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436 Transport Squadron 75th ANNIVERSARY 75e anniversaire du 436e Escadron de transport

8 Wing Trenton pulling together for the United Way



Members of the Trenton Military Family Resource Centre pull a CC-130 Hercules aircraft in support of the United Way on Oct. 25.



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By Makala Chapman

The community at 8 Wing Trenton is pulling together to ensure this year's Government of Canada Workplace Charitable Campaign (GCWCC) is a success. One of the many events aimed at raising funds for United Way of Hastings Prince Edward was the annual Herc' Pull - an event which has teams trying to pull a CC-130 Hercules aircraft by rope in the fastest time. Hundreds stopped in at Hangar 1 on the Base's north side to watch as the teams flexed their collective strength Oct. 25. Present at the event to help cheer on the teams was the United Way's director of donor relations Melanie Cressman. She shared she couldn't have been more thankful to the Wing in their attempts to help them reach their \$1.95 million goal. She added 8 Wing Trenton is the organization's second-largest campaign contributor. "It's just amazing to see how everyone

Continued on Page 8

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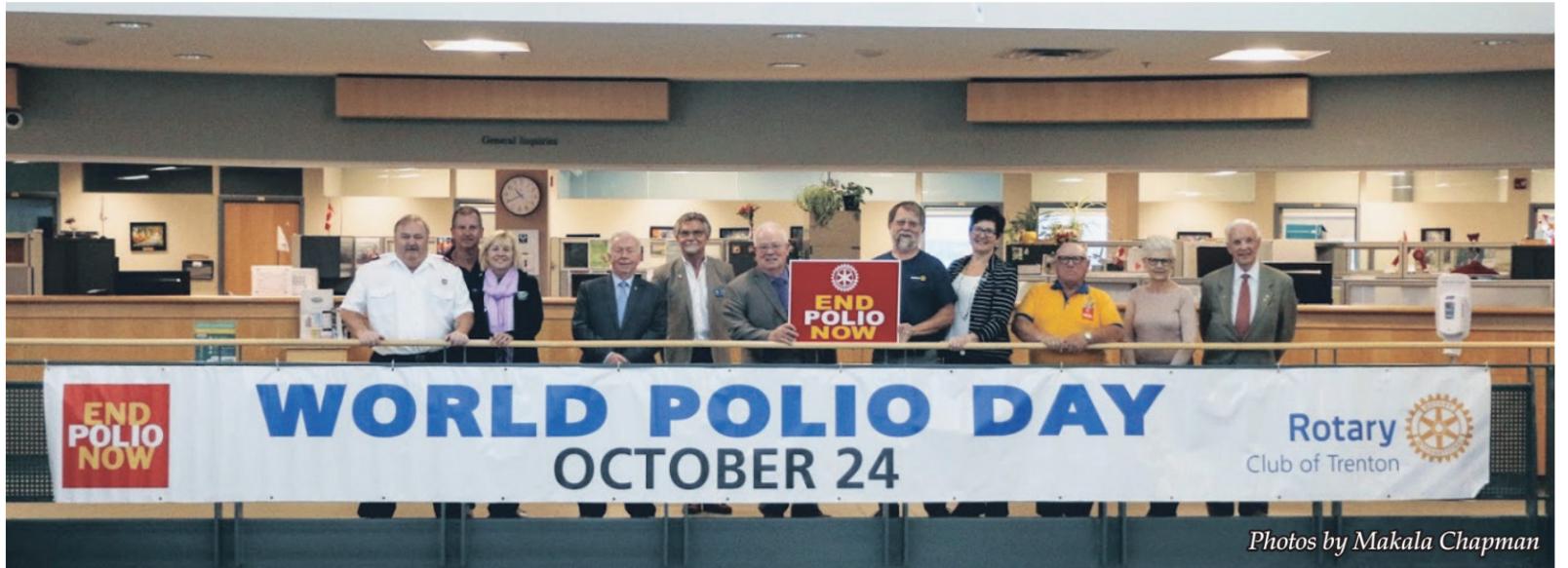
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Trenton Rotary Club calling for eradication of polio

By Makala Chapman

The Trenton Rotary Club is doing their part to help ensure polio, a viral illness, is eradicated for good. Polio, short for poliomyelitis, can cause severe nerve injury, as well as paralysis. In addition, it can impact the respiratory system and in some cases leads to death. While the illness has been more or less eradicated from North America, it is still prevalent in parts of Asia and Africa. On Oct. 24, World Polio Day, members of the Trenton Rotary Club stopped in at City Hall in Quinte West to launch their official awareness campaign. Receiving permission, the group then hung a polio awareness banner in City Hall.



