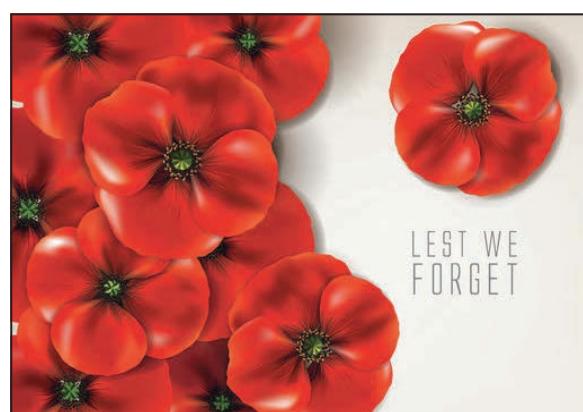
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Remembrance Day

November 11, 2018

WARKWORTH *remembers*

Warkworth Royal Canadian Legion Branch 380 will be holding the Remembrance Day Ceremony at the Cenotaph on Sunday, November 11, at 11:00 a.m. following the ceremonies refreshments and lunch will be served at the Legion.

Everyone is Welcome.

Please take time out of your busy schedules for Remembrance Day!



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On Remembrance Day, we honor the memory of those who made the ultimate sacrifice in the name of our country. Their service, dedication and courage will not be forgotten, and we are forever grateful for their invaluable contributions to our nation and its people.

We will always remember.



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Today we honour the memory of the brave soldiers who made the ultimate sacrifice to protect our nation and our way of life. Their dedication to our country makes us proud to be Canadians, and we owe them a debt of gratitude that can never be repaid. On Remembrance Day, we salute our nation's fallen and the families who carry on without them. Their heroic spirit and sacrifice will never be forgotten. We will always remember that freedom is not free.

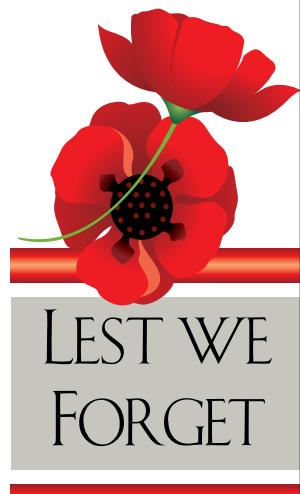
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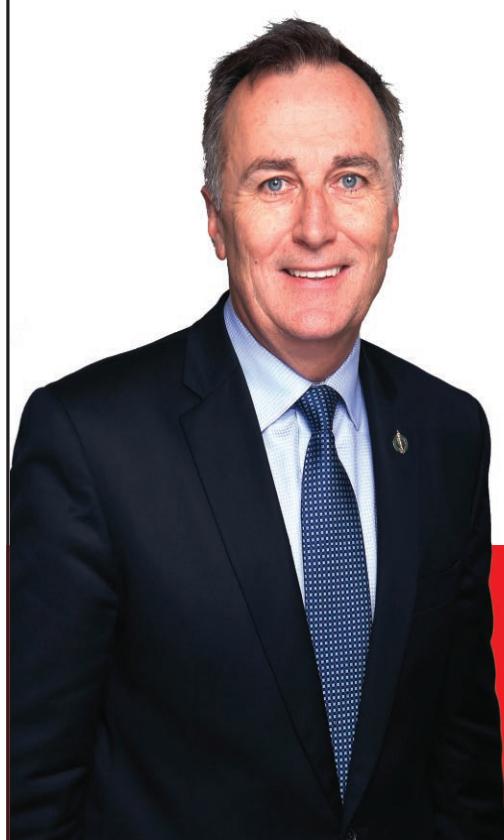
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November 11, 2018



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Join us November 11th at 10:30 am
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Light Lunch & Entertainment for everyone to follow
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Poppy fund for 2017-2018

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Remembrance Day

November 11, 2018



We remember the courage, service, and sacrifice of Canada's veterans. We also remember the still-serving men and women of Canada's Armed Forces – many far from home but always close to our hearts. They bring honour to themselves, their loved ones, and our nation.

