

Contact

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

CHRISTINASELLSQUINTE
Christina Charbonneau
 Sales Representative
 Certified Negotiation Expert (CNE1)

#3 Ranked Agent* - EXIT Realty Group - 2017 to 2019, Trenton

EXIT
 EXIT REALTY GROUP
 Brokerage, Independently Owned & Operated

*Ranked in the Top 3 for 1st Quarter, 2019

Cell: 613-243-0037
 Address: 309 Dundas Street East, Quinte West, K8V 1M1

BRONZE AWARD WINNER, Regional & National EXIT Realty, 2017 & 2018

www.christinasellsquinte.com

INSIDE

RCAF MEMBERS SHINE AT SHOOTING COMPETITION



Page 2

TECHS AT CFS ALERT DURING OP



Page 7

RETIRED MEMBERS ELIGIBLE FOR VETERAN'S CARD



Page 9



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

RCAF Commander hosts town hall at 8 Wing Trenton



Photo by Makala Chapman

Lt.-Gen. Al Meinzinger and CWO Denis Gaudreault held a town hall to discuss the future of the Royal Canadian Air Force with members of 8 Wing Trenton on Oct. 4

Belleville

NISSAN

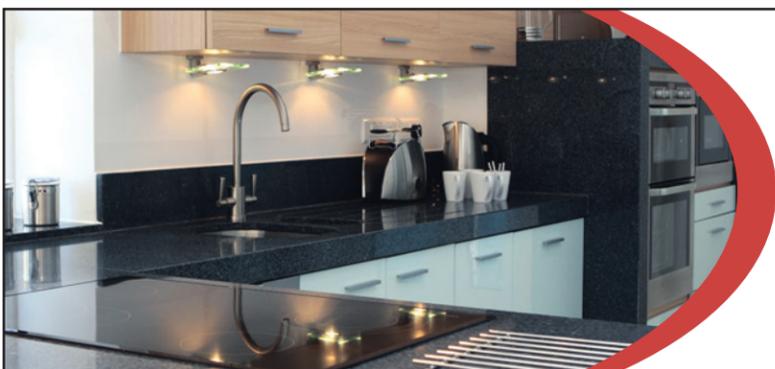
Best Military Discount Anywhere!

1-877-857-7726
 613-962-7100
bellevillenissan.com

By Makala Chapman

While Canada's air force may run like a well-oiled machine, there's always opportunity for improvement, says Royal Canadian Air Force (RCAF) Commander Lieutenant-General (Lt.-Gen.) Al Meinzinger. This was one of the messages he shared with members of 8 Wing Trenton during a town hall at the National Air Force Museum of Canada on Oct. 4. Alongside his command team partner, Chief Warrant Officer (CWO) Denis Gaudreault, topics such as innovation and the future of the RCAF were discussed. In addition, he welcomed members to share their ideas and ask questions. The hour-long event was thought-provoking and informative as members inquired about topics from policy to how the RCAF plans to address retention issues. "In terms of the air force today, we are very busy," said Lt.-Gen. Meinzinger. Whether it's supporting air policing

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

RCAF members shine at military shooting competition

By Lieutenant Brian Stengele

The Royal Canadian Air Force team at the Canadian Armed Forces Small Arms Competition

(CAFSAC) is celebrating following the success at this year's challenge held from September 5-22, at the Connaught Ranges and Primary Training Centre in Ottawa, Ontario.

The 2019 competition saw 233 competitors from Australia, the Netherlands, United Kingdom, the United States and Canada attend. The Canadian Army, the Royal Canadian Navy, the Royal Canadian Air Force, Royal Military College, and the Canadian Rangers were all represented with teams.

During the competition, shooters engaged targets from 25-500m with the C-7 rifle, and from 10-30m with the 9mm pistol while wearing body armour, helmet and other equipment. Team members participated in five rifle matches, three pistol matches, three "dynamic" rifle/pistol ranges including simunition ranges, falling plates matches for rifle and pistol, a night shoot, a barricade shoot, a Close Quarters Battle exercise and a 11km military style biathlon. Top performing shooters at CAFSAC are selected to represent Canada at international competitions in Australia, the USA and the UK.

CAFSAC is held each year to help im-

prove marksmanship and small arms proficiency, increasing the operational effectiveness of the Canadian Armed Forces. Throughout the Concentration, participants are challenged by a variety of scenarios requiring them to shoot from different positions and distances, using a variety of weapons depending on the course of fire.

The Concentration was first organized by the Dominion of Canada Rifle Association at its national range in La Prairie, Quebec, in 1868. It took place at various locations in the National Capital Region before finding its home at the Connaught Ranges Primary Training Centre, where it has been held since 1921.

