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Defeat CFB Petawawa in thrilling shut-out victory to clinch title

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8 Wing/CFB Trenton participates in multinational military exercise

Over 50 airmen and airwomen from 8 Wing/CFB Trenton will be participating in the Joint Operational Access Exercise (JOAX) 13-02 at Pope AFB, North Carolina, USA from Feb. 20 to March 1. "Maintaining an important balance between the training and employment of our resources is our priority," said 8 Wing Commander, Colonel Sean Friday. "8 Wing's active participation in JOAX 13-02 will provide a high readiness training opportunity to our personnel, encompassing the concepts of modern combat and interoperability with our allies."

In this file photo, parajumpers are shown jumping from the CC-177 Globemaster III aircraft during an exercise near 8 Wing Trenton last year. Photo: Sgt Ron Flynn, RCAF

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Photo: Ross Lees

The Fintastics take a bow with acting Wing Commander Lt.-Col. Dan Harris following the 8 Wing Winter Carnival Friday.

Winter Carnival sparks fun, esprit de corps

By Ross Lees

8 Wing's annual Winter Carnival was just what it was supposed to be – a day of fun and camaraderie. Squadrons and units formed six to eight person teams which competed in friendly but very competitive events through two rounds of competition last Friday morning on Baker Island. Originally scheduled for the week prior, the event had to be postponed because of heavy snow storms on the original date. The delay just gave teams more time to come up with creative names such as the Muffin Men, the Fintastics, The Thunderchickens and the Crusty Beavers.

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Jamie Spurvey not losing touch with the military



Jaimie Spurvey entertains at the 8 Wing Winter Carnival on Bakers Island Friday. Photo Ross Lees

Young Country and Western singer now part of Northern Show Tour heading to Alert in March

By Ross Lees

Jamie Spurvey took a gamble when he left the military to see if he could make it in the competitive world of Country and Western singing, but that gamble may be starting to pay off.

Last Tuesday, Mr. Spurvey received word he had been added to the Northern Show Tour heading to Alert in March.

He celebrated that accomplishment by entertaining 8 Wing personnel at their annual Winter Carnival on Baker Island Friday. It was a testament to his talent that many people hung around the entire afternoon.

Singing for his supper is made easier by a voice which does not match the slender physique of this gregarious Newfoundland performer. It's a voice whose appeal is widespread and enjoyed.

While his normal haunts are the bars and pubs of the Quinte area, the young former Refrigeration Mechanical Technician born in St. John's, Newfoundland, took first place at the renowned Havelock Country Idol competition in 2011, he played the main stage of the 2011 Havelock Jamboree as the competition winner; he recorded a debut country record with Iguana Recording in Toronto in 2012, he released a CD in August of 2012 called Take it All, he again played the main stage of the Havelock Jamboree, this time as a scheduled performer, and he released his first single nationwide to Country Radio in October of 2012 called I Wanna Thank You for Leaving Me.

Being picked up by the Northern Show Tour is gratifying to Mr. Spurvey.

"I still have a couple of friends up there who pushed to get me there



Mr. Spurvey was popular among the military personnel attending and has been named to the Northern Show Tour to Alert in March. Photo Cpl. Levarre MacDonald, 8 Wing Imaging

and it's a pretty big deal for me," he told The Contact at Baker Island Friday. "It's pretty cool to be a part of it."

He was also well received by the audience at the Winter Carnival. He sang a number of popular songs by other artists and he had people singing along with him and keeping the beat with him as he sang.

Mr. Spurvey was released from the Canadian Forces in April of 2011 after doing his basic training in St. Jean and further training in Gagetown, Goose Bay and Shearwater. He was stationed in Gander from January 2009 until April 2011.

Being back amongst military personnel is a pleasure for him, although he has no regrets about leaving the military.

"I miss the pay cheque sometimes," he laughs, "but this is a different lifestyle from the Armed Forces. It's a dream to get to live it and it's a lot of fun."

Even more fun now that he is getting the chance to come back and entertain his military friends.

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Fitness & Health

Nutrition Month 2013 - Best Food Forward: Plan - shop - cook - enjoy!

Canadians think they are eating well but research shows us otherwise. We conducted a survey and found that Canadians struggle with making healthier food choices in the grocery store. Nutrition Month 2013 is dedicated to helping Canadians to put their best food forward when

grocery shopping for healthy food from dietitians, the food and nutrition experts.

Responsibilities and commitments, together with different food preferences, put a real strain on meal planning. Is there an answer? Absolutely!

Plan, plan, plan

A little planning goes a long way. When you walk in the door hungry and tired after a long day's work, and there's nothing planned for dinner, it's tempting to just order a pizza or go out for a quick burger and fries. On the other hand, it's a great feeling coming home knowing that the chicken is marinated and ready to grill, the vegetables are cut up, and last night's rice pilaf will do just fine to complement the meal.

three or four of their favourite meals and keep those recipes on hand, together with a shopping list of the foods needed to prepare the meals. This will make your shopping much simpler.