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November 11th, 2018

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November 11, 2018



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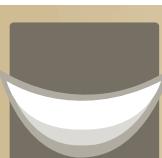
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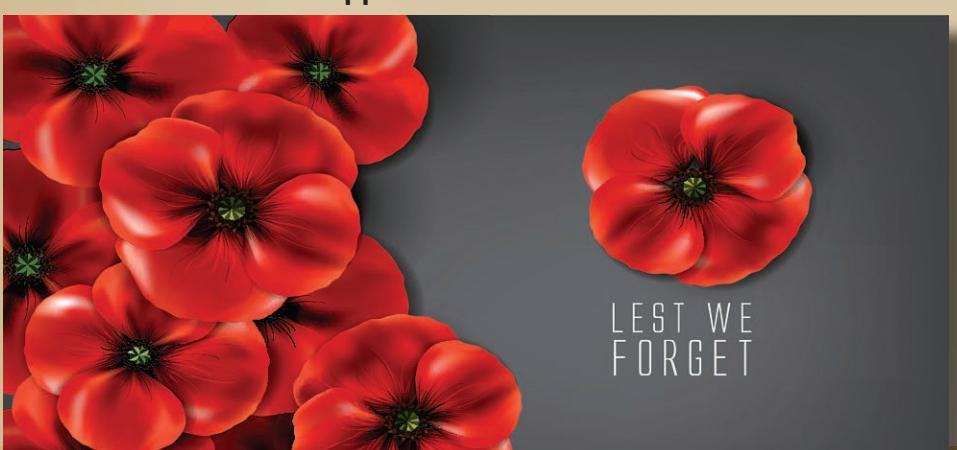
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Remembrance Day

November 11, 2018

THEY SHALL GROW NOT OLD,
AS WE THAT ARE LEFT GROW OLD:

**AGE SHALL NOT
WEARY THEM,
NOR THE YEARS
CONDEMN.**

AT THE GOING DOWN OF THE SUN
AND IN THE MORNING,
WE WILL REMEMBER THEM.
LEST WE FORGET.

REMEMBRANCE DAY
NOVEMBER 11TH



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Upcoming local events

November 11 - Remembrance Service at the Trenton Cenotaph beginning at 10:30 a.m. Reception to follow on the main floor of the Trenton Legion.

November 17 - The Quinte Branch of Ontario Genealogical Society presents: "Great Moments in the search of family history". Bring your best stories. Also AGM 2018 and election of officers to be held at Quinte West Public Library, 7 Creswell Dr, Trenton 1-3 pm.

November 18 - Quinte Symphony presents "Tribute to the Brave" at the National Air Force Museum of Canada. Also performing will be the 8 Wing Concert Band and 8 Wing Pipes and Drums. Event begins at 2:30 p.m. For more information and tickets visit www.thequintesymphony.com

My Friend



Dear friend I know thee well,
Could we sit and talk a spell?
That you're busy I can relate,
But I have made a grand mistake.

I joined the war full pride and hope,
Yet with the pain and carnage I can not cope.
At night in battered trenches we dig in,
For in the morning the shelling begins.

Across the field the enemy awaits,
Does he wonder like I, of his fate?
The days pass by into weeks,
Of the cruelties seen it hurts to speak.

Now as I stand guard in dawn's new light,
The battle will begin and last till night.
We know some of us will fall,
But the enemy's advance we must stall.

My sergeant is calling I must go now friend,
If I can we will speak again.
But if at days end I fail to live,
I pray to you Lord my sins you'll forgive...

Zacaroth99
Jaie Scalf (8/10/99)

Celebrate National Child Day
FREE ART ACTIVITY November 17th, 2018
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6:00 TO 8:00PM

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November 23 1700-2000hrs

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Cost: \$15.00

To register contact 613.392.2811 ext. 3361 or visit the RecPlex



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November 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------|-----------------------------|--|-------------------|--|-----------------------------|
| 11 Remembrance Day | 12 | 13 | 14 Community Connection What About Me Picasso & Pinot | 15 Mindfulness | 16 | 17 Christmas Marketplace |
| 18 Belleville Santa Claus Parade | 19 | 20 | 21 Community Connection What About Me | 22 Inter-Comm | 23 | 24 |
| 25 Creative Sunday Trenton Santa Claus Parade | 26 | 27 Essential Holiday DIY | 28 | 29 | 30 Young And Skilled (YAS) Workshop – PA Day | 1 |

● Christmas Marketplace

Join the Trenton MFRC for our 4th Annual Christmas Marketplace. Come out and finish your Christmas shopping by supporting small business owners in our community. 17 November, 2018; 10 a.m. to 3 p.m. Admission is a monetary donation or a non-perishable food item to a local bank. There will be a large variety of products, a lunch sale supporting the Trenton MFRC Youth Centre as well as a great door prize! Something fun for everyone.