Accomplishments specific to 8 Wing

Several members from 8 Wing Trenton made up this year's RCAF Marksmanship team. This includes Lieutenant Brian Stengele, Corporal Jamie Dent, Cpl Dan Winsor, Cpl Olena Zemlyana, Cpl Logan Lowerison, Cpl Marc Orr and Cpl Ted

Shaw. Their accomplishments:

Cpl Jamie Dent
- 4th Place Combined (Reg Force) with 1693 points and 83 V Bulls
- 8th Place Pistol and 4th Service Rifle
- 1st Place Winner - Match 20
- Combined Top 10 Coin Recipient (Top 10 CAF Shooters)

Lt Brian Stengele
- 20th Place Combined (Reg Force) with 1567 points and 71 V Bulls
- 13th Place Pistol and

40th Place Service Rifle
- Selected as RCAF Marksmanship Team Captain 20/21 and RCAF Marksmanship Program Development Coord

Cpl Dan Winsor (Tyro - Novice)
- 30th Place Combined (Reg Force) with 1457 points and 50 V Bulls
- 31st Place Pistol and 46th Place Service Rifle

Cpl Olena Zemlyana (Tyro - Novice)
- 80th Place Service Rifle (Reg Force) with 652 points and 24 V Bulls



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.

OLD MAN WINTER IS COMING!!!

CALL TODAY TO SCHEDULE YOUR FURNACE TUNE-UP.

Amana

Heating & Air Conditioning
LASTS AND LASTS AND LASTS

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



Celebrating 25 Years in the Quinte Area!

Come meet our doctors: Andrew, Sue & John
Happy Thanksgiving from all of us at



WE ARE ACCEPTING NEW PATIENTS

Direct payment from insurance company's accepted upon request.

Call Us To Book An Appointment Today!
613-392-3939 | info@marinovichdental.com
MarinovichDental.com





PeCountyProperties.com



CHRISTINE HENDEN

Broker
Cell: 613-967-9305

COLIN G. HENDEN

Sales Representative
Cell: 613-922-2251



1166 HARMONY ROAD, CORBYVILLE

SPACIOUS COUNTRY BUNGALOW

- Situated on 1.3 acres, this lovely bungalow offers hardwood floors, 3 bedrooms including master with ensuite bath, family bath & fully finished basement, attached 2-car garage plus a detached 24 x 40 ft. heated workshop building.

Offered at \$499,000 MLS# 219166



1882 REDNERSVILLE ROAD

Charming home on nicely-treed 1.3 acres with 100 feet on the Bay in a sheltered cove with a boat house & marine rail. Well maintained & tastefully-appointed home offering over 2,000 sq. ft. of living space on two levels, plus an unfinished loft & partially-finished basement. Features stunning water views!

Offered at \$899,000. MLS# 213996



1793 COUNTY ROAD 14

NATURE LOVERS DREAM! This one-of-a-kind property offers a lovely home with 3,500 sq. ft. of tastefully-appointed, living space, with open plan living/dining/kitchen, workshop & a bunkie or studio, but the real surprise is the unique setting. Beautifully landscaped with 2 ponds, hot tub, camp fire pit, surrounding the house & 45+ acres of wooded property featuring groomed walking trails, even a fairy garden! A truly inspirational property for a 'back to nature' experience.

Offered at \$949,000 MLS# 226577

Giving old trophies new meaning

By Lieutenant Katharine Quint

8 Wing Trenton's Aerospace and Telecommunications Engineering Support Squadron (ATESS) has 28 buildings and inside many of them, are treasures waiting to be found. These treasures include many trophies and plaques that have been sitting for decades without ever being awarded to any individual or any team.

On Sept. 20, ATESS participated in a softball tournament for their Sports Day. Look-

ing at increasing morale, comradeship, and military ethos, Lieutenant-Colonel Parisien decided to clean a trophy making the sterling silver sparkle again, and presented it to the winning softball team. This trophy had not been presented in over 20 years. In his presentation speech to the winning team, he vowed that he would clean all the trophies and award them to other teams or individuals for outstanding work. Why not put to good use something that has been sitting for decades collecting dust?



One of the ATESS trophies that was polished and awarded to this year's winning softball team on Sept. 20.

Fall/Winter Intersection Sports Leagues 2019

Intersection Hockey;

First game Tuesday 15 October, 1200 at RCAF Arena (WHL game)

Curling

First game Tuesday 29 October, 1300 at Trenton Curling Club (a Learn to Curl session is being held the week prior - 22 Oct at 1300)

Squash

Wednesday, 30 October at 1200, at South Side Gym Squash Courts

For more information on Intersection sports, contact acting military sports coordinator Heather Ripley at Heather.Ripley@forces.gc.ca.

Intersection Squash

2019/2020

When: Wednesdays at 1200, 30 Oct 2019 - 15 Apr 2020

Where: South Side Gym, Squash Courts

Who: All CAF Members and FULL-TIME CFMWS & DND Staff,

Fee: Civilians and Off Duty Class A (Off Duty) must purchase a 2019/2020 Annual Intersection Pass (\$20.00)

Register: Due by 15 Nov. Contact Heather Ripley

www.cafconnection.ca/trentonsports

Pre-season meeting: Wednesday, 23 Oct 2019 at noon, SS Gym Conference Room

New to Squash? Learn to play Squash 30 Oct at 1200



Heather Ripley
Sports Coordinator
Phone: 613-392-2811 x2349
Email: Heather.Ripley@forces.gc.ca



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

STINKY CANUCK

Quinte's First & Only
Fully Stocked Vape Shop!



