

contact

Serving 8 Wing/CFB Trenton • 8^e Escadre/BFC Trenton • <http://thecontactnewspaper.cfbtrenton.com>



SEE DEALER FOR DETAILS

HERE IS YOUR CHANCE TO GO TOPLESS!

This Limited Denim Edition Beetle Convertible is automatic has 45,481 km and is equipped with back up camera, heated denim seats, and bluetooth. (stock #U1658)

Sale Priced at \$27,900+HST

Email: info@bellevillevw.com
For additional details and to schedule a test drive.

613-966-3333
239 North Front
Belleville
www.bellevillevw.com

INSIDE

EDUCATION & TRAINING FAIR AT END OF MONTH



Story on page 3

8 WING GEARING UP FOR COMMUNITY FAIR



Story on page 7

BIRTHDAY BASH FOR CANEX & HAIR CENTRAL



Story on page 9



LOGISTICS BRANCH 50th ANNIVERSARY 50^e ANNIVERSAIRE DU SERVICE DE LA LOGISTIQUE

YEAR OF THE LOGISTICIAN // L'ANNÉE DU LOGISTICIEN

Trenton MFRC's block party a success



Avr. Luke Barrie and Noa Barrie are all smiles as they enjoy some ice cream.



Photos by Makala Chapman

Members of 8 Wing Trenton, Trenton Military Family Resource Centre and the City of Quinte West enjoying this year's block party on Sept. 16.

By Makala Chapman

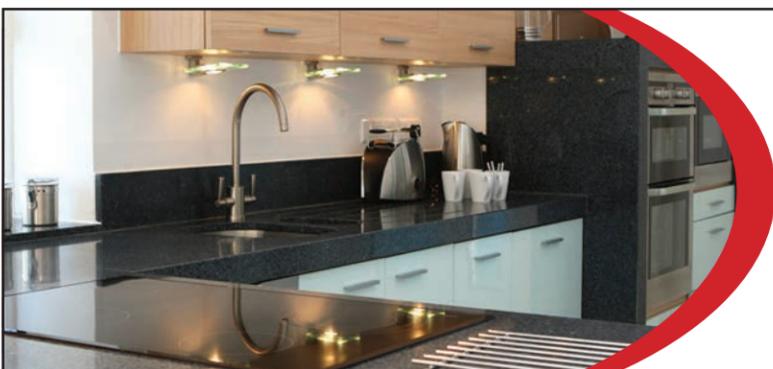
Staff at the Trenton Military Family Resource Centre (MFRC) say their annual block party event was the perfect send-off to summer.

In partnership with 8 Wing Personnel Support Program (PSP), the two organizations hosted more than 1,200 guests of all ages at the MFRC's 50 Rivers Drive facility on Sept. 16. Marked with clear blue skies and the smell of freshly grilled hotdogs, there were plenty of smiles to go around. Pleased with how well things had gone was the MFRC's executive director Tamara Kleinschmidt. "I couldn't



21 MP Flight's Corporal Yaro Pasique shows five-year-old Owen Hefernan the inside of a military police cruiser.

Continued on page 5



Granite, Quartz, Marble, Slate, Soapstone
Kitchen and Vanity Tops
Backsplashes Fireplaces and Showers

SELECT YOUR SLAB - 100'S IN STOCK

**QUINTE'S LARGEST
INDOOR SHOWROOM
FLOORING & TILE**

Ceramic, Porcelain, Mosaic,
Marble, Hardwood,
Laminate, Vinyl

**STONE
VENEERS**

**SINKS
CABINETS**

VANITIES

www.blackbirdstoneandtile.com

Mon - Fri 9am-5pm • Saturday By Appt.
30 CREELMAN AVE., TRENTON 613-965-1800

Photos of the Week

8 Mission Support Squadron



Photo by Sgt. Oscar Aradanas

By Sergeant Oscar Aradanas

A team of Water, Fuel, and Environmental Technicians from 86 Airfield System and Utilities recently deployed to Winnipeg Manitoba in order to conduct fuel tank cleaning operations. (Top Left) Master Corporal Grant Pye as the "Air Cart Monitor" and Private Donald Marks as the "Rescue Member". (Bottom Left) Corporal (Cpl.) James Admiraal as the "Attendant" and Cpl. Kalen Semeniuk as the "Entrant". (Top and Bottom Right) Cpl. Kalen Semeniuk enters and conducts cleaning operations. These tasks not only provide a great training opportunity, but also a great cost savings to the Crown. It is estimated that a contractor would charge upwards of \$200,000 to complete the same project.

CFS Alert: Firefighters' National Memorial Day



Photo by Corporal R. Brunet St-Jean

(from left to right): Cpl. C. Saulis, Avr. J. Bernard, WO J. Notargiovanni, MCpl. R. Cummings, Avr. B. Hutchison, and Cpl. L. Verrelli

Content submitted

On September 9, in recognition of Firefighters' National Memorial Day, the Canadian Forces Station (CFS) Alert Fire Department gathered to bow their heads in memory of those killed in the line of duty. Formally established in Canada in 2017 to commemorate their courage, selflessness, and unwavering commitment to serving our communities, this day also served as a reminder to every one of the very real dangers that our firefighters can encounter while serving our country in the world's most northerly fire department. Thanks in part to the dedicated efforts of these six firefighters and those before them, CFS Alert's mission continues to be fulfilled in this unique, challenging, and often unforgiving environment.

Legion Week kicks off



Photo by Brad Denoon

By Debbie Holmes

On Saturday September 15, the Royal Canadian Legion working with the Trenton Military Family Resource Centre kicked off Legion Week with a ribbon cutting and Veterans Information Fair. The Trenton Legion Colour Party stood at attention as at noon, Mayor Jim Harrison and President Douglas Duff cut the ribbon and welcomed the public in for a week of celebrating all things Legion.