Cook big

If you're making a stew, soup, chili, lasagna or other casserole, double the recipe and freeze the second batch for another day. Don't forget to label and date it to avoid 'mystery freezer food'!

cooking and quick snacks. Stock your freezer with frozen fruits and vegetables, and your favourite fish, poultry, and meats to put together nutritious and satisfying meals in a hurry.

Make enjoyment a priority

Healthy food is one of life's greatest pleasures. Try to plan time for you and your family to sit down together for a relaxing meal. Catch up on your day and enjoy lively conversation while you nourish yourself with great food.

Plan some more

Take a little time on the weekend to plan your week's menus and make sure you have all the ingredients that you need on hand. Look at your family's activities for the week and plan when you'll be eating at home and when you might have to eat out or on the road. Don't forget to organize some help too - everyone in the family can contribute to meal planning and preparation, not to mention clean-up!

Keep a well-stocked pantry

You can always put together a quick healthy meal if you have healthy ingredients available. So keep a ready supply of foods like canned tuna, salmon, and legumes, whole grains like whole wheat pasta, brown rice, barley and bulgur, canned fruits and veggies, and whole grain breads and buns. Check out suggestions for a well-stocked pantry.

Recipe watch

For some nutritious and delicious quick meal ideas, check out Simply Great Food, Great Food Fast and Cook Great Food, all from Dietitians of Canada.

Nutrition Month is brought to you by Dietitians of Canada and thousands of dietitians across the country, in collaboration with the campaign sponsors. The 2013 Official sponsors are Bring Healthier Home from Loblaw Companies Limited, Dairy Farmers of Canada and Danone Canada.

Make a list of your family's favourite meals

Have each family member write down

Stock your fridge and freezer too

Keep eggs, cheese, milk, yogurt, and fresh fruits and vegetables on hand for

Source: Dietitians of Canada

Mental Fitness on Mondays in March A Health Promotion Series

- 4 March 13: Spin for the Mental Health of it!
- 11 March 13: Mental Fitness Hybrid
- 18 March 13: Body, Mind, Bike
- 25 March 13: 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.

The facts about myths

Myth or Fact: Drinking energy drinks is the best way to get energized?

Myth: The truth is no one needs an energy drink. Energy drinks might make you feel a short burst of energy, but it doesn't last. Energy drinks usually contain lots of sugar; in fact, one energy drink can have up to 14 teaspoons of sugar! Most energy drinks have caffeine, and too much caffeine may cause unwanted side effects such as rapid heartbeat and insomnia. These drinks are not recommended for children or pregnant or breastfeeding women, and should not be consumed with alcohol or in amounts more than 500mL/day. The best way to get energized is to eat well, be active, stay hydrated and get enough sleep.

Source: Dietitians of Canada

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CFS Alert's "Bellhop," Cpl. Daren Lunn, drives the BV 206 back to the station after a weekend outing. Other members of the excursion included Nasittuq employee Jennifer Soucie and 2Lt Nemanya Petrovic.

