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Second verse, same as the first!

Golden Hawks win second annual Battle of Quinte West

By Ross Lees

The second Battle of Quinte West between the Trenton Golden Hawks and the RCAF Flyers ended exactly the same as the first – with the Trenton Golden Hawks pulling out a 5-3 victory on the RCAF Flyers' home ice.

This Battle of Quinte West proved to be an entertaining match as the Golden Hawks jumped out to a 2-0 first pe-

riod lead only to watch it disintegrate in the second when the RCAF flyers came back to tie the score at two.

But just seconds prior to the end of the second period, the Golden Hawks regained their lead and would not relinquish it for the remainder of the game despite a strong effort by the RCAF Flyers to get back into the game. The younger legs of the Golden Hawks prevailed, although the RCAF

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Justin Teakle accepted the trophy from Col. David Lowthian in the second Battle of Quinte West, won for the second time with a score of 5-3 in favour of the Trenton Golden Hawks.

Photo by Ross Lees

CP Holiday Train supports Trenton Care and Share Food Bank

Event donates \$7,000 for local food bank and adds festive cheer to the Quinte West community

By Ross Lees

Fifteen years after its first trip, the Canadian Pacific Holiday Train continues to spread good cheer and assistance to local food banks.

Over the past 15 years, the CP Holiday Train has raised more than \$7.4 million and over three million pounds of food for food banks in Canada and the U.S. As part of this year's local visit

CP Rail donated a cheque, worth \$7,000, to Trenton Care and Share Food Bank's President Al Teal with Quinte West's Mayor, His Worship John Williams, and 8 Wing's Commander, Col. David Lowthian, looking on.

Mr. Teal was so impressed with the donation that he couldn't find words to express his gratitude. "I just don't know what to say," he

said as he looked at the cheque. The announcement of the surprisingly generous total brought a cheer from the large crowd that had gathered for the train's arrival at the railroad crossing on RCAF Road on Thursday, November 28 at 2:30 p.m. in the afternoon.

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Melanie Doane and participating musicians welcomed everyone to the CP Holiday Train event at the railroad crossing on RCAF Road. Photo by Ross Lees



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MCpl. Brent Nolasco is pictured here receiving thanks from 17-year-old Amanda Graham, the passenger in the vehicle he pulled to safety. Miss Graham, accompanied by her mother, made a surprise appearance at the gala to personally thank MCpl Nolsaco for saving her life.

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Justice Institute of British Columbia Foundation Honours 8 Wing's Master Corporal Brent Nolasco

8 Wing Master Corporal Brent Nolasco was one of four recipients to be honoured at the 12th Annual Justice Institute of British Columbia (JIBC) Foundation Awards for Justice and Public

Safety Gala on November 28. Each year, the Awards Gala recognizes and acknowledges individuals and organizations that have made outstanding contributions in the areas of justice, public safety and community leadership.

MCpl. Nolasco received the JIBC Foundation Heroes and Rescue Award for "demonstrating courage in carrying out a difficult or heroic rescue to save another person's life."

MCpl. Nolasco was in training to become a Search and Rescue Technician at the Canadian Armed Forces School of Search and Rescue in Co-mox, BC, when he found himself responding to a real-life rescue situation in December 2012. It was during the practical portion of the medical phase of his training that a call came in about a car accident in Victoria where a vehicle had flipped over and was partially submerged in a water-filled embankment. Amanda Fraser, who was 17 years old at the time, was a passenger in the vehicle. When emergency services came upon the scene she was found unconscious and trapped.

Police and firefighters attempted to turn the vehicle over but to no avail. Seeing that the passenger was still restrained in her seat belt, MCpl. Nolasco gave his knife to a police officer so he could cut the strap.

Even after the shoulder strap was cut, Ms. Fraser remained trapped. MCpl. Nolasco quickly recognized that she was still being restrained by the lap belt. Without hesitation, he retrieved his knife, entered the frigid water, cut the lap belt and freed Ms. Fraser. He then pulled her out of the wreckage and, with the help of the other emergency responders, carried her up the embankment to the ambulance where he performed chest compressions. While en route to hospital, Ms. Fraser regained a normal heart rhythm.

"MCpl. Brent Nolasco is a true hero in every sense of the word," said John Chesman, JIBC Foundation Chair. "His bravery and selfless actions, while under such extreme stress, helped to save the life of another human being. MCpl. Nolasco is a testament to the outstanding calibre of the Search and Rescue Technicians serving the Canadian Armed Forces. We are proud to present him with this award."

MCpl Nolasco accepted the award at the Foundation's awards gala in Vancouver. He is currently with 424 Transport and Rescue Squadron.

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Member of 437 (T) Squadron recognized as 413 Wing's Air Person of the Year

On November 2, Cpl Ben Lewis was presented with the 413 Wing Air Person of the Year award.

Nominated by his chain of command at 437 (Transport) Squadron, Cpl. Lewis has been a devoted member of the Canadian Armed Forces for six years. Since his arrival as a Flight Attendant with 437(T) Squadron in August 2011, he has obtained 768 flying hours, and consistently proven himself to be an exceptional airman with integrity, discipline, intelligence, and leadership surpassing his peers.

Cpl. Lewis has been equally active in enhancing the image of the RCAF on the world stage and in his community. Over the span of a year, he has held several key Squadron leadership positions including Flight Attendant Leader and Duty Scheduler. An extremely selfless individual, he has made a remarkable contribution to 437 (T) Squadron by providing viable solutions to the stand-by posture which has enabled the Cabin Crew to function at a high Ops Tempo. He has volunteered countless hours mentoring new flight attendants, training them to the highest level. This mentorship has, in large part, enabled 437 Sqn cabin crew to provide outstanding representation on the world stage when carrying out their duties involving VVIPs, Royalty and various heads of state. Cpl. Lewis has received several letters of appreciation for assisting with charitable committees as well as Unit sporting and entertainment events. This year he was nominated and received a Commanding Officer's Commendation for his untiring dedication, initiative and hard work. Cpl. Lewis' commitment to excellence has enhanced 437 (T) Squadron's morale and standing and is wholly in line with the CO's command philosophy.

As a volunteer Cpl Lewis has also been involved in the planning and execution of numerous



MCpl. Ben and Mallory Lewis with Ben's 413 Wing Air Person of the Year award. Submitted photo

high profile projects including the squadron's adventure training in Haliburton (Ont.), 437(T) Squadron's involvement in 8 Wing's annual "Surf and Turf" event, and organization of the Squadron's baseball team. He is also known for his participation and positive effects within the community. He has volunteered his

time to support Government of Canada Workplace Charitable Campaign and has raised \$2,600 for cancer research as part of "Movember."

Outside of his duties and his volunteer efforts, Cpl. Lewis is currently enrolled at Brock University in the Bachelor of Education program.

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Alert's alert Supply/ Traffic Section

The CFS Alert Supply and Traffic Section await the arrival of flight SF85/86. Left to right are: Sgt. Elyse Chochelin, Cpl. Alex Thibeault, MCpl. Tammy Dixon, Cpl. Kerian Gairy, and Cpl. Jarrod Conroy.

