

# the Contact

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>> 426 Squadron Aeromedical Evacuation course popular world-wide

Most recent course contained students from Netherlands, Brazil, Singapore, the U.S. and Canada

2

>> 8 Wing Government of Canada Workplace Charitable Campaign wins big at CFS Alert

Alert's campaign successfully raised a surprising \$5,427.75 with no local community to draw from in 2013.

5

>> Camp Trillium benefits from annual charity golf tournament

8 AMS attracted 85 golfers who helped raise \$8,000 for the Trillium Childhood Cancer Support Centre

7

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## Supplying face-to-face time

By Ross Lees

8 Wing Commander Col. David Lowthian continues to tour sections on the base to familiarize himself with his team and let his team get familiar with him.

Wednesday afternoon, Col. Lowthian visited 8 Wing Supply after having visited TEME, where he drove a front-end loader.

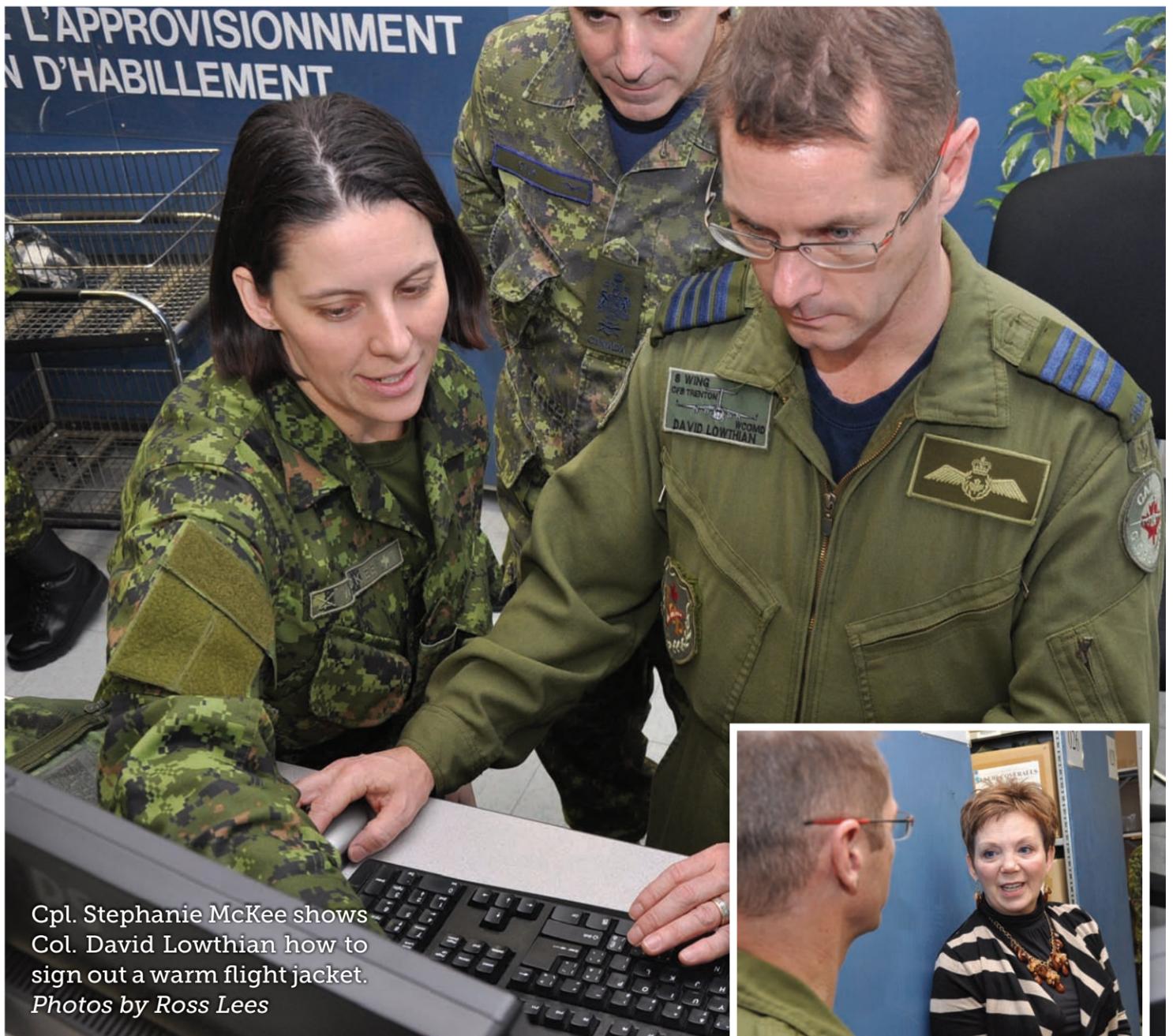
"I am continuing to get around to see the members of the 8 Wing team," Col. Lowthian told *The Contact*. The WLEO (Lt.-Col. Dany Breton) has a very large unit and he has been taking me around and introducing me to them."

8 Wing Supply's reputation had preceded them in Col. Lowthian's mind, as he recalled hearing that people from other bases preferred to come to Trenton to get gear for their deployments as it was always available here, he told Sgt. Liz Longland during a brief chat.

When he asked her if there was a motto that Wing Supply followed such as "the customer is always right," she said they always try to follow that motto, but her guiding principle has been "tomorrow I could be in their shoes."

"We've almost all been on deployment, so we know what they're going through," she said. Col. Lowthian felt that was exactly the kind of guiding principle a military supply depot should have.

After a tour of the facility, the supply clerks put the Wing Commander to work by having him sign out his own flight jacket and being exposed to the system they use on the job every day.



Cpl. Stephanie McKee shows Col. David Lowthian how to sign out a warm flight jacket. Photos by Ross Lees

(right) Col. Lowthian stops to chat with a member of 8 Wing Supply during his tour Wednesday afternoon.

More photos on page 9



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RO01245590

# 426 Squadron Aeromedical Evacuation course popular world-wide



By Ross Lees

The Aeromedical Evacuation Course at 8 Wing/CFB Trenton's 426 (Training) Squadron continues to attract students from around the world. The most recent course, AHUT 1301, saw three Dutch candidates, one Brazilian candidate, one American candidate, and one candidate from Singapore

training alongside three Canadian critical care nurses, two

medical technicians (Med Techs) and two other candidates as part of the fully booked 12-person, 49 day long course.

While the course offered at 426 (T) Squadron is a basic aeromedical course, it attracts participants from around the world because the Canadian course is the only one that includes a flying segment, says Major Christine Bannerman, M Flight (Aeromedical Evacuation) Commander.

That flying segment is critical, Maj. Bannerman noted. "During that portion of the course, they

learn flight safety, aircraft safety and the stresses of flight on the patients," she said. "That's huge when you consider the medical conditions."

The course is broken down into three phases – didactic, static and the flying phase. All participants already have some form of medical training therefore what they are learning on course focuses on aeromedical evacuation techniques and procedures along with the stresses of flight problems they might encounter while transporting patients in an aircraft.