Members of Quinte West's council and the Trenton Rotary Club stand in front of the World Polio Day banner hung at City Hall on Oct. 24.

Photos by Makala Chapman

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Quinte West Mayor Jim Harrison (centre left) and Trenton Rotary Club member Frank Meiboom (right) at Quinte West City Hall on Oct. 24.

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The Veteran Family Program Presents:

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Presented by: Gilles Tremblay, Vocational Rehabilitation Counselor

Date: November 20, 2019
Time: 0900 - 1100 hrs
Location: Trenton MFRC

Register by emailing Tanya Bown, Veteran Family Program Facilitator tanya.b@trentonmfr.ca

Le Programme pour les Vétérans et leurs familles offre:

SESSION D'INFORMATION DE
Manulife
Présentateur: Gilles Tremblay, Vocational Rehabilitation Counselor

date: le 20 novembre 2019
heure: de 0900 H à 1100 H
location: CRFM de Trenton

Inscription par courriel à Tanya Bown, Animatrice du programme pour les Vétérans a leurs familles tanya.b@trentonmfr.ca

VETERANS & FAMILIES PROGRAM
For Medically Reserving CAF Members, Medically Reserving Veterans and their Families

PROGRAMME POUR LES FAMILLES DES VÉTÉRANS
Pour les membres des CAC, les membres de leur famille, les vétérans militaires pour des raisons médicales et leur famille.

CFS Alert: Spooky Station

By Second Lieutenant Sheila Tham

CFS Alert celebrated Halloween this past weekend with pumpkin carving, a costume party, and a haunted conference room. Sergeant (Sgt) Bonnie Leung

hosted a Halloween Carnival where station members could win prizes for playing games like Ghost Toss and Shout the Ghoul. Prizes were also given out for the best costumes on station as well as best jack-o-lantern. Sgt Leung wanted to host a party that would appeal

to all station members, "We have so many different people on the station, the plan was to hopefully to engage every person. It worked out really well because we had a really good turn-out," said Sgt Leung. The feature of the carnival was a costume parade where station residents

showed off their Halloween costumes and voted for their favourites.

For the braver residents, Kat Burke and Lesley Sinclair hosted their annual Creepy Conference Room. With help from members across the station, the conference room was transformed

into a haunted house. The lines stretched down the hallway as residents queued to get their time inside. The haunted house takes a lot of effort and dedication on behalf of the organizers - Lesley and Kat were in the crafting room for the last month and volunteers

were pulled from across the station to assist. Master Corporal Ryan Parsons, President of the Mess Committee, considers the weekend a wild success, "Everyone had a great time and behaved responsibly, it was a great event to welcome to new station members."



Photos submitted by 2 Lt Tham



HEALTH PROMOTION UPCOMING COURSES FALL 2019

To register visit HP.CFBTrenton.com or contact 613-392-2811 local 3768

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COURSES	DATE	TIME
RitCAF - Respect in the CAF	5, 14, 26 NOV 3, 10 DEC	0830-1600
AODGGA - Addictions Awareness (MITE Coded Course)	19 & 20 NOV	0830-1600
MAM - Managing Angry Moments	27 NOV	0830-1600
Injury Reduction	8 OCT	0830-1130
Top Fuel For Top Performance	13 NOV	0830-1600
WWLP - Mission Nutrition Weight Wellness Lifestyle Program	24 OCT, 7, 14, 21 NOV	1800-2030
MFSA - Mental Fitness Suicide Awareness (MITE Coded Course)	7 & 8 NOV OR 4 & 5 DEC	Day One 0830-1600 Day Two 0830-1200
InterCOMM	22 & 29 OCT	0830-1600
STC - Stress Take Charge	30 OCT 11 DEC	0830-1600
FORCE TEST Preparation and Improvement (a part of the SPTP-Supplementary Physical Training Program-HP Classroom Sessions)	Every Thursday	0830-0930

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Visit waramps.ca/playsafe for the video and safety resources.

Safety



Are You Always in the Dark?

It's that time of year again, when you go to work in the dark, come home in the dark, and if you are on shifts, do your job in the dark.