BE FUSSY, CALL HUSSEY! 613-438-5588

Direct: 613.438.5588

Email: shussey68@gmail.com

www.SandraHussey.ca

Pre-Qualified Buyers • IRP DND APPROVED



Sandra Hussey
Sales Rep

SPECTACULAR VIEWS
85 HIGH STREET



Exquisite 1 year old 4 bed/3 bath brick bungalow with walkout, double garage on a cul-de-sac.
MLS#151659 • \$550,000

OPEN HOUSE: SAT. SEPT. 22ND 12-2 PM
1633 HIGHWAY 2



4 bed/3 bath red brick Victorian home on 2.9 acres with barn and garage.
MLS#151669 • \$420,000

OPEN HOUSE: SUN. SEPT. 23RD 1-2 PM
373 COUNTY ROAD 19



All one level 3 bed/2 bath bungalow with double garage on an oversized lot in the county.
MLS#150647 • \$324,000

OPEN HOUSE: SAT. SEPT. 22ND FROM 1-3PM
1428 THRASHER RD



Stunning 3 bed/2 bath home with 2 kitchens on 1 acre.
MLS#151782 • \$300,000

OPEN HOUSE: SAT. SEPT. 22ND FROM 1-2PM
421 VICTORIA ST. N, TWEED



Beautifully renovated bungalow with 2 kitchens and bowling alley building on the water in Tweed.
MLS#135578 • \$259,000 • RETAIL MLS#135494

OPEN HOUSE: SAT. SEPT. 22ND 1-2 PM
23 RAMSAY AVE, TRENTON



Affordable 4 bedroom old charmer, with huge garage/workshop. 5 minutes to CFB Trenton.
MLS#154499 • \$200,000

OPEN HOUSE: SAT. SEPT. 22ND 1-3 PM
511 DUNDAS ST. E., BELLEVILLE



2 bed plus den/2 bath brick bungalow with loft on a tranquil, oversized lot minutes to malls, hospitals and more.
MLS#147467 • \$259,000

SOLD LAST WEEK BY FUSSY HUSSEY!



78 MCGOWAN STREET



80 APPLEWOOD DRIVE



5139 HIGHWAY 2



746 COUNTY ROAD 26

Education and training fair to be hosted at 8 Wing Trenton

By Makala Chapman

Those interested in furthering their education or looking into future career aspirations won't have to look far. The bi-annual Education and Training Fair is set to land at 8 Wing Trenton on Sept. 25. Members of the military and civilian community are welcomed to come to the Warrant Officers' and Sergeants' Mess at 8 Wing Trenton to scope out the selection of post-secondary institutions

and over a dozen other vendors on display. Everyone from colleges, universities, trade schools, career assistance businesses and more will be on site to answer questions says event organizer Donna Baker, who is also the base's administrative assistant for the Wing Personnel Selection Office. "It's open to everyone," she said, "military, civilian, family, spouses, next door neighbours and anyone else you can think of. Don't be shy because I'm sure there isn't a question they haven't already

answered." As for the benefit of hosting an Education and Training Fair, Baker said it came down to making things easier for those looking to find more information. "They can talk to everybody and get their questions answered all at once," she said. "If employers will allow (service members) some time during the day to come out, it will be a great opportunity to come and talk to people."

Those who attend the fair will also be able to learn more about the possibility of distance education, as well as starting up their own small businesses. The free event will run the entire day on Sept. 25 and will end at 3 p.m.



Photo submitted

CAMPBELL'S AUTO SHOP
327 COLEMAN STREET, BELLEVILLE

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

613-968-5791 E-mail: autoshop@bellnet.ca

CANADIAN SPORT SUBS
51 South Pinnacle St., Belleville, On K8N 3A1
(613) 966-8903

OPEN Mon. - Fri. 9 am - 5 pm
Saturday 9 am - 3 pm

PADI 5 STAR INSTRUCTOR DEVELOPMENT CENTRE

Join the Underwater World!

BELLEVILLE'S LEADING SCUBA SCHOOL
Established 1989
COURSES STARTING NOW

- Guaranteed Personalized Service
- Dedicated Instructors - We Work For-You
- All Training Levels

La Saguenéenne
HÔTEL ET CENTRE DE CONGRÈS
★★★★

COMING TO BAGOTVILLE?
WE'VE GOT THE PLACE TO STAY!

- 118 ROOMS WITH REFRIGERATOR AND MICROWAVE OVEN
- TROPICAL ATRIUM WITH SWIMMING POOL, SPA AND SAUNA
- ON-SITE RESTAURANT
- WALKING DISTANCE FROM THE SHOPPING MALLS
- FREE LONG-DISTANCE CALLS TO CANADA AND USA
- FREE WIRELESS HIGH-SPEED INTERNET
- 15 MINUTES FROM BAGOTVILLE AIRPORT

RATES FROM **\$99**
PLUS TAXES PER NIGHT FOR THE CANADIAN FORCES COMMUNITY

250, RUE DES SAGUENÉENS
SAGUENAY, QUEBEC
CANADA G7H 3A4

418.545.8326 • 1.800.461.8390
WWW.LASAGUENEENNE.COM

WWW.CFAPPRECIATION.CA

GUARDSMAN
Insurance Services Inc.

HEAD OFFICE:
2447 Princess Street
Kingston, Ontario K7M 3G1
Tel: 613-549-8777
Toll Free: 800-881-2371
Fax: 1-866-219-9600

Guardsman Insurance has been working with the Military since 1960

We have special discounts on Home and Auto Insurance for members of the Canadian Military and Civilian Staff

Save up to 25% on your home and auto insurance

FOR A NO OBLIGATION QUOTE CALL YOUR LOCAL GUARDSMAN OFFICE TODAY!

Kingston 613-549-8777
Ottawa 613-831-6300
Anywhere in North America 1-800-881-2371

quotes@guardsman.ca www.guardsman.ca

SO THAT WE MAY BE FREE.