The students do much of their training in the Cargo Compartment Trainer (CCT) which simulates conditions on the CC-130 Hercules aircraft and the C-150 Polaris airbus. There they learn to work quickly and efficiently under the conditions they would encounter in real-life situations, including tactical tier loading of patients into an aircraft.

Maj. Bannerman said aeromedical evacuation flights are often short, taking the patients from the theatre of operation to a quiet area. Speed and efficiency are critical, but never at the expense of patient safety.

In a brief she had recently prepared, Maj. Bannerman shared the objective of the course, "Our mission was to train, motivate and mentor these selected members to first, function as qualified aircrew members and, second, as medical practitioners during strategic, humanitarian and tactical aeromedical missions."

Continued on page 12



RO012468915

426 (Training) Squadron recently graduated 5 Canadian and 7 international students from its Aeromedical Evacuation Course. The graduates are, in the front, left to right, Capt. Jeanae Jackson, USAF Exchange posted to 426 (T) Sqn, and Capt. Mauro Pascale of Brazil. In the centre, left to right, are ME2 "Jack" Lai Qin Feng of Singapore and Sgt1 Lisette Siebenga of the Netherlands. In the back on the left is Capt. Ary Vergunst and on the right Sgt1 Ben Theunissen, both of the Netherlands. Photo by Ross Lees

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RO012453013

# Training experience for CISM Men's Volleyball Team in Cuba

By Capt Dennis Noel, CISM Men's Volleyball team member

Sixteen Canadian Armed Forces athletes belonging to Canada's Conseil International du Sport Militaire (CISM) Men's Volleyball team had a great opportunity to train and compete alongside Cuba's elite volleyball players as part of a five day training camp held in Havana, Cuba.

The team members arrived in Havana on the first of December and started training at the Cuban National Training Centre the very next day. For seven out of the 16 CAF players, this was their first experience play-

ing against skilled international players.

"Training with the Cubans was a very good opportunity and provided exposure at the international level for our group of athletes," said the team's coach, Major Craig Johnston. "We're taking home a lot of knowledge and experience (we can use at) our upcoming tournaments this winter and (at) the 2014 World Military Volleyball Championships."

Throughout the week, our Canadian men played against the Cuban senior B team and their

junior 19 year old team. Cuba has a great national program and has an excellent reputation on the world stage. Cuban athletes train together 6 days a week. They are recruited from across the country starting at age 14 and live at the Cuban National Training Centre until they are selected for the National team, with expectations of competing in the upcoming Olympic Games and professionally in the World Volleyball League.

By maintaining a high state of personal physical fitness, our CAF athletes were able to win

half of the games they faced throughout the week. The level of success our athletes achieved is a combined result of the skills, hard work and dedication the players brought to the team.

"Coming back to Canada, our team can be proud of their success, their diplomatic representation of CISM and the Canadian Armed Forces," said team manager, Major Guillaume Tremblay. "This is probably the best results that our CISM team has had against the Cubans since 2006."

This year's training will prepare our

volleyball athletes for the 2014 World Military Volleyball Championships to be held next July in Rio de Janeiro, Brazil.

For more information on the CISM Men's Volleyball team, you can follow them on Facebook [www.facebook.com/CISMvolleyballCanada](http://www.facebook.com/CISMvolleyballCanada) and on Twitter [www.twitter.com/CISMvolleyball](http://www.twitter.com/CISMvolleyball)

French version on page 8



The CISM Men's Volleyball team pose for a picture with the Cuban junior and senior B teams at the Cuban National Training Centre. Photo by Capt Dennis Noel

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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 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](mailto:cfbcontactnewspaper@gmail.com)

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# CFS Alert Ultimate Running Showdown



Jeff Dominix and MWO Dean Hancock went head-to-head in a long distance race, together raising over \$1,000 for the Government of Canada Workplace Charitable Campaign!

Photo by Pte. Mike Rosang

# Dental basket GCWCC draw



Cpl. Melissa Michaud was one of many people selling tickets this week as part of the final push for the Government of Canada Workplace Charitable Campaign. A prize basket put together by the Dental Unit is valued at close to \$1,000. The draw for the basket and other raffle draws for the campaign took place at the Officers' Mess on Friday, Dec. 13, at 1 p.m. The winners of each draw were unknown at the time of publication.

Photo by Ross Lees

## 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.

The CONTACT is produced weekly under a Publication Service Agreement with The Independent (Brighton & Trent Hills), a division of Metroland Media Group.

### 8 Wing Personnel

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**Public Affairs, Internal Comms:** Lt. (N) Bettina McCulloch-Drake

**PSP Manager:** John Snyder

### The Independent (Metroland) Staff

**General Manager:** Ron Prins 613-475-0255 ext:214

**News and Feature Content:** Ross Lees 613-392-2811 ext:3976

**Advertising Production :** Glenda Pressick 613-966-2034 ext:520

**Bookkeeper:** Benita Stansel 613-475-0255 ext:202

**Circulation:** Kathy Morgan 613-475-0255 ext:210

21 Meade St, P.O. Box 1030

Brighton, ON K0K 1H0

CANADA

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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 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 Tuesday 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.



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8 Wing GCWCC representatives receive a cheque from CFS Alert personnel who made an impressive contribution from their hugely successful campaign (from left to right): 8 Wing GCWCC Co-Chair Major Jay Burt; Mr. David Brown, for United Way Quinte; CFS Alert's GCWCC coordinator, Cpl Josh Tortorici; CFS Alert's Commanding Officer, Major Dan Zegarac; Station Warrant Officer MWO Dean Hancock; and, Nasittuq Site Manager Lorne Veters. Photo by Pte. Mike Rosang

# 8 Wing GCWCC Campaign wins big at CFS Alert

By Cpl. Josh Tortorici

Canadian Forces Station (CFS) Alert took part in this year's Government of Canada Workplace Charitable Campaign (GCWCC), supporting the United Way from the top of the world.

With approximately 80 combined civilian and military personnel at the Station throughout the campaign period, this year's charity was a huge success with each individual doing their part. This year's campaign at CFS Alert was led and organized by Cpl. Josh Tortorici, a Meteorological Technician out of 5 Canadian Division Support Base (5 CDSB) in Gagetown, with the assistance of Pte. Dan Gervais, also a Meteorological Technician out of 5 CDSB.

Cpl. Tortorici started off the campaign with the encouraging statement, "Nobody ever became poor from giving." While it was a bit of a challenge to muster up more than a few events, this year's campaign was successful in raising a surprising \$5,427.75, a figure that represents nearly twice the amount that was expected by 8 Wing units based purely on unit size. That does not even take into account the fact that there is no local community to draw additional support from.

CFS Alert's campaign started off with a hockey tournament and a raffle. Individuals around the station generously donated prizes and gifts to help get the campaign underway. The events that followed included a TV channel silent auction, spa days, plane

casino nights and many more. All of this could not have been achieved without charitable help from MCpl. Tammy Dixon, a Traffic Technician out of CFB Trenton, who put together a Spa day that raised \$567.75 and Cpl. Jason Perrin, an ATIS Technician, also out of CFB Trenton, whose brilliant idea was to have a Monte Carlo Casino Night that raised \$740.

