

# the Contact

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## >> How to stay addiction free

The best way to stay addiction free is to stay in, or work towards, being in a healthy state

2

## >> 2013 Ontario Region Old Timers Hockey Championship

8 Wing/CFB Trenton will be hosting the 2013 Ontario Region Old Timers Hockey Championship at the RCAF Arena Feb. 17 - 20

3

## >> TEME Squadron finally makes its move

EME Fit are the first to occupy their fantastic new facilities at 7 Winnipeg Ave.

8



Lt.-Col. Dany Breton, WLEO, Lt.-Col. Deborah Graitson, CO of 2 Air Mov Sqn and Lt.-Col. Dan Harris, WAdminO, are joined by Capt. Caroline Chartier, WFood Svcs O, to cut the birthday cake celebrating 45 years of the Logistics Branch.

## Logisticians celebrate their 45<sup>th</sup> anniversary

Approx 200 logisticians gathered together at the Astra Lounge of CFB Trenton on the afternoon of Feb. 1 to celebrate the 45<sup>th</sup> anniversary of the Logistics Branch.

In 1968 the Canadian Army, Royal Canadian Navy and the Royal Canadian Air Force were merged to form the Canadian Forces. Various units were reorganized at that time and in particular the Logistics Branch.

The new branch was made up of the following disbanded units; the Royal Canadian Army Service Corps and the Royal Canadian Ordnance Corps, other support units combined to form the Administration Branch.

Comprised of seven Non-Commissioned Member (NCM) trades and one Officer occupation, there are slightly over 700 logisticians at 8 Wing/CFB Trenton.

In order to make this year's celebration different from the previous years, which mainly consist of the traditional cake cutting ceremony, it was decided to make it more attractive by adding a few things. The bar was open, door prizes were given out, and a short power point presentation on the branch history was also presented.

As the years go by and the older generation is leaving, not too many remembered when the Cooks were wearing the former Administration badge, that the Resource Management Support (RMS) was an amalgamation of three crests, the Steward trade was returned to the Navy, and the Postal trade became the latest addition. Not there

*continued on page 7*

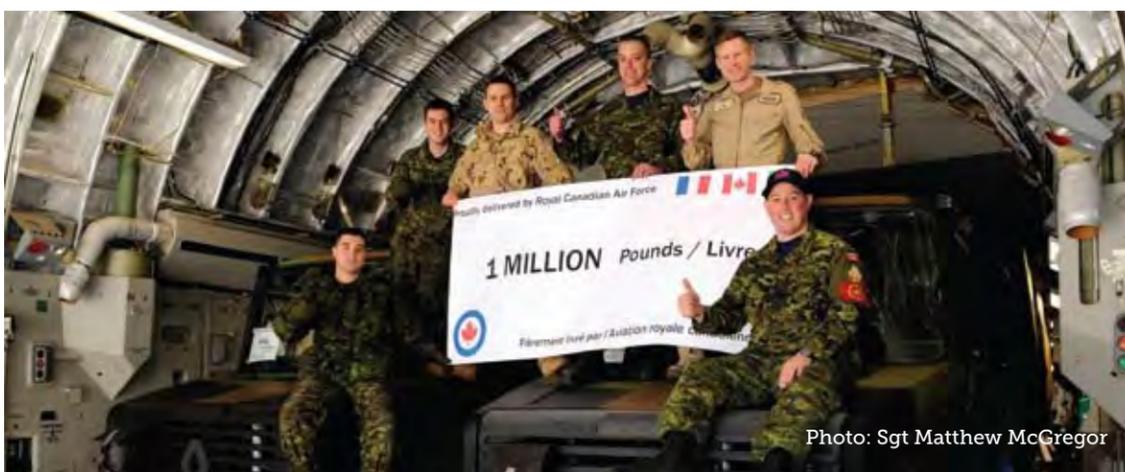


Photo: Sgt Matthew McGregor

RCAF personnel proudly display a banner announcing the giant airlifter has transported more than one million pounds of equipment since Air Task Force Mali began in mid-January.

## Air Task Force Mali: One million pounds of material already transported

By Captain Gabriel Rousseau

Canada's air task force supporting the French government's Operation Serval in Mali reached the one-million-pound milestone of transported materiel 19 days into the operation.

The Canadian CC-177 Globemaster III, which is assisting French authorities, landed at 125 Air Base Istre-le-Tubé at Provence, southern France, on Jan. 16. Less than 24 hours later, Canadian military personnel began their transport operations to the Bamako airport in Mali.

*continued on page 5*

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# Fitness & Health

## How to stay addiction free

As the health model below suggests, the best way to stay addiction free is to stay in, or work towards, being in a healthy state (in the green). The best way to do this is to continue to develop effective coping skills to manage daily stress, develop healthy leisure activities and build a supportive network of family and friends. Also, when engaging in behaviours that may lead to addiction, such as drinking alcohol, do so in a responsible manner and know the signs that may tell you when your use is becoming unhealthy.

This model can be used as a guide to help you determine where you are with your alcohol and other drug use. If you are concerned you are moving to orange or red, help is available through your local Medical Officer or Base Addictions Counsellor (BAC), or through the Member Assistance Program at:

<http://www.forces.gc.ca/health-sante/ps/map-pam/default-eng.asp>.

HEALTHY	REACTING	INJURED	ILL
No Use Experimental Occasional/ Social  No Use  Or  Use is motivated by curiosity or desire to experience new feelings  Or  Uses on specific social occasions for its specific effect  No regular pattern of use is established.  E.g. Drinking alcohol when socializing with others at a party  Follows the LRDG	<b>Regular Use</b>  A pattern of regular use is established  Tolerance to the substance is increased but major life areas are not affected as a result of use  Can readily control the use of the substance  Little or no withdrawal symptoms  E.g. Drinking every weekend but not on weekdays  May drink beyond LRDG	Misuse/Abuse  Uses at higher doses and/ or with increased frequency  Increase in tolerance to the substance  Negative consequences can be felt in many of the major life areas  Increased emotional pain  Withdrawal symptoms experienced  Difficulty controlling use  E.g. Tries to set a few rules (will only drink on weekends) but cannot stick to it, always has a stash, and creates opportunities to use  Unable to follow LRDG	<b>Dependent / Addicted</b>  Uses very regularly and frequently  May experience decreased tolerance  Negative consequences are felt in most or all major life areas  Increasing emotional pain  Severe to life threatening withdrawal symptoms  Constant obsession with use  Cannot control use – attempts to stop are followed by relapse  E.g. Spends more and more time alone and using alone  Unable to follow LRDG

**Notes:**

This model was adapted from the adaption of Capt (N) Bill Nash, USMC and USN Combat and Operational Stress Control, US Marine Corps, and is currently used by the JSB, DND.