Must be
19 to
purchase
Military
Discounts

3 LOCATIONS TO SERVE YOU:
255 Glen Miller Rd. Unit 15 TRENTON | 296 Main St PICTON
111 Milligan Ln NAPANEE | www.stinky-canuck.com

Safety

Electrical Safety Tips



Electricity is a form of energy that is essential to our daily lives. However, it can be very dangerous if not treated with respect and used in a safe manner.

Electricity will always try to find the shortest and fastest way to the ground. If you happen to interrupt the flow of electricity by touching a live wire, the electricity will run through you and into the ground, giving you an electric shock that could be fatal.

Remember that electricity and water don't mix. Water is an excellent conductor of electricity. People can die if they come into contact with electricity while they're wet or standing on something wet.

The Electrical Panel and Circuits

Electricity enters your home from the electricity meter then runs into the electrical panel. From the main panel, it branches into separate circuits to supply different parts of the home with power. Large appliances will likely have their own circuits.

Circuits are protected by circuit breakers or fuses in the electrical

panel. You use individual switches or remove individual fuses in the panel to shut off power to different circuits. The panel also has a main switch that shuts off the power to the entire home. The main switch may be a lever, fuse pullout, or circuit breaker. In case of a fire or flood, if possible, shut off the power to the entire building.

It's a good idea to become familiar with the inside of your main panel. Mark the breakers so you know which breaker controls which circuits. You may have to experiment to find this out. Make sure you mark the main switch as well, so you can find it if you have to.

Ground Fault Circuit Interrupter (GFCI)

A ground fault circuit interrupter or GFCI is designed to protect you from a dangerous shock. You usually find GFCIs in the bathroom, in the kitchen, or outside.

If you're standing on a wet floor and using a curling iron with a faulty cord, the electricity from the cord could flow through you into the ground. You could receive a serious shock or even be killed before the fuse

blows or circuit breaker shuts off, if it shuts off at all. A GFCI recognizes the misdirected current and shuts off the power almost instantly before the current can harm you. It's a good idea to replace any standard electrical outlets with GFCI outlets around the kitchen sink, and in bathrooms, garages, unfinished basements, and outdoor locations. Check with an electrician about installing these outlets.

General Electrical Safety

- When unplugging a cord, grasp the plug at the outlet. Don't pull on the cord; you can damage it. Damage to the cord may not be obvious.
- Throw away damaged plugs or cords that are, for example, beginning to wear through.
- Never cut cords that are plugged in. Remember this when you're using electric mowers, hedge trimmers, and other electrical appliances. Keep control of the cord.
- Don't allow extension cords to take the place of permanent wiring in your house or garage. If the cords are worn through or damaged, don't use them.
- The insulation around extension cords placed

under carpets can wear out without your noticing. This can cause a fire or a shock.

- Plugging several extension or appliance cords into one outlet can be dangerous, as this can overload the circuit or cause a fire.
- Don't remove the third prong of a plug to

make it fit a two-pronged outlet. This third prong is connected to the ground wire that safely redirects electricity to the ground if the cord is faulty. If you bend or remove this prong, you're removing an important safety feature.

- Extension cords that are designed for indoor use shouldn't be

used outdoors for such things as plugging in your car or Christmas lights. They can't withstand outdoor conditions and will become damaged quickly.

- Electrical tape doesn't adequately repair cords. If the cord is damaged, replace it, or have it repaired by a qualified tradesperson.



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.

8 Wing Personnel

Publisher: Colonel Ryan Deming, OMM, CD

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: Todd Peddle

Metroland Media Staff:

General Manager: Adam Milligan 705-761-7990

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

News and Feature Content: Makala Chapman 613-392-2811 ext: 7009

Circulation: Abe Fakhourie 905-215-0443

845 Farewell Street, Oshawa Ontario L1H 7L5, 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

missions in Romania or the missions being conducted by 424 Transport and Rescue Squadron in Canada, the efforts of the air force community aren't going unnoticed. "The credibility and the reputation that we have as an air force that is global is because of the great team we have here at 8 Wing," said Lt.-Gen. Meinzinger. "Certainly know that the chief and I are exceptionally proud of the work that you do here. It matters significantly and you're doing a tremendous job." As for the future of the RCAF, he noted there is much to look forward to with the arrival of new technologies and

plans to increase the Air Reserve. At the end of this year, the RCAF will welcome its first CC-295 search and rescue aircraft, which will replace the current CC-130H Hercules. Plans to update the CH-149 Cormorant and CH-146 Griffon helicopters - used in Trenton for search and rescue missions - are also in the works. "There's lots of program activity that's keeping us busy in Ottawa," he said. "It's very important and exciting work that we have to deliver in accordance with the timelines that are expected of us." As for personnel, Lt.-Gen. Meinzinger noted that growing the air force community is a priori-

ty and a personal goal. With a current Air Reserve force of 2,000, he hopes to grow that number to 2,550 over the years. This idea stems from the thought that reservists would be able to help supplement the current trades in need of extra support. In terms of retention of current members, he noted he's been working closely with the Chief of Defence Staff on the matter. "Over the last year and a half, every single letter that I've written to the Chief of Defence Staff, seeking his approval to allow someone to serve beyond 60 (years of age) has been approved," he said. "This is great for the air force be-