The campaign ended with a "run-off" challenge involving two men, two treadmills and an unknown distance. It was initiated by Mr. Jeff Dominix, a Bulk Fuel Technician, employed by Nasittuq Corporation, who challenged CFS Alert's Station Warrant Officer (SWO) MWO Dean Hancock, an Intelligence Operator, out of 1 Canadian

Air Division, to a running challenge. Station members supported the runners by sponsoring one or the other for each kilometre they would run. When the dust settled, the SWO had completed 36 km in three hours raising \$630, with Jeff close behind running 22 km in two hours raising \$429, making this challenge the most successful event during this year's campaign. Each event held added to the morale at the station while contributing to a good cause.

CFS Alert's successful Campaign was not accomplished by only one person; it took an entire station of civilian and military volunteers showing what could be done with a very small number of motivated but big hearted people working together for a good cause.



CFS Alert's GCWCC Coordinator Cpl. Josh Tortorici was awarded a Commanding Officer's Commendation for his outstanding work at leading the campaign to success (from left to right): MWO Dean Hancock, Cpl. Josh Tortorici, Major Dan Zegarac.

Photo by Pte. Mike Rosang

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# Fitness & Health

## National Addictions Awareness Campaign winners

The National Addictions Awareness Campaign (NAAC) ran from November 12 to 26. Members were able to enter an online contest for a daily chance at one of three prize packages. Each package included an: OBUS-FORM Comfort Support System Backpack, stainless steel water bottle, LED compact flashlight, mini USB, addictions information and swag from your Health Promotion team!

The daily questions targeted an individual's knowledge about addiction. The contest slogan, "What do you really know about alcohol, other drugs, gambling and addictions? Take the

challenge," prompted 8 Wing/CFB Trenton members and employees to take part in the challenge resulting in the highest participation by any base across Canada!

The national organization drew our winners for the NAAC contest who were as follows: Sgt. Mulvihill of WTN/EME, Capt. Sylvain Carignan of A3 RTF, and Sgt. Hawes of TACSTC.

Health Promotion 8 Wing/CFB Trenton would like to thank everyone for their participation in this year's campaign. We hope to see everyone continue their community outreach throughout the New Year.



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## MAINTAIN! Avoid the Holiday Gain!

Next week join Health Promotion for their Holiday Virtual Spin on Monday Dec. 16 and "Eating Triggers" workshop on Tuesday Dec. 17. Monday we are going to take you on a virtual tour using projected images of various destinations. Bikes are filling up so register soon! Tuesday we would love to share some tips and strategies to survive the busy social season. This is a must event to curb those holiday snacking calories!



### 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

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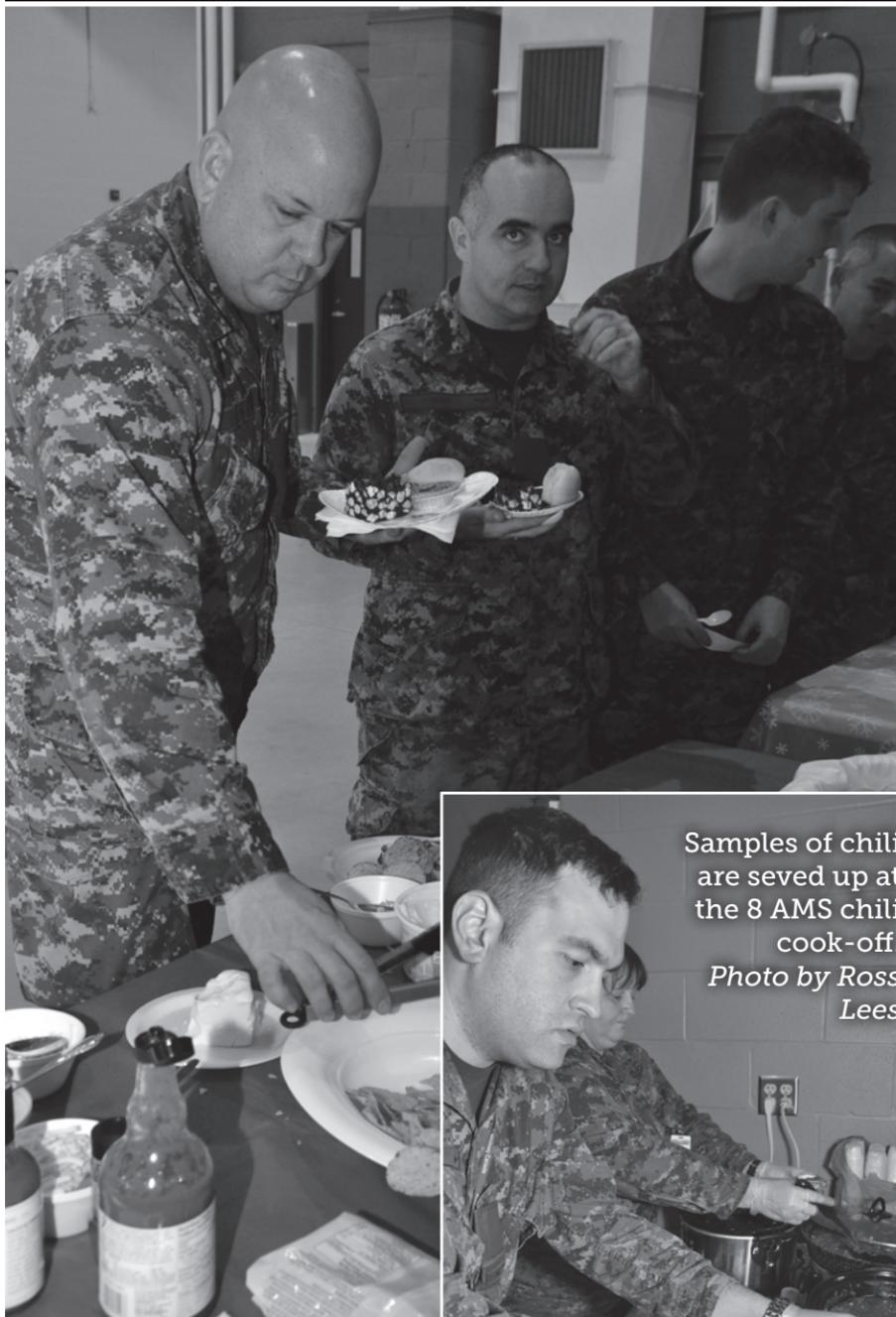
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Samples of chili are served up at the 8 AMS chili cook-off. Photo by Ross Lees

(above) 8 AMS personnel enjoy the "fruits" of the squadron committee's labour. Photo by Ross Lees

# Sgt. Sid Brown wins 8 AMS Angela Hayden Project chili cook-off

By Ross Lees

The 8 AMS Angela Hayden Project chili cook-off held on Dec. 5 proved to be another profitable – and tasty – event. Squadron personnel turned out to eat chili, voted for their favourite and helped raise \$490, boosting the squadron total for the Angela Hayden project to \$1,231. Winning this

year's taste test was Sgt. Sid Brown from the APSO section. Thanks go out to the extraordinary personnel at 8 AMS, the command team who completely supported the committee in their efforts, and committee members: Capt. Davidson, 2Lt. Gagne, Sgt. O'Toole, Sgt. Shemko, Cpl. Audrey Harris and Cpl. Stacey London, without whom this event could not have taken place let alone be the success it was.



