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8 Wing blows United Way goal out of the water

Campaign skips from \$93,000 with three weeks remaining to \$139,000 at campaign's end

By Ross Lees

The United Way team finished in spectacular fashion at 8 Wing/CFB Trenton this year raising an amazing \$139,000.

Campaign co-leaders Maj. Al Merilainen and Maj. Jay Burt were fantastically amazed at the final total of the campaign, especially since three weeks before the end, the total was at \$93,000 and they were afraid they would not meet their goal of \$120,000.

During those final three weeks, people went from unit to unit canvassing and selling raffle tickets. United Way of Quinte Executive Director Judi Gilbert even

made some last minute presentations to units to encourage them to continue the effort through to the end, said Maj. Burt.

"It was a lot of work but we were pleasantly surprised by 8 Wing and CFB Trenton," he said after the applause following the announcement quietened down. "Even we were very surprised by the total today."

Maj. Merilainen echoed those sentiments. "It was rewarding for (the amount) of effort put in but certainly (our) expectations were exceeded hugely," he told *The Contact*.

Continued on page 11 Photo by Ross Lees



United Way of Quinte Executive Director Judi Gilbert thanked the 8 Wing/CFB Trenton team for their donation of \$139,000 towards this year's United Way of Quinte campaign. During her address she noted that a donation of this nature made a significant difference to the Quinte campaign, which has a goal of \$2 million.



Zwick's Island Sabre being refurbished at 8 Wing

Aircraft is expected to be back on its perch in Zwick's Island by mid-June

By Ross Lees

The Sabre jet which once stood so proudly in Zwick's Park in Belleville may soon be back on that pedestal as good as new – thanks to the efforts of a bunch of dedicated Aero-

space and Telecommunications Engineering Support Squadron (ATESS) personnel and the forward thinking of the City of Belleville and 8 Wing at CFB Trenton.

About a year-and-a-half ago, the iconic Sabre had to be removed from

its scenic Zwick's Park home because relentless weather had eaten away at the airframe to the point it was no longer safe to be on the pedestal. Initially there was talk that the aircraft would just have to be disposed of because it

Continued on page 8

Mayor Ellis sits in the refurbished ejection seat wearing Col. Lowthian's Air Force hat (called a "wedge") while the dismantled Sabre sits in the background.

Photo by Ross Lees

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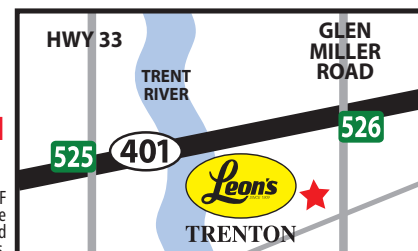
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Angela Hayden Adopt-a-Family project helps families in need



Committee members for the Angela Hayden Adopt-a-Family program at CFB Trenton are pictured with some of the many gifts and groceries they will distribute to families associated with the base this Christmas season. They are, from left to right, Dalton Driscoll, Sgt. Tracy Whitten, WO Sandy Driscoll, Elizabeth Hayden, Sgt. Denise Snow, and MCpl. Ashley Martin. Missing from the photo are Christopher Hayden and Sgt. Jason Snow.

Photo by Ross Lees

By Ross Lees

The Angela Hayden Adopt-a-Family program is one of those good news stories we all like to hear this time of year.

While it almost sounds like a sad story at first, organizers of this year's Adopt-a-Family program at CFB Trenton assure us it is very good news.

"We were unable to provide a family to every unit that wanted one, so we sadly had to turn units away this year," noted Angela Hayden Adopt-a-Family committee member WO Sandy Driscoll on Dec. 12.

"But it's a good thing," quickly added committee member Elizabeth Hayden. "It's a really, really good thing and the families in need are really well looked after."

The news is good because it means there are fewer families in need this year, according to

WO Driscoll.

"Although we didn't get as many families as we did in the past, this to me is a good sign that there are less people in trouble this year," she noted.

In operation since 1988-89 the Angela Hayden Adopt-a-Family program was established to assist Department of National Defence (DND) families in need at Christmas, WO Driscoll explained.