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

IT IS THESE BRAVE FEW WE HONOUR.

weaver REINVENT TRADITION
www.weaverfuneralhomes.com

Trenton East 29 Bay Street 613-394-2433
Trenton West 170 Dundas St. W. 613-392-3579

Safety



Humour in the Workplace



Humor does have a place at work. Laughter is good for us, our mental health and perhaps even our physical health. Humor can even help us learn about safety. However, practical jokes and horseplay can also endanger our safety. Not taking something serious while at work can cause serious injury and even death.

Here are a couple of examples, and the tragedy they can cause:

- A worker is high on a ladder and the plant comedian begins to shake the ladder. The victim loses his balance and falls, becoming seriously injured.

- A horseplay artist wires a door shut temporarily. In the meantime, fire breaks out and the victim is unable to escape.
- Let's not forget the ever-popular "compressed air down the pants" routine. This little joke results in internal injuries and possibly death.

That's the trouble with practical jokes. They are bad enough when they go as planned and humiliate the victim. But they often backfire and end in unexpected accidents and injuries. So use your horse sense, and do your part to discourage horseplay in your workplace.

Catching up with Quinte SailAbility



Photo submitted
Nicole Flynn being presented with the Rookie of the Year trophy by Royal Nova Scotia Yacht Squadron Commodore David Stanjeld.

By D.W. Fletcher

Nicole Flynn, a member of Quinte SailAbility, participated in this year's Mobility Cup Regatta held at the Royal Nova Scotia Yacht Squadron in Halifax, NS.

Even though Nicole was making her first ever appearance at the regatta, she quickly moved up amongst the leaders of the Silver Fleet division. Competing in a field of 18, some from as far away as British Columbia and California, she consistently finished in the top four to capture third place overall. Additionally, Nicole was named the Rookie of the Year for her outstanding performance throughout the regatta. Quinte SailAbility is a sailing school for people with disabilities that operates out of Baker Island at 8 Wing Trenton.

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.

The CONTACT is produced weekly under a Publication Service Agreement with a division of Metroland Media Group.

8 Wing Personnel

Publisher: Col. Mark Goulden

Proprietor: Her Majesty the Queen, in right of Canada, as represented by the Commander of 8 Wing, Canadian Forces Base Trenton, P.O. Box 1000 Stn. Forces, Astra, ON K0K 3W0 Canada

Public Affairs, Internal Comms: 8 Wing Public Affairs

PSP Manager: John Snyder

Metroland Media Staff:

General Manager: Adam Milligan 705-761-7990

Advertising Sales: Orlanda Johnston 613-966-2034 ext: 795015

News and Feature Content: Makala Chapman 613-392-2811 ext: 3976

Circulation: Kim Wonnacott 705-742-8450

250 Sidney Street, Belleville, Ontario K8P 3Z3, CANADA

SUBSCRIPTIONS: First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

ARTICLES AND PHOTOS

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

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

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) unit and phone number.
- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in a jpeg format at a high resolution for quality reproduction.
- Articles must be received by Monday at noon prior to print date.

Letters to the Editor:

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

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
Building Annex, 8Wing / CFB Trenton
PO Box 1000, Station Forces,
ASTRA, ON, K0K 3W0



Continued from page 1

be happier," she said. "For the past four or five years, this event has grown. It's easy to say this is our best year ever." She added the block party wouldn't have been as successful without the partnership and support from sponsors like the Bank of Montreal, the CANEX and the MFRC's many volunteers. Kleinschmidt then went onto explain that the event, which was formerly known as the MFRC Family Day, has been a critical staple in the military community for more than two decades. "We always want to start the new year, which is September for us, with the opportunity to give families the chance to get to know us and the people in their community," she said. "It's about creating new ties and hoping connections are made." In addition to all the free activities, such as inflatables for the children and face painting, like in previous years, a large number of local service clubs, organizations and other interest groups were also on site. Whether it was a demonstration by the 8 Wing Trenton Martial Arts Club or learning more about recreational water sports with the Flying Frogmen Scuba Club, the event offered a little something for everyone. At the block party enjoying her vanilla ice cream was five-year-old Noa Barrie. Peering from behind her father's sunglasses, she

smiled and said she had been having a great day. "Going to the bouncy castles was so fun," she exclaimed. "After we are going to get my face painted. Maybe as a unicorn." Smiling down at his daughter, Aviator (Avr.) Luke Barrie said he was grateful to have spent the day with his favourite person. "She loves bouncy castles and animals so we thought we would come here and check everything out," he said. He added that as a fairly new member to 8 Wing Trenton, events like the MFRC's block party were a great way to get to know the community. "Any base we have been to, we always try to go to the MFRC events," said Avr. Barrie. "It's just nice to get out and see and meet new people." Hand in hand, the father-daughter duo then finished up their ice creams and headed off towards the police car display provided by 21 Military Police (MP) Flight.



Five year-old Gabe Thompson gives the Bank of Montreal mascot a high-five.



Twins Xander Oliver (left) and Aiden Oliver (right) have fun at the Trenton MFRC block party on Sept. 16.

Lottie Jones Florist Ltd.
 Family Owned and Operated Since 1923
Eleanor Barker
MaryAnne White
 44 Quinte Street
 Trenton, ON K8V 3S9
 Ph: 613-392-2537
 www.lottiejonesflorishltd.com

HILLCREST ANIMAL HOSPITAL
 Dr. Mike Steen
 Dr. Arin Por
 Dr. Ashley Kirkham
 Dr. Maarje Armstong
 Tel: 613-394-4811 • Fax: 613-394-6239
 17532 Hwy #2, RR#4 Trenton, ON K8V 5P7
 Food Room
 Tel: 613-394-2953
 www.hillcrestanimalhospital.ca

NASITTUQ
 Join Nasittuq - CFS Alert, Nunavut – On top of the World

Nasittuq Corporation holds the contracts for the Ellesmere Island Commercial Support Contract located at CFS Alert, Nunavut on behalf of Department of National Defence.

GET TO SEE A PART OF THE WORLD VERY FEW GET TO SEE.