And for those with a sweet tooth, there were some delicious desserts available at the 8 AMS chili cook-off on Dec. 5. Photo by Ross Lees

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# Les joueurs de l'équipe masculine de volleyball du CISM s'entraînent à Cuba



Le soldat Jean-Jérôme Ouellet frappe le ballon contre l'équipe cubaine junior au centre d'entraînement national cubain. Photo du Capt Dennis Noel

Par le Capt Dennis Noel, joueur de l'équipe de volleyball du CISM

Seize athlètes de l'équipe masculine de volleyball du Conseil international du sport militaire (CISM) ont eu la chance de s'entraîner aux côtés de volleyeurs cubains d'élite dans le cadre d'un camp d'entraînement de cinq jours à La Havane, à Cuba.

Les militaires des Forces armées canadiennes (FAC) sont arrivés à Cuba le 1er décembre et, le matin suivant, ils ont commencé leur entraînement au Centre d'entraînement national cubain. Pour sept des seize joueurs de l'équipe, il s'agissait de la première expérience leur permettant de se mesurer à des joueurs talentueux de calibre international.

S'entraîner avec les Cubains s'est avéré une excellente occasion d'exposer nos athlètes à la compétition de niveau international », a déclaré le major Craig Johnston, entraîneur du CISM. « Nous revenons au pays avec un bagage de connaissances et d'expériences que nous pourrions appliquer lors de nos prochains tournois, qui auront lieu cet hiver, de même que lors des prochains Championnats mondiaux militaires de volley-ball en 2014.

Tout au long de la semaine, nos Canadiens ont joué contre l'équipe cubaine de niveau senior B, ainsi que contre leur équipe junior, composée de joueurs de 19 ans. Cuba s'est doté d'un excellent programme national et jouit d'une excellente réputation sur la scène internationale. Les athlètes cubains s'entraînent ensemble six jours par semaine. Ils sont recrutés à l'échelle du pays, dès l'âge de 14 ans, et viennent vivre au centre d'entraînement national cubain jusqu'à ce qu'ils accèdent à l'équipe nationale. Bref, ils ont avec l'espoir de participer aux Jeux olympiques et de faire une carrière professionnelle dans la Ligue mondiale de volleyball.

Parce qu'ils sont en excellente condition physique, nos athlètes des FAC ont été en mesure de remporter la moitié des matches qu'ils ont joués durant la semaine. Cette belle réussite est le résultat du talent, du travail acharné et du dévouement qu'ils ont tous amené à l'équipe.

De retour au Canada, notre équipe peut être fière de son succès, ainsi que de sa représentation diplomatique du CISM et des Forces armées canadiennes, » a indiqué le major Guillaume Tremblay, gérant de l'équipe. « C'est probablement le meilleur résultat que notre équipe du CISM a eu contre les Cubains depuis 2006. »

Cette année, lors des entraînements, nos athlètes se concentreront sur leur préparation en prévision des Championnats mondiaux militaires de volleyball, qui auront lieu en juillet prochain à Rio de Janeiro, au Brésil.

Pour en savoir plus sur l'équipe masculine de volleyball du CISM, suivez-les vous pouvez la suivre sur Facebook, à [www.facebook.com/CISMvolleyballCanada](http://www.facebook.com/CISMvolleyballCanada), et sur Twitter, à [www.twitter.com/CISMvolleyball](http://www.twitter.com/CISMvolleyball).

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6:30pm-8:30pm

Wednesday, December 18

6:30pm-8:30pm

Thursday, December 19

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Friday, December 20

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# Supplying face-to-face time

Continued from page 1  
Col. Lowthian checked out the latest in festive military style at Wing Supply on Wednesday. Photo by Ross Lees



8 Wing's Honorary Colonel, Armin Quickert, gets fitted with some new gear. Photo by Ross Lees

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# Camp Trillium benefits from annual charity golf tournament



The 19th Annual Camp Trillium Charity Golf Tournament was held July 12 at the Oak Hills Golf Club in Stirling. The 85 golfers who participated together raised \$8,000. The tournament's committee recently presented a cheque for the amount raised to Mr. Charles Benson and the Trillium Childhood Cancer Support Centre on Dec. 5 during the 8 AMS chili cook-off.

Throughout the year, Camp Trillium offers over 54 different programs free of charge to its campers. These programs range from traditional summer programs to weekend camps in the spring and fall, community based programs, and programs based out of the various children's cancer clinics across the province of Ontario.

Camp Trillium could not hold its many programs without the amazing contributions by the camp's amazing staff and volunteers. They are the "special friends" that make camp a magical and memorable place every single time a child or family attends a program. Camp Trillium is able to run these programs without any government funding – they are supported entirely by donations from individuals, service clubs, businesses, and foundations.

Camp Trillium has two sites located in beautiful locations across Ontario. The island on West Lake near Picton, Ontario has been in operation since 1989 and was Camp Trillium's first permanent summer camp location. Rainbow Lake, near Waterford, Ontario, has been in operation since 1998 and was Camp Trillium's first year-round facility. Throughout the year, both sites run similar residential, family and teen related programs.

8 AMS representatives join the Camp Trillium Charity Golf Tournament committee members in presenting a cheque to Camp Trillium representative Mr. Charles Benson. Left to right are: 8 AMS representatives Maj. Brian Tang and CWO Ted Poper; Camp Trillium representative Mr. Charles Benson, Board Member; and committee members Sgt. Jerry Parsons, Sgt. Sid Brown, Sgt. Kevin Palmer, MCpl. Chris Bradley, LS Marie-Josée Gagnon, Cpl. Ramanjit Bhachu, Cpl. Brian McGrath, Mr. David Elverson, and Lt. Atif Rizvi. Committee members not pictured here include: Sgt. Paul Hannaberry, MCpl. Chris Skanes, MCpl. Travis Turriff, and 2Lt. Sean Petrie. MCpl. Margaret Dion, Associate Member, is also not pictured here.

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# The most recent aeromedical evacuation course contained students from the Netherlands, Brazil, Singapore, the U.S. and Canada

Continued from page 2



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Photos by Ross Lees

Sgt1 Lisette Siebenga prepares the tier for incoming patients.



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Maj. Christine Bannerman watches ME2 "Jack" Lai Qin Feng secure his patient while Capt. Schmid secures the litter into the strap.