Photo by Pte. Mike Rosang

Wing Logistics and Engineering Picture of the Week

Food Services (Food Svcs) is known for providing operational critical food services support to RCAF missions, but what people don't know is that we can also play a role in supporting charitable activities and social events around the Wing. On Nov. 5, Food Svcs personnel collectively raised over \$190 in support of the Government of Canada Workplace Charitable Campaign (GCWCC) as part of the "Jail 'n Bail" event. Sgt. Ruff was the target for this year's campaign. And with the holidays coming up, everyone is working together to meet the high tempo of Food Svcs operations, which includes providing support to the annual Christmas Flights, Christmas parties, and Junior Ranks' Dinner. All of this, while trying to help those in need.



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

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

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Guidelines for submissions: 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 may 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 Tuesday at noon prior to print date.

Letters to the Editor:

All letters must be signed and the name of the author 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.



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Col. Lowthian and WCWO Sandor Gyuk take a few minutes to speak with Mrs. Pyle at the event.
Photo by Ross Lees

Recognition and support key to helping mental illness

Lunch and learn event addressed mental illness and chronic pain and their association

By Ross Lees

Family can be the key to dealing with a mental illness and can help in the recovery process.

"It will often be a family member who first notices something is amiss and facilitates recovery," revealed Lt.-Col. Dany Breton, 8 Wing's Logistics and Engineering Officer and Champion for Persons with Disabilities. Having recently lost a sister-in-law to mental illness, he acknowledges the positive difference family and friends can make.

Lorraine Pyle, one of the guest speakers at the event, is a supervisor at an adolescent girls' residential treatment facility as well as a mother of three and a grandmother of five. She is also a strong advocate for change in how mental illness is perceived, which is why she is also the chair of the Family Support Network (FSN) in the Quinte area. The FSN has been operating in the Quinte area for 16 years and has well over 900 graduates, she said. (For more information on this network visit <http://www.mental-healthservices.ca/resources/family-support-network/>)

Locally, FSN is responsible for overseeing two critical programs: the NAMI F2F (family to family) and the NAMI Service Provider. Using trained volunteer facilitators, the FSN delivers the educational series designed by the National Alliance on Mental Illness (NAMI).

The F2F program provides vital information, insight and understanding in the following areas: understanding mental illness and its origins, the biology of the brain,

improving problem solving techniques, understanding relevant psychotropic medications, developing and improving empathy skills, developing important communication skills, learning the importance of self care, the journey into recovery, navigating the treatment system, exploring the impact of stigma and discrimination, and the need for advocacy. The Service Provider Education program, on the other hand, provides vital information, insight and understanding to working professionals who encounter mental illness in the course of their practice or employment, Mrs. Pyle indicated.

No matter what type of family dynamic or construct you may have, mental illness will affect the entire family, says Mrs. Pyle. Like Lt.-Col. Breton, she too speaks from experience. Her daughter was diagnosed with concurrent borderline personality disorder and addictions.

"Relationships (in the family) may change," she said. "The carer may now become the cared for, spouses may essentially feel alone, children may feel the need to assume the role of provider and protector or are overlooked altogether as parents cope with the illness or the caretaking role, work and day-to-day life. The impact on the family will be affected in varying degrees depending on the unpredictable nature of the mental illness involved, the intensity and longevity of that illness, the historical barriers to family involvement, as well as the effects of stigma felt within the family.

"Inadequate recognition and support for families may gener-



Lorraine Pyle, a guest speaker at Tuesday's lunch and learn, is a strong advocate for change in how mental illness is perceived.

Photo by Ross Lees

ate significant emotional, physical, financial and social burdens on that family," Mrs. Pyle added. "When those situations create chronic stress for families, they too often become collateral casualties of mental illness. Just as the person with mental illness may suffer from absenteeism from the workplace, the family member who is obligated to continue working will suffer from presenteeism - they will drain off their productivity by distractions, worry, sadness, and an overwhelming sense of helplessness in managing alone, and profound fear as they wait for that one big call stating things have gone terribly wrong at home. Families need their helping role acknowledged and they need support too."

People and families combating mental illness need unconditional, non-judgemental support, Mrs. Pyle stated, because far too

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For more information or to register go online at <http://healthpromotion.cfbtrenton.com/> or call the OPI, Sasha, at local 3768.

Holiday Challenge Workshop Schedule

Dec. 5 - Workshop - Everyday Eating

Dec. 12 - Workshop - Social Events

Dec. 16 - Event - Mental Fitness Virtual Spin

Dec. 17 - Workshop - Eating Triggers



Upcoming Health Promotion Programs Open Registration

Everyday Eating

Thursday, December 5 from 11 a.m. to 12 noon

Learn how much energy you need in a day and how to choose the right foods to get it.

Social Events

Thursday, December 12 from 11 a.m. to 12 noon

Share tips and strategies to survive the busy social season.

Mental Fitness Virtual Spin

Monday, December 16 from

11 a.m. to 1 p.m. (one class at 11 a.m. and one class at 12 noon)

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Watch out for party foods. It's easy to eat more than you really need! Patés, sausages, rolls, cheese, snack crackers, egg and spring rolls, bacon wrapped scallops, and deep-fried chicken or fish pieces are typically high in calories and fat. Opt for the vegetables and fruit. Watch out for the high fat dips too! Choose dips that are made with yogurt or low-fat salad dressing or mayonnaise. TIP: If you overindulge on the finger foods, opt for a light dinner afterward.

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Sears Canada celebrates Operation Wish to salute our troops and their families

Lina Power talks about the challenges military youth can face as parents serve

By Ross Lees

Sears Canada is encouraging the community to show their support for their military friends and neighbours at the official launch of Operation Wish 2013 on Sunday, Dec. 15. An official launch event will be held at noon at the Sears store at Quinte Mall. Similar events are being held in various other communities near military bases across the country. Military families are encouraged to come out to the event.

Operation Wish is organized by Sears Canada, in partnership with Canadian Forces Morale and Welfare Services (CFMWS) and local Military Family Resource Centres (MFRCs). It aims to connect Canadian troops and their families with the public and provide support for military families. This year's program, which is now in its eighth year, places a special emphasis on supporting programs for military family youth and was encouraged locally by Trenton Military Family Resource Centre Executive Director Susan Sweetman.

Sears Canada will be making a \$10,000 donation to the newly formed Canadian Association of Military Family Resource Centres which will distribute the funds among all MFRC offices in support of their youth programs. Since Operation Wish's inception in 2006, Sears has donated over \$100,000 to national military family support programs.

Each year, Sears sells a special, limited edition, plush toy with \$2 from the sale of every plush toy directed to the Sears Canada Charitable Foundation youth development programs. This year, Sears is adding a fun twist to Operation Wish by introducing an additional fundraising strategy in support of the important work done by every MFRC organization. A percentage of the money collected from

sales of "Nate", the 2013 plush bear, will be donated to the Canadian Association of Military Family Resource Centres for their youth programs.

The community is invited to send their well-wishes to the military by signing a life-size cut out of Nate the bear at the Belleville Sears store. The cut out, once filled with signatures, will be sent to the local MFRC office as a symbol of the community's support.

In addition, this year, as part of Operation Wish, the Trenton MFRC held a writing challenge. Children from military families were asked to write about their experiences - the joys and the challenges - of growing up in a military family. The deadline for entries was Friday, Dec 6. On Dec. 15 the winner from each of the three categories will be presented with a Sears gift card valued at \$100.