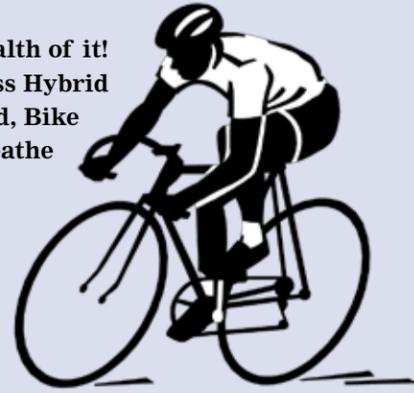
LRDG refers to the Low Risk Drinking Guidelines

Tolerance is the need for an increased amount of a substance to achieve the same desired effect

Major Life Areas are considered to be: family, social, employment/ education, finances, legal, spirituality and health: physical, cognitive and emotional

## Mental Fitness on Mondays in March A Health Promotion Series

- March 4: .....Spin for the Mental Health of it!
- March 11: .....Mental Fitness Hybrid
- March 18: .....Body, Mind, Bike
- March 25: .....Balance, BOSU, Breathe



To increase ones mental fitness and openness to regular mental fitness training by incorporating mental fitness strategies into physical fitness classes on Mondays in March.

### Did you know...?

Incorporate physical activity into your daily life. When quitting, it will help distract you from cravings and urges and help prevent the potential for weight gain.

### Le saviez vous...

Ajoutez des activités physiques à votre vie quotidienne. Elles vous distrairont de vos envies irrésistibles de fumer et vous aideront à réduire le risque de prendre du poids.

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# Sports & Recreation

## PSP Community Recreation Association - Family Day Activities

Flick n Float and Family Skate – Monday, Feb. 18, Flick n Float from 11 a.m. to 3 p.m. Join us for a family movie in the gym from 11 a.m. to 12:30 p.m. and then a swim from 1 p.m. to 3 p.m. Family Skate – Monday, Feb. 18 from 3 p.m. to 5 p.m.

## Video Dance

Video Dance for ages nine to 14 years. Held at the RecPlex Gym. Friday Feb. 22., 7 p.m. to 10 p.m. Cost: \$6 for military community, \$7 for general public (no HST).

## March Break Kidz Kamp

March Break Kidz Kamp - Monday, Mar. 11 to Friday, Mar. 15, 8 a.m. to 4 p.m. Registration military community Monday, Jan. 28. and general public Monday, Feb. 4.

## Adult Programs

Morning Aquafit - Mon., Wed. and Fri., Jan. 7 to Mar. 22, 8:30 a.m. to 9:20 a.m. Senior Lane Swim - Mon., Wed. and Fri., Jan. 7 to Mar. 22, 7:30 a.m. to 8:20 a.m. and 8:30 a.m. to 9:20 a.m. New Evening Aquafit/Jogging – Tue. and Thurs., Jan. 8 to Mar. 21, 7 to 7:50 p.m.

## Fitness Programs

Zumba (60 minutes) – Wednesdays, Jan. 16 to Mar. 6, 5:30 p.m. to 6:30 p.m. at the South Side Gym with Jen. Tai Chi – Tuesdays, Jan. 15 to Mar. 5, 5:15 p.m. to 6:15 p.m. at the South Side Gym. Boot Camp Fitness (60 minutes) – Mondays, Jan. 14 to Mar. 4, 5 p.m. to 6 p.m. Total Balance (60 minutes) – Mondays, Jan. 14 to Mar. 4, 6:15 p.m. to 7:15 p.m. New Senior Stretch and Strength – Wednesdays, Jan. 16 to Mar. 6, 9:45 a.m. to 10:15 a.m. New Women's Indoor Floor Hockey – Wednesdays, Jan. 16 to Jun. 19, 6:15 p.m. to 7:15 p.m. New Move in Health-Yoga Workshops with Nancy – Thursday, Jan. 31, Feb. 28, Mar. 28, 6:30 p.m. to 8:30 p.m. Learn to Run – Saturdays, Jan. 12 to Mar. 2, 9:30 a.m. to 10:15 a.m. Learn to Skate for Adults – Sundays, Jan. 13 to Mar. 3, 3 p.m. to 4 p.m.

## Advanced Aquatics

Babysitter's Course – Thursday, Mar. 14, 10 a.m. to 5 p.m.

Bronze Cross and Standrd First-Aid with CPR C and AED - May 10, 11, 12, 24, 25 and 26  
Standard First Aid with CPR C and AED - Mar. 16 and 17, 9 a.m. to 5 p.m.  
Standard First Aid with CPR C and AED Recertification – Friday, Mar.15, 9 a.m. to 5 p.m.  
National Lifeguard Course - May 31 and June 1, 2, 7, 8 and 9.  
NLS Re-certification (2012 Standards) Sunday, June 9, 10 a.m. to 4:30 p.m.

## Children, Youth and Teens programs

Skills and Drills – Mondays, Jan. 14 to Mar. 4, 5 p.m. to 6 p.m.  
Learn to Skate for Youngsters – Fridays, Jan. 18 to Mar. 8, 4 p.m. to 5 p.m.  
Learn to Skate for Youth – Fridays, Jan. 18 to Mar. 8, 5 p.m. to 6 p.m.  
New Indoor Baseball Training – Tuesdays, Jan. 15 to Mar. 5, 6 p.m. to 8 p.m.  
Kookin with Kidz – Tuesdays, Jan. 15 to Mar. 5, 5:15 p.m. to 6:15 p.m. for six to eight years and 6:15 p.m. to 7:15 p.m. for nine to 12 years.  
Iron Chef – Wednesdays, Jan. 16 to Mar. 6, 6:30 p.m. to 7:30 p.m.  
New Life-Fit Boot Camp – Saturdays, Jan. 12 to Mar. 2, 11 a.m. to 12 p.m.  
Family Skating - Saturdays and Sundays, Jan. 5 to Mar. 31, 1 p.m. to 3 p.m.  
Shinny Hockey - Tyke/Novice, Tuesdays, 4 p.m. to 5 p.m.; Atom, Fridays, 6 p.m. to 7 p.m.; PeeWee, Wednesdays, 4 p.m. to 5 p.m.; Bantam/Midget, Fridays, 7 p.m. to 8 p.m.

## 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 it's 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

## RecPlex Hours of Operation

Monday to Friday from 8 a.m. to 8:30 p.m., Saturday from 12:30 p.m. to 8 p.m., Sunday and holidays from 12:30 p.m. to 4:30 p.m. Counter service available at the RecPlex. For program registration and membership sales and service, Monday to Friday from 1 p.m. to 8:30 p.m., Saturday from 12:30 p.m. to 8 p.m., Sunday and holidays from 12:30 p.m. to 4:30 p.m.

## 2013 Ontario Region Old Timers Hockey Championship

8 Wing/CFB Trenton will be hosting the 2013 Ontario Region Old Timers Hockey Championship at the RCAF Arena Feb. 17 – 20. Come out and support the Base Old Timers Hockey Team defend the OR Old Timers Hockey Championship.