This particular course was what she called "dynamic," explaining that the course had a number of highly qualified participants including the six international students, two international doctors (one a flight surgeon, one a search and rescue physician from Brazil) the three critical care nurses and two "up-and-coming" Med Techs. Capt. Carol Nicholson, an instructor for the course, said the participants got along remarkably well considering the high level of training within

the group. "There was no intimidation on this course," she said. "They all worked well together as a team and shared their knowledge. This group had a great sense of humour." Sometimes candidates struggle with working in another language, especially when learning highly technical information and procedures. But the sense of humour each student brought to this course made it stand out with the instructors. The students were there for various reasons - some came to upgrade their skills for specific tasks, while others including the students from the Netherlands said the course was preparing them for a whole new job. Capt. Mauro Pascale from Brazil was on this course to learn what he could of aeromedical evacuation so he could go back to Brazil and perhaps develop a similar course there.

Sgt1 Ben Theunissen of the Netherlands said the course gives them training in caring for patients in flight. "We learn about the stressors of flight, g-forces,

Continued on page 13



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# 426 Squadron Aeromedical Evacuation course continues world-wide popularity



Capt. Barb Niedzielska comes back to assist Capt. Schmid, ensuring that the patients are all safely secured in the tier.

Photos by  
Ross Lees

Continued from page 12

decreased light, confined spaces and safety issues," he told *The Contact*.

Capt. Jennae Jackson of the United States said the course can be compared to converting an aircraft into a flying hospital. "You only have what you take on the aircraft with you for equipment," she said.

Capt. Nicholson perhaps summed up the role of those who progress through the aeromedical evacuation course best. "The soldiers are always happy to see us," she said. "They're always grateful to be going home."



(right) Sgt1 Ben Theunissen and Sgt1 Lisette Seibenga, nurses with the Royal Netherlands Air Force, work together to secure their tier of patients in the aircraft prior to take off.



ME2 "Jack" Lai Qin Feng readies the tier for the incoming patients.



MCpl. Martin Lapalme-Laviolette, as Medical Crew Director, briefs the team of Sgt1 Ben Theunissen and ME2 Feng on the incoming patients with Capt. Joanne Schmid and Sgt1 Lisette Siebenga looking on.

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# No Blue Christmas in this holiday season

Christmas time is at the door and all its beauty surrounds us, inviting us to be merry and joyful. Our eyes are attracted by the colours, the lights, the decorations around us. Our ears are flooded with enchanting carols, songs and melodies. We smell the seasonal spices and taste the delicious Christmas foods and treats. Even the falling temperatures and the snow blanket covering the ground reminds us that this is a time to slow down, rest, and contemplate the mystery and beauty of this most beautiful time of the year.

Yet not everyone is able to get in the mood of the Christmas season. While most people are enjoying parties and getting ready to celebrate Christmas Eve surrounded by family and friends, some of us will be separated from loved ones and perhaps feeling isolated. Others may be coping with grief, broken relationships, or just the stress of getting all things ready in time. This contrast between the festive spirit all around and the loneliness inside us can be very difficult to bear. It is often called the Christmas Blues, dragging us down when all the signs are pointing up.

What can you do to avoid being caught in the trap of depression? A few simple things could make the whole difference. Looking at the Christmas story, where we can learn a few helpful hints:

1. From Mary, we learn to accept things. She could not pick the place of her child's birth, enlist a midwife, or find a crib for her child. But she remained calm, praying, trusting in God, and doing the best she could in her situation. If you cannot control things, you can control your reactions; ask for help, accept help from those around you, and give time a chance to bring you

to better days.

2. Like Joseph, remember to be the difference. As the head of the family, Joseph was not able to provide for his wife and the child as he wished; yet he realised he was not the only one near despair. Quietly, he looked out for Mary and the baby, stood there by their side, and focused on helping them. Maybe there is a family member, a friend, or neighbour who needs help – someone to help shovel the snow, someone to talk, to vent, to keep you company, who would appreciate a phone call. If you cannot think of anyone who needs help, consider volunteering at a local charity serving the needy; you will be surprised how much you can do for so many around you, and make Christmas brighter for both them and yourself.

3. Like the Angels, go out to meet friends. They had news to share and did not sit on it; in the middle of the night, they were not afraid of calling the shepherds to tell them what was going on. Maybe you don't have any breaking news to pass on, but calling on or going out with a friend is always a morale booster. Remember that a bunch is harder to break than a stick, so stick together and be safe.

4. Like the Shepherds, remember to take a break. The good news of the Saviour's birth came right when they were busiest, in the middle of their duty watch. Yet they found a way of going to the manger all the same – and certainly did not regret it. If you are stressed or are working too hard, consider a break. Go to church, read a book, watch a movie, play with your kids – just don't let the mudslide of "things to do" bury you and choke the life out of you.

5. Like the star of Bethlehem, brighten up! After several days

on the road, the wise men from the East were overjoyed to see the light that showed the way and cheered up their spirits. The shorter days of winter deprive us from natural light and can contribute to depression; so let the light shine into your living space. Open the windows, light the fireplace, or go out and soak up any ray of sunlight you can. Your brain will feel the difference, count on it!

6. Do as the Wise Men did and give! These folks travelled great distances to follow the star and bring gifts to the newborn king. How surprising it must have been that the greatest gift was the one they received: that child had been born for them, too, to fill them with peace and joy. We often measure our happiness in terms of getting and having, yet we can never beat the Jones or have more toys than Billy. Giving to others who have less can be a healing and rewarding experience, and it may bring a whole new meaning to your Christmas. Try it - someone will be glad you did – and don't be surprised if that's yourself!

7. Finally, look at Jesus, who was both poor and helpless, yet the very source of peace and blessedness. In his helplessness we find help, for he understands us, having been where we are. The light of the world is there to shine in your darkness, and even if no one else seems to care, he lies in the manger and opens his arms to show that God loves all whom he has made. Trust in his promise and make of this Christmas a new start, the beginning of a whole new and cheerful year.