One of the entries was submitted by Lina Power, a young lady from a military family who used to access programs and services at her local MFRC. Now a volunteer with the Trenton MFRC, Lina decided to share some of her experiences with *The Contact*.

Life as a young child in a military family can be hard and challenging, she explained, noting that her father is often away.

"I'm often under stress because I may not know where he is, what he's doing or when he'll be home," she said. "Just being a teenager is a task, but I get more responsibility when my Dad is away. I have to help with dinner, do the dishes, and look after my 10-year-old sister."

It's really a series of ups and downs for military family members, according to Lina.

"It's pretty exciting when my Dad comes home and the responsibilities then go back to him," she indicated.

Continued on page 14



Lina and Donna Power, pictured here, did an interview about life in the military and the trials and tribulations military children may experience over their lifetime. *Photo by Ross Lees*



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Golden Hawks win second annual battle of Quinte West 5-3



The Legends of the NHL toured 424 Squadron Wednesday (Dec 4) afternoon. Pictured here from left to right are: MCpl. Kevin Wallace, Ivan "The Terrible" Irwin, Bill Purcell, Ron Hurst, Peter Briand, Jim Morrison, Capt. Andrew Davidson, Cpl. Jason Briand, and Peter Conacher.



Photos by Ross Lees

The Legends of Hockey players dropped the ceremonial faceoff puck just prior to the beginning of the game.

Continued from page 1

Flyers put strategy to good use and played stronger hockey as the game progressed, forcing the younger Golden Hawks to defend their territory vigorously.

That is not to say the Golden Hawks did not take advantage of

every chance they could to force the RCAF Flyers goaltenders to make good saves to stay in the game. In the fading minutes of the game, the RCAF Flyer goaltender absolutely robbed a Golden Hawk of a scoring opportuni-

ty with a tremendous glove hand catch of a puck earmarked for the upper corner of the net.

Pulling their goaltender in the dying seconds of the game with the score at 4-3 for the Golden Hawks eventually resulted in an empty-net goal which sealed the victory for the jubilant Golden Hawks.

As competitive as these two teams are, they were also out there playing hockey for a good cause - to raise funds for the Afghanistan Repatriation Memorial at Bain Park and it proved to be an evening of entertaining

competition sprinkled with the opportunity to meet Legends of the NHL like Peter Conacher, Jim Morrison, Ron Hurst, Ivan "the Terrible" Irwin, as well as coach Bill Purcell.

Fans young and old were able to mingle with these legends of the game and were also able to bid on fantastic hockey memorabilia throughout the game.

The Legends of Hockey were given a tour of 8 Wing/CFB Trenton during the day and were impressed with the Canadian Armed Forces personnel they met.

"The event was amazing," enthused event co-organizer Cpl. Jason Briand. "We left a great impression on the NHL Legends, both at CFB Trenton and within the community. I could not be happier with the success of the event this year. We are looking forward to making this event bigger and better in the years to come."

While a final tally had not been completed by press time, Cpl. Briand indicated they had raised several thousand dollars. He was also impressed with the 400 fans that turned out to support the friendly competition between these two stellar local teams.

"The 400 people in attendance shows the support for everyone involved and the support of all our volunteers and sponsors ensured everything went smoothly," Cpl. Briand noted.

As for the game itself, Cpl Briand noted that "The game was fast paced and full of energy from both sides and a couple of posts missed and we could have pulled out the win," Cpl. Briand stated, "but we can leave that debate for the ice next year."

More photos on page 9

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Battle of Quinte West Gallery

Photos by Ross Lees

Continued from page 8



Young Quinte area hockey players demonstrated their skills between periods at the second annual Battle of Quinte West.



Fans check out the auction material between periods as funds were raised for the Afghanistan Repatriation Memorial.



The two teams pose for a group picture after the friendly second Battle of Quinte West ended with a final score of 5-3 in favour of the Trenton Golden Hawks.

The young Trenton Golden Hawks legs proved to have more spring in them early in the game as they jumped into a 2-0 lead in the first period, but the RCAF Flyers came back to tie the game in the second period.



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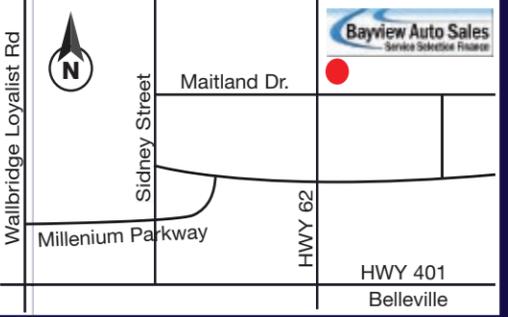
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437 Squadron upholds their motto of "Anything, Anywhere"

Earns 1 Canadian Air Division Commander's Commendation for exemplary focus



First established in 1944, 437 (T) Squadron celebrated its 69th anniversary with a Mess Dinner. At the dinner members of the squadron reflected on the Squadron's history, celebrated the squadron's recent accomplishments, and acknowledged the challenges ahead. Attending the dinner as guests of honor were 8 Wing Commander Colonel David Lowthian, Wing Chief Warrant Officer Sandor Gyuk, and Mr. Pete Porter, an original member of 437 (T) Squadron and former Honorary Colonel.

The first all-Canadian transport squadron in England, 437 (T) Squadron was formed at Blakehill Farm, Wiltshire on Sept. 4th, 1944 to provide commanders with rapid transport capabilities in order to advance the war effort on the European mainland. Less than two weeks after formation, the crews of 437 (T) Squadron were conducting missions ranging from personnel and supply transport, troop and equipment airdrop, and glider towing operations in the venerable Douglas C-47 Dakota.

437 (T) Squadron's modern history consists of: world-wide operations in support of troop and cargo airlift; "VVIP" missions in support of the Prime Minister, Governor General and British Royal Family; as well as strategic air-to-air refueling in support of Canadian Forces and allied operations. During the month

of October, the "Husky" Squadron executed four global "VVIP" missions, seven "Relief-in-Place" missions, and three "air-to-air" missions, and at its peak saw more than 80 per cent of its personnel deployed on flying operations. In recognition of this exemplary focus, flexibility and commitment to operational excellence, Col. Lowthian presented the unit with a 1 Canadian Air Division Commander's Commendation on December 2nd.

The Huskies looks to build upon this proud achievement by living up to its motto: Omnia Passim, or "Anything, Anywhere." The squadron is looking forward to a busy November and Holiday Season, including delivering disaster relief support to OP Renaissance, Op Attention, as well as connecting CF members across the country with their families during the busy Christmas flying program.

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R0012445529

CP Holiday Train supports Trenton Care and Share Food Bank

Photos by Ross Lees

Continued from page 1

Each Holiday Train has 14 rail cars decorated with hundreds of thousands of festive lights. Included on the train is a modified boxcar that has been turned into a travelling stage for performers supplying musical spirit of the season. Featured performers this year were Jim Cuddy, Melanie Do-



Quinte West Mayor John Williams (right), 8 Wing Commander Col. David Lowthian (centre) and Trenton Care and Share Food Bank President Al Teal applaud as the CP Holiday Train staff present a cheque worth \$7,000 to the local food bank.