cause it allows us to keep individuals in a little longer who want to continue to serve." Also taking the time to discuss the importance of personnel was CWO Gaudreault. He focused his speech on those current serving members, the responsibility they have to each other and offered a few reminders. He stressed the importance of health and remaining physically and mentally fit. "When you put all this together, this is what builds resilience," he said. "We fight from our wing." He also spoke on Operation Honour - the Canadian Armed Forces mission to eliminate sexual misconduct in the Ca-

nadian military. While he said he's glad to see more people talking about the importance of respect, there's still more work to be done. "We wear that Canadian maple leaf on our shoulder with pride and we have to take care of each other," he said. "We have to continue to strive and do better. Anything else is unacceptable." During the town hall, Lt.-Gen. Meinzinger and CWO Gaudreault also took the time to recognize four members of 8 Wing Trenton for their hard work. Receiving the RCAF commander's Coin was 8 Air Communications and Control Squadron's Master Corporal Daniel De-

medeiros. He was presented the award for his continual demonstration of leadership and technical expertise. Also receiving the coin was Sergeant Jeny Heroux for her role in helping coordinate the RCAF Engagement and Attraction Team at this year's Canadian National Exhibition (CNE). In addition, Captain Simon Roy was recognized for his work and leadership skills at the CNE. He was bestowed the RCAF Chief Warrant Officer's Coin. This coin was also presented to Sergeant Shawn Rodenheiser for his years of leadership, professionalism and dedication to his squadron.



Photos by Makala Chapman



LEFT: Lt.-Gen Meinzinger says he is proud of the work being done by the men and women of 8 Wing Trenton. RIGHT: CWO Gaudreault talks about the importance of respect in the Canadian Armed Forces with members of 8 Wing Trenton on Oct. 4.

YOU MAKE ME SMILE DENTAL CENTRE

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

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.LASAGUENENNE.COM

WWW.CFAPPRECIATION.CA



TRENTON Military Family Resource Centre

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

**TOGETHER
WE ARE
STRONGER**

October 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13	14 Thanksgiving MFRC CLOSED	15	16 Here's to Healthy Relationships! - Mixed Mediums Workshop - Mental Health First Aid	17 Mental Health First Aid	18	19
20	21 Bouncing Back - Knit & Chat	22 Inter-Comm	23 Mixed Mediums Workshop	24 Evening Book Club	25 Friday Finds: Campbell's Orchard	26
27	28 Kids Have Stress Too - Rendez-vous Francos	29	30	31 Halloween	1	2
3	4	5	6	7	8	9

● **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

● **Rendez-vous francos**

Get together for francophones! We offer different activities each week. Monday, October 28 from 6 – 8 p.m. – this week is Fitness at home! Please note that this program is offered in French only. For more information and to register, please call 613-965-3575.

*Mise en forme à la maison

Trop pressé pour aller vous entraîner au gym? Vous n'aurez plus d'excuse! Erin démontrera quelques entraînements avec des exercices rapides qui vous permettront de garder la forme!

Le lundi 28 octobre de 18 h à 20 h au CRFM

● **Here's to Healthy Relationships!**

Health Promotions and the Trenton MFRC are working together to bring you an evening of full resources for your personal relationships! The evening resources and speakers will be geared towards information for couples, parents and more! The event will take place on Wednesday, October 16 from 6:30 p.m. – 8 p.m. at the Trenton MFRC. Childcare will be provided – please call 613-965-3575. Light refreshments and snacks will be served. Come out for an evening of information and fun!

● **Inter-Comm**

Improve Communication in Personal Relationships (InterCOMM) is an innovative program providing training in interpersonal communication and conflict management. This 12-hour course is comprised of 4 modules and offers participants instruction on conflict management concepts as well as strategies that may help when facing difficult situations or conversations with family and friends. Through experience learning, exercises and coaching, participants will learn skills in conflict management, effective communication, and how to nurture collaboration, both at home and in the community.

Tuesday October 22 and 29 from 8:30 a.m. – 4 p.m.

For more information and to register, please call 613-392-2811 ext. 4017.

● **Bouncing Back**

Along with learning what fuels anxiety and depression and learning coping tools this group also provides the opportunity to find out about other services in the community are while meeting new people.

The program takes place each Monday for 8 weeks from 4:30 p.m. to 6 p.m. starting Monday, October 21.

To register please email Santina Williams at santina.w@trentonmfr.ca.