Outdoor workers and drivers particularly are affected by the seasonal shortage of daylight. Many hazards lurk under the cover of darkness, ready to cause a worker to fall, get assaulted, crash a vehicle or otherwise be injured. There are also many opportunities for unintentionally injuring bystanders and co-workers when good visibility is lacking.

In many outdoor occupations work continues year-round. Fishers, farmers, loggers, oil field crews, construction workers, road maintenance workers, parking lot attendants, guards, landscapers, emergency responders and many others work all seasons in all conditions.

Consider these hazards and how to protect yourself if you work or commute in the dark:

- Keep your vehicle in good operating condition, with a battery adequate to start your vehicle on a cold evening. Check your headlights, taillights and signal lights frequently. Keep all lights clean and free of obstruc-

tions such as mud or snow.

- Take the time to clear the windshield and windows before you start out. Visibility is bad enough on a dark winter morning without trying to peer through a film of frost.

- Make sure work vehicles such as tractors, forklifts and plows are equipped with the adequate lights, signal lights, backup alarms and other devices for moving safely in the dark.

- Wear the recommended high-visibility clothing so vehicle operators and co-workers can see you.

- Carry an adequate flashlight with spare batteries in your vehicle. You might need it to see your way from your vehicle to a lighted building, to get a stalled vehicle going again or to guide traffic around a road obstruction.

- Compensate for any vision limitations you may have so you can work, walk and drive safely. As you get older, you need more light to see. If you wear lenses that change color according to the light, make sure they become clear enough for you to see well in low light condi-



tions. Use anti-fog wipes to clean condensation from your glasses or goggles.

- Report any defects in plant or yard lighting such as burned out bulbs or light tubes. Make sure docks, walkways and parking areas are also lighted

well. Lighting for outdoor work should be designed to prevent direct glare, reflected glare and shadows. These conditions are tiring and confusing for the worker.

- Use all machine guards and keep equipment in good repair to

prevent accidental contact with moving or energized machine parts which might not be easy to see.

- Practice good housekeeping. Leave work areas safe with scrap and tools picked up and holes safely barricaded and cov-

ered. Also be wary of ice building up during hours of darkness on walkways, outside steps, parking lots and loading docks.

The dark time of the year poses particular safety concerns. Light the way for safety in your job.

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 Colonel Ryan Deming, OMM, CD. 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.

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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.
- 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



Poppy Campaign in full swing in Quinte West

By Makala Chapman

The poppy holds a significance much larger than itself as it serves as a symbol of remembrance. In fact, one cherry-red poppy that's been pinned on the left side of the lapel, just above the heart, is one of the easiest ways to show one cares. Not only does it demonstrate a respect for all those that served to protect their country, but, it helps carry on the memory of their sacrifice.

Organized by the Royal Canadian Legion, and carried out by local branches, the annual Poppy Campaign has officially begun. Each year, from the last Friday of October to Nov. 11, millions of Canadians take the visual pledge to honour the memory of Canada's veterans. To help launch the campaign locally, members of Royal Canadian Legion Branch 110 stopped in to visit Quinte West Mayor Jim Harrison at City Hall, on Oct. 25. In an act of tradition, Legion president Master Corporal (retired) Douglas Duff was on site

to pin a poppy on the mayor's lapel, to help kick off this year's initiative.

Harrison was quick to note he was touched to receive one of the first poppies of the campaign. He added it was the perfect way to help honour the memory of Canada's veterans. "It's so important that we recognize those that made sacrifices so we could have our freedom," he said. "It's always a pleasure to support our veterans, as well as the Legion, here in our own community."

Speaking to how pleased he was to be given the opportunity to once again organize this year's initiative was retired Master Warrant Officer (MWO) Al Plume. He noted while the poppies are free of charge, a donation of any numerical value would be gratefully accepted by the Legion. In the last three years, the Poppy Campaign has seen at least \$150,000 in donations. Anything collected immediately goes into the Poppy Fund, which is then returned to the com-

munity, through various avenues. "Our funds stay here in Trenton," he said. "We have a lot of veterans that we have, both retired and serving, so when they need help, we want to be there for them." He noted this could include anything from paying for medical equipment to securing living accommodations. When asked what his thoughts were on the community's support throughout the years, MWO (ret'd) Plume said it couldn't have been better and was looking forward to another successful campaign. He then explained that anyone looking for poppies could do so by visiting local shops and businesses throughout the Quinte West region. "We put over 100 (poppy) boxes out throughout the community," he said. "Whether it's a quarter or a dollar, it all counts and is greatly appreciated."