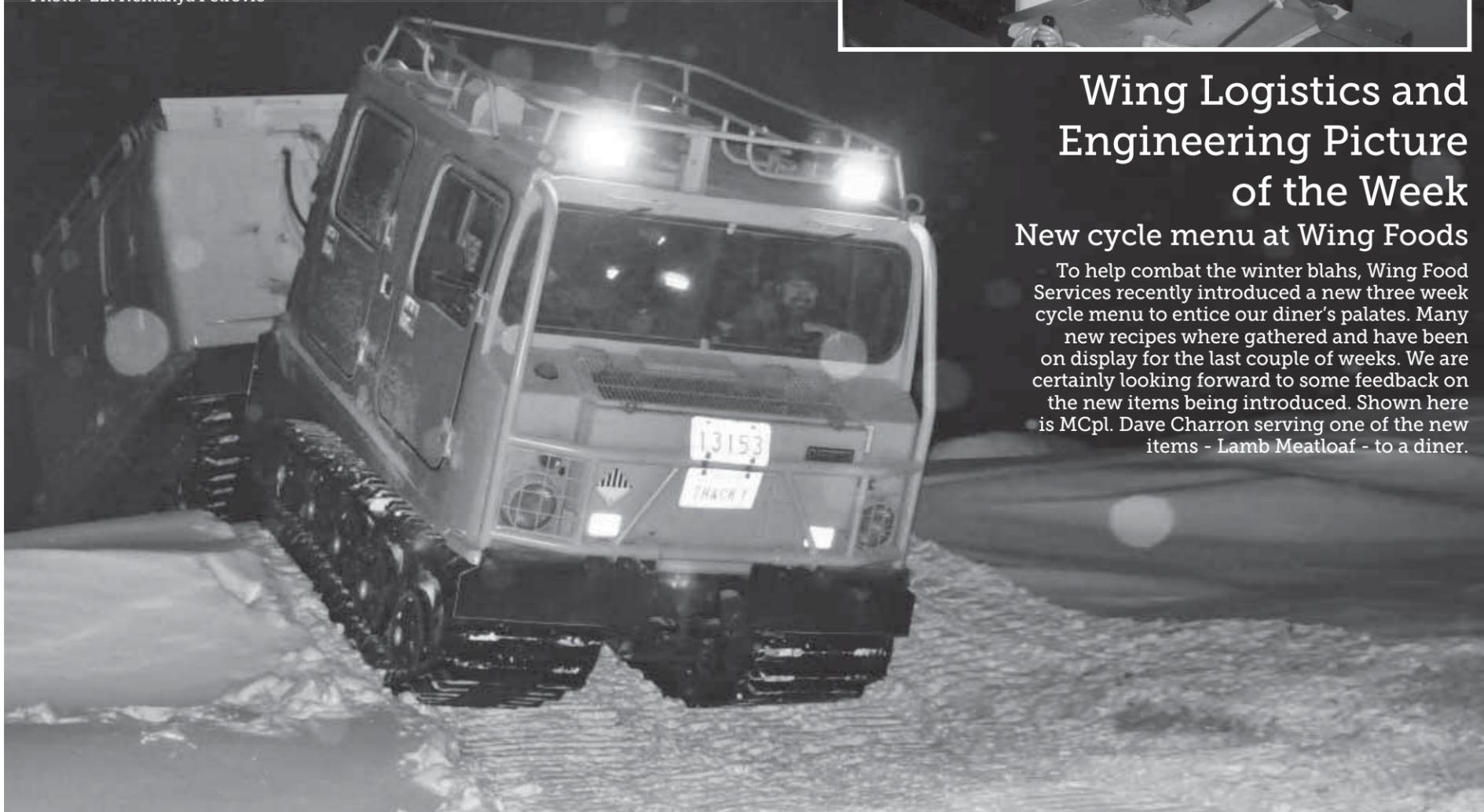
Photo: 2Lt Nemanya Petrovic



Wing Logistics and Engineering Picture of the Week

New cycle menu at Wing Foods

To help combat the winter blahs, Wing Food Services recently introduced a new three week cycle menu to entice our diner's palates. Many new recipes were gathered and have been on display for the last couple of weeks. We are certainly looking forward to some feedback on the new items being introduced. Shown here is MCpl. Dave Charron serving one of the new items - Lamb Meatloaf - to a diner.



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.

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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.

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Canadian Forces Land Advanced Warfare Centre provides support to exercise TRILLIUM RESPONSE



Pathfinder Captain Cullen Downey from Canadian Forces Land Advance Warfare Centre in Trenton, Ontario parachutes from a CC-130J Hercules at the Moosonee Airport during Exercise TRILLIUM RESPONSE.

Le capitaine Cullen Downey, éclaireur, du Centre d'instruction supérieure en guerre terrestre des Forces canadiennes de Trenton, en Ontario, saute en parachute d'un CC130J Hercules au-dessus de l'aéroport de Moosonee dans le cadre de l'exercice TRILLIUM RESPONSE.



the Pathfinders jumping from the back of a CC-130J Hercules aircraft.

"I appreciate the added value in which the members of the Pathfinders bring to our exercise," he said.

A Pathfinder is a paratrooper who is inserted behind enemy lines to secure drop zones, gather intelligence and reconnaissance. The Pathfinder's home unit is the Canadian Forces Land Advanced Warfare Centre in Trenton. To become a Pathfinder, soldiers must subject themselves to an intensive 45-day course. Their focus is to support the generation and deployment of combat forces through the training and support of CF personnel, for employment in complex land environments and unique joint operations, while providing CF parachute depot services. Capt. Cullen Downey, Capt. Mark Smith, Warrant Officer Mario Lakatos, Sergeant (Sgt.) Jamie Bird and Sgt. Jason Bridge were the members of the Pathfinder team.

Exercise TRILLIUM RESPONSE 13 is a Joint Task Force Central led exercise, aimed at developing and maintaining the capability and expertise to conduct various operations in remote areas and austere, conditions. Approximately 1,500 members of the Regular and Reserve Force of the Canadian Army, Canadian Rangers and Royal Canadian Air Force personnel will be participating.

Five members of the Canadian Forces Land Advanced Warfare Centre parachuted onto the tarmac of the Moosonee Airport as part of Exercise TRILLIUM RESPONSE on Saturday, Feb. 16. The team was flown to the northern Ontario community on the James Bay coast by a CC-130J Hercules aircraft from Canadian Forces Base Trenton.