● **Book Club**

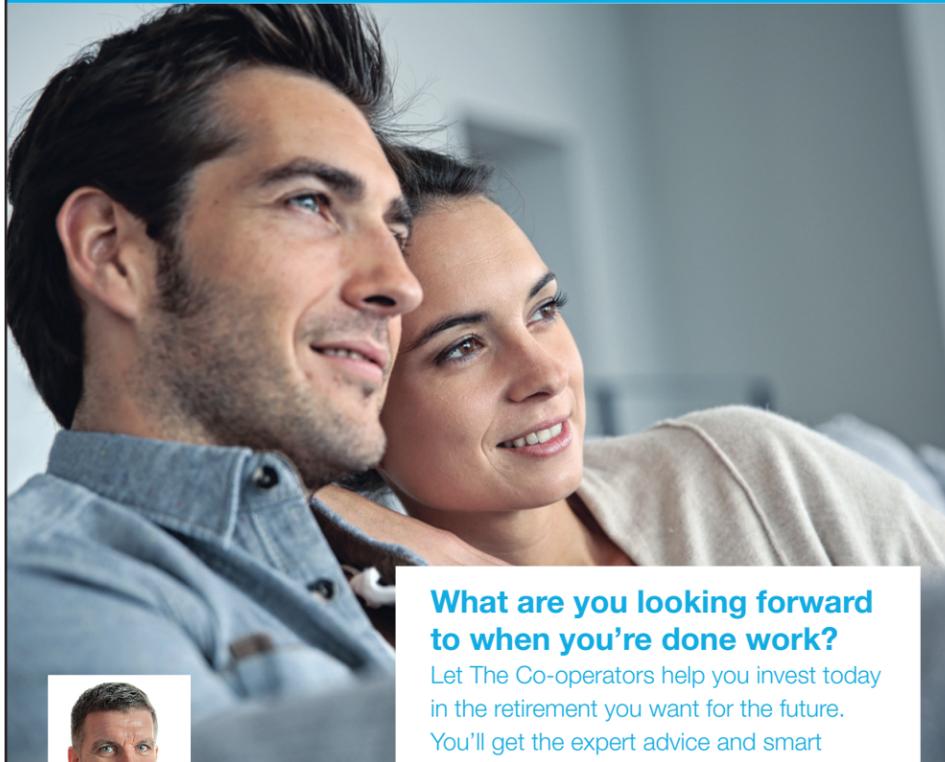
Is your nose always in a book? Join us for our Book Club - the last Thursday evening of the month from 6 - 8 p.m.

Our next Book Club is on October 24 (due to Halloween being on the last Thursday of the month). The book is "The Wife Between Us" by Greer Hendricks.

Call 613-965-3575 for more information and to register.

* Si vous êtes intéressé à un club de lecture en français, communiquez avec Hélène helene.cg@trentonmfr.ca or 613-392-2811 poste 2379.

Home Auto Life Investments Group Business Farm Travel



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.

Traffic at CFS Alert



Photos by LS Paul Green

Cpl Liakakos walks by a CC130J Hercules aircraft that has just landed at CFS Alert for Operation Boxtop.

By Second Lieutenant Sheila Tham

Operation Boxtop concluded late last week and CFS Alert said goodbye to augmentees as they headed back to Trenton. More than 30 augmentees had been in the station for just over two weeks to help facilitate the receipt of cargo and fuel. Normally a section of two, the CFS Alert Traffic Section splits up in order to become team leads for the augmentee Traffic Technicians. Corporal George Liakakos stepped up to perform the day shift role of 'Coyote,' or head Traffic Tech at Alert, for Boxtop. MCpl Ryan Parsons took the night shift for this Boxtop. "I gave [Cpl Liakakos] the day shift for two reasons: he had expressed an interest being Coyote and because I knew he had worked an Op Nevus," says MCpl Parsons. Stepping into the role, Cpl Liakakos was aware of the challenge. "It's a big role to fill, being Coyote up here," he says.

"During Boxtop there could be several planes per shift. Because of weather delays and cancellations, there were sometimes three planes on the airfield at once as the teams worked to achieve their cargo and fuel drop objectives. For Traffic Technicians, that's an interesting experience. "In Trenton, we're split up so each section does its own role," says MCpl Parsons. "Here we have to do all of it, a little bit of everything." Cpl Liakakos notes that the job in Alert is good learning experience for Traffic Techs, "You're exposed to pretty much every aspect of the trade here. You do a bit of line crew, cargo build up, dangerous goods, customs, passenger processing, everything."

Cpl Liakakos is rounding out the end of his six-month tour to Alert nicely, having received a giant kudos from Boxtop leadership as well as being awarded the Station Warrant Officer's 'Frozen Chosen' award for his performance during the operation. But those aren't his first awards – the Traffic section, Cpl Liakakos included, received a CO's Commendation this past summer for their collective performance during Operation NEVUS. Having enjoyed his time at the station, he can't pinpoint his favourite part, "I'll miss the personnel. That's what makes a tour great, who you work with," he says. "I liked it. I'd come back again."



Cpl Liakakos supervises a crew of augmentees on the CFS Alert airfield during Op Boxtop.

\$5.00

**Sunday Morning
Drop-in Figure Skating**

RCAF Flyers Arena
10:00am - 11:45am

Open to all figure skaters



Please Contact the Recplex for more details 613-392-2811 *3361

Rolf THE JEWELLER

Wendy Ouellette
Accredited Jewellery Professional, (GIA)

103B Dundas St. W. Trenton, ON K8V 3P4
613.392.3383 | www.hdrofthejeweller.com
hdrolf103@gmail.com

**RIVERSIDE
MUSIC**

Register for lessons in Guitar, Piano,
Drums, Singing, Violin,
Band Instruments and Art.
We are a CANEX partner.