Mon. Feb. 18	Opening Ceremony is schedule for 7:45 a.m.				
Mon. Feb. 18	Game 1	8:30 a.m.	Trenton	vs	Borden
Mon. Feb. 18	Game 2	10 a.m	Kingston	vs	Petawawa
Mon. Feb. 18	Game 3	6:30 p.m.	Petawawa	vs	Trenton
Tue. Feb. 19	Game 4	8 p.m.	Borden	vs	Kingston
Tue. Feb. 19	Game 5	8 a.m.	Petawawa	vs	Borden
Tue. Feb. 19	Game 6	10 a.m.	Trenton	vs	Kingston
Tue. Feb. 19	Semi Final	Semi Final	2 <sup>nd</sup>	vs	3 <sup>rd</sup>
Wed. Feb. 20	Semi Final	8 p.m.	1 <sup>st</sup>	vs	4 <sup>th</sup> if required
	Final	10 a.m.		vs	

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**Announcement**  
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Welcomes Theresa to the team.  
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If the words above describe you, then read on. If you have leadership skills, fund raising expertise, or ability to advocate, and a belief in social justice, please contact us for more information on Board membership.

Community Living Quinte West helps people with intellectual disabilities to live as valuable members of the community. If Board membership interests you, you will have the opportunity to provide strategic direction to the agency while having the opportunity to learn more about the changing attitudes and ways to support people with intellectual disabilities. Your membership on this Board will make a difference.

Call Peter O'Connell, Chair of the Search Committee at **613-394-2222** or submit your letter of interest to:  
Community Living Quinte West  
Chair of the Search Committee  
**52 Lafferty Road, Trenton, ON K8V 5P7**  
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# Polar Bear seen at CFS Alert!

A young Polar Bear is seen wondering around CFS Alert, highlighting the potential for Polar Bears to visit us during the dark months, which has never been reported in 50 years.

Photo: David Mackay



Photo: Cpl. Daren Lunn

## CFS Alert igloo

Nasittuq employees Gilberto Levi Kalluk, Leslie Lowell and 2Lt. Nemanya Petrovic give the thumbs up after successfully building an Igloo at CFS Alert.

## 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 Forces at work.

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, CF or other agencies.

In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel Sean Friday, CD, Wing Commander, 8 Wing/CFB Trenton.

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

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CANADA

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## Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.

- Do not include clip-art or graphics within your typed pages. Additional graphics/ logos may be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person. Non e-mail submissions should be saved

as word documents on a disc and accompanied by a hard copy of your article.

- Articles must include author's full name, unit and phone number.

- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction. Jpeg-Maximum (8X10), 300 dpi

- Please label all disks and hard copies with article name, contact person and phone numbers, date.

- ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 pm PRIOR TO PRINT DATE AT THE CONTACT OFFICE.

## Wondering where to find The Contact?

**Check out the new drop boxes located around the PMQs.**

- RCAF Arena
- Outside of Cité-Jeunesse
- Corner of McGill & Rivers
- Corner of St. Hubert & Borden
- Outside of Marc Garneau

# Contact

## A Military Community Newspaper

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**LETTERS TO THE EDITOR:** All letters and editorials must be signed and the name of the author will be published, unless otherwise requested. 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. Mail, e-mail, fax or drop in person to the Contact office. Please refer to the information at the bottom of the page for how to reach us.

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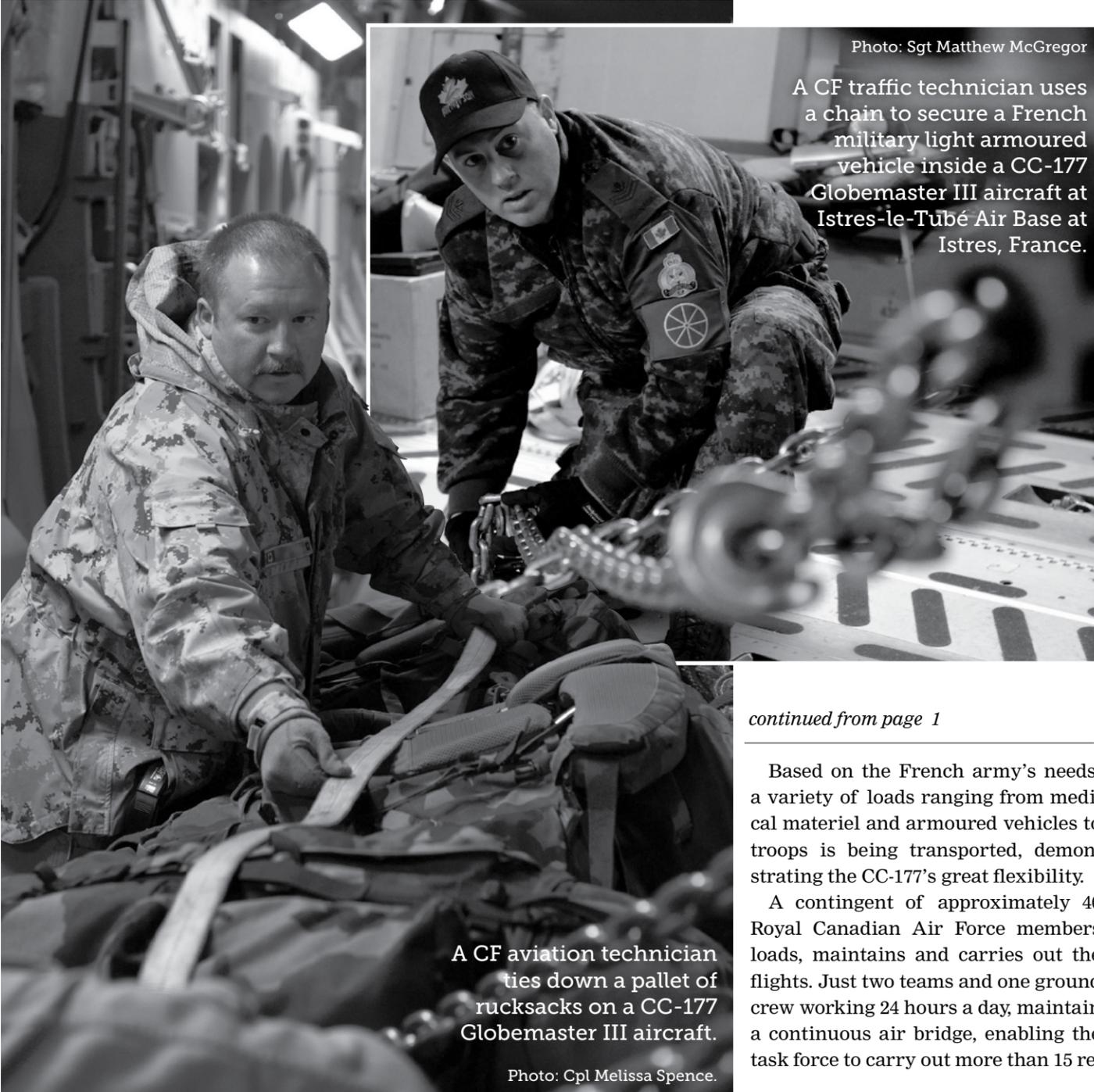


Photo: Sgt Matthew McGregor

A CF traffic technician uses a chain to secure a French military light armoured vehicle inside a CC-177 Globemaster III aircraft at Istres-le-Tubé Air Base at Istres, France.