Echoing his colleagues sentiments was Legion president MCpl (ret'd) Duff. As a veteran, he said it's comforting to know that help is available,



Members of Royal Canadian Legion Branch 110 stopped in at Quinte West City Hall to present the mayor with the first poppy of the Poppy Campaign on Oct. 25.

Photos by Makala Chapman

should it ever be needed. As for his message to the community, he thanked them for their continued support and reiterated the importance of remembrance. "The poppy is a symbol of caring and our freedom," he said. "I would encourage everyone, especially the younger

generation, to learn more about it so they understand the cost it took so we may enjoy the life we live." He then extended an invitation to the public to join the Legion for their annual Remembrance Day ceremony at 10:30 a.m. on Nov. 11 at the Trenton Cenotaph. Prior to this event, on the

evening of Nov. 10, youth from the local cadet squadrons will host their annual candlelight vigil ceremony. The public are also welcomed to attend this event, where they can purchase a memorial candle in honour of a service member, both past and present, from the Legion.



TOP: Trenton Legion President MCpl (ret'd) Douglass Duff pins a poppy on Quinte West Mayor Jim Harrison's lapel on Oct. 25. BOTTOM: Quinte West Mayor Jim Harrison (left) says he's always happy to partner with MCpl (ret'd) Douglass Duff (right) to help support the Poppy Campaign.

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Upcoming local events

- Nov. 11 – Remembrance Day ceremony hosted by Royal Canadian Legion Branch 110 at 10:30 a.m. at the Trenton Cenotaph located downtown.
- Nov. 17 – The 5th Tribute to the Brave concert at the National Air Force Museum of Canada. Enjoy live music from the Quinte Symphony, 8 Wing Concert Band, as well as the Pipes and Drums Band. Concert begins at 2:30 p.m. For more information and tickets please visit, www.quintesymphony.com.
- Nov. 23 - Christmas Craft and Bake Sale at St. James Fellowship Church at 15 South St Trenton from 9 a.m. to 2 p.m. Free admission and lunch available for \$5.
- Nov. 28 - CP Holiday Train will visit Trenton this November. Join them at RCAF Road & County Road 21, south side of railway at 10:35 a.m. The charity holiday train will be collecting donations for the Trenton Care and Share Food Bank. Performing will be Canadian artists Scott Helman and Madeline Merlo.

Welcome to the Youth Centre!

November 2019

<p>Throw on your jackets! We are screen free for one hour every night and getting outside! Dress warm and enjoy all the fun the season has to offer!</p>	<p>A Note to Parents: Please keep all personal items and toys at home - there's plenty to do at the Centre. We are not responsible for lost or damaged items. For canteen purchases: Please remember to send your kids with small change only, rather than bills.</p>	<p>NOVEMBER 28, 2019 Youth Talk! Join us for pizza, prizes and a chance to share your thoughts on the Youth Centre so we can better tailor our programs for you! 6 - 7:30 p.m. Regular programming resumes at 7:30 - 9 p.m.</p>	<p>For more information about our Youth Centre & Programs please contact: Rabia Stobbart – Youth Services & Personal Development Coordinator 613-392-2811 x2568 rabia.s@trentonmfcrc.ca</p>
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Oct 28	Oct 29	Oct 30	Oct 31	1	2
CLOSED	Pumpkin Run Ages 6-8 6-8 p.m.	Witch's Brew Slime Ages 7-9 6-9 p.m.	Halloween Howl Ages 8-12 6-9 p.m. \$3	CLOSED Happy Halloween!	Day of the Dead Masks Ages 10-14 6-9 p.m.	CLOSED
3	4	5	6	7	8	9
CLOSED	PJ Party! Ages 6-8 6-8 p.m.	Hoops Ages 7-9 6-9 p.m.	CLOSED	Games Night Ages 10-12 6-9 p.m.	Popcorn Bar Ages 10-14 6-9 p.m.	CLOSED
10	11	12	13	14	15	16
CLOSED	Poutine Ages 6-8 6-8 p.m.	Elephant Toothpaste Experiment Ages 7-9 6-9 p.m.	CLOSED	Frosty Manhunt Ages 10-12 6-9 p.m.	Harry Potter Party Ages 10-14 6-9 p.m.	CLOSED
17	18	19	20	21	22	23
CLOSED	Minute to Win It Ages 6-8 6-8 p.m.	Stargazing & Cider Ages 7-9 6-9 p.m.	CLOSED	Ping Pong Party Ages 10-12 6-9 p.m.	CLOSED	CLOSED MFCRC's Annual Christmas Marketplace
24	25	26	27	28	29	30
CLOSED	Volcano Ooze Ages 6-8 6-8 p.m.	Hot Cocoa Bar Ages 7-9 6-9 p.m.	CLOSED	Pizza & Youth Talk! Ages 8-12 6-9 p.m. *PRIZES	CLOSED For staff team building	CLOSED