PERMANENT OPPORTUNITIES AVAILABLE

- Bulk Fuel Technician
- Heavy Equipment Operator/Driver
- Heavy Equipment Mechanic

8 weeks on 8 weeks off

CANDIDATE / RELIEF POOL OPPORTUNITIES

- Water and Sewer Technicians
- Environmental Technicians
- HV / Fire Alarm Electricians
- Power Plant Technicians
- Cooks
- Kitchen Stewards
- Supervisors
- Boiler Mechanics
- Carpenters
- Plumbers
- Assistant Cooks
- Janitorial Staff
- Administrative / Supply Assistants
- HVAC Technicians

BENEFITS

- Travel expenses to / from worksite paid
- Accommodation and full meals provided
- On-site recreational facilities

Competitive wages & benefits and much more await the right professional!

Apply now at www.nasittuq.com/apply

or send resume to:
 354B Pinnacle Street, Belleville ON, K8N 3B4
 or by fax:
 613-779-0931

THE ALL NEW! Len's RV DEALS Sweeter THAN AN APPLE FEST APPLE! We support our troops! ASK US ABOUT OUR DISCOUNT!

OPEN SUNDAYS!

YEAR END Jayco Clearout!

APPLE FEST SEPT. 13TH TO 29TH

2019 JAY FLIGHT 232RB
 REG: \$25,800
SALE PRICE: \$22,995

ONLY... \$95 BI-WEEKLY

FREE TV! ENCLOSED UNDER BELLY ELECTRIC TONGUE JACK CHROME WHEEL COVERS WITH THIS RV PURCHASE

ONLY 2

2018 JAY FLIGHT 28RLS
 SALE PRICE: \$30,900

ONLY \$125 BI-WEEKLY
 Bi-Weekly payments include all fees & taxes. SAVE UP TO \$6,000!

JAY SERIES
 JAY SERIES 1007.....\$72
 JAY SERIES 1207.....\$76
 SAVE UP TO \$3,000!

PARK MODELS
 JAY FLIGHT 38FDDS.....\$156
 JAY FLIGHT 38BHDS.....\$154
 SAVE UP TO \$8,000!

WE ARE OVERSTOCKED! 25% OFF ALL PARTS & ACCESSORIES!

FINANCING ONSITE! TD Desjardins BMO RBC Royal Bank **2 YEAR JAYCO WARRANTY!** **OVER 100 JAYCO'S ON SITE!** Bi-Weekly payments include all fees and taxes!

Cobourg HWY 401 Belleville
 30
 COUNTRY RD. 2
 66

(613) 475-1441
 305 Main St, Brighton, ON.
 SALE HOURS: MON-TUES-WED-FRI 9AM TO 6PM / THURS 9AM TO 7PM
 SAT 10AM TO 4PM / SUN 10AM TO 4PM
www.lensrv.com

Len's RV SALES & SERVICE

*All payments are bi-weekly and include freight, PDI, admin, taxes, and license. 6 months no payments. O.A.C. Units may not be exactly as shown. See dealer for complete details.

Sports & Recreation



Golf Tip of The Week

Courtesy of Roundel Glen Golf Course
at 8 Wing CFB Trenton

OPEN UP ON SHORT IRONS

Ben Hogan had the right attitude on short-iron shots. He said, "I want to be known as the man who hit them the straightest, not the longest."

The 8-iron, 9-iron, and wedges are the control clubs, after all, so there's no point in trying to slug them.

- I do give these irons a full swing, but I enhance my control with an important change at address. Whereas I address the longer clubs in a square stance - my feet, knees, hips, and shoulders aligned parallel to a line extending from my ball to my target - on the short irons, I open things up a bit. I pull my left foot back a few centimetres from that parallel line, thus rotating my hips, knees, and shoulders a few degrees counter clockwise so that I'm aligned a bit to the left of my target.
- This stance facilitates a more upright backswing and a more descending attack on the ball which, on the 8-iron, 9-iron, and wedges, will encourage a straight or softly left-to-right shot with a high, soft trajectory, yet lots of backspin on landing.

Are you a victim of
impaired driving?
We're here to help.

MADD Canada
Tel.: 1-800-665-MADD



MADD
Mothers Against Drunk Driving™
Les mères contre l'alcool au volant™

www.madd.ca

registration opens Sept 10



SWIMMING LESSONS

Starting in September and October at the RecPLEX
Register today!

for more information visit or call the Rec PLEX at
613.392.2811 x 3361 and visit CAFConnection



8 Wing Trenton - Sports

Women's Hockey Team 2018-19 Équipe d'Hockey féminine 2018-19

The 8 Wing/CFB Trenton Women's Hockey Team is looking for players in preparation of 2019 Ontario Region Women's Hockey Championships held on 4-8 Feb, 2019 in Petawawa.

L'équipe d'Hockey féminine de la 8^e Escadre/BFC est à la recherche de joueuses en préparation du Championnat d'Hockey féminin de la Région de l'Ontario du 4-8 fév, 2019 à Petawawa.

Interested players are to contact:

Les joueurs intéressés doivent contacter :

Derek.Brown@forces.gc.ca

8 Wing Trenton - Sports

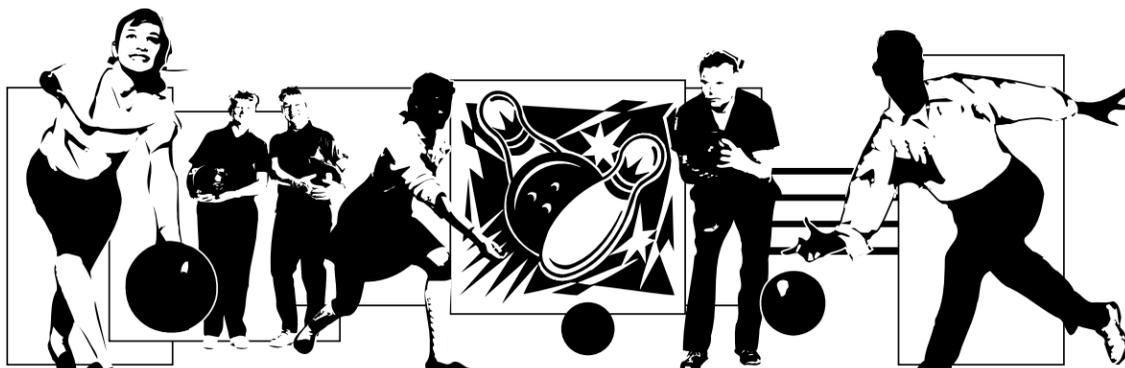
Caroline Houle-Laporte
Military Sport Coordinator
Phone: 613-392-2811 x 2349
Email: caroline.houle-laporte@forces.gc.ca