16 Dundas St. W. near the bridge in downtown Trenton.
613-394-4891
riversidemusic.com

Want to Know ?

WHO to CALL

TO GET YOUR ADVERTISEMENT IN THE
CONTACT NEWSPAPER.....IT IS:

ORLINDA JOHNSTON

Multimedia Account Manager

Office: 613-966-2034 ext. 795015
Cell: 343-263-1414
E-mail: ojohnston@starmetrolandmedia.com

Dr. Arin Por
Dr. Maarje
Armstrong
Dr. Laura
Teminski

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

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

"YOUR ONE STOP BUILDING CENTRE"

COLE'S
TIMBER MART

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

CANADIAN SPORT SUBS

51 South Pinnacle St., Belleville, On K8N 3A1

(613) 966-8903

★★★★★

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

PADI 5 STAR
INSTRUCTOR
DEVELOPMENT
CENTRE

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

Join the Underwater World!

BELLEVILLE'S LEADING
SCUBA SCHOOL
Established 1989
COURSES STARTING NOW

Community Events
generously sponsored by...

SMYLIE'S
OWNED & OPERATED BY
YOUR NEIGHBOURS

independent
YOUR INDEPENDENT GROCER

DRUGStore
PHARMACY

President's Choice
CFB Trenton
Smylie's Independent Grocer
(Hwy #2) Dundas St. E.
293 Dundas St. East, Trenton • 613-392-0297

704 AIR FORCE CITY ROYAL CANADIAN AIR CADET SQUADRON IS RECRUITING!



INFO:

- MUST BE 12 YEARS OLD TO JOIN
- PARADE NIGHT – MONDAYS FROM 6-9 P.M.
- FIRST NIGHT IS ON MONDAY, SEPT. 9, 2019

CADET ACTIVITIES INCLUDE:

- GLIDING
- MARKSMANSHIP/SPORTS/BAND
- LEADERSHIP/FILED TRAINING (FTX)
- DRILL/AVIATION/METEOROROLOGY
- COMMUNITY INVOLVMENT

Location: L'Ecole Marc Garneau, 30 Fullerton DR., Trenton.
www.704aircadets.ca Call: 613-394-1629

RENDEZ-VOUS FRANCOIS

Le lundi 28 octobre de 18 h à 20 h au CRFM
Monday, October 28 6 pm - 8 pm at the MFRC

Portez des vêtements confortables
Wear comfortable clothes

MISE EN FORME À LA MAISON

Trop pressé pour aller vous entraîner au gym? Vous n'aurez plus d'excuse! Erin démontrera quelques entraînements avec des exercices rapides qui vous permettront de garder la forme!

FITNESS AT HOME

Too busy to go to the gym? No more excuses! Erin will show you some training with quick exercises to keep you in shape!
*Please note this is offered in French only

Inscription au CRFM d'ici le 24 octobre
Service de garde d'enfants, réservez avant le 23 octobre, 3 \$/enfant/heure

613-965-3575

Register by October 24 at the MFRC
Childcare available, register by October 23 \$3/child/hour

2019 ANNUAL 8 WING HERC PULL

25 October 2019
8 Wing Trenton

- * Compete against military teams and local businesses and community organizations
- * Maximum of 20 People per Team
- * \$200 per team — All proceeds go to United Way
- * PRE-REGISTER TO RESERVE YOUR SLOT

Kids Have Stress Too!®
Nos enfants et le stress!

Every Monday for 3 Weeks
Begins October 28 | 6 p.m. - 8 p.m.
Trenton MFRC | Free

Pour 8 lundis
Débute le 28 octobre | 18H - 20H
CRFM de Trenton | Gratuit

This program will teach stress management strategies to parents and caregivers of children ages 4 to 9.
Ce programme est pour les parents et les pourvoyeurs de soins d'enfants âgés de 4 à 9 ans, où ils apprennent des stratégies de gestion du stress.

Registration Deadline / Date limite d'inscription: 21 October/Octobre
kendra.b@trentonmfr.ca | 613-392-2811 ext./poste 4739

THE YOUTH CENTRE HALLOWEEN HOWL

OCTOBER 30 • 6-9 PM
AGES 8-12 • \$3 PER PERSON

Centre les jeunes: Les bruits de l'Halloween
30 octobre • 18H - 21H • Âges 8-12 ans • 3\$ chacun



A program from The Psychology Foundation of Canada designed to help children develop the coping skills they require to manage the stress in their lives.
Un programme de la Fondation de psychologie du Canada pour aider les enfants à développer des habiletés d'adaptation pour mieux gérer leur stress.

Members released prior to February 2016 eligible for Veteran's Service Card



By Military Strategic Communications – Personnel and Legal Services

The Veteran's Service Card is now available upon request to all eligible former and releasing Canadian Armed Forces members. Veterans who have completed basic training and have been honourably released can now apply for the new Veteran's Service Card.

The first stage of the Veteran's Service Card was announced in September 2018. The Department of National Defence, Veterans Affairs Canada, and Library and Archives Canada are working together to ensure that the necessary resources are in place to verify, produce, and distribute the Veteran's Service Cards in a timely manner.