*A merry Christmas,  
one and all!*

*Padre Gerson Flor*

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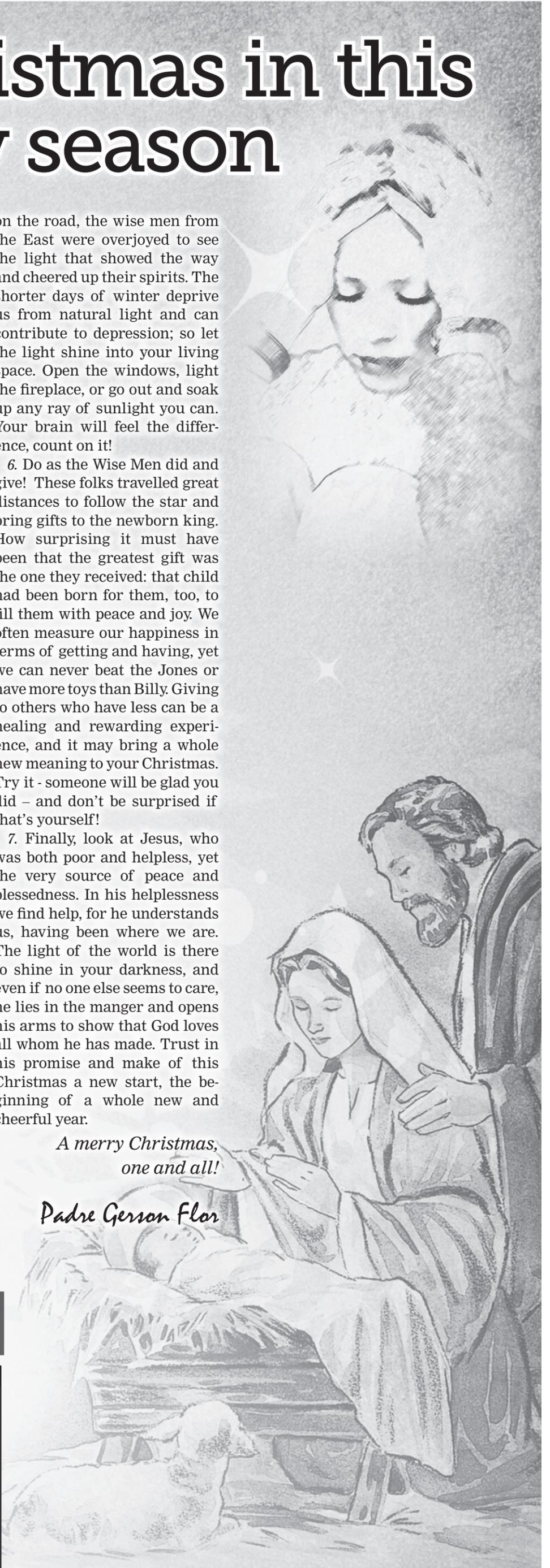
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### Christmas Fundraising Program

Purchase plants and décor items at Connon Nurseries between Nov. 1 and Dec. 24 in support of 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 organization!

### 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 'Mommas 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. The six-week course costs \$100, which covers 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 is required upon registration. Minimum 16 years of age. (Note: 12- to 15-year-olds can attend if accompanied by parent)

### 12 Week Latin and Ballroom Sessions

Beginner/Experienced beginners - Wednesdays Jan. 8 to March 26, 2014, 7:45 to 9:00 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, 6:00 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, in the form of cash or cheque, for dance sessions is due the first class. (Please come 15 minutes prior to class starting). Please register in-person at the MFRC or by calling 613-965-3575 by Jan. 3, 2014 to book your spot and to avoid cancellation of the course. A minimum of 10 people is required per class. There is no guarantee that a partner will be available for you therefore it is recommended that you bring along your own partner.

### Questions or Comments?

(613) 392-2811 ext. 3976

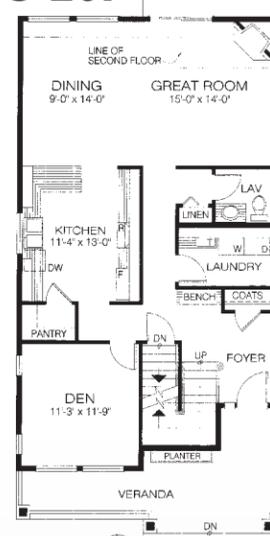
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## Home of the Week

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This two-storey, three-bedroom family home exudes an air of old-fashioned comfort, enhanced by Edwardian touches such as the deep front veranda, the mullioned windows and the wooden trusses that decorate the gables.

The compact foyer contains both a coat closet and a handy bench for removing footwear. Beyond it, a corridor leads past the laundry room, a linen closet and a powder room to the common areas.

At the back of the home,

the great room, featuring a fireplace as well as access to a patio, flows seamlessly into the dining area. Both rooms overlook the back garden.

The kitchen, open to the dining room, boasts a large pantry as well as a window over the sink. Plenty of counter space will make the cook a contented one.

The den at the front of the home, with generous windows overlooking the veranda, could double as a guest room. The room's location and also makes it ideal for a home office, saving clients from trekking through the house.

Separating the den and foyer is a U-shaped staircase that leads to the second floor. Here,

the master suite overlooks the back garden, for privacy, and features a built-in entertainment unit. The walk-in closet is spacious and the en-suite's double basins will ease the morning rush-hour.

The second and third bedrooms share a three-piece bath. The nearby landing, with a railing, is roomy enough for a computer area.

Exterior finishes include wood siding and painted trim. The home is especially suitable for a narrow lot, and plans include an unfinished basement.

This home measures 25 feet wide by 50 feet deep, for a total of 2,027 square feet.

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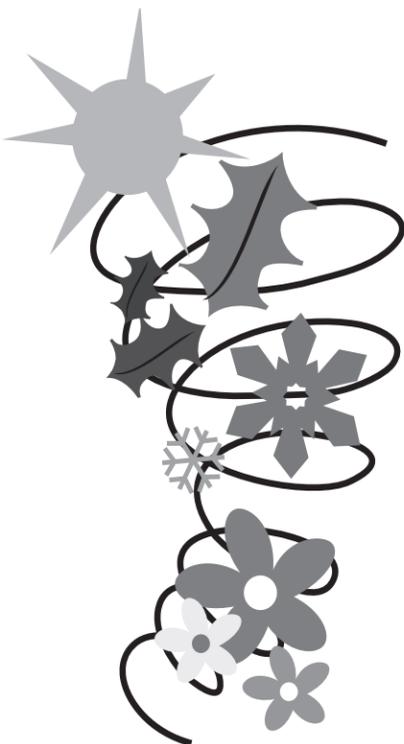
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Welcome to The Contact newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations 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](mailto:cfbcontactnewspaper@gmail.com). Please include the date, time, and location of the event along with a brief description. Please do not send posters.

## November Weather Summary November cooler and drier than normal

By MCpl J. King, 8 Wing Met Sqn



November at 8 Wing Trenton was both cooler and drier than normal. Mean daytime temperatures averaged 6.2°C compared with the climatological mean of 6.8°C. The month's maximum temperature was 17.2°C on the 1<sup>st</sup>, while the minimum temperature, was -18.0°C on the 29<sup>th</sup>.

The wettest day was on the 6<sup>th</sup> when we received 11.2mm of rain. Overall, November produced just 48.8mm of rain - about 60 per cent of the normal 81.6mm. Snowfall however was 25 per cent above normal, 15.4cm versus the normal of 12.4cm. This fell on two days, the 26<sup>th</sup> and 27<sup>th</sup>.

This month's rainfall combined with the water equivalent of the snowfall totalled 65.0mm. Compared to November 2012, which was one of

the driest Novembers on record when we received just 16.0mm of precipitation, this seems significant.

Over the next month, the temperature and precipitation are forecast to be near normal. If this holds true, we can expect average monthly temperatures of 0.5°C for maximum and -8.4°C for minimum. We could expect 46mm of rain and 43cm of snow.