"I couldn't have asked for a better day, such excellent weather conditions for a jump" said Captain (Capt.) Cullen Downey, the Officer-in-Charge of the Pathfinders. "This was the first time that the Pathfinders have provided assistance to a major exercise. Our mission was to jump in, secure the airport and evaluate the threat level."

The parking lot and road leading up to the airport quickly filled up with spectators as word spread around Moosonee that the Canadian Forces were doing a tactical jump. People braved the unseasonable cold weather; some of the more seasoned locals were seen sitting on the tops of their trucks to get a better view.

"I was only about 75 meters from the action," said Jason Larsen an employee at the Moosonee Airport terminal. "I have been living in Moosonee for over 13 years and this is the first time I have witnessed an amazing event like the one the military just put on. I am impressed with the soldiers considering that when they jumped it was minus 28 with the wind chill."

Brigadier-General Omer Lavoie, Commander Joint Task Force Central, who was in Moosonee, observed

Le Centre d'instruction supérieure en guerre terrestre des Forces canadiennes appuie l'exercice TRILLIUM RESPONSE

Le samedi 16 février, cinq membres du Centre d'instruction supérieure en guerre terrestre ont sauté en parachute au-dessus de l'aire de trafic de l'aéroport de Moosonee dans le cadre de l'exercice TRILLIUM RESPONSE. L'équipe a été transportée de la Base des Forces canadiennes Trenton jusqu'à Moosonee, communauté du Nord de l'Ontario bordant la baie James, à bord d'un aéronef CC130J Hercules.

« On n'aurait pu demander de meilleures conditions, la météo était idéale pour un saut en parachute », a affirmé le capitaine Cullen Downey, officier responsable des éclaireurs. « C'était la première fois que les éclaireurs appuyaient un exercice majeur. Notre mis-

sion consistait à être parachutés sur l'aire de trafic, à assurer la sécurité de l'aéroport et à évaluer le niveau de menace. »

Des spectateurs ont rapidement envahi le stationnement et la route qui mène à l'aéroport, la nouvelle s'étant répandue dans Moosonee que des membres des Forces canadiennes effectuaient un saut tactique.

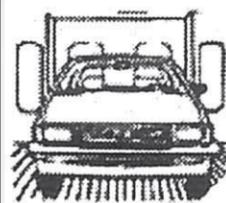
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Pathfinders from Canadian Forces Land Advance Warfare Centre (Sgt Jamie Bird, Sgt Jason Bridge, Capt Mark Smith, Capt Cullen Downey, WO Mario Lakatos) Trenton, parachute from a CC-130J Hercules at the Moosonee Airport during Exercise TRILLIUM RESPONSE. Photos: Sgt Veronica Arsenaull, Director of Army Public Affairs

Des éclaireurs (Sgt Jamie Bird, Sgt Jason Bridge, Capt Mark Smith, Capt Cullen Downey, Adj Mario Lakatos) du Centre d'instruction supérieure en guerre terrestre des Forces canadiennes de Trenton, en Ontario, sautent en parachute d'un CC130J Hercules au-dessus de l'aéroport de Moosonee dans le cadre de l'exercice TRILLIUM RESPONSE. Photos: Sgt Veronica Arsenaull, Affaires publiques de l'Armée canadienne

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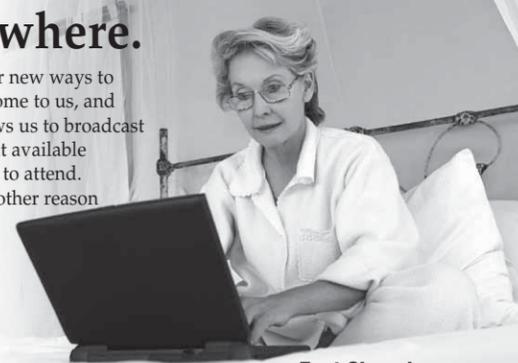
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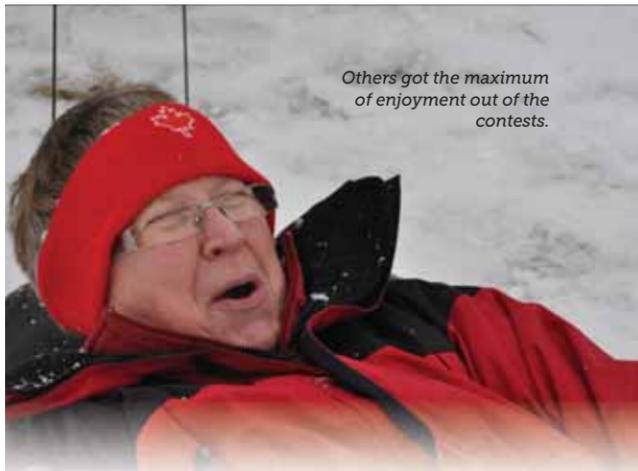
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Others got the maximum of enjoyment out of the contests.