"As of 2003, one of the founding members passed away and we renamed the program in honour of her and we keep the program running in her memory," she stated.

According to Liz Hayden, units on the base adopt a family and provide them with all their gifts for that Christmas. St. Paul's School supplies all the groceries for those families.

"The families who receive those gifts and groceries are those associated with the base,

Ms. Hayden noted.

"They could be Reserve (Force) or they could be civilians, as long as they are associated with the base."

As usual, the committee had nothing but praise for the base units and students at St. Paul's for their efforts this year.

"St. Paul's did a wonderful job of packing the food hampers for us, making it extremely easy to process them at this end and our units were extremely generous and provided for our families extremely well this year," said WO Driscoll.

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Wing Commander's Christmas message

Nancy and I would like to express our gratitude for the warmth and friendliness that

8 Wing and the Quinte region are renowned for; we are so happy to be back and look forward to enjoying a Christmas holiday at home.

This has been a busy year at CFB Trenton and I am proud of our ability to answer the global call each time our support and incredible capabilities are required; every member of 8 Wing should share these feelings of pride. Of course, we cannot celebrate our accomplishments without knowing and recognizing that our families, friends, and community partners play a significant role in ensuring our readiness and responsiveness; the coming holiday period is your opportunity to spend time with your loved ones and to recharge for what is to come in 2014. I encourage you to share your successes and your stories and look forward to seeing you in the New Year.

For those who are missing a loved one during the holiday season, I know how important community and friendship are at this time; I would like to thank you for your service to our country and the 8 Wing mission.

Please stay safe, have a restful break, and I will see you in 2014 - on the base, on the tarmac, in the gym, and on the ice.

Merry Christmas and Happy New Year!

Your Wing Commander,
David W. Lowthian

Message de Noël du commandant de l'Escadre



Nancy et moi souhaitons vous transmettre nos remerciements pour votre bienveillance et votre amabilité, deux qualités qui caractérisent la 8e Escadre et la région de Quinte. Nous sommes très heureux d'être de retour et nous nous réjouissons de fêter Noël chez nous.

Cette année s'est avérée très mouvementée pour la BFC Trenton, et je suis fier de notre capacité à répondre à l'appel de la communauté internationale chaque fois que l'on a besoin de notre soutien et de nos incroyables capacités. Par ailleurs, chaque membre de la 8e Escadre devrait également éprouver ce sentiment de fierté.

Naturellement, nous ne pouvons bien entendu souligner nos réalisations sans attirer l'attention sur le rôle important que jouent nos familles, amis et partenaires communautaires, qui nous aident à assurer notre disponibilité opérationnelle et à faire preuve de souplesse. Le temps des Fêtes vous offre l'occasion de passer du temps avec vos proches et de refaire le plein d'énergie pour être prêts à relever les défis qui se présenteront en 2014. Je vous encourage à raconter vos anecdotes et à faire connaître vos réussites, et j'ai hâte de vous revoir l'année prochaine.

Pour ceux qui ont perdu un être cher,

je suis très conscient de l'importance que revêtent l'appartenance à la communauté et l'amitié pendant la période des Fêtes, et je tiens à vous remercier pour le service que vous rendez à notre pays ainsi qu'à la mission de la 8e Escadre.

Prenez soin de vous et profitez d'un congé reposant. Au plaisir de vous revoir en 2014 – que ce soit à la Base, sur l'aire de trafic, au gymnase ou sur la glace.

Foyeux Noël et bonne année!

Votre commandant d'Escadre,
David W. Lowthian

The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base – 8 Wing/CFB Trenton.

We are the primary internal and external communications tool for 8 Wing/CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Armed Forces at work.

The CONTACT is published every Friday with the kind permission of Colonel David Lowthian, CD, Commander, 8 Wing/CFB Trenton. The Publisher reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CAF or other agencies.

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

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

- Articles should be typed in upper and lower case (not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.
- Do not include clip art, graphics or photos within typed pages. Additional graphics, logos and photos must be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) unit and phone number.
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- Articles must be received by Tuesday at noon prior to print date.