A CF aviation technician ties down a pallet of rucksacks on a CC-177 Globemaster III aircraft.

Photo: Cpl Melissa Spence.

*continued from page 1*

Based on the French army's needs, a variety of loads ranging from medical materiel and armoured vehicles to troops is being transported, demonstrating the CC-177's great flexibility.

A contingent of approximately 40 Royal Canadian Air Force members loads, maintains and carries out the flights. Just two teams and one ground crew working 24 hours a day, maintain a continuous air bridge, enabling the task force to carry out more than 15 re-

turn trips to Mali of approximately 180 flying hours over a distance of 134,400 kilometres.

Each airdrop requires approximately 16 to 20 hours of work to load, fly the 4,000-kilometre trip from France to Mali, unload and return to France. Canadian military personnel keep up this constant pace to ensure the troops and equipment are transported as quickly as possible while maximizing flight time.

Since operations began, activity on the French air base has ramped up considerably, becoming a major logistical operations hub for transport to the Malian capital of Bamako. An American C-17 contingent has also joined the mission and is operating from the same air base as Canada.

Following the announcement to extend the Canadian mission to Feb. 15, military personnel will continue to ensure that daily flights provide solid support to the French mission, aimed at containing northern Mali rebels and extremist groups that pose a real threat to national and international security.

The French began Op Serval on Jan. 11, when Malian President Dioncounda Traoré issued an urgent appeal for foreign assistance in his government's battle to rein in Islamic extremists linked to Al-Qaida and retake the occupied territory. In response, French President François Hollande authorized a joint combat operation with Malian government forces to protect the capital of Bamako and take back the territory occupied by the militants.

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# Twelve tips for safer winter driving

Driving requires all the care and caution possible any time of year. But winter driving has even greater challenges because of wet and icy road surfaces, longer hours of darkness and poor visibility because of snow, rain and fog.

Here are 12 tips to help you drive more safely this winter.

1. Allow enough time to get to your destination. Rushing in difficult driving conditions can lead to an accident. Turn your radio on to listen to the road report and weather forecast. Leave a few minutes earlier in the morning, and allow plenty of time to get to work. Buckle up your seat belt or safety restraint before you start driving.
2. Stay alert. Don't drive when you are under the influence of alcohol, drugs or certain medications. Read the labels of prescription drugs and over-the-counter medicines to determine if they can cause drowsiness. Driving demands your full attention.
3. Stay calm. Sometimes other drivers will become frustrated with slow-moving traffic. Keep your temper and don't let other drivers aggravate you. Maintain a safe speed and drive defensively.
4. Keep a safe distance between you and other vehicles. The "two second rule" works well on dry roads and in ideal conditions, but in winter you should extend it to four seconds. Watch the vehicle directly ahead of you. As it passes a stationary object start counting - "one thousand and one", "one thousand and two", and so on. Your vehicle should not pass the same object until you say the word "four."
5. Keep your car well-maintained and in good working order. This includes having good tread on your tires, the engine tuned-up for winter, and all lights functioning properly. In colder climates, you may need to add anti-freeze to the radiator. In some areas, gasoline antifreeze may be required.
6. Clean your windows and headlights frequently.

7. Drive appropriately for the road conditions. The posted speed limit may be too fast under winter conditions. Driving on a wet road can cause hydroplaning as a thin barrier of water builds up between your tires and the road surface, causing your vehicle to slip. If you begin to lose control of your steering, take your foot off the gas.
  8. Stay with your vehicle if it breaks down. Put on your emergency flashers and wait for assistance. Carry a sign for your window, asking other motorists to tell the police you need help.
  9. Wait out bad weather. Strong icy winds in combination with snow or dust can make it impossible to see where you are driving - or walking. Under these conditions it is usually safest to stay with your vehicle and wait out the storm.
  10. Plan your moves carefully. In slippery conditions, never jam on your brakes in a panic stop, you will most likely skid and lose control of the vehicle. Instead, pump your brakes gently a few times.
  11. Avoid driving through deep puddles, especially at high speeds. The water can make your brakes less effective and, if deep enough, can cause serious engine damage. If you must drive through water and you are not sure about the depth, slow right down and cautiously inch forward until you are certain it is safe.
  12. Quit driving when you begin to feel sleepy. If you have a long distance to drive, take frequent short breaks for fresh air and a walk around the vehicle.
- Winter driving can be challenging, especially if driving is a part of your job. Take your time and plan ahead.

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Filled with excitement and pride, logisticians from all units took some time from their duties to get together and spend the afternoon sharing stories and enjoying the opportunity to mingle.



(RIGHT) More than likely the senior logistician at 8 Wing, Mr. Jim Pullen from Wing Supply certainly remembered all those changes, as he joined well before July 1, 1968, as he is one of the few who also wore the King crown on his badge when he joined in 1951.

*continued from page 1*

in 1968, but a witness of all the other changes, CWO Roy (a logistician since the mid-70s) was able to remind us of the dates, without looking at the Logistics Branch Handbook.