● Holiday Wreath Raffle

As the holiday season approaches, the Trenton MFRC child care program is thrilled to continue its annual tradition of providing gifts to each child care room. Every year, Santa Claus makes a special trip to the

MFRC, delivering gifts perfect for learning. Gifts like age appropriate early literacy, gross motor, and educational materials. These items help support our methods of teaching by creating a learning environment founded on new opportunities to explore, discover and inquire about the world through play.

In order to support this tradition, the MFRC is hosting its annual raffle of a holiday wreath decorated with gift cards from local businesses. The monies raised will directly support the MFRC's tradition of bringing gifts to each child care room from Santa himself! Tickets are 3 for \$5 and can be purchased at the Trenton MFRC Reception. The wreath includes over \$300 in gift cards from local organizations. Raffle tickets will be available for purchase from November 17 (at the Trenton MFRC's Christmas Market-

place!) until December 13. The draw will be held on December 14 at 12 p.m. For more information please contact: Kate: kate.b@trentonmfrca.ca or Amy: amy.l@trentonmfrca.ca.

● Mindfulness

Mindfulness means paying attention in a particular way, on purpose, in the present moment, and non-judgmentally. Join us for our monthly mindfulness sessions, now offered twice a month. The session is free of charge! We run sessions at 12 p.m. Register with Rabia at rabia.s@trentonmfrca.ca. Upcoming dates in 2018 are:

- November 15 & 29
- December 6

● Manulife Information Briefings

The Veteran Family Program presents a Manulife: Information Briefing. Presented by: Gilles Tremblay, Vocational Rehabilitation Counselor November 19, 9 – 11 a.m. At the Trenton MFRC To register, please email Tanya Bown VFP Facilitator, tanya.b@trentonmfrca.ca.

● Creative Sundays

November 25, 1 – 4 p.m. Sundays are meant for relaxation and fun projects! Join us to make a different crafty creation every month. You will be guided through a unique project each class with a handmade take home. At the Trenton MFRC \$15 includes Burlap candy cane shaped wreath. Please register and pay at reception by November 21.

Home of the Week

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located near the foyer is a handy coat closet. Another closet is included in the laundry room, which has access to the double garage, large enough to include a workshop.

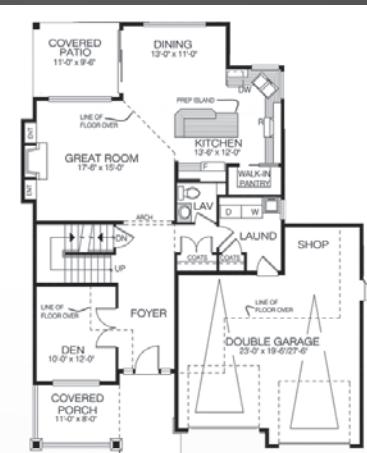
Upstairs, the master suite looks out to the back garden. The generous en-suite includes a soaker tub as well as double basins and a shower stall. The walk-in closet will be roomy enough for a couple's clothing and accessories.

Two-storey homes, square metre covered patio at the back of the home. The second and third bedrooms share a three-piece bath. A linen closet is located outside the entrance to the covered deck is easy, through sliding glass doors. A prep island

divides the kitchen from the dining area, which has large windows open to the great room below, and is railed for safety.

Natural light will enter the kitchen through windows over the double sink, which is set into a corner at an angle. The U-shaped counter decorative woodwork in configuration will provide ad-

to the floor above. A gas fireplace offer extra storage space. Across from the powder room



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Sergeant Leclerc to help lead Remembrance Day ceremony in Ottawa

By Makala Chapman

While Remembrance Day has always been important to Sergeant (Sgt.) Isabelle Leclerc, this year will be extra special. After volunteering and being recommended by her superiors, the member of 8 Air Maintenance Squadron will command a group of sentries at the National War Memorial in Ottawa during this year's Remembrance Day ceremony.

Traditionally speaking, a sentry is a soldier who has been tasked with standing guard over a specific location to prevent the passage of unauthorized personnel or to watch for potential dangers. Sgt. Leclerc's sentry group will consist of six military personnel, as well as a member of the RCMP. "They select so few every year to be part of the sentry," she said. "There's only one spot for a sergeant and they chose me. It's such an honour because I know there are a lot of other sergeants out there who are extremely keen and also match all the right criteria." Sgt. Leclerc added this opportunity would not have been possible without the support from her chain of command and was

nial drill. "I'm sort of an odd cat when it comes that," she joked, "but when it's done properly it just looks so good and presents a very put together image of the group." When asked what inspired her to join the military, Sgt. Leclerc credited her father. "There was always a lot of camaraderie and respect between my father and his colleagues," she said. "It was like walking into another family and it's something I realized I wanted for