TRENTON MFCRC'S 6TH ANNUAL
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LE SAMEDI 23 NOVEMBRE, 2019 • 10H-15H
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ADULT SHINNY	4:00PM - 5:00PM
NOVICE/ATOM (U10)	5:00PM - 6:00PM
PEEWEE/BANTAM (U15)	8:00PM - 9:00PM
MIDGET/JUNIOR (U18)	9:00PM - 10:00PM
SUNDAY PARENT/TYKE SHINNY	12:00PM - 12:45PM

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For Veterans requiring a quiet space to remember
JOIN US IN CELEBRATING
Remembrance Day
November 11 at the MFCRC 10 a.m. - 2 p.m.
Light lunch & refreshments served, with a guest speaker from the Memory Project

Ottawa service will be available for viewing
Dedication of a Memorial Garden at the MFCRC in Remembrance of all Veterans past and present

Pour les vétérans désirant un endroit tranquille pour se souvenir
VENEZ COMMÉMORER AVEC NOUS
le jour du souvenir
le 11 novembre, de 10 h à 14 h, au CRFM

Un léger repas et des rafraîchissements seront servis, avec un orateur de Projet Mémoire
Vous pourrez visionner la cérémonie présentée à Ottawa
Un jardin commémoratif au CRFM pour les vétérans sera dévoilé

VETERAN FAMILY PROGRAM
For Medically Releasing CAF Members, Medically Released Veterans and their Families
PROGRAMME POUR LES FAMILLES DES VÉTÉRANS
Pour les membres des FAC, en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille

National Child Day to be celebrated at the RecPlex

Submitted by Hilary Pollock

National Child Day has been celebrated across Canada each year on Nov. 20 since 1993. The annual event commemorates the United Nations' adoption of two documents centered on children's rights: the United Nations Declaration of the Rights of the Child on November 20, 1959, and the United Nations Convention on the Rights of the Child on November 20, 1989. Article 31 of the Declaration recognizes the right of the child to rest and leisure, to engage in play and recreational activities appropriate to the age of the child and to participate freely in cultural life and the arts. When children participate in recreational play, they develop physically, emotionally, socially, and cognitively. What they learn at creative play provides a strong foundation that will help prepare them for future life experiences. Studies have shown that recreation, art and play are integral to building resilience in children. Through participation in organized art activities children are developing core characteristics that will help them overcome challenges associated with the military lifestyle. This year's program is sponsored by BMO Bank of Montreal. 8 Wing/CFB Trenton Community Recreation

will host an event on Saturday Nov. 16 from 12-3 p.m. at the RecPlex. Participants must pre-register at the RecPlex. The activity will feature artwork completed by participants that will be showcased at the National War Museum in Ottawa at the end of November. The day will include art, physical activity, games and snacks for all participants. We welcome any participant ages 6 to 13 years of age to join us. Children under 6 years old must be accompanied by an adult. To register visit the RecPlex or contact 613.392.2811 ext. 3361.



A painting from last year's National Child Day.



Photos by Makala Chapman

A young artist paints at the Quinte West RecPlex in celebration of National Child Day in November, 2018.



Celebrate National Child Day Nurturing their roots

Free art activity

8 Wing/CFB Trenton Community Recreation Association
Date: Saturday November 16, 2019
Location: RecPlex
Time: 12pm - 3pm

Program Information:
Enjoy an art activity, games and snacks.

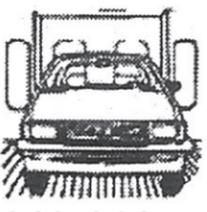
Materials needed: Please bring a family photo that will be placed on a painted heart. The heart will be showcased in the National War Museum in Ottawa with the theme of "Imagine 1000 Glowing Hearts".