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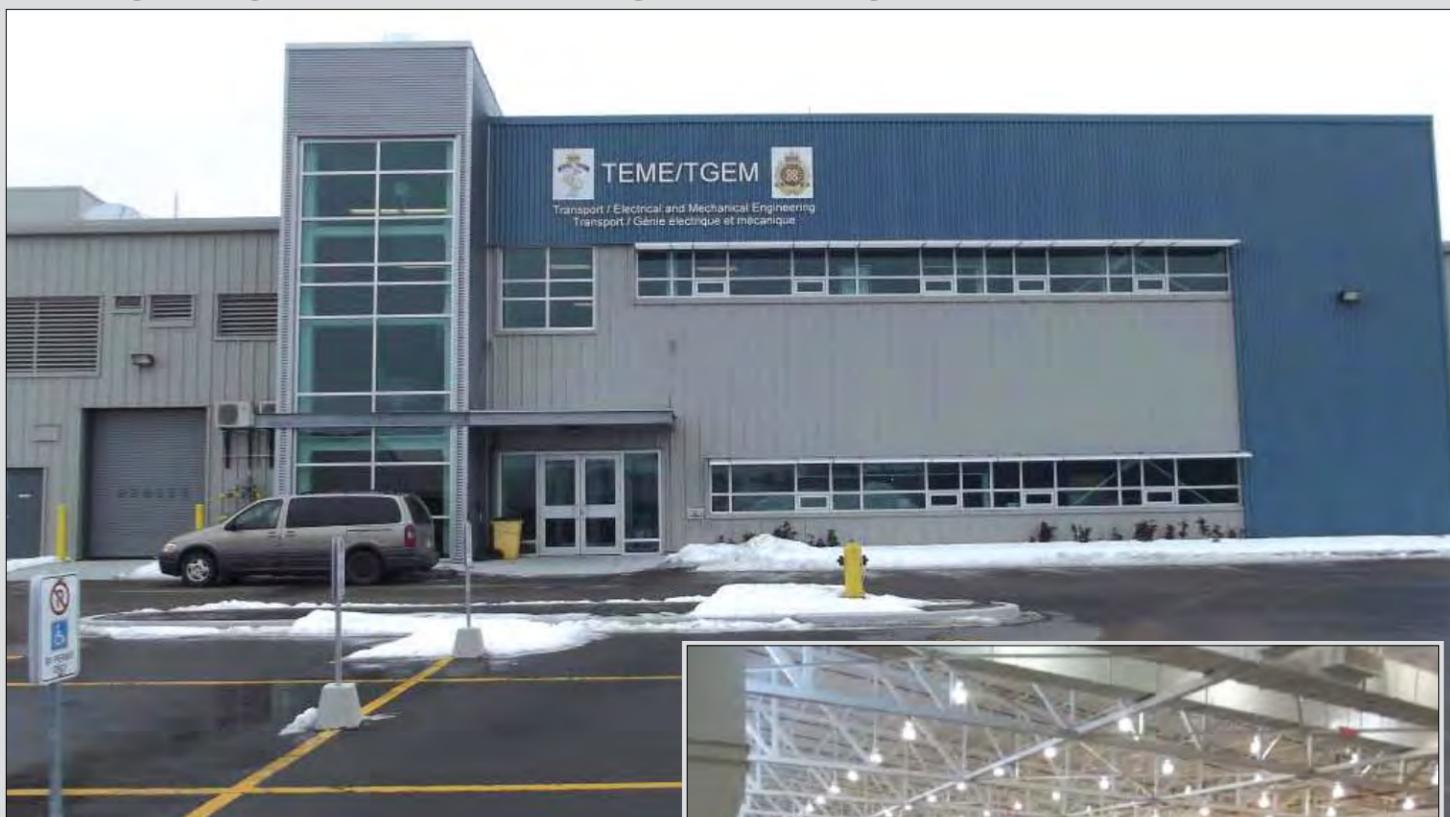
## Roundel Glen Golf Course Operations

As we eagerly anticipate the upcoming golf season, I would like to thank you for your interest and participation as a member of the Roundel Glen Golf community. We are pleased to inform you that CFB Trenton will continue to provide an exciting golf experience alongside our new partners, Trillium Wood Golf Club.

8 Wing/CFB Trenton Roundel Glen Golf Course will conduct Golf Course operations under the management team of Trillium Wood Golf Club. This partnership is fully supported and endorsed by the senior leadership, the Morale and Welfare program of the Canadian Forces, and our new partners Trillium Wood. It is anticipated that you will have questions as to how operations will be conducted. We are therefore inviting you to attend an "Information Session" at the Roundel Glen clubhouse on Wednesday, February 20, 2013 at 7:00pm, where you will have the opportunity to meet with our new partners and discuss their direction for Roundel Glen

*continued on page 9*

## Wing Logistics and Engineering Pictures of the Week



After what felt like forever, TEME Sqn's big move is finally here. Like children on Christmas day, the troops of EME Flt are the first to occupy the fantastic new facilities at #7 Winnipeg Ave on the North side.

The shop floors shown here, with Heavy and Repair sections and Servicing, are rapidly filling up with the Wing's equipment and represent only a portion of the floor space in the new building. The generous space, additional new hoists and ample natural lighting make the new shop a pleasure to work in.

Next up is Tn Flt. They are starting their portion of the move at the time of this writing and everyone should be settled in before the end of the month.



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*continued from page 8*

Golf Course. We trust our new partnership arrangement will ensure that our community can enjoy a truly unique golfing opportunity.

Trillium Wood Golf will be responsible for the development and administration of a variety of golf programs. As a professional golf management team they will assess your particular situation and assist you in joining the Roundel Glen Community. Trillium Wood can be reached at 613 477 1831 or email [golf@trilliumwood.com](mailto:golf@trilliumwood.com).

8 Wing/CFB Trenton holds our relationship between our military community and the residents of Quinte West in high regard. The goal of providing a golf experience, is to invite participation by all, and to ensure that our partnership will continue to grow. We offer our thanks for your past support and look forward to providing you with the best possible service in the future.

*C.D. Harris  
Lieutenant Colonel  
Wing Administration Officer*

## Opérations du terrain de golf Roundel Glen

Avant l'arrivée très attendue d'une nouvelle saison de golf, je veux vous remercier de votre intérêt pour le terrain de golf de Roundel Glen et de votre participation à ses activités. Nous vous informons avec plaisir que la BFC Trenton continuera de fournir une expérience de golf passionnante en collaboration avec notre nouveau partenaire, Trillium Wood Golf Club.

Les opérations du terrain de golf Roundel Glen de la 8e Escadre/BFC Trenton seront gérées par une équipe de gestion du Trillium Wood Golf Club. Ce partenariat reçoit le plein appui du haut leadership, du programme de bien-être et de maintien du moral des Forces canadiennes et de notre nouveau partenaire, Trillium Wood Golf. Nous pensons que vous pourriez avoir des questions concernant les opérations du terrain de golf. Nous vous invitons alors à une séance d'information au pavillon du terrain de golf Roundel Glen le mercredi 20 février 2013 à 19 h. Pendant cette soirée, vous pourrez rencontrer les représentants de notre nouveau partenaire et discuter avec eux de l'orientation du terrain de golf. Nous sommes persuadés que notre nouvelle entente de partenariat assurera une expérience de golf vraiment unique pour tous nos membres.

Trillium Wood Golf sera responsable de l'élaboration et de l'administration d'un ensemble de programmes de golf. En tant qu'équipe de gestion professionnelle en matière de golf, elle pourra évaluer votre situation et vous aider à vous joindre aux membres du terrain de golf Roundel Glen. Vous pouvez communiquer avec un représentant de Trillium Wood Golf Club au 613 477-1831 ou au [golf@trilliumwood.com](mailto:golf@trilliumwood.com).

La 8e Escadre/BFC Trenton tient en haute estime la relation entre la communauté militaire et les résidents de Quinte West. Dans l'expérience de golf que nous offrons, nous avons comme but de favoriser la participation de tous et de veiller à ce que notre partenariat continue de croître. Nous vous remercions du soutien que vous nous avez accordé précédemment, et nous désirons vous fournir le meilleur service qui soit.

*Lieutenant-colonel  
C.D. Harris  
Officier d'administration de l'escadre*



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## Children of military families needed for a study

We are looking for parents interested in having their children be part of a focus group with other children to discuss their perspectives on issues related to deployment, relocation, and well-being.

\*The focus groups will be conducted by a qualified researcher with a PhD, and a social worker will be present at all times.