LET'S GO BOWLING

Leagues are forming and starting, bowlers are needed (all levels)
and all times (day and night)

We Host
Birthday
Parties



Rock n bowl on Friday
and Saturday nights for
relax and
friends gathering

Sunday special deal:
\$39.95 for 1.5 hours up to 6 people
including shoes

CLUB MEDD BOWL • (613)392-5756 31 • Dundas St. E., Trenton
www.clubmeddbowl.com

8 Wing gearing up for United Way Community Fair



Photo by Makala Chapman

By 8 Wing Public Affairs

8 Wing/Canadian Forces Base Trenton is once again hosting a "Community Fair" day in support of the Government of Canada Workplace Charitable Campaign (GCWCC). The event will run on the north side of 8 Wing at 1 Hangar from 10 a.m. to 3 p.m. on September 28 and will raise money for the United Way of Hastings & Prince Edward. "The Community Fair is a great opportunity for members of the community to come together with members of 8 Wing to experience unique military activities while raising money for a very worthy cause," said Major Tanya Tebbutt, 8 Wing Trenton's GCWCC co-

chair. "We encourage teams from both 8 Wing/CFB Trenton, as well as our friends in the Quinte West Community to come out and enter a team for the ever-popular Herc' Pull". The Community Fair events include:

- CC-130 Hercules Pull competition (\$10 per person, maximum of 20 persons per team. Pre-register at 8wing.hercpull@gmail.com)
- Parachute Jump Tower experience
- Ride for Help
- Car and Bike Show.
- A Children's Zone and Food Trucks

For event registration or questions, please email: 8wing.8WCF2018@gmail.com

7th Annual GCWCC Community Fair
Hosted by 8 Wing Trenton
All Proceeds to United Way

GCWCC Community Fair:
CLICK ON THE ACTIVITIES BELOW FOR MORE DETAILS

- Jump Tower** (\$5 per Jump, Info: Ben-Josmin.Lee@forces.gc.ca)
- Herc Pull Competition** (Max of 20 per Team, \$10 per Pers. Registration & Info: 8wing.hercpull@gmail.com or Edward.Graham@forces.gc.ca)
- Car Show/Flight Line Photos** (\$10 Entrance & \$25 Picture, Info: Michael.Opastovsky@forces.gc.ca)
- Ride To Help Kid Zone** (\$20 Moto Registration Fee / \$10 Pass, Registration or Info: 2018ridetohelp@gmail.com)

• For more info, Contact the event OPI at:
8wing.8WCF2018@gmail.com
Tricia.travers@forces.gc.ca

28 Sept 2018 8 Wing Trenton 1 Hangar 10 a.m. - 3 p.m.

Dr. Younes DENTAL CENTRE
YOU MAKE ME SMILE

Now Accepting New Patients
Trenton Location: 96 Division Street
Belleville Location: 488 Dundas St., West

- **EAD** Latest Technology in Same Day Dentistry Now Available For Crowns, Bridges & Veneers
- Revolutionary **New** Technique for Receding Gums - Pinhole Surgical Technique™ P.S.T.
- Orthodontics (Including clear braces)
- Oral Conscious Sedation
- Laser Dentistry
- Implants & Full-mouth Reconstruction (**Teeth in A Day**)
- Tooth Coloured Fillings
- **ZOOM!** One Hour Whitening
- Dentures
- Preventive Gum Disease Therapy
- Root Canal Therapy
- **Same Day Emergency Service**

Your complete dentistry, in one office, backed by a warm & caring team.
www.youmakemesmile.ca 613-208-0817

10% Military Discount!

Cleaning & Polishing Only \$99

fdc

Family Dental Centre

Personalized & Comfortable

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

Three Locations to Better Serve You!
Frankford 613-398-8888
Belleville 613-961-7050
Cobourg 905-372-7400
www.FamilyDentalCentre.com

DISCOVER BELLEVILLE'S BETTER RENTAL VALUES!

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

*On selected units

Rental Office Hours
Monday - Thursday 9 am - 5 pm
Fridays 9 am - 4 pm

613-966-1512
201 Palmer Road, Belleville, ON

SHELTER CANADIAN PROPERTIES LIMITED
belleville2@scpl.com
www.scpl.com

Health Promotion



Health Promotion team encouraging good nutrition



By Lisa Refausse, Health Promotion

8 Wing Trenton's Health Promotion team participated in this year's Block Party. The theme for this year's booth was healthy nutrition and visitors to our booth were given a Big Apple, sponsored by none other than the Big Apple in Colborne. Thank you to the area's renowned apple treat business who generously donated playing cards, key chains and fruit servings for all attendees of this year's popular event. Remember to get four servings of vegetables and three servings of fruit daily as mandated by Canada's Food Guide and Health Canada. Thank you for visiting our booth and see you next year!

Photo submitted

Members of 424 Squadron rescue boater in St Lawrence near Dorval



Photo by Makala Chapman

A stock photo of a CH-146 Griffon used by 424 Transport Training Squadron for rescue missions.