To register visit the RecPlex or contact 613-392-2811 ext. 3361



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Continued from page 1

here on the Base pulls together," she said. "8 Wing has always stepped up to take care of their own as well as the community they live in and it's just been so awesome to see." Last year's efforts from the Base brought in more than \$98,000. While a great accomplishment, Cressman noted she was appreciative of every dollar raised. The United Way supports approximately 44 community partners that offer a combined number of 65 different programs and services. "The stats from our funded agencies are telling us

that one in four people in our community will use a United Way funded program," she explained. "Whether that's a senior dealing with transportation issues or needs meals, or children that need mentoring, there's just so many resources the United Way supports. These funds are helping your neighbours and people that just need a helping hand up." Also on hand to oversee the event was GWCWC co-chair Major (Maj.) Kimberly Horan. She noted she was pleased with the support this year's event had garnered.

"As you can see the folks out there are working hard," she said with a smile. "Everyone loves the Herc' pull and it's just a great staple event." When asked how the campaign was going overall, she said she was pleased to report it had been gaining a lot of momentum in recent weeks. To date, the 8 Wing community has already raised more than \$40,000. While they are now over the halfway mark for this year's campaign, Maj. Horan said there's still a ways to go and was confident the community would step

up to get the job done. As for why it's so important to consider supporting initiatives like the GWCWC, she said it came down to making Quinte West a better place for all. "It's really troubling to see some of the issues that people in our local community are facing," she said. "Homelessness, food insecurity and job insecurity are some of the things we're seeing. But, through the funds we are raising, we can help alleviate those issues." Maj. Horan offered a gentle reminder that aiding the community should be a shared

responsibility and a role that she is proud to uphold. Whether it's coming out and supporting some of the various GWCWC events or making a donation through payroll deduction, there's a variety of different ways to help the community. Some of the upcoming events still to take place include the GWCWC Volleyball tournament at the South Side Gym on Nov. 21. Teams are also being encouraged to register for the upcoming five-on-five basketball tournament, which will be held at the gym, on

Nov. 28. A talent show will also be hosted at the Astra Lounge on the south side of the Base starting on Nov. 18. This show is open to all military, Department of National Defence civilian employees and 8 Wing community members. For more information on upcoming events and how to register for them, visit the Base's internal, online portal - the Splash Page. The end of the campaign will be marked with a closing ceremony that will take place at the Earl of Bessborough Social House on the afternoon of Dec. 6.



Photos by Makala Chapman



TOP: Team ATESS celebrates a successful pull at this year's Herc Pull, Members of 24 Canadian Forces Health Services Unit limber up before the herc' pull. BOTTOM: 426 Transport Training Squadron's 'Thunderbirds' take their shot at this year's Herc Pull in support of the United Way on Oct. 25, Members of 8 Wing Trenton's Aerospace and Telecommunications Engineering Support Squadron (ATESS) pull a CC-130 Hercules in support of the United Way on Oct. 25.



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November 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5 ASIST (training)	6 ASIST (training)	7	8	9
10	11 Remembrance Day - Veterans Drop-In Event	12	13 SNIP: Mindful Kids Yoga begins	14 Special Needs Parent Support Group - Knit & Chat	15	16 Home Alone Safety
17 Belleville Santa Claus Parade	18	19	20 Manulife Briefing	21	22	23 CHRISTMAS MARKETPLACE
24 Trenton Santa Claus Parade	25 Knit & Chat	26	27 Community Conversations	28 Book Club - Youth Talk	29 Vaccination Clinic	30

● **Trenton MFRC – Trenton Location**

Monday – Thursday: 8 a.m. – 6:30 p.m.

Fridays: 8 a.m. – 5 p.m.

Child care hours remain the same

● **ASIST - Applied Suicide Intervention Skills Training**

ASIST is a two-day interactive workshop in suicide first aid that teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Participants don't need any formal training to attend, anyone 18 or older can learn and use the ASIST model.

Registration cost: \$100 To register/inquires: tanya.b@trentonmfr.ca.

November 5 & 6, 2019, 8:30 a.m. - 4:30 p.m. At the Our Lady of Peace Chapel

● **Veterans Drop-In Event**

Monday, November 11

For veterans requiring a quiet space to remember, join us in celebrating Remembrance Day at the Trenton MFRC 10 a.m. – 2 p.m.