"The women and men who have served in the Canadian Armed Forces deserve our full support as they transition to post-military life," Vice-Admiral Haydn Edmundson, Commander Military Personnel Command said. "We introduced the Veteran's Service Card in September of 2018, rolled out the stage two distribution last December and, as promised, the stage three distribution now begins. We have a

sacred obligation to our women and men in uniform, and the Veteran's Service Card acknowledges and recognizes their devoted service to Canada."

In stage three, cards will be produced and issued upon request to all eligible Veterans who released prior to February 2016. Eligible Veterans in the stage two group—those who released between February 2016 and September 2018—who have not yet requested the card may also apply.

Moving forward, all Canadian Armed Forces members who are eligible receive the card automatically upon their release. The Veteran's Service Card provides a tangible symbol of recognition for former members, and encourages an enduring affiliation with the Canadian Armed Forces. It has no expiry date and it is not intended for use as an ID card, pursuant to Treasury Board of Canada Secretariat and other guidelines on official identification cards. All serving Canadian Armed Forces members and Veterans are encouraged to register for a MY VAC Account with Veterans Affairs Canada. For more information on the Veteran's Service Card, or to apply, visit www.canada.ca/veterans-service-card.



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.

Trenton East
29 Bay Street
613-394-2433

Trenton West
170 Dundas St. W.
613-392-3579

www.weaverfuneralhomes.com

10% Military Discount!



Cleaning & Polishing Only \$99

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



Sandra Hussey

Sales Rep



Direct: 613.438.5588

Email: shussey68@gmail.com

www.SandraHussey.ca

Pre-Qualified Buyers
IRP DND APPROVED

#1 in Canada for Sales Volume 2018 and 7th internationally over 45,000 agents, Top 1% of Exit REALTORS® International Sales Representatives since 2015.

BE FUSSY, CALL HUSSEY! 613-438-5588

**79 ACRES WITH BARN
705 CLOSSON ROAD**



Beautiful 5 bed, 2 bath, brick bungalow on 79 acres of farmable land w/ 50ft x 100ft barn and 32ft x 32ft loafing barn.

MLS#223402 & 223155*

\$799,900

**SEMI DETACHED BUNGALOWS
2405 & 2407 MCLVOR ROAD**



These semi-detached bungalows have three bedrooms, living rooms, dining rooms and kitchens with full basements.

MLS#222037*

\$399,900

**BRICK CENTURY HOME
14 MERICA STREET**



5 bed, 3 bath brick century home with all the original charm, just 5 minutes to CFB Trenton and walking distance to all amenities.

MLS#220415*

\$325,000

**3 ACRES OF PRIVACY
77 CRESTVIEW LANE**



Spectacular 5 bed, 4 bath, 2 storey hidden gem with double garage on 3 acres of privacy, just 10 minutes to CFB Trenton and minutes to Walmart.

MLS#200627*

\$650,000

**92 ACRES WITH WATERFALL
1037 GULL LAKE ROAD**



FANTASTIC LAND!! Beautiful 92+ acres of vacant land with 80 acres of bush, 6 acres cleared, huge outbuilding, Bunkie, outhouse, flag trails & small waterfalls. 15 minutes to Cloyne and 8 minutes to ON-41.

MLS#203152*

\$200,000

**IMPECCABLE 5 PLEX
109 FOXBORO - STIRLING ROAD**



Impeccable multi family 5 plex with 4 occupied units, with bachelor/office space used by owner and separate commercial building on a supersized lot with plenty of parking just North of the 401.

MLS#203583 & 203556*

\$600,000

**1+ ACRES IN BATAWA
50 KING GEORGE CRESCENT**



1+ acres in the village of Batawa, 3 bed 2 bath raised bungalow with walk out, a separate attached and detached garage with amazing privacy, minutes to trails, ski hills, CFB Trenton, and 401.

MLS#223337*

\$350,000

**SUPERSIZED LOT
674 2ND DUG HILL ROAD**



Country living with city conveniences on 1 acre! 4 bed, 2 bath bungalow with 1.5 car garage walking distance to Walmart and 5 minutes to CFB Trenton and 401.

MLS#219720*

\$373,000

**IMPECCABLE BUNGLOW ON 1 ACRE
1071 GUNTER SETTLEMENT ROAD**



Impeccable 6 bed, 2 bath bungalow with detached 2.5 car garage plus a 1.5 garage on 1 acre. 15 minutes to CFB Trenton and 5 minutes North of the 401.

MLS#225083*

\$425,000

**5+ ACRES WITH WALKOUT BASEMENT
2221 10TH LINE W**



Impeccable 5 bed, 3 bath, brick bungalow with a walkout basement, a loft, a heated bunkie & double garage on 5+ acres.

MLS#221796*

\$669,000

**1 ACRE PROPERTY
21983 LOYALIST PARKWAY**



Impeccable 4 bed, 3 bath, High Ranch on 1 acre + property with 2 car garage, new furnace, AC. Just 5 minutes to all amenities, Walmart and 401.