This young fan went wide-eyed at the sight of the festive entertainment.



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ane, Matt Dusk, Doc Walker, Tracey Brown, Willy Porter, The Claytones and other musical guests. Despite -5 degree temperatures, many people turned out for the annual event, some of them also donating food to the food bank as part of their attendance.

Santa also descended from the train and handed out holiday goodies to the children in the crowd while everyone enjoyed a wide variety of festive music.

"This is a great event and we thank the CP Holiday Train and the CP employees for their generous support of the Trenton Care and Share Food Bank," Mayor Williams noted.

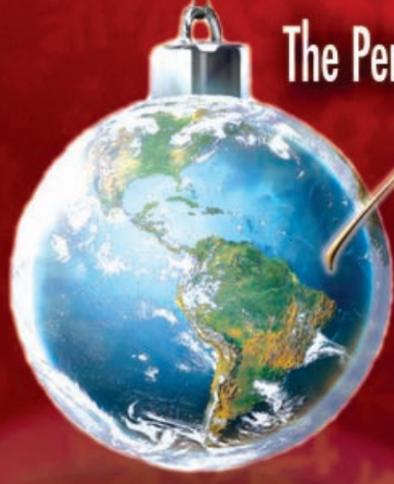
(right) Jim Cuddy and the other performers braved the freezing temperatures to entertain those gathered to see the CP Holiday Train.



(left) Fans bounced around to the music to help keep warm during the CP Holiday Train event on November 28.



Melanie Doane proved to be a talented entertainer as she sang and played the electric fiddle from the stage of the CP Holiday Train.



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ATESS bumps total food bank donations to \$27,000 and 18,500 pounds of food



Two members of ATESS brave frigid temperatures on Nov. 29 as they direct incoming traffic through the ATESS Food Bank toll.

By Ross Lees

The team at the Aerospace and Telecommunications Engineering Support Squadron (ATESS) is determined to make sure that those who are in need within the Quinte West area have a festive holiday season.

Once again this year, ATESS personnel set up a toll road where travelers gave cash and/or food donations in support of the Trenton Care and Share Food Bank. Spanning an hour and a half, the event was successful in collecting 1,350 pounds of food and \$1,675 for the local food bank.

In the 17 years that they have been holding this type of event, ATESS has collected over \$27,000 and 18,500 pounds of food for those in need within the Quinte West region.

"All cash and food donation proceeds have been donated to the Trenton Care and Share Food Bank," reported Karen Bake of ATESS. "The donations assist individuals and families to meet their nutritional requirements on a monthly basis. Every penny, box or can of food helps towards a meal for those in need."

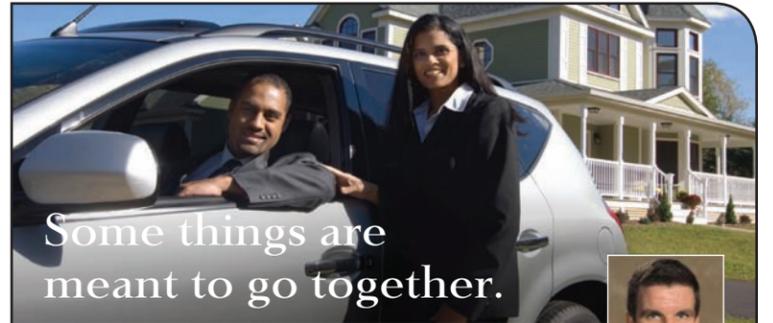
The members of ATESS who collected food bank donations from people coming onto the base for work on Nov. 29 braved extremely cold conditions between 6:30 a.m. and 8 a.m.

A festive atmosphere was added to the occasion as one ATESS member dressed as Santa Claus and helped control traffic.

Photos by Ross Lees



Traffic flowed smoothly through the checkpoints set up by ATESS to collect food and monetary donations for the Trenton Care and Share Food Bank.



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Incoming workers willingly followed the directions of the ATESS personnel during the unit's annual Food Bank toll event.

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New south side electrical substation boosts base power supply

By Ross Lees

Quinte area residents are now seeing the fruits of a new 8 Wing electrical substation which just came on line in October.

"This new electrical substation was selected in order to provide a degree of force protection to the infrastructure," Col. David Lowthian noted as he and 8 Wing's Chief Warrant Officer, CWO Sandor Gyuk, flipped open the switches on the Christmas lights at 8 Wing's iconic red and white water tower as dark settled over the region on Monday, December 2nd.

The \$2.1 million project was awarded to Black and McDonald Limited in August of 2012. The new substation's location offers

a greater degree of protection with it being located away from RCAF Road.

According to Col. Lowthian and Wing Logistics and Engineering Officer Lt.-Col. Dany Breton, the new electrical substation will allow for the continued expansion of 8 Wing Trenton as it will be capable of supplying more power to the base.

8 Wing's Construction Engineering Flight now has the redundancy to provide power to nearly any building at 8 Wing via either the older or the newer substation, ensuring that operations at 8 Wing can continue with as little interference as possible.

The newly functioning installation

features: indoor switches sheltered from the elements, an ability to upgrade to off-site monitoring of power consumption levels, and modern equipment and technology not featured at the existing substation. Now employees of the WCE Electrical shop will be able to monitor power levels from WCE headquarters.

Capt. Brad Krajcik, Acting Wing CEO, noted that the water tower lights are the most visible example of the additional power now available to CFB Trenton. "This recently completed new electrical substation on the south side has increased our ability to support electricity (needs) on the base substantially," he said.



Photos by
MCpl. Roy J. MacLellan,
8 Wing Imaging

Col. David Lowthian and 8 Wing Chief Warrant Officer Sandor Gyuk flipped the switches to activate the Christmas lights on the Wing's water tower Monday night as a symbol of the power now being supplied by the new south side electrical substation.



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Continued from page 7

At the same time, there is always a period of adjustment when the parent who has been away returns, a period she said can be stressful. "We (she points to her mother, Donna) learn to live without my Dad, we set up a routine. When he comes home, that routine goes out the window and there is an adjustment period," she added.

Having friends who are also part of

a military family makes life easier in some ways because they too have some experience as to what may happen in a military family.

"We can help each other out," Lina noted, although she adds that there is always the worry of your friends or your being "transferred out" during the summer. She actually prefers in some ways to have non-military friends because she will be the one leaving, not the other way around.

Lina's first experience with the MFRC was through the Peers Assisting Life Skills program, where older family members helped her through her various life experiences. Now she's a peer helper to younger children, giving back to the program which helped her and her family.

Lina has developed that urge to help. "I love working with kids," she stated, noting that she also helps at kindergarten and at school where and when she can.

That urge will likely continue into her working life, she feels. "I want to work with kids, perhaps be a social worker or teacher."

She has, however, no urge to join the military she stated emphatically.

Lina has also taken advantage of the opportunity to go to the Heroes Camp at Wesley Acres Retreat Centre and Campground in Prince Edward County (<http://www.wesleyacres.com/hr/heroes.html>). Having benefitted from this program too, she is preparing to give back to those who helped her.

Each summer 32 children experience the benefits of the program and this year she wants to get involved in the Leaders in Training program at the camp.