Some teams showed up ready for whatever result was meted out to them.

Winter Carnival sparks fun, esprit de corps

continued from page 1

With names like those, fun had to be at a premium.

Placing first on the day were the Wing Comptroller Fintastics, followed by the Crusty Beavers and the Muffin Men. The Thunderchickens won the spirit award and Wing Admin's squad won the Thanks for Coming Out award.

"It looked absolutely hilarious," noted Acting Wing Commander Lt.-Col. Dan Harris following the event.

He said it looked like everyone had a good time and he was impressed to see one team cheering everyone as

the winners were announced.

"This event is very important to us," he said during the closing ceremonies. "There is a lot of turmoil in our lives, so if we could not get together for an event like this, I don't know what would happen. This is a great opportunity for you all to get together and have that camaraderie within the squadrons, within 8 Wing and within CFB Trenton."

Lt.-Col Harris said he felt there were even more people participating than last year.

"Looking just now, there are a heck

of a lot more here today than last year and that's very encouraging," he stated. "I appreciate your commitment from your leadership right down to every last person in your units and your sections. You can really feel the esprit de corps in here today. It's awesome!"

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Lt.-Col. Damon Perrault, CO of 426 Sqn., gets cheek-to-cheek with some of the toys in this race at the Winter Carnival.



Coordination was required for several of the events, and it also helped if you could keep your eye on the ball like this competitor.



This competitor concentrates on getting this ball in the bucket during another competition.



This competitor also keeps his eye on the ball, although it didn't go quite where he expected it to go.



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In this file photo, the CC-130J Hercules aircraft carries out fly-bys, landings and take-offs during an exercise near 8 Wing Trenton last year. Photo Cpl Darcy Lefebvre, RCAF



8 Wing/CFB Trenton participates in multinational military exercise

continued from page 1

Participating squadrons from 8 Wing/CFB Trenton are 436 (Transport) Squadron, which will be sending a CC-130J Hercules aircraft, and 429 (Transport) Squadron, which will be sending a CC-177 Globemaster III aircraft, along with their teams of aircrew, maintainers, loadmasters, traffic technicians, and other support staff. This exercise will further hone their skills in planning and executing air operations within a multinational environment. "Our air mobility support will take the form of tactical airdrop and air transport missions as part of a large multinational package," said 8 Wing Detachment Commander, Major Tyler Holland. "In this exercise, our team will be able to validate our knowledge and skills in operating out of a deployed operating base."

This exercise is hosted by the United States Army 82nd Airborne Division. The Canadian participation includes the 3rd Battalion, The Royal Canadian Regiment, and other soldiers from 2 Canadian Mechanized Brigade Group, and air mobility assets of the Royal Canadian Air Force out of 8 Wing/CFB Trenton. The exercise will employ tactical and strategic airlift platforms, heavy weapons and paratroopers and will integrate a US-Canadian wings exchange. Colonel Friday noted that Canadians have a long history of working jointly with other nations. "Exercises such as JOAX are valuable as we get to work with our allies under realistic training scenarios, exchange best practices, and learn how we can better operate with other nations' militaries."

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

**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

**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 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.

**March 4 - Wooler United Church
Soup and Sandwich**

Soup and sandwich at Wooler United church from 11:30 a.m. to 1 p.m. \$7 per person. Everyone welcome.

**March 5-9 - International Women's
Day events**

Art exhibit - What does International Women's Day mean to you? March 5-23 at the CORE, 223 Pinnacle St., Belleville (entrance on Campbell St.). Opening reception March 5 from 5 to 7 p.m. Refreshments.

March 6 - Africa - A Love Story

from childhood to the Quinte Gran-nies For Africa. Includes a power point presentation of real life in Kenya. Mieke Thorne and Rosemary Embree at 6 p.m. Belleville Public Library, 3rd floor meeting room, 254 Pinnacle St., Belleville.

March 9 - Marina Nemat

author of "Prisoner of Tehran" and "After Tehran." At the Belleville Public Library, 3rd floor meeting room at 10:30 a.m., 254 Pinnacle St., Belleville. The same presentation will be held at Quinte West Library at 2 p.m. For more information about any of these events, call Mieke at 613-969-1782 or miekethorne@cogeco.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: +IntWD Trenton@WADMIN@Trenton

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

Journée Internationale de la Femme: Passé, présent, avenir - En plein élan. Hôte: Organisation consultative des femmes de la Défense. Pour vous inscrire, adresse électronique: +IntWD Trenton@WADMIN@Trenton

**March 11 - Blood Donor Clinic
Partners for Life**

CFB Trenton at the Yukon Galley, 75 Yukon Road, Astra, Cadets' Mess, 10 a.m. to 2 p.m. Book your appointment to save a life online at www.blood.ca or by phone at 1-888-236-6283.