There will be a guest speaker from the Memory Project and a light lunch and refreshments will be served. The Ottawa service will be available for viewing as well as a dedication of Memorial Garden at the MFRC.

Call 613-392-2811 ext. 4779 if you have any questions.

● **SNIP: Mindful Kids Yoga**

Begins Wednesday, November 13 for five weeks from 5 – 6 p.m.

Kids will learn how to tame big emotions and be given the tools to help them understand the way that their minds, bodies, and breath work together for boosted feel-good energy. Children will become engaged through expressive play and feel connected and supported by their peers learning compassion towards self and others, increased self esteem and confidence, and compassion. There will be laughter, smiles, ah-ha moments and lots of fun here! Register by emailing brittany.j@trentonmfr.ca.

● **Home Alone Safety**

November 16, 2019

This program prepares children ages 9-12 to be responsible when home alone.

9 a.m. to 4 p.m. at the Trenton MFRC

\$50 per child- Lunch is not provided

Deadline for registration: November 8 2019

To register please contact MFRC Reception or email rabia.s@trentonmfr.ca with your questions.

● **Manulife Briefing**

Presented by: Gilles Tremblay, Vocational Rehabilitation Counselor

Wednesday, November 20, 2019 from 9 – 11 a.m.

At the Trenton MFRC

Register by emailing Tanya Bown - tanya.b@trentonmfr.ca.

● **Christmas Marketplace**

Join us for the MFRC's annual Christmas Marketplace Saturday, November 23! Christmas Marketplace is a premier artisan & vendor show in Quinte West with 25 unique businesses to shop from. This is the only holiday market that specifically highlights the entrepreneurial talent of military spouses in our region, this year's

show comprising of 80% military vendors! Enjoy the festive atmosphere, snacks, meet local artisans and small business owners, & shop for unique holiday gifts.

Enjoy classic Christmas carols performed by the 8 Wing Band Quartet while you enjoy a warm lunch. Also, you can support the Trenton MFRC Youth Centre by picking up some tasty treats at the bake sale!

Admission by donation to the Military Police Fund for Blind Children.

Saturday, November 23, 10 a.m. – 3 p.m., At the Trenton MFRC, 50 Rivers Drive East, Trenton – off of RCAF Road.

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412 Squadron focuses on families at Family Day

By Captain Christian Brunelle

With autumn now upon us, the leaves changing colours and colder temperatures fast approaching, 412 (Transport) Squadron held its annual Family Day event on Saturday, 19 October 2019. This occasion dates back many years and is a way for the unit's members to showcase to their respective families the sights, sounds, scents, people, and even the food that compose their workplace at home and abroad. Grandparents, parents, siblings, and children had the opportunity to see the facilities, tour aircraft and have a short flight around Gatineau Park in a CC-144 Challenger, flown by members of their own families.

412 (T) Squadron dates back to the Second World War, when Number 12 Communications Flight amalgamated with 412 (Fighter) Squadron. Today, 412 (T) Squadron serves as VIP transportation to Canada's Prime Minister, the Governor General, the Minister of National Defence, various military figures, as well as for medevacs of injured personnel across the globe. The pride the men and women of 412 (T) Squadron take in this exceptional responsibility is readily evident at Family Day.

Daily, 412's highly trained Flight Stewards create a diverse variety of food for all VIP passengers—adapting to constantly changing conditions. The manifestation of their extensive hard work and innovation - not to mention high quality - of their work was on full display for this year's Family Day. They created an assortment of handcrafted sandwiches, artisanal mango salsa, and halloween-inspired gourmet desserts that were enthusiastically consumed by the 80 attendees. Families mingled with Squadron personnel while eagerly anticipating their flight on the RCAF executive jet around the



Photos submitted

A CC-144 Challenger aircraft that is flown by members of 412 Transport Squadron.

National Capital Region. The event was attended by the Squadron's Honorary Colonel Al DeQuetteville, retired RCAF Lieutenant General and the former head of Air Command. The Honorary Colonel kindly articulated his passion and pride representing this distinguished unit. Five flights were carried out lasting approximately 25 minutes each. The flight plan brought passengers to 5,000 feet over the Gatineau Park at the height of Fall Rhapsody where families appreciated the seasonal beauty and shared the magnificent views their loved

ones enjoy every day. Following this year's exceptional Family Day event, the members of 412 (T) Squadron would like to sincerely thank RCAF 8 Wing for their ongoing support, Transport Canada for hosting the event, Ottawa International Airport's Emergency Response Service (ERS) firefighters for their attendance and display, and—of course—thank you to the families of our team who were able to attend.