"They really get you out of your comfort zone and that's something I don't really like," she admitted. "But I want to go back and pass on what the leaders gave to me."

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Military Family Resource Centre



INFORMATION / REGISTRATION / INSCRIPTION • 613-965-3575 • www.familyforce.ca • www.forcedelafamille.ca

Belleville Bulls Vouchers

Dates: Season 2013-14. Cost: Adult: \$13.50, Children: \$9. Location: MFRC reception. Contact: 613-965-3575. Tickets at reduced cost.

Billets pour les Bulls de Belleville

Dates: Saison 2013-14. Coût: Adulte: 13,50\$, Enfant: 9,00\$. Endroit: Réception du CRFM. Contact: 613-965-3575. Billets à prix réduit.

Christmas Fundraising Program

Purchase plants and décor items at Connon Nurseries between Nov. 1 and Dec. 24 to support the MFRC Daycare. Mention "MFRC Daycare" and 10 per cent of your purchase will be donated to the daycare. It will not cost a penny more to you but it is a great fundraiser for the organisation!

Collecte de fonds des Fêtes

Magasinez à Connon Nurseries, pour des plantes et des articles de décor, entre le 1er novembre et le 24 décembre 2013. Mentionnez la Garderie du CRFM et 10% du total de vos achats sera remis à la garderie. Vous ne dépensez pas un sous de plus et l'organisation peut recevoir beaucoup.

New Pilot Project Winter Nursery School Program

The Trenton MFRC Daycare is looking to offer a Nursery School Program in January 2014. In order for this program to move forward and be successful, we must receive at least eight registrations. The intent of this program is to enhance children's skills and development prior to entering the school system. Date: January-June TBD 2014. Ages: 2.6 to four years of age. Time: 9 a.m. to 12 noon. Cost: TBD. Register for: Monday/Wednesday combination or Tuesday/Thursday combination; **Pre-register by: Dec. 13.** For any further questions please contact Denise Currie at 613-965-4121.

Babies and Beyond

The Trenton MFRC and Children's Mental Health Services Trenton present "Babies and Beyond: The Place for teen parents and 'mommies to be.'" This program will take place every Tuesday from 11:30 a.m. to 2:30 p.m. Lunch will be provided and child care and transportation are also available!

Cakes by Amy presents: Intro to Cake Decorating

Come beat the winter blues and learn some of your favorite decorating techniques including flowers, fondant, figurines, lettering and more. Six week course for \$100 includes a six inch cake for practice and take home, tools for use during class, icing, fondant or other food materials and a bulk barn discount during the course. Sign up at the MFRC reception by Jan. 16, 2014. Classes run once a week starting Jan. 23 until

Feb. 27 (Thursday evenings) from 6:30 p.m. to 9 p.m. Payment required when registering. Minimum 16 years of age. (12- to 15-year-olds can attend accompanied by parent)

12 Week Latin & Ballroom Sessions

Beginner/Experienced beginners - Wednesdays Jan. 8 to March 26, 2014, 7:45 p.m. to 9 p.m. Location to be announced. Dances offered: Rumba, Waltz and Salsa. Cost \$135 per couple or \$80 per single.

Intermediate - Wednesdays, Jan. 8 to March 26, 2014, 6 p.m. to 7:30 p.m. Location to be announced. Dances offered: Swing, Foxtrot, Salsa and Rumba. Cost \$135 per couple or \$80 per single. Payment is due the first session and accepted in cash or cheque. (Please come 15 minutes prior to class starting). Please register at the MFRC or by calling 613-965-3575 by Jan. 3, 2014 to ascertain your spot and to avoid cancellation of course. Minimum of 10 people required per class. There is no guarantee that a partner will be available for you so for that reason it is recommended to bring along a partner.

Financial Advice You Can't Afford To Miss

Darran Leaker, a retired military member and cur-

rent accounts manager at a local banking institution, will be on hand to bring you practical advice tailored to post-Christmas debt and to cover advice on RRSP and TFSA account considerations for the new calendar year. You can sign up for one or multiple sessions on either Tuesday mornings from 9:30 a.m. to 11 a.m. or Tuesday evenings from 6:30 p.m. to 8 p.m. (dates and description listed below).

Jan. 14 (evening)

Reduce debt, free up cash, reach your goals sooner

Jan. 21 (morning)

Reduce debt, free up cash, reach your goals sooner

Jan. 28 (evening)

Five Principles of better borrowing

Feb. 4 (morning)

Five Principles of better borrowing

Feb. 11 (evening)

How to pay off your credit card faster

Feb. 18 (morning)

How to pay off your credit card faster

Feb. 25 (evening)

Investing and preparing for your future

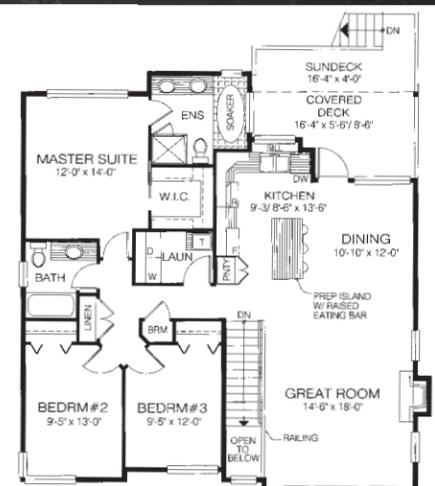
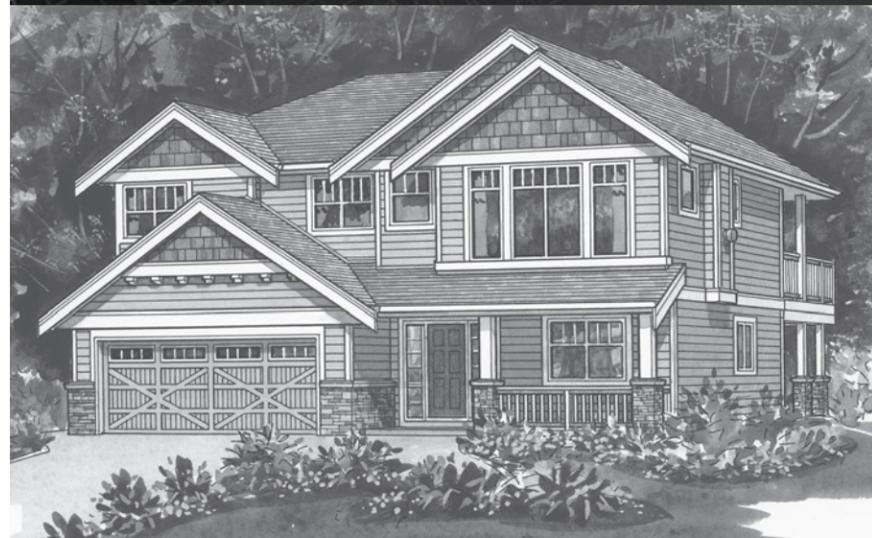
March 4 (morning)

Investing and preparing for your future

Free childcare arrangements can be made at the time of registration at the MFRC or by calling reception at 613-965-3575. RSVP by Jan. 10, 2014.