### THE STUDY

#### Children in Military Families: The Impact of Military Life on Family Well-Being

The Chief of Military Personnel and the Chief of Defence Staff have made the well-being of military families a top priority. Thus, this research study looks at the impact of military life from the children's perspective. We would like to understand children's experiences of military life, so we can make policy/ program recommendations that will improve the quality of life and well-being of Canadian Forces families.

It's an opportunity for children to have their voices heard on issues that affect military families.

### OUTLINE

- Focus Groups will be held on **March 18<sup>th</sup> and 19<sup>th</sup>** at Trenton Military Family Resource Centre.
- 30 to 40 minutes long.
- Children grouped by age (8 to 10 and 11 to 13).
- Questions related to their experiences of parental deployment, family relocation, and well-being.
- Responses will remain confidential and anonymous.
- During the focus groups, parents will be asked to remain in the waiting room nearby.

Your child's participation in the focus groups is completely voluntary and he or she may leave at any time.

### QUESTIONS

Dr. Alla Skomorovsky

613-992-8739

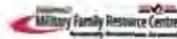
[Alla.Skomorovsky@forces.gc.ca](mailto:Alla.Skomorovsky@forces.gc.ca)

### INFORMATION & REGISTRATION

Dr. Alla Skomorovsky 613-992-8739

[Alla.Skomorovsky@forces.gc.ca](mailto:Alla.Skomorovsky@forces.gc.ca)

This research study was approved by the SSRRB in accordance with CANFORGEN 198/08, approval # 1134-12F.



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## Military Families Strength Behind the Uniform



Drop by your local Military Family Resource Centre to find out what they can do for you. Join them for coffee breaks, support groups, second language training and special events.



Contact the Family Information Line at **1-800-866-4546** for answers to your questions, concerns and support.



Browse [www.familyforce.ca](http://www.familyforce.ca) - a site for and about military families.



Communiquez avec votre centre de ressources pour les familles des militaires pour découvrir ce qu'ils peuvent faire pour vous. Rejoignez-les pour des pauses-café, des groupes de soutien, de la formation en langue seconde et des événements spéciaux.



Contactez la Ligne d'information pour les familles au **1-800-866-4546** pour obtenir des réponses à vos questions, préoccupations ou lorsque vous souhaitez avoir de l'appui.



Naviguez [www.forcedelafamille.ca](http://www.forcedelafamille.ca) - un site pour et au sujet des familles des militaires.

## La famille La force conjointe



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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). Each event should be typed out in the format of those below. Please do not send posters.

**Feb. 15 - Winter Carnival**

Come on out for this year's Winter Carnival, which will have a Country theme, so dress up in your best Country get-up. Baker's Island will be the location where teams of six to eight will compete in fun winter games. Teams please arrive at 8:15 a.m. to sign in for the day. Opening ceremonies are at 9:15 a.m. and a lunch will be provided afterward along with an awards presentation. Contact Bill Jeffs at [William.Jeffs@forces.gc.ca](mailto:William.Jeffs@forces.gc.ca) for a registration form for your team. Remember to come prepared for the weather this time of year, including properly treaded winter boots. Registration is closed on Friday, Feb. 1.

**15 février - Le Carnaval d'hiver**

Le Carnaval d'hiver de la 8e Escadre/BFC Trenton se déroulera le vendredi 8 février 2013. Le thème du carnaval est « À la mode Country » alors habillez-vous pour l'occasion. À l'Île Baker, des équipes de 6 à 8 personnes s'affronteront lors de jeux d'hiver amusants. Les équipes sont priées d'arriver à 8 h 15 aux fins d'inscription. La cérémonie d'ouverture commencera à 9 h 15 et un dîner aura lieu après les jeux ainsi que la remise des prix. Veuillez communiquer avec Bill Jeffs ([William.Jeffs@forces.gc.ca](mailto:William.Jeffs@forces.gc.ca)) pour obtenir un formulaire d'inscription pour votre équipe. Soyez préparé pour tout caprice de la météo et n'oubliez pas vos bottes d'hiver à semelle à rainures. La date limite pour s'inscrire est le vendredi 1er février.

**Feb. 21 - Trenton High School Open House**

Trenton High School will be hosting an Open House from 6 p.m. to 8 p.m. for all interested parents of Grade 8 students. Find out more about the high standards of excellence in academics, arts, athletics and the many great opportunities that await your son or daughter at Trenton High School. Tour the facilities and hear more about the opening of the track and new state-of-the-art science laboratories. The evening will begin at 6 p.m. in the cafeteria with a formal presentation in the auditorium to follow. Please rsvp at 613-392-1227 ext: 3313

**Feb. 23 - Wooler United Church Annual Chuckwagon Supper**

at 6 p.m. Tickets \$12 (under 12 \$6) For tickets, please call church office at 613-397-1600, Marion at 613-475-5281, or Jim at 613-397-3027.

**Feb. 24 - Knights of Columbus Breakfast**

Scrambled eggs, bacon, sausages, toast, potatoes, pancakes, baked beans, cereal, juice, tea and coffee. Twelve years and over \$7.50, six to 11 years \$5, five and under free. Everyone is welcome.

**Feb. 24 - Quinte Secular Humanist Association**

at 1:30 p.m. at Loyalist College, Training and Development Center, Pioneer Building room P-22, Wallbridge-Loyalist Road, Belleville. Agenda, "woo

magic," prophecies and other religious delusions. A respectful, if somewhat light hearted look at the more obscure beliefs. This will be fun and fast paced! While some are innocent delusions others are not and are quite seriously painful for thinking humans. As always, an interactive exchange is planned. Visit [www.quintehumanists.ca](http://www.quintehumanists.ca)

**Feb. 25 - Movie night: "Children of Soldiers"**

Bayfield Clinic is pleased to invite military veteran families and their friends to a thought-provoking and family bonding movie event. We'll watch the movie (60 minutes), followed by a lively discussion about viewers' reactions to the film. Admittance is free of charge at 7 p.m. at the Bayfield Clinic, 135 Victoria Ave., (upstairs) Belleville, ON. Refreshments will be served. For more information, please call 613-962-5036.

**March 1-3, - Belleville Downtown DocFest**

2nd Annual International Documentary Film Festival will screen over 40 outstanding films that celebrate life and human dignity around the world. Opening Gala event will feature the acclaimed documentary, Searching for Sugarman and special guest Jason Collett. Festival passes and tickets are available through The Empire Theatre box office: [theempiretheatre.com](http://theempiretheatre.com) or phone: 613-969-0099, and also available at a number of outlets in and around

the Quinte area. Film selection, schedule and ticket outlets are posted at [www.downtowndocfest.ca](http://www.downtowndocfest.ca).