By 8 Wing Public Affairs

Members of the Royal Canadian Air Force's 424 Transport and Rescue Squadron came to the aid of a boater, whose 25-foot sailboat had capsized two miles south of Dorval, Quebec. Joint Rescue Coordination Centre Trenton was advised of a Personal Locator Beacon activation in the St. Lawrence and a CH-146 Griffon helicopter crew was launched to investigate. Upon arrival, the crew spotted an individual on top of a boat and two Search and Rescue Technicians jumped into the water to assist. The pair of SAR Techs stayed with the boater and signaled a passing vessel to assist. "Once on scene we decided to insert the Search and Rescue Technicians into the water to swim to the boater who was on top of the hull," said Captain Rich Gough, a CH-146 Griffon pilot with 424 Transport and Rescue Squadron. "We dropped a smoke marker into the water to mark the position for a passing sailboat to assist in the rescue." The SAR Techs transferred the individual to the passing boat where he was taken to a local marina in good condition.



We are Proud to Welcome
Dr. Andrew Hall



Marinovich
DENTAL

WE ARE ACCEPTING NEW PATIENTS

Call Us To Book An Appointment Today!

613-392-3939 | contact@marinovichdental.com
MarinovichDental.com



LOOKING FORWARD

CP connects veterans with competitive pay, benefits and potential advancement opportunities.
Connect to a rewarding career.

Apply now at CPR.ca/Veterans



Birthday bash for CANEX and Hair Central

By Makala Chapman

The community's leading military store and barber shop has celebrated its birthday. The Canadian Forces Exchange System, also known as the CANEX retail store and

Hair Central pulled out all the stops for their annual celebration held on September 12. Everything from a free barbecue, cakes, gift baskets and a specialty sale was offered to the community in honour of the milestone occasion.

While Hair Central was celebrating their first anniversary, this year marked the CANEX's 50th birthday nationwide. Local store manager Andrew Kerik noted he was happy to host the community at this year's festivities, which were just another chance to give back to a community that has given so much over the years. "It's a huge milestone for our company as a whole," he said. "The support has been overwhelming as it has always been. This is just a great opportunity to show our thanks." Hair Central owners Rob McGregor and Susan Blakely added that they too couldn't have been more thrilled to share their special day with the community. As for the future of their barber shop and salon, they said they would be looking forward to another successful year of business in the Quinte region and whatever else the future holds.



Photos by Makala Chapman

Members of Hair Central, 8 Wing Trenton, supporters and local realtor David Weir celebrate the barber shop and salon's first anniversary on Sept. 12.



CANEX store manager Andrew Kerik and 8 Wing Trenton's Lieutenant-Colonel Steve Camps cut birthday cake in celebration of the company's 50th birthday.

CUSTOMER SERVICES REP

Job Description: Customer Service Center

- Answer incoming calls from customers needing assistance in a variety of areas.
- Fulfill customer service functions.
- Answer questions, give explanation, and solve problems for customers.
- Complete special projects as assigned. Send resume to ptpapajob00@aol.com

FRIEL

HEATING & AIR CONDITIONING INC.
"Fireplace Showroom"

Specializing
in your Home Comfort

REDUCE YOUR ENERGY COSTS

WITH AN AMANA HI-EFF
NATURAL GAS OR
PROPANE FURNACE



Built better than it has to be with a lifetime unit replacement warranty plus 10 years parts & labour.

PLUS UP TO

\$1250
IN REBATES

Heating & Air Conditioning
Amana
LASTS AND LASTS AND LASTS

OLD MAN WINTER IS COMING!!!
CALL TODAY TO SCHEDULE YOUR FURNACE TUNE-UP

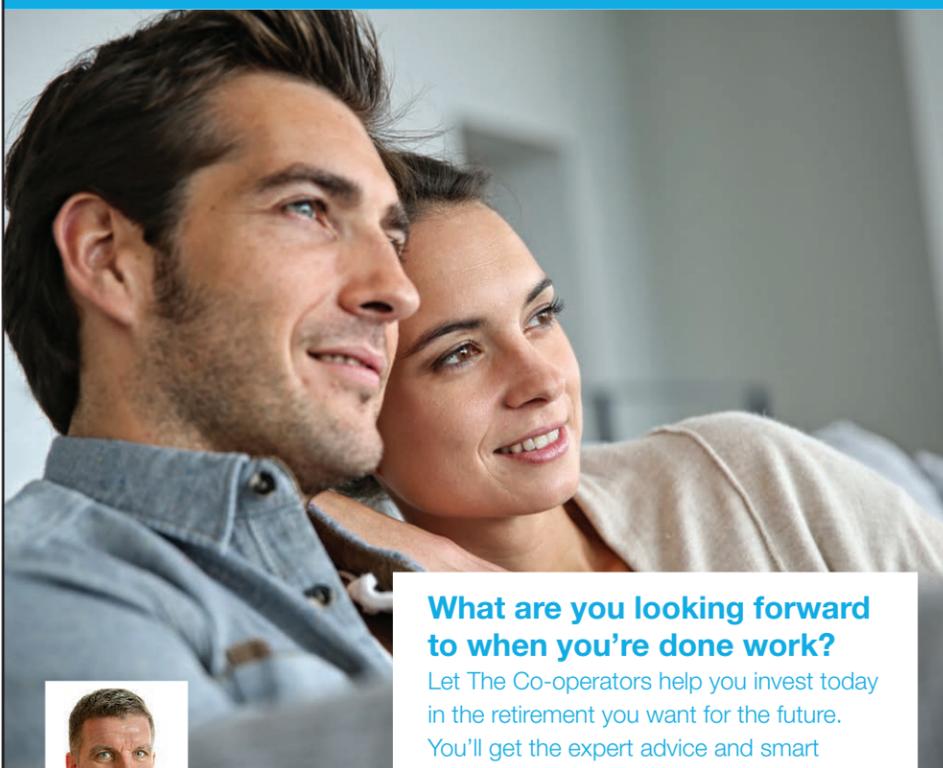
Call or visit us today for your
FREE No Obligation quote
"You'll Be Glad You Did!"