Home of the Week

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If a growing family is in your future, this two-storey family home includes three bedrooms on the second floor, plus the possibility of two more, as well as a rec room and roughed-in three-piece bathroom, on the ground floor. The ground-floor space could also see use as an in-law suite or mortgage helper.

Entry is through a covered

porch, with an adjacent veranda, into a long foyer with a coat closet at the end, near the doorway to the future rec room. French doors to the right lead to a den, ideally located for a home office. To the left is access to the double garage, as well as a stairway to the second floor.

Upstairs, plenty of natural light will flood into the open-

plan great-room through windows to the front garden, as well as the windows flanking the gas fireplace. A railing divides the great room from the stairwell.

The dining area and kitchen share a door to the partly-covered deck outside, where the shaded portion will be ideal for year-round grilling. The kitchen's L-shaped counter configuration includes a double-doored pantry and a prep island with a three-seat eating bar divided the space from the dining room.

The master bedroom, located at the back of the home for privacy, includes an ensuite with double basins, a shower stall and a soaker tub with a tiled surround for a touch of spa-like luxury. A sizeable walk-in closet will accommodate a couple's belongings.

The second and third bedrooms share a three-piece bath, and the linen and broom closets are within easy reach. The laundry room, with a handy towel shelf, completes the lay-out.

The double garage enjoys access to the foyer, as well as to the side-yard.

This plan is an excellent choice for lowlands where excavation is unfeasible, as well as for sites that slope up from the street.

Exterior finishes include horizontal siding, wooden shingles in the gables, a decorative cross-braced garage door and painted woodwork.

This home measures 39 feet, eight inches wide and 45 feet, four inches deep, for a total of 1,413 square feet, not including the unfinished basement.

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Welcome to The Contact newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. The Contact is always interested in what is going on in and around CFB Trenton. Please send your coming events (from blood donor clinics to tea parties) to us at cfbcontactnewspaper@gmail.com. Please include the date, time, and location of the event along with a brief description. Please do not send posters.

Dec. 8 – Grace of Christmas Community Choir

Come and enjoy the Christmas Community Choir comprised of singers from a variety of churches, at 7 p.m. celebrating the "Grace of Christmas" at Grace United Church, 85 Dundas St. E. Trenton. Free-will offering in support of a local charity. Everyone most welcome.

Dec. 11 – 8 Wing Officers' Mess Ladies Club Christmas Dinner

8 Wing Officers' Mess Ladies Club Annual Christmas Dinner at 6 p.m. at the Officers' Mess. Admission: Members \$20, invited guests of members \$25. For more information, email chambersj@live.ca

Dec. 14 – Nutcracker Highlights and Holiday Themes

Presented by the Quinte Ballet School of Canada. The event runs from 1 p.m. to 4:30 p.m. at Centennial Secondary School auditorium, located at 160 Palmer Road, Belleville. Admission is \$20 for adults, \$16 for students and seniors, and \$12 for children 12 and under. Tickets are available at 613-962-9274 or info@qbsc.ca For more information visit quinteballetschool.com

Jan. 8 – 8 Wing Officers' Mess Ladies Club Bunco/ Games Night

The 8 Wing Officers' Mess Ladies Club is holding a bunco/games night at 6:30 p.m. in the mess. Admission for members is free, invited guests of members is \$10. Light refreshment and prizes. For further information, email chambersj@live.ca

Family support is key to helping

Continued from page 5

many people still don't seek help to get well because of the stigma attached to their illness.

"Stigma adds thoughtless insult to an already devastating injury," she said. That stigma is made up of three parts: the negative and unfavourable attitudes of people encountered by the sick person, the negative behaviours of people which result from those attitudes, and the stigma you inflict upon yourself as a result of believing those messages.

Mrs. Pyle urged those attending to think of the issues raised concerning mental illness with their military minds.

"If one of you is weakened in some way, so shall the entire unit be weakened," she stated. "(Instead) support the member of the unit, support the entire unit, and compare that theory to families. There is strength in numbers and certainly in solidarity. Family is what you make it. Whether made up of blood relatives, friends, co-workers or a combination of all three, your family will always be your biggest ally."

Dr. Max Walker, a psychiatrist from 24 CF HSC, also spoke on chronic pain and its link to mental health, although he admitted to a having difficulty identifying chronic pain because there is no clear-cut definition of it.

Chronic pain is a huge problem, with 4 million people in Canada suffering with chronic pain at any given time. Chronic pain can vary from minor pain to severe pain which impacts everything a person does and their quality of life. In chronic care facilities, 80 per cent of people have some sort of chronic pain.

Our emotional connection to the pain leads to suffering, says Dr. Walker. On top of suffering is the pain behaviour, or what other people see as the reaction to pain, he stated. "It's how people socially isolate themselves, how they withdraw from loved ones, how they stop doing the things

they want to do, it's the behaviour they use to adapt to their pain," he said.

Dr. Walker told the large gathering at the Astra Lounge that chronic pain can cause a mental health diagnosis to occur, adding that anxiety and depression can also cause more pain.

"There is an intimate link between mental health and chronic pain," he stated, adding, "There is an increased risk of substance use and abuse with chronic pain, which is an adaptive response to the pain."

"We see those people as always looking for drugs, but it's because they are in pain, they want it because they are suffering," he said. He added that a stigma is often attached to people with chronic pain the way we attach a similar stigma to those with a mental illness.

While medication is important in managing chronic pain, he said it is not enough in itself. Lifestyle and function also weigh in on the problem.

"We need to optimise all other interventions, and then add medication as needed," he said. "It gives us more tools in our toolbox to deal with these things."

Wing Commander Colonel David Lowthian said the hour-and-a-half of presentations at the lunch and learn were valuable and opportune at this time of year. He felt leaders need to take the time to focus on individuals to ensure their physical, mental and financial fitness.

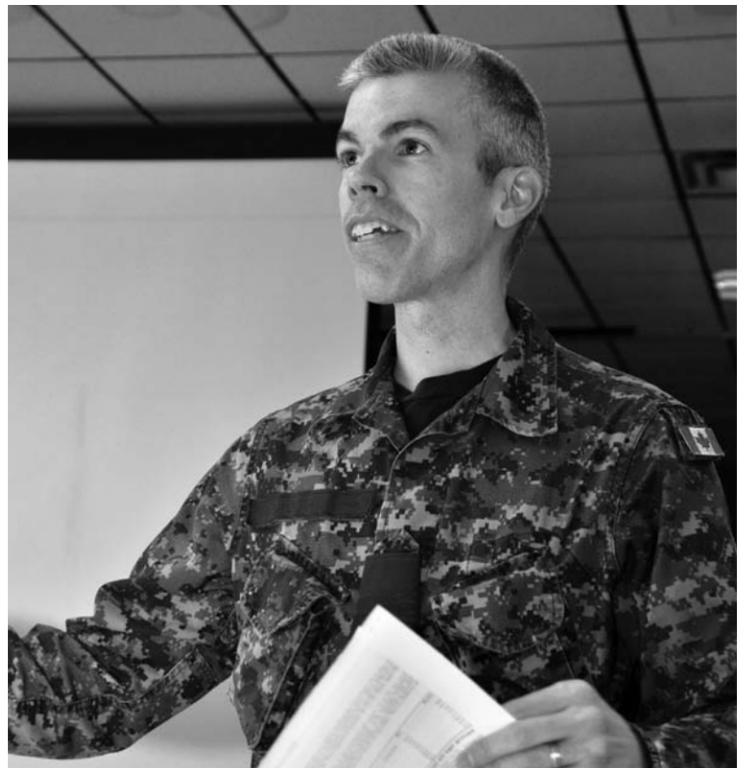
"As much as it is joyful at this time of year, we have to remember there are others at the other end of that spectrum and we need to take time to think about them," he said.