REGISTER BY NOVEMBER 18

GCWCC VOLLEYBALL AT 8WING CFB TRENTON

November 21
South Side Gym
0800 to 1500

Get your team of two together, now!

registration is \$10 per person
open to all - military and civilians

all money raised supports the GCWCC

review the format and register on JOT FORM - look for the link!



A group photo of some of the flight stewards of 412 Transport Squadron.

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Photos of the Week

Legion gives donation to Trenton hospital



Submitted by Master Corporal (ret'd) Douglas Duff
 On Oct. 23, the Royal Canadian Legion's District "F" presented a cheque for \$9,489 to the Trenton Memorial Hospital. The funds will be used to purchase two smart IV units.

Mission Support Squadron



Photo by Private Punt

By Lieutenant Mahon
 Private (Pte) Milligan performs overhaul maintenance on a Mobile Runway Edge Sheave (MRES), which is used in conjunction with a Mobile Aircraft Arresting System (MAAS) to arrest both Canadian and NATO jets across Canada and around the world. Third line maintenance of gear is one of many important tasks performed by the Aircraft Arresting Systems (AAS) Section at 86 Airfield Systems and Utilities (ASU).

Congratulations Sergeant Passmore



Photo by Martin Labbe

Content courtesy of 8 Wing Pipes and Drums
 Earlier this week, Sgt Mark Passmore, a Drum Instructor with 8 Wing Pipes and Drums, received his Canadian Forces' Decoration (CD) for 12 years of loyal service to the Canadian Armed Forces from 8 Wing Commander Colonel Ryan Deming.



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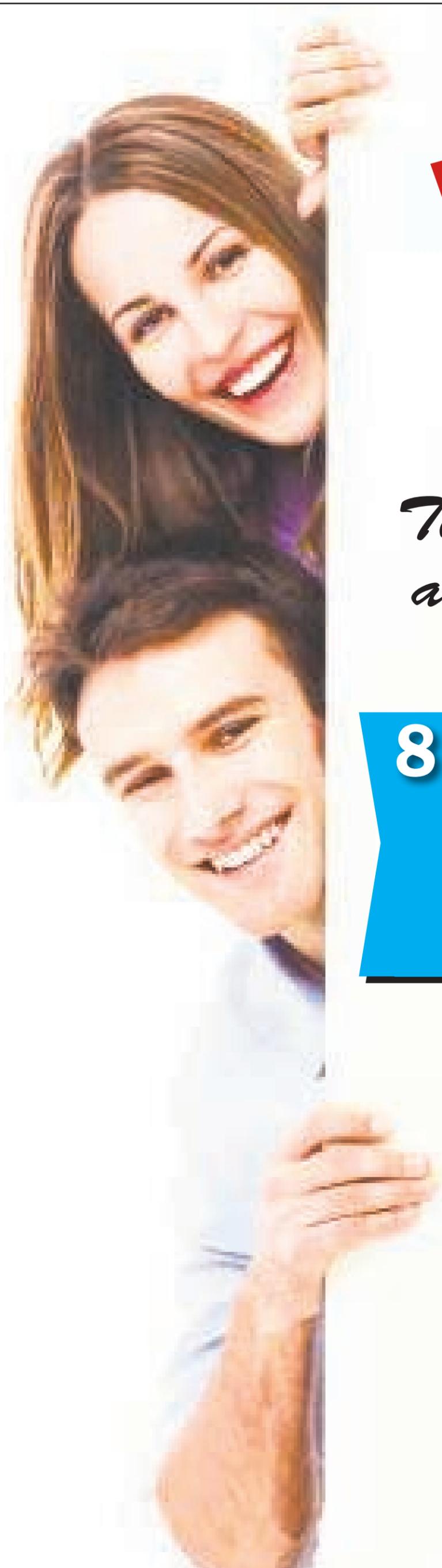
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9 a.m. - 4 p.m. | \$50 + HST
 Trenton MFRFC | Registration deadline: November 8
 Ages 9-12

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 Les âges 9 - 12



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