122 Parks Dr. Belleville
613-966-8848

Locally owned and Operated to Serve You Better Since 1995

Home Auto Life Investments Group Business Farm Travel

the co-operators
A Better Place For You



What are you looking forward to when you're done work?

Let The Co-operators help you invest today in the retirement you want for the future. You'll get the expert advice and smart investment options to help you reach your financial goals.



Paul Moran, CHS, CIP
Financial Advisor

Paul Moran Insurance Group Inc
175388 Highway 2, Trenton, On K8V 0A7
TEL: 613-392-3501 FAX: 613-392-3070
www.cooperators.ca/Paul-Moran

Not all products available in all provinces.

C&C

VIA
VIA Rail Canada

WHY DON'T WE SEE YOU MORE OFTEN?

MILITARY MEMBERS, VETERANS AND THEIR FAMILIES TRAVEL FOR

25% OFF*

FROM COAST TO COAST. ALL YEAR.

Find out more at
viarail.ca/canadian-forces

VETERANS & RESERVISTS WANTED

Apply now:
career.viarail.ca/veterans

WHY DON'T YOU TAKE THE TRAIN?

*Applies to best available fares. Excluding Prestige class and Sleeper Plus class deals. Some conditions apply. TM Trademark owned by VIA Rail Canada Inc.



Community Events

generously sponsored by...

independent

YOUR INDEPENDENT GROCER



President's Choice

CFB Trenton | Smylie's Independent Grocer

(Hwy #2) Dundas St. E.

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

Upcoming local events

September 28 - The Trenton Curling Club will be hosting an in person registration and Open House from 7 p.m. to 9 p.m. and on September 29th from 1 p.m. to 3 p.m. Daytime, evening, military and junior leagues are available and experience is not a prerequisite.

September 29 - The annual Ad Astra Stone Dedication Ceremony will be taking place at the National Air Force Museum of Canada's Air Park at 2 p.m.

GRUPE DE PLEINE CONSCIENCE

MINDFULNESS

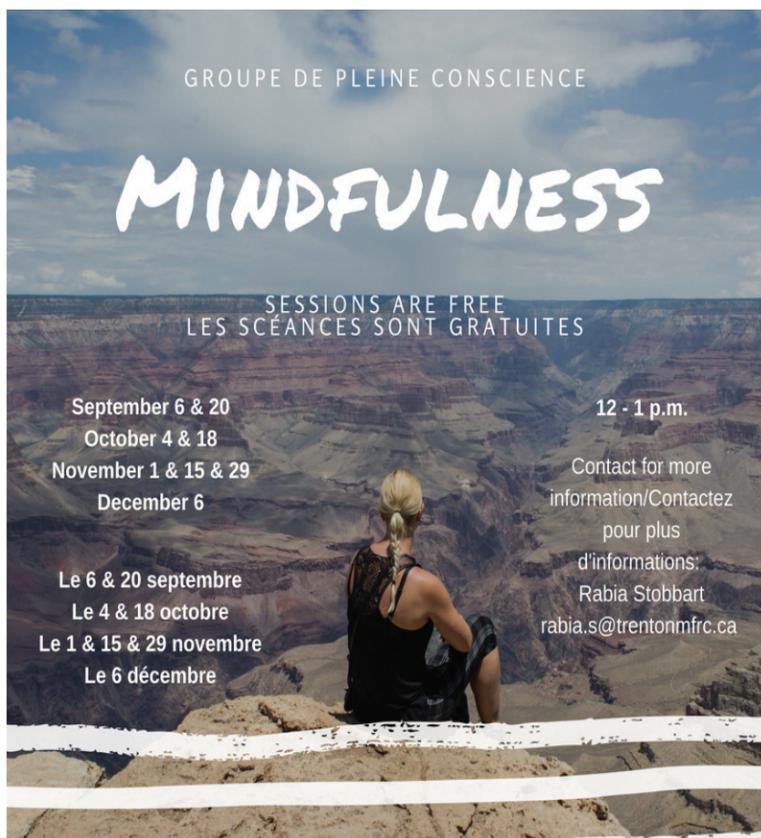
SESSIONS ARE FREE
LES SÉANCES SONT GRATUITES

September 6 & 20
October 4 & 18
November 1 & 15 & 29
December 6

Le 6 & 20 septembre
Le 4 & 18 octobre
Le 1 & 15 & 29 novembre
Le 6 décembre

12 - 1 p.m.

Contact for more information/Contactez pour plus d'informations:
Rabia Stobhart
rabia.s@trentonmfr.ca





GERMBUSTERS

with essential oils

September 25, 2018

6:30 - 8 p.m.

\$15 - free essential oil roller
Register by September 21 at the MFR reception



ATTAQUE AUX MICROBES

avec les huiles essentielles

Le 25 septembre, 2018

15 \$ - rouleau à bille gratuit
18h30 à 20h
Inscrivez-vous avant le 21 septembre au CRFM de Trenton



8 AMS

presents our



25th Anniversary Dinner

At the National Air Force Museum

Friday, October 12th 2018

Cocktails starting at 1800, dinner at 1900, dance with DJ Leo

Dress code: semi-formal. Max cost \$35/person

Open to all past and current members

email: 25th8ams@gmail.com for more info



Come join the
Venez rejoindre les



SkyHawks

Spend your summer putting on thrilling parachute performances and meeting Canadians from coast to coast!
Passez votre été à faire d'excitantes performances en parachute et rencontrez les Canadiens et Canadiennes partout au pays!



Requirements | Prérequis :

- i. Trade qualified member of the CAF (any trade).
i. Membre des FAC qualifié sur son métier (tous métiers confondus).
- ii. Military Freefall Parachutist or Canadian or US Parachuting Association "A" license with 50 freefall jumps.
ii. Parachutiste en chute libre militaire ou détenteur d'un brevet "A" de l'ACPS ou de la USPA avec 50 sauts de chute libre.
- iii. Recommendation by Commanding Officer.
iii. Recommandation du commandant de l'unité.
- iv. Applicants will be required to complete the Parachutist physical fitness test.
iv. Les applicants vont devoir compléter le test physique de parachutiste.