Dr. Max Walker spoke on chronic pain and its association with mental health.

Lt.-Col. Dany Breton is the Champion for Persons with Disabilities at 8 Wing.

Photos by Ross Lees



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Sports & Recreation

Trenton Brazilian Jiu Jitsu Club brings home provincial championship medals

By Capt. Matthew Cochrane

Members of the Trenton Brazilian Jiu Jitsu (BJJ) Club brought home a host of medals from the Ontario Jiu Jitsu Association Provincial Championship Tournament in St. Catharines, Ontario on Nov. 30. Led by head instructor and BJJ Black Belt Sgt. Jason Chin-Leung, a Parachute Instructor at CAAWC, Trenton BJJ received three gold, two silver, and one bronze medal - with every member who competed taking one home in spite of tough competition.

Brazilian Jiu Jitsu is a martial art focused on grappling; using ground fighting control positions to achieve submission holds in the form of chokes and joint locks. In competition athletes are paired with opponents of similar age, weight, and experience level. Each competitor attempts to win by "submitting" their opponent or scoring points for establishing dominant positions. The BJJ program in Trenton is offered under the 8 Wing Martial Arts Club (MAC), with training taking place in their facility located in the basement of the Officers' Mess.

Teen member Tyler Banez began the successful tournament run by taking a gold medal after successfully submitting three opponents in a row using a triangle choke. His victory at this competition marks his fifth gold medal in 2013.

Brian Walker, competing for the first time with the BJJ, defeated his first opponent and took home a silver medal after an accidental injury prevented him from completing his

final match.

Capt. Matthew Cochrane from Wing Ops then won gold in his division, securing a submission victory by Kimura arm lock in his first match and via a hard fought but dominant 17-2 victory on points in the finals.

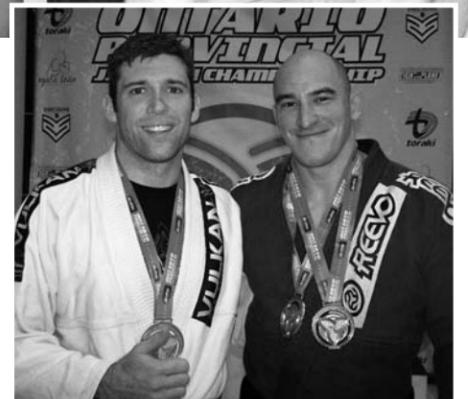
Sgt. Jason Chin-Leung, returning to competition for the first time in two years, received gold in his own division and then won silver in the "absolute" division where members of all weight classes compete against one another. Competing against ranked world-class competitors, Sgt. Chin-Leung was unfortunately disqualified from his first match due to a minor injury. Overcoming his injury in an inspiring performance, Sgt. Chin-Leung went on to win his next match by referee decision after nearly securing a toe-hold submission late in the match.

Capping off the day, Jordan Preisinger faced a grueling match in which he was ultimately defeated by a stubborn opponent. Though disappointed, he still took home a bronze medal for his efforts.

Trenton BJJ and the entire 8 Wing Martial Arts Club always welcome new members. Whether you want to learn to defend yourself, get in shape, or compete in competitions at the provincial, national or world level, there are a variety of programs for all ages and fitness levels. Check out Trenton Brazilian Jiu Jitsu on Facebook or visit their website at <http://trentonbjj.weebly.com>. For more information about the 8 Wing MAC visit <http://www.snowtiger martialarts.com>.



Above: The five medal-winning competitors from the Trenton Brazilian Jiu Jitsu (BJJ) Club enjoy their success while nursing some scrapes and bruises. Back row from left to right: Brian Walker, Sgt. Jason Chin-Leung (CAAWC), Capt. Matthew Cochrane (Wing Ops). Front row, left to right: Tyler Banez and Jordan Preisinger.



Right: Capt. Matthew Cochrane (left) (Wing Ops) and Sgt. Jason Chin-Leung (CAAWC) enjoy the spoils of victory. Submitted photos

Red Cross Swim Lessons Winter 2014

Register online or in-person at the RecPlex starting on the dates indicated. Tuesday, Dec. 10 – Registration for Military Community begins at 1:30 p.m. Tuesday, Dec. 17 – Registration for General Public begins at 1:30 p.m. Lessons are held Tuesdays, Jan. 7 to March 18, Thursdays, Jan. 9 to March 20, Saturdays, Jan. 11 to March 22. All classes are 10 lessons in duration. No lessons during March Break. Registration for all classes will continue until the first day of class.

Holiday Hockey Training and Conditioning Program for Youth

Dec. 23, 24, 27, 30, and Jan. 2, 3, from 9 a.m. to 11 a.m. Pre-register at the RecPlex.

Aquatics

Morning Aquafit - Mondays, Wednesdays, Fridays, Jan. 6 to March 21 (33 classes),

8:30 a.m. to 9:20 a.m.
Evening Aquafit/Jogging - Tuesdays and Thursdays, Jan. 7 to March 20, 6:15 to 7:15 p.m.
Senior Lane Swim - Mondays, Wednesdays, Fridays, Jan. 6 to March 21 (33 swims), 7:30 a.m. to 8:20 a.m. or 8:30 a.m. to 9:20 a.m.

Fitness Programs

Pilates - Wednesdays, Oct. 30 to Dec. 11, 4:30 p.m. to 5:30 p.m.
Zumba - Wednesdays, Sept. 25 to Nov. 27, 5:30 p.m. to 6:30 p.m.
Core Fitness - Mondays, Sept. 23 to Dec. 9, 4:30 p.m. to 5 p.m.
Boot Camp Fitness - Mondays, Sept. 23 to Dec. 9, 5 p.m. to 6 p.m.
Squat Challenge - Mondays, Sept. 23 to Nov. 18, 6 p.m. to 6:15 p.m.
Tai Chi - Tuesdays, Sept. 24 to Dec. 3, 5:15 p.m. to 6:15 p.m.
Learn to Skate for Adults - Fridays, Jan. 10 to March 7, 6 p.m. to 7 p.m.

Youth programs

Shinny Hockey - Tyke/Novice (under nine years old), Fridays, 7 p.m. to 8 p.m.; Atom (under 11 years old), Wednesdays, 4 p.m. to 5 p.m.; Pee Wee (under 13 yrs old), Tuesdays, 4 p.m. to 5 p.m.; Bantam/Midget (under 18 years old), Mondays, 4 p.m. to 5 p.m. at the RCAF Flyers Arena.
Family Skate - Saturdays and Sundays, 1p.m. to 3 p.m.