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UA Local 401 presents hefty cheque to Camp Maple Leaf

Union working at CFB Trenton used a year-long fundraising effort to raise funds for camp



Camp Maple Leaf executive staff, representatives of United Association of Plumbers, Steamfitters and Welders (UA Local 401) in association with Dependable Mechanical, and members of 8 Wing/CFB Trenton celebrated the donation of a cheque for \$16,282.55 from the union members to Camp Maple Leaf at the Hangar 6 construction site at CFB Trenton on Dec. 12. From left to right – Capt. Brad Krakjak, UA 401's Matt Reddy, Camp Maple Leaf CEO Joyce Luyckx, Dave Howitt, President, Dependable Mechanical Systems Inc. Rajesh Ahuja, Neil McEntyre, Dan Davis, Matthew Fuller, Brett Larkan, Lt.-Col. Elizabeth Cameron, CWO Jean LaFond, Mayor of Quinte West John Williams, Lt. (N) Bettina McCulloch-Drake, Belleville City Councilor Jodie Jenkins, UA 401 Business Manager, Garth Cochrane.

Photo by Ross Lees

By Ross Lees

A year-long fundraising effort by the United Association of Plumbers, Steamfitters and Welders (UA Local 401) in association with Dependable Mechanical culminated in the presentation of a \$16,282.55 cheque to Camp Maple Leaf on Dec. 12 at the 6 Hangar construction site at CFB Trenton.

The two groups have been holding events like barbecues and draws throughout 2013 – “Anything to raise money for Camp Maple Leaf,” stated Dan Davis, Project Mechanical Supervisor for Hangar 6.

The cheque was gratefully received by Lynda Keith, the Resource Development Director of Camp Maple Leaf, who drew laughs from those assembled for the presentation when she said Garth Cochrane, Business Manager of UA Local 401, barely got the cheque in an envelope before it was snatched from his hand.

“We’re very pleased with our relationship with UA and what they can do for our kids,” added Camp Maple Leaf’s

Chief Executive Officer, Joyce Luyckx. “They’ve been very big supporters for us.”

The presentation took place on the base because, of the 600 to 700 children who are chosen to participate in the Camp’s programs annually, approximately 300 come from military families.

“They are children of fallen soldiers, injured or currently deployed soldiers or soldiers just coming back from deployment or just about to leave, or disabled children of military families,” stated Ms. Keith. “This camp is really important to military families.”

Lt.-Col. Elizabeth Cameron, 8 Wing Administration Officer, thanked the union members and Camp Maple Leaf executive for their efforts on behalf of the Wing Commander, and on behalf of the children belonging to military families.

“I wasn’t aware how much our children are benefitting, so thank you very much for what you do,” she told those gathered. “Thank you for your hard work and generosity in raising that money. It’s absolutely fantastic!”

Quinte West Mayor John Williams thanked the union members and the Camp Maple Leaf executive for the assistance they provided to the families and children in the Quinte area and added, “It’s not just about giving your money, it’s about giving your time.”

Mayor Williams went on to acknowledge the extra lengths the union take to volunteer at the camp and supply needed services. Even now the union is helping build a new cafeteria for the camp.

Mr. Cochrane said union members were humbled to be able to do something to help children and veterans.

“It’s a great pleasure for UA to be able to help out and you have our support. With our contractors that are involved, we have a great partnership going forward,” he stated.

Union member Matt Reddy called Camp Maple Leaf a “beautiful camp” and said the union members are happy to see the funds and their time used in upkeep of the buildings and new construction.

Camp Maple Leaf fills an important social role by offering a summer camp experience to socially and economically disadvantaged kids. Whether they belong to a military family where one of the parents is deployed or they belong to a family that does not have the financial means to send their child to camp, Camp Maple Leaf provides children opportunities to grow and learn while enjoying nature, making new friends and creating lasting memories. The summer camp sessions are aimed at nurturing self-confidence, self-esteem, and trust while developing problem solving and leadership skills.