MLS#217555*

\$447,000



Direct: 613.438.5588

Email: shussey68@gmail.com

www.SandraHussey.ca

Pre-Qualified Buyers
IRP DND APPROVED

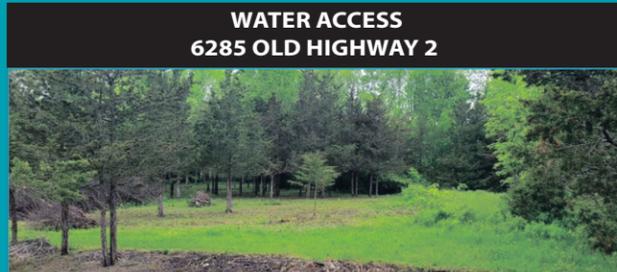
#1 in Canada for Sales Volume 2018 and 7th internationally over 45,000 agents, Top 1% of Exit REALTORS® International Sales Representatives since 2015.

Sandra Hussey

Sales Rep



BE FUSSY, CALL HUSSEY! 613-438-5588



WATER ACCESS
6285 OLD HIGHWAY 2

Impeccable vacant lot on 1.933 acres with un-deeded water access to Salmon River. Located 25 minutes to CFB Trenton, 15 minutes to Belleville and 5 minutes to the 401. Owned land.
MLS#217955* \$85,000

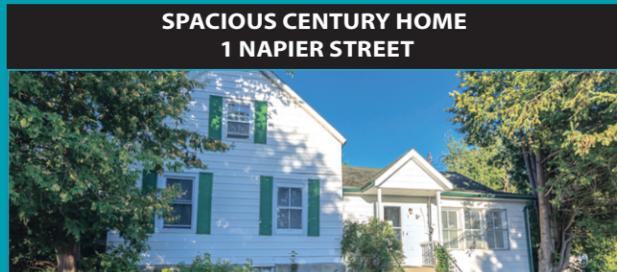


3 OUTBUILDINGS
946 SALEM ROAD

Bungalow loft, with sun-room, detached 24' x 12' garage and mini barn on a 1 acre lot close to Belleville yet very country.
MLS#220047* \$275,000



25 MCQUADE DRIVE



SPACIOUS CENTURY HOME
1 NAPIER STREET

Beautiful 1.5 storey spacious 4 bed, 2 bath century home with 2 lots and possible severance located in Brighton.
MLS#220816* \$269,900



720 FEET OF WATERFRONT
6067 OLD HIGHWAY 2

OWNED 4 bed, 2 bath, 2 storey century charmer with detached barn, water front to Salmon River on almost 3.5 acres.
MLS#221213* \$325,000



SPACIOUS BUNGALOW
6 PATHWAY LANE

Spacious 1999 bungalow with cathedral ceilings, custom kitchen, and backyard oasis in Pristine Kenron Estates.
MLS#222516* \$250,000



371 WHITES ROAD



115 HOSKIN ROAD



629 ROSEBUSH ROAD



63 WHITES ROAD #150



VETERAN FAMILY PROGRAM

For Medically Releasing CAF Members, Medically Released Veterans and their Families



LE 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

The Veteran Family Program supports medically releasing Canadian Armed Forces members, medically released Veterans and families. If you are transitioning visit your local Military Family Resource Centre, CAFconnection.ca, or call the Family Information Line at 1-800-866-4546.

Ce programme appuie les militaires en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille. Si vous êtes en transition, visitez ConnexionFAC.ca ou votre centre de ressources pour les familles des militaires, ou appelez la Ligne d'information pour les familles au 1-800-866-4546





CANADA'S MILITARY STORE

LOCAL PARTNERS



GERRY FROST AUTO

gerryfrostautomotive@yahoo.ca
Phone: 613-965-6406



D&K HEATING SERVICE

DandK@serviceexperts.com
Phone: 613-707-2421



COLASANTE WINDOWS & DOORS

www.colasantequinte.ca
Phone: 613-392-2157



TRI & RUN SPORTS

triandrumsports@bellnet.ca
Phone: 613-392-7752



ANDREI MASTER TAILORS

www.andreitalors.com
Phone: 613-661-7524



AUTO ADD-ONS

billw@autoadd-ons.com
Phone: 613-962-2886



OK TIRE (WORKMAN AUTO REPAIR)

sales@oktirequintewest.com
Phone: 613-475-3579



DOUGS BICYCLE

info@dougsbicycle.ca
Phone: 613-966-9161



RIVERSIDE MUSIC

Phone: 613-394-4891



MARTEL'S MEDAL MOUNTING

www.martelsmedalmounting.com
Phone: 705-309-1322



BELLEVILLE NISSAN

www.bellevillenissan.com
Phone: 866-993-5365

Partnering with local businesses to increase your purchasing power on a wide variety of goods and services all available on the CANEX No Interest Credit Plan*.

*O.A.C. See our brochure or ask us for details.

SPECIAL CONDITIONS APPLY. ASK A CANEX ASSOCIATE FOR DETAILS.

no interest credit plan

plus no money down, not even the taxes! O.A.C.

your choice of

12 · 24 · 36

month terms

CANEX.CA

CANEX SUPERMART, 8 WING TRENTON, BLDG 241, RCAF RD, TRENTON, ON. 613-394-0001