**11 mars - Collecte de Sang
Partenaires pour la Vie**

CBF Trenton, Yukon Galley, 75, chemin Yukon, Astra, Mess des Cadets, de 10h à 14 h. Prenez un rendez-vous pour sauver une vie en ligne a www.sang.ca ou au telephone 1-866-533-6663.

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. Registering from home; amberandricky@gmail.com. Email the following info:

1. Serving member rank and name.
 2. Number of dependants attending.
 3. Any allergies.
- POC: Amber Ross-Pynch and Cpl. Roberto

Le Centre d'instruction supérieure en guerre terrestre des Forces canadiennes appuie l'exercice TRILLIUM RESPONSE

continued from page 5

Les gens ont bravé les conditions météorologiques frigidifiques; certains des résidents les plus aguerris s'installant même sur le toit de leur camion pour être aux premières loges.

« J'étais à environ 75 mètres de l'action », a affirmé Jason Larsen, un employé du terminal de l'aéroport de Moosonee. « J'habite à Moosonee depuis plus de 13 ans et c'est la première fois que j'assiste à un événement remarquable comme celui que viennent de nous offrir les militaires. Ces militaires m'impressionnent vraiment : le mercure affichait -28 degrés Celsius avec le facteur vent au moment où ils ont sauté. »

Le brigadier-général Omer Lavoie, commandant de la Force opérationnelle interarmées (Centre), était à Moosonee et a vu les éclaireurs sauter de l'arrière de l'aéronef CC130J Hercules. « J'apprécie la valeur ajoutée fournie à l'exercice par les éclaireurs. »

Un éclaireur est un parachutiste qui est inséré sur le champ de bataille derrière les lignes ennemies afin d'assurer la sécurité des zones de largage, de rassembler du renseignement et de procéder à une reconnaissance. L'unité d'appartenance des éclaireurs est le Centre d'instruction supérieure en guerre terrestre de Trenton, en Ontario. Pour devenir éclaireurs, les militaires doivent suivre un cours de 45 jours. Leur objectif est d'appuyer la mise sur pied et le déploiement de forces de combat par l'entremise de l'instruction et du soutien du personnel des FC, en vue d'œuvrer dans des environnements terrestres complexes et des opérations interarmées uniques,

tout en fournissant des services de dépôt des parachutes. L'équipe était formée des cinq membres suivants : Capt Cullen Downey, Capt Mark Smith, Adj Mario Lakatos, Sgt Jamie Bird et Sgt Jason Bridge.

L'exercice TRILLIUM RESPONSE 13 est un exercice dirigé par la Force opérationnelle interarmées (Centre) qui a pour but de développer et de maintenir la capacité et l'expertise requises pour accomplir diverses opérations dans des régions éloignées et des conditions rudimentaires. Environ 1 500 militaires de la Force régulière et de la Réserve de l'Armée canadienne, des Rangers canadiens et de l'Aviation royale canadienne ont pris part à cet exercice.

Pathfinders from Canadian Forces Land Advance Warfare Center (Sgt Jamie Bird, Sgt Jason Bridge, Capt Mark Smith, Capt Cullen Downey, WO Mario Lakatos) Trenton, Ontario parachute from a CC-130J Hercules at the Moosonee Airport during Exercice TRILLIUM RESPONSE.

Exercice TRILLIUM RESPONSE is Joint Task Force Central's annual field training exercise aimed at developing and maintaining the capability and expertise to conduct various operations in remote areas and austere conditions. This year's exercise focuses on a Defence of Canada scenario in a remote area of Northern Ontario.

The exercise is providing challenging training to Canadian Army and Royal Canadian Air Force personnel, allowing them to regenerate winter field skills operating in harsh weather conditions.

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8 Wing/CFB Trenton – Ontario Region Old Timers Hockey Champions.