The registration fees for each child come from the Canadian Armed Forces as well as a range of social services organizations including Children’s Aid Societies and Boys and Girls Clubs. These fees cover the minimal cost of a week at camp. Camp Maple Leaf is able to enhance and continually improve the camp experience for the children attending thanks to donations from companies such as UA Local 401 and Dependable Mechanical,

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Young adults in Ontario are gearing up to better their health for a chance to win \$2,500 in the "Would u rather" quit smoking contest.

Anyone between the ages of 18 and 29 years of age can pledge to quit smoking, reduce their smoking, or stay smoke-free as part of the contest hosted by the Hastings and Prince Edward

Counties Health Unit and Leave The Pack Behind.

Finding ways to help young adult smokers quit is important to the Health Unit. A recent Health Canada survey revealed that 40.4 per cent of young adults aged 19-34 living in Hastings and Prince Edward counties are current smokers. (That's more than teens or older adults in the same

area.)

"This contest is effective because it is tailored to young adults who smoke daily or socially. It offers smokers three different ways to change their smoking. They can quit smoking all together; they can cut their smoking in half; or they can refrain from smoking any time they are socializing and drinking alcohol,"

says Rebecca Mathers, Health Promoter with the Health Unit. "Non-smokers can also enter the contest by pledging to remain smoke-free. Besides the chance to win great prizes, all contestants receive motivational emails and support from a buddy. They also have

the option of receiving nicotine replacement therapy, like the patch and gum, for free as a part of this contest."

To participate in the six-week long contest, Ontario post-secondary students or young adults between the ages of 18-29 can sign up at www.wouldurather.ca from Dec. 1 until Jan. 26, 2014.

Two \$2,500 grand prizes will be awarded to two lucky contestants who quit smoking all together. Other prizes include cash, tuition waivers, and gift cards to community and campus retailers.

Leave The Pack Behind is an age-tailored tobacco control initiative offered year-round in Ontario. Funded by the Government of Ontario with generous prize support provided by the makers of Thrive and Habitrol, the "Would u rather" contest aims to motivate and encourage young adult Ontarians to live

tobacco-free.

Recent research shows that around 20 per cent of the students who participate in the "Would u rather" contest successfully quit smoking and stay smoke-free. Without the motivation and support of the contest, only an estimated 5 percent would quit smoking or stay smoke free.

For more information about the contest or for information about smoking please contact the Hastings and Prince Edward Counties Health Unit's Tobacco Talk Line at 1-613-966-5500 ext. 600 or toll free 1-800-267-2803 ext. 600; or via email at TTL@hpechu.on.ca



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Susan Sweetman leaving Trenton MFRC for one-year secondment to Ottawa



Hi Everyone,

I have been asked by Col. Mann to work on a National Accreditation Project to help improve MFRC accountability and operational effectiveness across the country. This project will develop consistent protocols and standards for core aspects of MFRC operations and governance on all bases and wings.

I have accepted this one-year secondment and while I will be working from Ottawa, I will still be present in the area. I will begin this project Jan 6, 2014 and will be returning to my Executive Director role at the Trenton MFRC in January 2015. You will find me at the Trenton MFRC from time to time as Trenton progresses through this process as a pilot and in direct support to the interim Executive Director (yet to be announced). I will still be reachable through my forces email account if you have any questions.

I am confident in the great work of our team at the Trenton MFRC, to continue to lead the way in focusing all that we do on our families and providing them with the best services possible. I anticipate continued cooperation between and leadership from all staff because together we are stronger.

Trenton MFRC is an example of how family focused services should look as we continue to provide a quick connect between our families and our amazing community. We can't support our families alone and this is why our relationships with our community partners are so important in the work that we do everyday.

I look forward to watching the continued progress of the MFRC in the coming year.

Susan Sweetman
B.S.W., M.P.A., L.L.M.
Executive Director

Trenton Military Family Resource Centre

Station Warrant Officer leaving CFS Alert



CFS Alert Commanding Officer Major Dan Zegarac presents outgoing Station Warrant Officer, MWO Dean Hancock, with a shadow box to remember his time in Canadian Forces Station Alert.