said "It's about weight distribution on the feet, fiddling your toes and bringing the right amount of focus to the task." While this opportunity is certainly once in a lifetime, Sgt. Leclerc noted it was also important to reflect on the reason everyone will be gathered at the National War Memorial. "It's important to remember the sacrifices made by our veterans," she said. "We have an amazing quality of life and freedoms in Canada that most peo-

ple don't get to enjoy. This is just a great opportunity to remember our veterans and not take what we have for granted." Sgt. Leclerc headed to Ottawa on Nov. 5 to begin practicing for the Remembrance Day ceremony and will remain there until Nov. 12. On top of running through the ceremonial drill, the sentries will tour the National War Museum and meet with senior military leaders.



Photo by Makala Chapman

A photo of the National War Memorial in Ottawa where Sgt. Leclerc will stand as a sentry on Remembrance Day.

grateful for their recommendation. She herself." She noted that this opportunity noted that the criteria needed in order to be considered for the position were things such as professionalism, physical fitness, community involvement and past deployment experience. Sgt. Leclerc has been an active member of her squadron's 25th anniversary planning committee, as you learned form basic training," she well as having been deployed overseas to serve in locations including Bosnia and Afghanistan. As for her duties on Nov. 11, Sgt. Leclerc will stand on guard throughout the ceremony and will be responsible for calling out the drill movements to the sentries in her command. "I'm very nervous," she said. "Along with a great honour comes an even greater responsibility." But Sgt. Leclerc noted she was also excited and is a big fan of ceremo-



Photo by AB Brisson

Sergeant Leclerc in Ottawa preparing for the Remembrance Day ceremony.

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Trenton MFRC to host annual Christmas Marketplace

By Makala Chapman

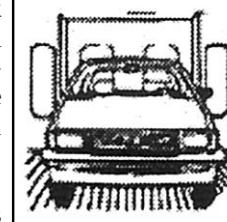
The Trenton Military Family Resource Centre (MFRC) is gearing up to host their 5th annual Christmas Marketplace on November 17. This year's vendor show will boast a selection of new merchants, as well as the return of several fan favourites says event coordinator Rabia Stobart. "It will be intimate, but it certainly won't be lacking in means of variety," she said. "We do have a waitlist for vendors, which is a sign to me that we are growing." The Christmas Marketplace was first created as a way to showcase the products and services of small-business owners in the military community. "We've managed to fill our show with more than 50 per cent of military spouses (with business)," she said. "I'm very proud of that because it's a great opportunity for them to network."

When asked what kind of products and services would be available, she said to expect things such as handmade crafts, ethnic foods, clothing, makeup, personal training and more. In addition, Stobart teased that this year's marketplace would be home to some truly unique vendors. "That's the beauty of our community being so diverse," she explained, "you can get those little niche things that you might not get anywhere else." She was quick to add that both members from the military and civilian community were welcome to visit the marketplace, as there was bound to be something for everyone. "It's not just shopping," she said. "It's going to be very fun here as there will be cider, hot lunches and door prizes." In addition to supporting local business owners, patrons can also stop by the MFRC's Youth Centre bake sale and help support their programs. "This is just another opportunity for people to feel good giving back," said the MFRC's communications coordinator Devon Taylor. "In addition, the Christmas Marketplace is the kickoff to the MFRC's holiday wreath raffle."

Each year, the MFRC puts together wreaths adorned with gift certificates donated from various vendors and local businesses. All proceeds collected from the wreath raffle then go back in to supporting the MFRC's childcare programs. Raffle tickets can be purchased at the Trenton MFRC. When asked why people should attend the Christmas Marketplace, Stobart said it came down for the need to support small business owners to create strong communities. "Being a military spouse, I have moved twice with my husband," she said. "When I came to Trenton I took up being a Pampered Chef salesperson. It was hard to find people

to engage with you, trust you and want to do business with you." But with the arrival of initiatives like the Christmas Marketplace, Stobart said it is her hope that other military spouses have had an easier time expanding into the community. "Military families live all across our region and are very much a part of the Quinte community," added Taylor. "The MFRC really strives to ensure that a military family's time in the Quinte community feels like home, as it should." The event opens on Nov. 17 and will run from 10 a.m. to 3 p.m. and will be held at the Trenton MFRC, which is located at 50 Rivers Drive, Trenton. In lieu of an admission fee, visitors are asked to bring a non-perishable item to be donated to the Trenton Care and Share Food Bank.

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Photos courtesy of Devon Taylor

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