**March 7 - International Women's Day**

International Women's Day: Past, Present, Future - Gaining Momentum. Hosted by the Defence Women's Advisory Organization. To register contact e-mail: [+Int WD Trenton@WADMIN@Trenton](mailto:+Int WD Trenton@WADMIN@Trenton)

**7 mars - Journée Internationale de la Femme**

Journée Internationale de la Femme: Passé, présent, avenir - En plein élan. Hôte: Organisation consultive des femmes de la Défense. Pour vous inscrire, adresse électronique: [+Int WD Trenton@WADMIN@Trenton](mailto:+Int WD Trenton@WADMIN@Trenton)

**April 1 - Easter Egg Hunt**

An Easter Egg Hunt is being held for the Military and their dependents between 1 p.m. and 4 p.m. at an as yet unspecified location. Registration is a must for the Easter Egg hunt, to ensure there is enough goodies for the children. This is an event targeted for children under the age of and including 16. Deadline is March 22. Registering from work: [+PMQ Community Council@CFB Trenton](mailto:+PMQ Community Council@CFB Trenton). Registering from home; [amberandricky@gmail.com](mailto:amberandricky@gmail.com). Email the following info:  
1. Serving member rank and name.  
2. Number of dependants attending.  
3. Any allergies.  
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### CF National Chief Official for the Sport of Golf

The position for Canadian Forces (CF) Chief Official for the Sport of Golf is currently open. The Chief Official position for the Sport of Golf will include the **2013-2016 National Championships (four-year position)**. As per the Canadian Forces National Sports Rulebook, the Chief Official is appointed by Director Sports, Recreation and Messes. The RIC is responsible for advising Canadian Forces Sports Manager (CFSM), the jury of appeal, the host base, teams and competitors regarding the rules of play. Also advising CFSM concerning the selection criteria for officials attending CF National Sports Championships, and acting as the Chief Official at the designated CF National Sport Championship.

When submitting an application, all the following informa-

tion must be included, Full name, Rank; Unit, Base; Work Phone number; List of all Golf related Qualifications; List of Officiating Experience (military and civilian (all levels); List of related experience as a Chief Official/Referee in Chief; Letter(s) of Recommendation and/or List of References; Any other information that is pertinent or the applicant would like to share.

If you have any questions relating to the position or the application process, please contact the CFSM at CSN 996-9979 or Ms. Jessica Witoslawski, the National Sports Coordinator, at CSN 992-0867.

Submit your application to the Military Sports Coordinator Cormier DG@CFB Trenton PSP@Trenton no later than March 15.

### Women's basketball feminine

Looking for women interested in playing basketball to have fun and in preparation for the first Women's Ontario Basketball Regionals.

Practices are held Tuesdays and Thursdays from 4 p.m. until 6 p.m. at the South Gym, officially starting Sept.4

A la recherche de femmes intéressées à jouer au basketball pour le plaisir et en préparation pour les premier Regionaux de Basketball féminin en Ontario.

Les pratiques ont lieu mardis et jeudis 1600-1800hrs au Gymnase Sud, commençant officiellement le 4 sept.

For more info, please contact / Pour plus d'information, veuillez contacter: Maj Catherine Marchetti, local 2685, Catherine.Marchetti@forces.gc.ca

# Horoscope

WEEK OF FEBRUARY 10 TO FEBRUARY 16, 2013

## THE LUCKIEST SIGNS THIS WEEK: CANCER, LEO, AND VIRGO

-  **ARIES**  
You suffer from a bit of fatigue or a bad cold keeps you in bed. You take advantage of an inspiration that will help you find your way.
-  **TAURUS**  
Expect to receive numerous invitations to get out and participate in various social activities. In addition, you register for a class of an artistic nature that will transform your future.
-  **GEMINI**  
At work, you finally obtain some form of permanence or guaranteed employment that will allow you to plan more long-term projects. A promotion is also possible.
-  **CANCER**  
Even if you are very emotional by nature, you are also fairly adventurous and you may decide to suddenly treat yourself to a nice trip
-  **LEO**  
You make a few changes in your daily routine. You may also feel the necessity to make some changes in your circle of friends. Your family will be your first priority.
-  **VIRGO**  
You are able to build a harmonious atmosphere around you. You are dynamic and you will bring some important people together in order to make decisions at work or at home.
-  **LIBRA**  
There is lots of work on the horizon for you and, in particular, many details to take into consideration. Take advantage of your meticulous nature and finish what you started.
-  **SCORPIO**  
This is the right moment to take some fairly drastic steps in recovering your self-esteem. Perhaps a short therapy session will also be necessary.
-  **SAGITTARIUS**  
Family is your priority. If you have young children, take the time to organize spring break or to plan some nice activities to do with them.
-  **CAPRICORN**  
You certainly have lots to say for yourself. You express out loud what others only think. Your opinion will be very important in solving a problem.
-  **AQUARIUS**  
All that's necessary for you to become a homeowner is to figure out a good budget. Generally speaking, you're not easily intimidated and you're determined to reach your goals.
-  **PISCES**  
You might decide suddenly to go on a trip to escape the rigours of winter. You'll feel like spoiling yourself as your birthday approaches.

## CROSSWORD

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18				19			20	21				
				22		23						
24	25	26		27			28		29	30	31	
32				33			34			35		
36			37			38				39		
			40			41						
42	43	44					45		46	47	48	49
50						51	52			53		
54						55				56		
57						58				59		

**ACROSS**

- 1. Fiddler \_\_\_\_
- 5. Toothed wheel
- 8. Oceanic motion
- 12. Gump, to Hanks
- 13. Bird of prey
- 14. Lamb's coat
- 15. Slacken
- 16. Keanu in "The Matrix"
- 17. Gossip piece
- 18. Injustices
- 20. Church tables
- 22. Yokel
- 24. Trim
- 27. Rascal
- 28. Onion's kin
- 32. Foamy brew
- 33. Remove the frost from
- 35. Morning drops
- 36. Facial hair
- 38. Jogged
- 39. Recognize

40. Foreigners

- 42. Proclaimed noisily
- 45. Close
- 50. Boo Boo's buddy
- 51. Corrosive material
- 53. Curly greens
- 54. Move like a pony
- 55. Always, to a bard
- 56. Religious statue
- 57. Jumpy
- 58. Sunbeam
- 59. Brokaw's specialty

**DOWN**

- 1. Ship's personnel
- 2. Shout
- 3. In addition
- 4. Has-\_\_\_\_ (former star)
- 5. Eat
- 6. Be in debt
- 7. Boast
- 8. Jerk rapidly
- 9. Small amount
- 10. Busy person

11. Tall shade trees

- 19. Pancake skillet
- 21. Permit
- 23. Tower's top
- 24. Hunting dog, for short
- 25. Bullfight cheer
- 26. Podded vegetable
- 29. Freud's concerns
- 30. Kind of neckline
- 31. Momma sheep
- 34. Steinbeck's "\_\_\_\_ Row"
- 37. Uncommon thing
- 41. Loafer
- 42. Group of computer bits
- 43. British title
- 44. Very eager
- 46. Similar
- 47. Indy 500, e.g.
- 48. Puff
- 49. Urges
- 52. Senate vote



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

**Welcome to all newcomers**

to 8 Wing/CFB Trenton! This is your centre, come to visit and get your moving-in goodies. Give your opinion and share your ideas. Get involved! Moving to a new community can be a challenge, come for a visit and see what we have to offer.