Advanced Aquatics

Junior Lifeguard Club for Youth - Eight to 15 years of age, Mondays, Jan. 6 to March 17, 6 p.m. to 7 p.m. (No classes over March Break).
Youth Aquatic Club for Youth - Six to 16 years of age, Mondays, Wednesdays and Fridays, Jan. 6 to March 28, (11 weeks) 4:45 p.m. to 6 p.m. (No classes over March Break).
Red Cross Babysitter's Course - Dec. 21, 10 a.m. to 5 p.m. at the RecPlex.
NLS Re-certification (2012 Standards) -

Dec. 1, 10 a.m. to 4 p.m.
Red Cross WSI Re-certification - Dec. 20, 10 a.m. to 4 p.m.
Lifesaving Society Lifesaving Instructor with Emergency First Aid and CPR C Instructor - Dec. 27, 28, 29, Friday, Saturday and Sunday, 9 a.m. to 4 p.m.
NEW! ILWP Waterpolo for Youth - Wednesdays, Jan. 8 to March 19, 5 p.m. to 6 p.m. (No classes over March Break).

Baker Island Community Centre

The Community Centre is located on Baker Island overlooking the beautiful Bay of Quinte. The Centre is available at no cost for military operational requirements, unit parties, and unit family days and is also available for rent for weddings, family parties and corporate events. For information on rental costs and other information, please go to: www.cfcommunitygateway.com/trenton or + BakerIslandCC@forces.gc.ca.

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Safety

Go slow when shoveling snow



You wake up one morning to the heaviest snowfall of the season and you have to shovel the car out of the driveway.

When you arrive for the early shift, no one has even cleared the snow away from the plant entrance, so you reach for a shovel again, even though your back is hurting and you feel slightly dizzy.

What should you do if moving to southern California is not an option?

Stop and think before you tackle these heavy jobs. Studies have shown shoveling snow can be as rough on you as a maximum-speed workout on a treadmill.

Every year people die of heart attacks when they over-exert themselves while clearing snow. Back injuries and strained muscles are also common injuries associated with this task. For those who are out of shape or already have heart problems, the combination of heavy work and cold temperatures can bring on a heart attack.

Here are some tips for safer snow shoveling:

Get your doctor's okay for snow shoveling before you attempt shoveling, especially if you know you are out of shape or have a history of heart trouble.

Dress in layers so you can shed some clothing if you get too warm.

Don't rush into the job. Start slowly to give your body a chance to warm up.

You may be tempted to shovel quickly until the job is done so you can return to the comforts of indoors. Instead, work at a slow pace.

Stretch every few minutes and take breaks every 15 minutes or so. Drink water on your breaks to replace fluids lost through sweating.

If the snow is deep or heavy with moisture, scoop some off the top and then go back for a second load.

Maybe you don't have to do all the shoveling in one day. If the snowfall is moderate, you may be able to tackle half the driveway one day and the other half the next.

Use safe lifting techniques for snow shoveling. Bend your knees, not your back. Lift the shovel by straightening your legs.

Keep your feet apart to improve your balance.

Keep the load close to your body.

Do not twist your body to toss the snow aside. Turn by moving your feet, and toss straight ahead.

Choose the right kind of shovel for the job. While steel shovels are sturdy, they are also heavy. Aluminum and plastic models are lighter but less durable. To remove powdery snow, you can push a large shovel shaped like a plow. Wet snow requires a shovel designed for lifting.

For the safety of passersby, never leave a snow shovel where it can become a tripping hazard.

If you must shovel snow, do so safely. Remember the risks, and take your time!



Commander 1 Canadian Air Division Christmas/New Year message

At this joyous time of year, Suzanne and I wish you and your loved ones a peaceful and joyful holiday season and sincerely thank you for your service. We also want to recognize the essential support we all receive from our families and loved ones. I hope that everyone in the RCAF, particularly the military members and civilian employees at 1 Canadian Air Division HQ and the Wings, have a lovely and joyful holiday season with their families and friends.

As I look back at all that we've accomplished this year - from Air Task Force Mali, to supporting Op RENAISSANCE in the Philippines, from our SAR missions at home to our continuing supporting role in Afghanistan, from our sovereignty patrols under NORAD to our role as ambassadors with foreign nations' militaries - I can say that we have done it all in our RCAF tradition of excellence. At the time of writing this message, an excess of 400 RCAF members have been deployed in over 15 theatres of operation outside of Canada and are serving our country with honour. I acknowledge the sacrifices that these members and their families are making, especially during this holiday season.

We have worked hard, and as usual, have delivered on our missions and commitments with characteristic professionalism and excellence. The year 2014 will bring its own challenges; but before we jump to the New Year, let us all take a well deserved pause and enjoy the holidays. For those who will be home with their family this holiday season, I wish you a wonderful time, but ask you to take a moment to think about our fellow aviators who will be away from their families this year and wish for their safe return. It is an honour and privilege to command such a group of professionals and I look forward to all that we will accomplish in 2014. Until then, Merry Christmas, Happy New Year and the very, very best in all things for 2014.

MGen Pierre St-Amand and Suzanne St-Amand

Message du commandant de la 1re Division aérienne du Canada pour la période des fêtes

En cette période de réjouissance, Suzanne et moi vous souhaitons, à vous ainsi qu'à vos proches, une période des fêtes paisible et joyeuse et vous remercions sincèrement de votre service. Nous aimerions également souligner le soutien essentiel que nous recevons de nos proches. J'espère de tout cœur que tous les membres de l'ARC, mais plus particulièrement les militaires et les civils du QG de la 1re Division aérienne du Canada et de ses escadres, passeront avec leur famille et leurs amis une merveilleuse période des fêtes, remplie de joie et de sagesse.

En réfléchissant à toutes nos réalisations cette année, comme, entre autres, notre rôle dans la Force opérationnelle aérienne Mali, notre appui à l'Op RENAISSANCE dans les Philippines, nos missions SAR à l'échelle nationale, notre rôle d'appui continu en Afghanistan, nos patrouilles de souveraineté sous la commande du NORAD et notre rôle d'ambassadeur dans les forces militaires de pays étrangers, je constate que nous avons tout fait dans le respect de la tradition d'excellence de l'ARC. Au moment où j'écris le présent message, plus de 400 membres de l'ARC sont en déploiement dans plus de 15 théâtres d'opérations à l'extérieur du Canada pour servir notre pays avec honneur. Je voudrais exprimer ma gratitude pour les sacrifices de ces militaires et de leur famille, surtout pendant la période des fêtes.

Nous avons travaillé fort et, comme d'habitude, nous avons accompli nos missions et nos engagements avec professionnalisme et excellence. Nous aurons certainement d'autres défis à relever en 2014. Mais avant de commencer la nouvelle année, prenons une pause bien méritée et profitons de la période des fêtes. Je souhaite une merveilleuse période des fêtes à tous les militaires qui ont l'occasion d'en profiter à la maison avec leur famille, mais je leur demanderais de prendre le temps de penser à leurs collègues qui sont en déploiement cette année, loin de leur famille, et de souhaiter qu'ils reviennent au pays en toute sécurité. C'est un honneur et un privilège de commander un groupe de professionnels comme vous, et j'ai hâte de voir ce que nous allons accomplir en 2014. Entretemps, joyeux Noël, bonne année, et meilleurs vœux pour l'année 2014.

Mgén Pierre St-Amand et
Suzanne St-Amand



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