Photo by Pte. Mike Rosang

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Zwick's Island Sabre being refurbished at 8 Wing

Photos by Ross Lee

Continued from page 1

would cost far too much to refurbish it and put it back in its place of honour.

Belleville Mayor Neill Ellis, however, did not like the idea of just trashing something as historically significant as the Sabre. He wanted it refurbished and returned to its pedestal and he felt that the people to help him make that happen would be the men and women at 8 Wing Trenton. It did not take a lot of convincing for 8 Wing to take the Sabre under their wing, so to speak.

The Sabre has been here in Trenton ever since, but it has not just been gathering dust.

ATESS personnel have begun the task of dismantling it and returning it to its former glory. The task, however, has not been without trials and tribulations.

Once the aircraft had been moved into the fabulous new home of ATESS, you could say things really began to hum. Dormant nests of bees warmed to the atmosphere in the building and the canopy of the aircraft was suddenly filled with bumble bees trying to get out. Once these uninvited guests were disposed of, the ATESS personnel got to work repairing the aircraft.

In August of this year, 8 Wing Commander Col. David Lowthian was made aware of the project by Wing Chief Warrant Officer (WCWO) Sandor Gyuk shortly after his arrival in Trenton. A chat with Mayor Ellis at a function shortly thereafter resulted in the project being brought back onto the front burner.

"One of Mayor Ellis' concerns was that the project would be done with the attention to detail required for this project," Col. Lowthian told *The Contact* in a recent interview. "He wanted to make sure the gold paint was the right colour, and that the alphanumeric code was correct along with the markings of the aircraft. Who better to do it than the pros and that's why the Wing took on the project."

The project will ultimately be beneficial to both the Wing and the City of Belleville. Work of this nature helps keep the ATESS personnel sharp with the refurbishing they love and it

Continued on page 16



Mayor Neil Ellis, centre, former Sabre pilot Ken Kee, left, and Brad Wilson, Director of Environmental and Operation Services with the City of Belleville, speak with 8 Wing Commander Col. David Lowthian during a visit earlier this month to ATESS, where the Zwick's Island Sabre is being refurbished.



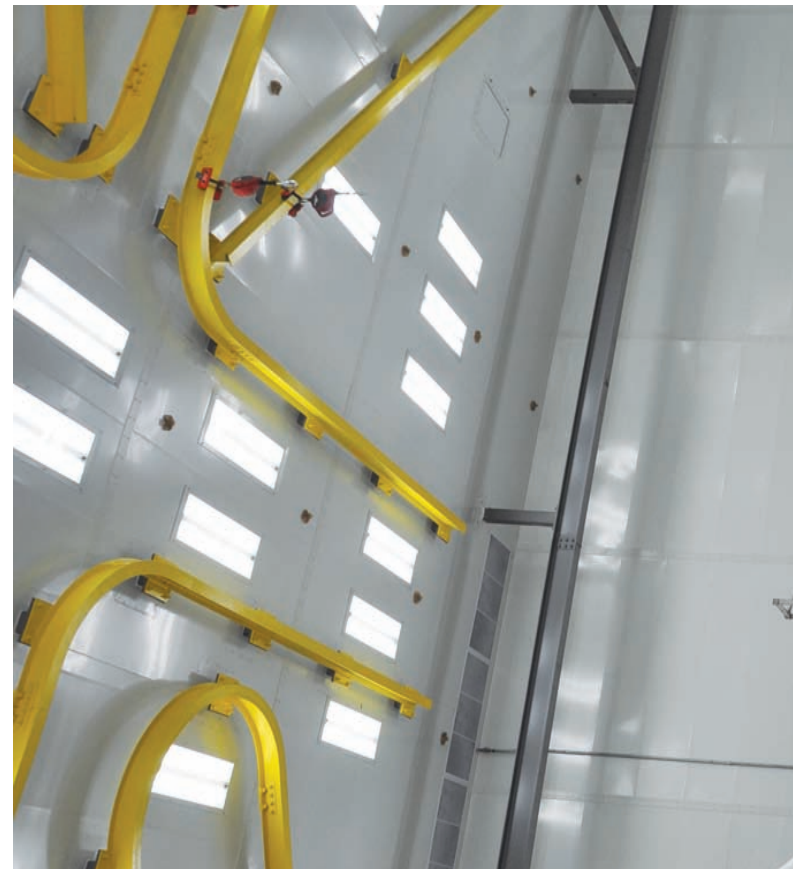
This panel shows the level of deterioration experienced by the Sabre after years of exposure to Bay of Quinte weather.