8 Wing/CFB Trenton Wins 2013 Ontario Region Old Timers Hockey Championship

8 Wing/CFB Trenton hosted the 2013 Old Timers Hockey Championship Feb. 17 – 20. Four teams attended the tournament - 8 Wing/CFB Trenton, CFB Kingston, CFB Borden and CFB Petawawa. The round robin, semifinal and final scores are as follows:

Trenton 8	-	Borden 1
Petawawa 5	-	Kingston 3
Petawawa 1	-	Trenton 8
Borden 3 W shoot out	-	Kingston 3 lost shoot out
Petawawa 3	-	Borden 0
Trenton 8	-	Kingston 2

Semi Final

Petawawa 7	-	Borden 3
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Final 1000 hrs, today

Trenton 4	-	Petawawa 0
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Acting Wing Commander Lt.-Col Jason Stark presents the Ontario Region Old Timers Hockey championship to the 8 Wing/CFB Trenton team Captain. Photos Ross Lees

8 Wing/CFB Trenton team won the 2013 OR Old Timers Hockey Championship with the following players: WO Franks, MWO Prophet, Sgt Browne, MWO Plante, Sgt Gauthier, Cpl Turland, Capt Isenor, WO Jerrett, WO Keith-Murray, PO2 De-

nyes, WO Butt, Capt Carignan, Capt McNeill, MCpl Brown, LCol Maissonneuve, LCdr Peckham, Maj Duffy, Sgt Hubbard, MCpl Tonkin, and MCpl Hotton.

2013 Ball Hockey Officials Clinic

CFB Borden will be hosting a Ball Hockey Officials Clinic on April 6. The OBHA is holding 15 spots for this clinic for military and full time PSP employees. Registration cost will be the responsibility of the member and the registration fees will be reimbursed if member officiates at the Ontario Region Ball Hockey Championship. For registration or information, contact the Military Sports Coordinator Dan Cormier at local 3373.

2013CF National Jury of Appeal Chairperson

The opportunity exists for CF Military Regular force, Class A and B reserve, and NPF full time employee to serve as the CF National Basketball, M/W Volleyball, Ball Hockey, Golf, M/W Soccer, and M/W Slow Pitch Jury of Appeal Chairperson. Interested personnel must e-mail the following info to Cormier DG@CFB Trenton PSP@ Trenton NLT 1 Mar 13. CF National Sport of interest, First Name, Last Name, SN / NPF Number, Rank, Base, Unit, Contact phone number, Supervisor's Name, Rank, Supervisor's Contact number, Previous Sport-related experience (CF or other), History of support provided to CF local, grass roots program, and Language abilities.

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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

Les cours de cuisine avec Grace reviennent

Apprenez des plats représentatifs de la cuisine 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
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Nourriture style fusion (deux semaines)

Dim Sum chinois(avancé)(deux semaines)

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

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Employment Cafes

offer a wealth of info in a short "one of" session. We welcome community members in to speak on a variety of employment/education related topics from online learning, to employer panel, extreme makeovers and more. Our next café is Friday March 8th from 9:30 – noon – an Employer and Guest Speaker panel. *registration required

Cafés Emploi

offrent une profusion d'information sur une courte période. Nous accueillons des membres de la communauté à venir parler sur différents sujets concernant l'éducation et l'emploi, de la formation en ligne au make-over.

Le prochain café est vendredi 8 mars de 9h30 à midi, une table ronde avec employeur et invité. L'inscription est requise.

"Hat Trick" for Youth Summer employment planning;

each spring we seek to offer sessions for military youth to assist in their preparation for summer employment. <http://www.familyforce.ca/sites/Trenton/EN/Employment%20Assistance/Pages/Youth-JobSearch.aspx>
 This year, at the MFRC, we are pleased to offer the following:
 Summer Company – Small Business Centre, Monday, March 4 from 4-5:30 p.m. Learn about funding up to \$3,000 plus business training and mentoring for ages 15-29 to start their own summer company! *registration required
 Resume Clinic – Get you resume summer ready! Monday, March 18 from 4-5:30 p.m. *registration required
 Summer Employment for Youth Registration; join Employment Ontario Service Providers and Youth Hab to register for their funded programs. Drop in Monday, March 25 from 4-5:30 p.m. Bring copies of your resume!
 For *registration required – simply call Liz at 613-392-2811 ext.3852 or email elizabeth.nicholas@forces.gc.ca.

"Un tour du chapeau" pour la planification d'emploi d'été pour les jeunes

Nous tentons à chaque printemps d'offrir des sessions aux adolescents de familles militaires pour les préparer à la recherche d'emploi pour l'été.
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 Une entreprise estivale – Le 'Small Business Centre', le lundi 4 mars de 16h à 17h30, viens apprendre comment recevoir jusqu'à 3000,00\$, de la formation pour entrepreneurs et le soutien d'un mentor pour commencer ta propre entreprise estivale, pour les 15 à 29 ans. Inscription nécessaire.
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de 16h à 17h30. Inscription nécessaire. Inscription pour les emplois d'été pour les jeunes – joignez vous à Employment Ontario Service Providers & Youth Hab pour vous inscrire aux programmes subventionnés. Le lundi 25 mars de 16h à 17h30. Apporte des copies de ton C.V.! Pour vous inscrire, téléphonez Liz au 613-392-2811 poste 3852 ou courriel elizabeth.nicholas@forces.gc.ca

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The rustic stone and wooden shakes cladding the exterior of this three-bedroom family home lend it a cottage-y charm. But inside, everything is up-to-the-minute, with all the features a modern family desires.