From the staff of 8 Wing MET SQN,  
**Merry Christmas and Happy New Year!**



### Capt. Kim Heath receives CD

Capt. Kim Heath (left), the senior level officer for 608 Duke of Edinburgh Royal Canadian Air Cadet Squadron in Belleville, received her CD on Nov. 27, from the squadron's commanding officer, Capt. Kelly Dixon (right). Capt. Heath was an air cadet during her youth and later joined the Regular Force, serving from 1983 to 1991. She is now a civilian finance manager for the Construction Engineering (CE) squadron at CFB Trenton and has been a member of 608, both as a volunteer and as a member of the Cadet Instructor Cadre, for seven years. "It was quite an honour to receive my CD as a CIC officer working with cadets - sort of a full circle," said Capt. Heath.

Photo by Audra Kent

### Dec. 9 to 20 - 8 Wing PMQ Community Council Christmas Decorating/Lighting Contest



The 8 Wing PMQ Community Council is sponsoring a Christmas Decorating/Lighting Contest for the 8 Wing PMQ community in Middleton Park from Dec. 9 to 20. Prizes will consist of: First - \$100 gift card of choice. Second - \$50 gift card of choice. Third - \$25 gift card of choice. Note: Registration has changed and all who wish to join are asked to sign up no later than Dec. 19 at 2 p.m. by contacting [dion.ward@forces.gc.ca](mailto:dion.ward@forces.gc.ca) with their name and address. A food donation will be collected as the registration fee.

### Dec. 14 - Nutcracker Highlights and Holiday Themes

This event is being presented by the Quinte Ballet School of Canada. The event runs from 1 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](mailto:info@qbsc.ca)

For more information visit [quinteballetschool.com](http://quinteballetschool.com)

### Dec. 15 - Skate with Santa

Skate with Santa at the RCAF Flyers Arena at 3 p.m. This event is sponsored by 8 Wing's PMQ Community Council.

### 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 while invited guests of members pay \$10. Light refreshments and prizes will be provided. For further information, email [chambersj@live.ca](mailto:chambersj@live.ca)

### Jan. 31 - CFB Trenton Blood Donor Clinic

The next blood donor clinic will be held at the Yukon Galley, 75 Yukon Rd., ASTRA, from 10 a.m. to 2 p.m. Please call 1-888-2-DONATE (1-888-236-6283) to make an appointment or book online at [www.blood.ca](http://www.blood.ca)

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# M'ovember gives 24 CF H Svcs C team that "close together" feeling

Members of the 24 Canadian Forces Health Services Centre participated in a fund raising event for the month of November in support of M'ovember.

M'ovember Canada raises funds to support research for men's health in the areas of prostate cancer, testicular cancer and mental health. Together, the 24 CF H Svcs C team raised a total of \$510.

Sgt. Tammy Greening raised the most funds (\$190) by selling chocolate and paper mustaches to members of the Centre. Cpl. Stanley Large, the runner up for the most funds raised, collected a total of \$135 in support of growing his moustache. Other

moustache growing participants included team lead Capt. Maxime Decelles-Trudel, MCpl. Robert Thibeault, Cpl. Michael Toms and Cpl. David Gregory.

The M'ovember campaign ended on Nov. 29 with a ceremonial moustache shave. The CO, LCdr. Gordon Peckham and the Clinic WO, WO Shane Williamson showed their support by purchasing a paper moustache and wearing it proudly during the closing ceremonies. This event promoted camaraderie and esprit de corps among all in the unit.

Thank you to Capt. Maxime Decelles-Trudel for organizing the M'ovember growing and fundraising competition.

The team at 24 CF H Svcs C show off their mustaches as part of M'ovember. Back row (L to R): Cpl. Michael Toms, Cpl. Stanley Large, Cpl. David Gregory, LCdr. Gord Peckham, WO Shane Williamson, and MCpl. Robert Thibeault. Front row (L to R): Sgt. Tammy Greening, MCpl. Nathalie Forcier, and Capt. Maxime Decelles-Trudel



Cpl. Michael Toms is shaved by Cpl. Christine Blouin after growing his moustache in support of the M'ovember fundraising and awareness campaign.



Capt. Maxime Decelles-Trudel is shaved by MCpl. Nathalie Forcier after growing his moustache in support of the M'ovember fundraising and awareness campaign.



Cpl. Stan Large is shaved by Cpl. Lynn Bird after growing his moustache in support of the M'ovember fundraising and awareness campaign.



Cpl. David Gregory is shaved by Pte. Brittany Des Barres after growing his moustache in support of the M'ovember fundraising and awareness campaign.

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**Baptisms:** Please allow at least 30 days notice for preparation. For more information please call the chapel at 613-392-2811 ext. 4593 or 2490.  
**Marriages:** Couples wishing to be married by a military chaplain must have their application approved prior to setting a date for the wedding. Normally, at least one party must be active in a military or civilian church. Please contact the chaplain's office.

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## Safety

### Wood stove and fireplace safety critical

While fireplaces are usually considered a decorative alternative, the use of a wood stove in the home has become quite the popular choice as a main source of heat. And while a fireplace may cut down on heating bills, keep in mind you are still dealing with fire - which can be deadly.

The most immediate hazards of a fireplace or wood stove include:

- Fire may escape directly, in the form of hot coals or sparks
- Radiant heat may be great enough to ignite nearby combustible materials
- Flammable residues in the chimney may catch fire and spread to adjacent wood framing or to the roof

The benefits of stoves and fireplaces can be realized in a safe home environment only through proper installation and regular maintenance.

If you plan to install or alter a stove or a fireplace, the project must be carefully carried out in accordance with the manufacturer's instructions while meeting fire prevention or building code regulations of the region where you live. Find out what the building codes are in your area before you begin installations of any kind. Fire codes usually provide specific instructions for stove placement.

It is important to place the appliance a safe distance between nearby walls as wood can ignite at temperatures as low as 200 degrees Fahrenheit, which is much

less than the 800 degrees Fahrenheit temperature radiated by some stoves!

Most codes require protective shields behind and beneath a stove and its flue to dissipate heat before it reaches combustible wall or floor materials. Most codes also specify the thickness of the masonry in a fireplace and chimney and the amount of air space that is required between the masonry and combustible interior walls.

Regular inspection, cleaning and maintenance are the best insurance against chimney fires and fires resulting from a damaged stove or flue. Thoroughly check the entire system before lighting the first fire of the season and repeat inspections on a regular basis every month or so.

**Safety tips for stoves and fireplaces:**

- Use proper accessories for your wood burning system. Cradle shaped grates will keep burning logs from falling or rolling beyond the firebox opening.
- A metal container provides safe transport of ashes, which may contain hot coals. Store them in a safe place outdoors for at least 24 hours before discarding them.
- Every fireplace requires a close-fitting screen or glass doors to prevent sparks and hot coals from popping out.
- Pay attention to the fire itself. Never allow a stove to become so hot the metal

glows. Heat this intense can cause dangerous cracks.

• There must be a sufficient supply of fresh air through outside ducts to ensure good combustion in the fireplace.

• Don't burn trash, plastic, Christmas trees, wrapping paper or anything that provides a sudden, intense flame.

• If you do have a chimney fire, cut off the chimney's air supply to starve the fire and call your fire department.