**Bienvenue aux nouveaux arrivants**

de la 8e escadre/BFC Trenton! C'est votre Centre, venez visiter et recevoir vos gâteries d'arrivée. Donnez votre opinion et partagez vos idées. Impliquez-vous! Emménagez dans une nouvelle communauté peut être un défi, venez nous visiter et découvrez ce que nous pouvons vous offrir.

**Grace's cooking class is coming back**

Learn and enjoy representative dishes from international cuisines. Mondays from Feb. 18 to April 22, 6:30 p.m. to 8:30 p.m. Cost: \$25/person/per class or \$225/person (purchase 10 classes before Feb. 10.

Chinese wok (two weeks) - three easy making and delicious stir fry dishes  
Thai food (one) - three popular Thai dishes

Thai food (two) - three low calorie Thai dishes

Three elegant and frugal Asia style party appetizers

Fusion style comfort food (two weeks)

Chinese Dim Sum (advanced)(two weeks)

Please visit our website for a complete description of the classes or ask at the reception, [www.FamilyForce.ca](http://www.FamilyForce.ca)

**Les cours de cuisine avec Grace reviennent**

Apprenez des plats représentatifs de la cuisin internationale. Les lundis du 18 février au 22 avril (les classes sont offertes en anglais), de 18h30 à 20h30. Coût : 25,00\$ par classe/par personne ou 225,00\$/par personne (payez pour 10 classes avant le 10 février)

Wok chinois (deux semaines) - trois plats de sautés faciles et délicieux  
NourritureThai (une) - trois mets populaires Thai

Thai food (deux) - trois plats Thai à basses calories

Trois amuse-gueules de style asiatique, élégants et économiques

Trois amuse-gueules de style européennes, élégants et économiques

Nourriture style fusion (deux semaines)

Dim Sum chinois(advancé)(deux semaines)

S.V.P. visitez notre site web ou la réception pour une description complète des classes,

**From the Ground Up**

This group is a women's self-empow-

erment program that teaches assertiveness skills, healthy communication, builds self-esteem, promotes self-care and emotion management skills. Fridays from Feb. 22 to April 19, 11:30 a.m. to 2 p.m. Register with Audrey Gillis at 613-392-2811 ext. 4017 before Feb. 13.

**Apprendre à grandir**

Ce groupe est un programme d'empowerment pour femmes, qui enseigne l'affirmation de soi, la communication saine, l'estime de soi, le prendre soi de soi et la gestion des émotions. Les vendredis du 22 février au 19 avril, de 11h30 à 14h. Inscrivez-vous avant le 13 février avec Ashlee Allen au 613-392-2811 poste 5541.

**NEW! Connexion Cafés**

Thursday evenings, 6:30 p.m. to 8:30 pm, No childcare. Friday mornings, 9:30 a.m. to

11:30 a.m, childcare available, register in advance at reception. Feb. 21 and 22. Are you planning a trip? Tips and tricks to make it a success.

**NOUVEAU! Cafés Connection**

Les jeudis de 18:30 à 20:30, Gardiennage non offert. Les vendredis de 9h30 à

11h30, Gardiennage disponible, inscription à l'avance. Les 21 & 22 février, Planifiez-vous un voyage? Des trucs et conseils pour en faire un succès.

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**Home of the Week**  
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**Plan No: 10-3-211**

This handsome three-bedroom, two-storey recreation home, with its steeply pitched metal roof, boasts multiple sundecks for outdoor living and will enhance any alpine or lake-view property.

Entry is through a gable-covered porch, set at an angle and defined with wooden pilasters. The door is flanked by sidelights.

To the right of the spacious foyer is the kitchen, with a generous pantry, a raised eating bar and a C-shaped counter configuration that promises efficiency. This room overlooks a screened porch. Thanks to its proximity to the kitchen, it could be used as an informal dining area in warm weather.

Beyond is the great room, where a partly vaulted ceiling adds drama. The built-in fireplace will make this room popular with family members and guests in cooler weather. The room opens onto a large sundeck for summer-time relaxation and al fresco meals.

For more floor plans, visit [www.jenish.com](http://www.jenish.com)

The formal dining room is adjacent to the foyer, and boasts a partly vaulted ceiling. Also on the main floor is the third bedroom, with its own three-piece bathroom and sundeck. Stairs nearby lead to the second floor and to the unfinished basement.

Upstairs, the master suite occupies an unusually shaped room that is spacious enough to include a window-side sitting area. There is access to a sundeck. The ensuite, shared with the second bedroom, is of substantial size and contains a linen closet.

Overlooking the back garden is the library, which shares a sundeck with the master suite, and could double as a guest bedroom or entertainment centre.

The home's exterior is finished in wood siding. Cross-braced gables and a stone foundation lend a European air to the design.

This home measures 44 feet wide and 49 feet, 10 inches deep, for a total of 1,926 square feet.

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## Crossword Answers

C	R	A	B		C	O	G		T	I	D	E	
R	O	L	E		O	W	L		W	O	O	L	
E	A	S	E		N	E	O		I	T	E	M	
W	R	O	N	G	S		A	L	T	A	R	S	
					R	U	S	T	I	C			
L	O	P			I	M	P		C	H	I	V	E
A	L	E			D	E	I	C	E		D	E	W
B	E	A	R	D		R	A	N		S	E	E	
					A	L	I	E	N	S			
B	L	A	R	E	D		N	E	A	R	B	Y	
Y	O	G	I		L	Y	E		K	A	L	E	
T	R	O	T		E	E	R		I	C	O	N	
E	D	G	Y		R	A	Y		N	E	W	S	

**S** Houses for Sale **S** Houses for Sale

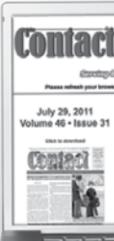


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## 436 Squadron Honours and Awards



Lt.-Col. Mark Goulden presented MCpl. Ryan White with the General Service Medal. The General Service Medal (GSM) is awarded to members of the CF and members of allied forces serving with the CF who deploy outside of Canada - but not necessarily into a theatre of operations - to provide direct support, on a full-time basis, to operations in the presence of an armed enemy, for a period of 30 days. The GSM may also be awarded, depending on the operation, to Canadian citizens other than members of the Canadian Forces, who are deployed outside Canada, either inside or outside a theatre of operations and working with the CF to provide direct support, on a full-time basis, to operations in the presence of an armed enemy. The GSM is always issued with a ribbon specific to the theatre or type of service being recognized, and each ribbon has its own criteria.



Lt.-Col. Mark Goulden presented Capt. Joseph Tufendjian with his C-130 2000 Hour Club Certificate.



Lt.-Col. Mark Goulden presented Capt. A. Geras with his OPME Certificate.



Hon. Col. John Smylie, Lt.-Col. Mark Goulden and SCWO Stuart Preston cut the 68th birthday cake for 436 (T) Squadron.

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