Contact us! | Contactez nous :

 @SkyHawksCanada
 Email | Courriel : skyhawks@forces.gc.ca
 Telephone | Téléphone : 613-392-2811 ext. 2049








TRENTON Military Family Resource Centre

www.trentonmfrc.ca • 613-965-3575 • 50 Rivers Drive East, Siskin Centre • With locations in Belleville & Frankford

**TOGETHER
WE ARE
STRONGER**

September/October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25 Germ Busters with Essential Oils	26 Hello Wednesday	27	28	29
30 Creative Sunday	1 Dance with France – Ladies Night Dance with France – Level 1	2 Dance with France – Level 2 & 3	3 Community Connection What About Me?	4 Mindfulness	5	6
7	8	9	10 Community Connection What About Me?	11 Special Needs Parent Support Group Knit & Chat	12	13

● **Dance with France**

• Ladies Night - Beginning October 1, 2018
6 p.m. - 7 p.m. \$70
8 Wing Officer's Mess
Treat yourself to a night out each week and learn to Salsa with France! Course includes 10 weeks of choreography instruction. Register by September 28

• Ballroom level 1 – Rumba & Swing; Beginning October 1, 2018
7 p.m. - 8 p.m.
8 Wing Officer's Mess \$120 per couple
This class is designed for beginner's who want to learn a little ballroom dancing.

Bring a partner and your dancing shoes! Course includes 10 weeks of instruction. Register by September 28

• Ballroom level 2 – Salsa; Beginning October 2, 2018
6 p.m. - 7 p.m.
8 Wing Officer's Mess \$120 per couple
If you have some experience with ballroom dancing and want to better your skills, join us for our level 2 with France! Not sure if you're level 2? Join level 1 and let France help you decide. Register by September 28

• Ballroom level 3: Couples Choreography – Samba; Beginning October 2, 2018

7 p.m. - 8 p.m.
8 Wing Officer's Mess \$120 per couple

This class is designed for experienced dancers. Must be a previous student of France's to join. If you have not danced with France, join Level 1 or 2 and let France help you find your level. Register by September 28

● **Germ Busters with Essential Oils**
Tuesday, September 25
Flu season is around the corner. Learn how to defend your home naturally with essential oils. \$15 with a free take-home essential oil roller. Additional rollers can be purchased in class for \$5.

Please register at the Trenton MFRC by September 21.

● **Creative Sundays**
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. Every month will have a different theme. One Sunday per month from 1 - 4 p.m.

- September 30 - Etched Glass
- October 28 - TBD
- November 25 - TBD

Register at Trenton MFRC reception.

Home of the Week

Your Building Renovation Experts



Plans for this handsome two-storey, five-bedroom home include an unfinished basement, which might serve as an in-law suite or mortgage-helper, as well as a loft area with a built-in bookshelf on the upper floor.

Entry is through a covered porch and a front door with sidelights. Inside the foyer, a den or fifth bedroom is to the right, with a three-piece bathroom adjacent. The bathroom includes a linen cupboard, and the den features a barn door.

Ahead is the stairway to the second floor, and beyond this are the kitchen, great room and dining area.

The great room includes a gas fireplace, set in a bayed-out niche to save space, with three floor-to-ceiling windows that look out to the back garden. Part of this room has a double-height ceiling. Access to a partly covered sundeck is through sliding glass doors.

The dining area also features multiple floor-to-ceiling windows overlooking the sundeck.

The kitchen is separated from the great room and dining area by a prep island with a double sink and dishwasher. The L-shaped counter configuration will save steps for the cook, who will also appreciate the roomy walk-in pantry.

Access to the mudroom is from both the kitchen and the double garage, which is spacious enough to include a workshop. The mudroom includes a row of cubbyholes.

On the second floor, the master suit overlooks the back garden.

The adjacent en-suite includes a soaker tub in a bayed-out niche with windows, as well as a shower stall and double sinks. The toilet is in a separate room. A walk-in closet completes the lay-out.

The second bedroom, located at the front of the home, includes a window with an extra-wide sill. Bedroom No. 3 is located between the three-piece bathroom and the laundry room, which has a large shelf for sorting and folding, as well as a sink and a closet.

The fourth bedroom is the largest of the secondary bedrooms, and looks out to the back garden.

Exterior finishes include stucco with brick and wood accents. A large brick pillar is located near the front entry, echoing a brick-based wood pilaster opposite.



Plan No: 7-5-1007

"YOUR ONE STOP BUILDING CENTRE"

COMPLETE LINE OF BUILDING SUPPLIES
KITCHEN & BATH SHOWROOM
DELIVERY AVAILABLE
RENTAL CENTRE
www.colestimbermart.ca

47 Ontario St., Brighton
613-475-2810
1-888-265-3742

Tree Service

Trenton Tree Service

Tree Trimming & Removal, Chipping & Stumping

- Free Estimates
- Fully Insured

A fair price for everyone

613-392-7415



metrolandmedia
Connected to your community®

Why Digital?

- Canadians continue to be among the **heaviest users of digital media**
- Canada is #3 in desktop internet usage at **34.6 hours per month**
- Canadians are the **heaviest online searchers** at 140 queries per month
- **3 out of 4 Canadians own smartphones**, well above the rates in U.S. and other developed markets

Let us help you connect the pieces!

Digital advertising now accounts for almost a *third of total advertising expenditures in Canada*. At 31.3% of total media spending, digital now exceeds TV as the largest form of advertising investment, according to a new eMarketer report, "Canada Digital Advertising: eMarketer's Latest Ad Spending Estimates and Outlook for 2015."

Our Multi Media Consultants are here to Maximize Your Connections

✓ **Geofencing** ✓ **Audience Extension** ✓ **Programmatic**

BRIGHTON
Independent.
CONNECTED TO YOUR COMMUNITY

Call today at
613-966-2034