• Keep a fire extinguisher handy near the fireplace or stove and be trained in its use. A fire extinguisher will not help if you don't know how to use it.

• Burn only the fuels for which the stove is designed. Avoid any substance that could increase the heat of the fire such as starter fluids, coal, cardboard and especially trash such as Christmas tree boughs and plastic wrappings.

• Never store extra firewood so close to the flames that it might ignite outside the firebox.

• If fire does break out, you can ensure an early warning with properly installed smoke detectors.

Fireplaces and wood stoves are great alternatives for heating. Make sure you are aware of the possible dangers associated with them and the steps you need to take if a fire breaks out.



**Christmas Mass / Worship Schedule**  
**Horaire des messes / service divin de Noël**  
**Christmas Eve/Veille de Noël**  
**Dec. 24, 5 p.m.**  
 Family mass - Roman Catholic  
 Messe de famille - Catholique Romaine (*Bilingual*)  
**7 p.m.**  
 Divine worship - Protestant (*English*)  
**Midnight**  
 Solemn sung - Candlemass (*English*)  
**Christmas Day (Dec. 25)**  
 No mass  
**Dec. 29**  
 Feast of the Holy Family/  
 Fête de la Sainte Famille  
 9 a.m., 10:15 a.m. and 11:30 a.m.  
**Jan. 1**  
 Solemnity of Mary, Mother of God/  
 Solennité de Marie, Mère de Dieu  
 10:15 a.m. - (*Bilingual*)  
**Jan. 5**  
 Feast of the Epiphany  
 fête d'épiphanie  
 9 a.m., 10:15 a.m. and 11:30 a.m.  
 9 a.m. - Protestant worship service  
 10:15 a.m. - Roman Catholic mass in English  
 11:30 a.m. - Messe Catholique Romaine en Français

# Sports & Recreation

## Red Cross Swim Lessons Winter 2014

Register online or in-person at the RexPlex 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; and Saturdays, Jan. 11 to March 22. All classes are 10 lessons in duration. No lessons will be held 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. Christmas Goalie Development Program, Dec. 23, 24, 27, 30 and Jan. 2, 3, 8:30 to 9 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 7p.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](http://www.cfcommunitygateway.com/trenton) or + BakerIslandCC@forces.gc.ca.

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**Please call 1-888-2-DONATE (1-888-236-6283) to make an appointment or book online at [www.blood.ca](http://www.blood.ca)**

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**13 FORD EXPLORER XLT**  
 19098 4WD! Navigation! Pwr heated leather seats! Pwr sunroof! Roof rack! 20" Alloy wheels! Pwr heated mirrors! Reverse camera! Pwr liftgate! Rear spoiler! V6, Automatic, 4 dr, park aid, key pad entry, sync, flex fuel, dual climate controls, steering wheel controls, air, tilt, cruise, satellite radio, CD/MP3, pwr locks, windows, keyless entry, only 22,000kms!!!

**\$35,995 +HST** **\$226.42** BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%

**12 FORD F150 RAPTOR**  
 17731 Pwr leather seats! Pwr sunroof! 17" Alloy wheels! Auxiliary switches! Tailgate step! Pwr heated mirrors! 10,500lbs winch! 6.2L-V8, Crew cab, short bed with bed extender, after market bumpers, running boards, rear sliding window, traction control, steering wheel controls, key pad entry, sync, tilt, cruise, air, satellite radio, CD, pwr locks, windows, keyless entry, only 28,000kms!!!!

**\$49,995 +HST** **\$314.48** BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%

**13 JEEP COMPASS**  
 19057 4X4! North edition! 17" Alloy wheels! Pwr heated mirrors! Rear spoiler! Black! Automatic, 4 cyl, 4 dr, traction control, tilt, air, cruise, steering wheel controls, satellite radio, CD/MP3, pwr windows, locks, keyless entry, only 19,000kms!!!!

**\$19,495 +HST** **\$122.63** PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%

**09 PONTIAC G5 SE**  
 18997 16" Alloy wheels! Rear spoiler! Automatic, 4 cyl, 4 dr, steering wheel controls, air, cruise, tilt, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, only 32,000kms!!

**\$9,495 +HST** **\$74.69** BI-WEEKLY 0 DOWN +HST 72 MTHS @ 6.99%

**12 FORD F150 XLT-XTR**  
 19115 4X4! EcoBoost! Tow/haul pkg! 18" Chrome wheels! Pwr heated mirrors! Reverse camera! 3.5L-V6, Crew cab, short bed, bed liner, pwr seats, running boards, curb side mirrors, key pad entry, pwr pedals, steering wheel controls, sync, tilt, air, cruise, traction control, satellite radio, MP3/6 disc changer, pwr windows, locks, keyless entry, 62,000kms.

**\$25,495 +HST** **\$160.37** PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%

**11 FORD F-350 XLT**  
 18823 4X4! Pwr heated mirrors! 18" Alloy wheels! 6.2L-V8, Crew cab, long bed, bed liner, trailer hitch, traction control, air, cruise, steering wheel controls, AM/FM/CD/MP3, pwr windows, locks, keyless entry, only 5,500kms!!!!!!

**\$29,995 +HST** **\$208.87** PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 84 MTHS @ 6.99%

**12 SUZUKI GRAND VITARA**  
 18802 4X4! 17" Alloy wheels! Automatic, 4 cyl, 4 dr, steering wheel controls, traction control, cruise, tilt, air, satellite radio, CD/MP3, pwr windows, locks, mirrors, keless entry, only 47,000kms!

**\$15,995 +HST** **\$100.61** BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%

**13 FORD FUSION TITANIUM**  
 19053 AWD! Navigation! EcoBoost! Pwr heated leather memory seats! Rear spoiler! 19" Chrome wheels! Reverse camera! Pwr heated mirrors! Sony sound system! Automatic, 4 cyl, 4 dr, park aid, sync, steering wheel controls, dual climate controls, tilt, cruise, air, satellite radio, CD/MP3, pwr locks, windows, keyless entry, only 14,000kms!!!!

**\$28,995 +HST** **\$182.38** PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%

**13 FORD ESCAPE TITANIUM**  
 19195 AWD! EcoBoost! Navigation! Panoramic sunroof! Pwr heated leather memory seats! Factor remote start! Reverse camera! 19" Alloy wheels! Automatic, 4 cyl, 4 dr, auto park, trailer hitch, key pad entry, dual climate controls, park aid, steering wheel controls, tilt, air, cruise, satellite radio, CD/MP3, pwr mirrors, windows, locks, keyless entry, only 19,000kms!!!!

**\$28,995 +HST** **\$182.38** PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%

**13 DODGE GR. CARAVAN CREW**  
 19106 Stow'N'Go! Dual air! 17" Alloy wheels! Reverse camera! Pwr heated mirrors! Flex fuel, u-connect compatible, dual climate controls, steering wheel controls, woodgrain trim, traction control, cruise, air, tilt, satellite radio, MP3/6 disc changer, pwr windows, locks, keyless entry, only 29,000kms!!!!

**\$21,495 +HST** **\$135.21** PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%

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