Entry is through a covered entry, ideal in inclement weather, into a foyer. A coat closet is ahead and to the right. Directly ahead is the great room. A patio is visible through windows and French doors that overlook the back garden. An angled fireplace fits neatly into a corner.

The dining room, in a bayed-out area, enjoys windows on two sides. This room is separated from the kitchen by a raised eating bar. The L-shaped counter configuration promises efficiency, and the prep island will save steps for the cook. A walk-in pantry will provide always-welcome storage space.

Next to the pantry is the laundry room, with a handy row of coat hooks and access to the double garage, which features two different door designs on the exterior, as well as a window.

The master suite, located at the back of the home for privacy, features a spacious walk-in closet as well as a de luxe ensuite. A soaker tub with a tiled surround is complemented by a shower stall, and the toilet is separated from the rest of the ensuite to ease the morning rush hour.

The second and third bedrooms occupy the front of the home and share a three-piece bathroom, which will double as a powder room for guests. Bedroom No. 3 is slightly larger than the other. A storage cupboard is located just outside the third bedroom, while the linen cupboard is close to the second bedroom.

Enhancing the stone exterior are painted trim and wood siding. Shingles fill the gable areas.

This home measures 57 feet wide and 60 feet deep, for a total of 1,985 square feet of living space. The design includes an optional floor plan to accommodate stairs to a basement.

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 QHC Belleville General, Luc's Variety

TRENTON:
 Smylies Independent Grocers
 Metro, QHC Trenton Memorial
 Shopper's Drug Mart

The Contact

Looking for **The Contact?**
 Find it at any of these off-base locations.

Belleville: Belleville Public Library, Belleville Legion 99, QHC Belleville General, Luc's Variety

Trenton: Smylies Independent Grocers, Metro, QHC Trenton Memorial, Shopper's Drug Mart

Sports & Recreation

March Break Kidz Kamp

March Break Kidz Kamp Mon. Mar. 11 to Fri. Mar. 15., 8 a.m. to 4 p.m.
 Registration begins Monday January 28.

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 Re-certification - 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.
 Shiny 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 or + BakerIsland-CC@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.

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 <p>13 FORD TAURUS LTD PD16968 AWD! Touch screen entertainment system! Pwr heated leather memory seats! Pwr sunroof! 20" Alloy wheels! Factory remote start! Reverse camera! Pwr heated mirrors! V6, Automatic, 4 dr, park aid, flex fuel, woodgrain trim, sync, key pad entry, traction control, dual climate controls, steering wheel controls, air, tilt, cruise, satellite radio, CD, pwr windows, locks, keyless entry, only 21,000kms!!!</p> <p>PREVIOUS DAILY RENTAL</p> <p>\$29,995 +HST \$188⁶⁷ +HST BI-WEEKLY 96 MTHS @ 6.99% 0 DOWN</p>	 <p>11 VOLKSWAGEN TOUAREG TDI D16988 AWD! Navigation! Touch screen entertainment system! Panoramic sunroof! Pwr heated leather memory seats! Reverse camera! 19" Alloy wheels! Black! Roof rack! 3.0L-V6, Automatic, 4 dr, pwr lift gate, dual climate controls, traction control, steering wheel controls, tilt, air, cruise, satellite radio, CD, pwr locks, mirrors, windows, keyless entry, only 35,000kms!!!</p> <p>PREVIOUS DAILY RENTAL</p> <p>\$44,995 +HST \$300⁷³ +HST BI-WEEKLY 96 MTHS @ 6.99% 0 DOWN</p>
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 <p>13 FORD EXPLORER LTD D16956 4WD! Touch screen entertainment system! Pwr heated leather memory seats! Roof rack! Reverse camera! 20" Alloy wheels! V6, Automatic, 4 dr, pwr pedals, sync, flex fuel, dual climate controls, rear air, tilt, cruise, steering wheel controls, woodgrain trim, satellite radio, CD, pwr locks, windows, mirrors, keyless entry, only 33,000kms!!!</p> <p>PREVIOUS DAILY RENTAL</p> <p>\$34,995 +HST \$220¹³ +HST BI-WEEKLY 96 MTHS @ 6.99% 0 DOWN</p>	 <p>12 VOLKSWAGEN BEETLE D16953 Heated leather seats! 17" Alloy wheels! Automatic, 5 cyl, 2 dr, tilt, air, cruise, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, only 8,000kms!!!!</p> <p>PREVIOUS DAILY RENTAL</p> <p>\$16,995 +HST \$106⁹⁰ +HST BI-WEEKLY 96 MTHS @ 6.99% 0 DOWN</p>

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