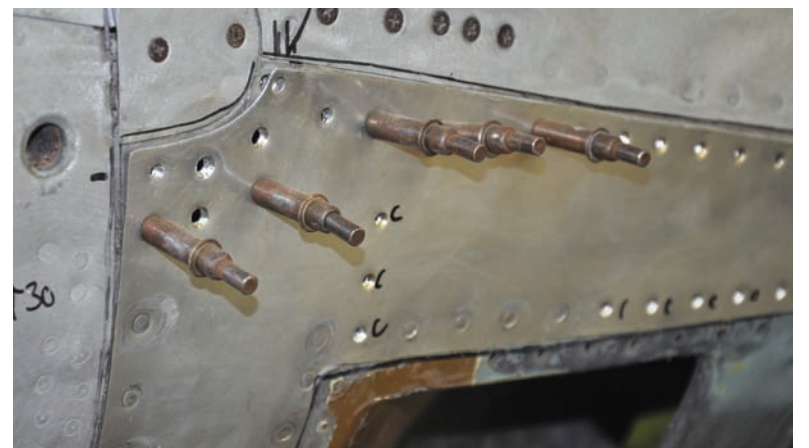
The Sabre is displayed in the foreground – including the new wing box at the left – while project members Mayor Ellis, Mr. Kee and Mr. Wilson talk with Col. Lowthian and members of ATESS, at left, in the background.



Col. Lowthian discusses the project with a couple of ATESS personnel.



The Sabre is being reconstructed inside the new facilities at ATESS.



This photo shows some of the repairs in progress. Photo by Ross Lees

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Sears' Operation Wish supports military and their families

By Ross Lees

Tears flowed freely on Sunday (Dec. 15) afternoon as three young ladies shared their experiences about what it was like being part of a military family. Antoinette Kennedy, Lena Power and Victoria Pink, winners of the Sears Operation Wish essay contest – in the categories of 11/12, 9/10, and 7/8 respectively – had family members, friends and strangers alike shedding tears at the Quinte Mall in Belleville as they related some of the hardships experienced by families, especially at a time like Christmas.

These stories help observers relate to Operation Wish, a program established by Sears in 2006 to show support for deployed troops and their families. In fact, 8 Wing / Canadian Forces Base Trenton Commander Colonel David Lowthian encourages all 8 Wing personnel to share their stories about what happens at CFB Trenton and what members do locally and on a global scale.

The 2013 program campaign was officially launched on December 15 at the Sears store in the Quinte Mall in partnership with Trenton Military Family Resource Centre, the Canadian Association of Military Family Resource Centres (CAMFRC), and the Canadian Forces Morale and Welfare Services (CFMWS).

"Having served in the military and away from home for extended periods of time, I know first-hand what a relief it can be to know that someone is helping to take care of your family and looking out for their well-being," stated Doug Campbell, President and CEO of Sears Canada, himself a former US Marine. "We are very proud to provide a



Sears Belleville General Manager Brenda Wood presents a \$10,000 cheque to Susan Sweetman, Trenton Military Family Resource Centre Executive Director. The money would first go to Canadian Association of Military Family Resource Centres and then be distributed to MFRCs across Canada.

Photo Ross Lees

vehicle, through Operation Wish, to help Canadians show their support for our military and their families across the country. While the program looks a bit different each year, the goal is always the same – to build a bridge between the local military base and the community by providing a way (that) we, as a community, can show our support for our military friends and neighbours."

It was a message 8 Wing Commander Col. David Lowthian said comes across loud and clear in the Quinte region. "The sense of community we get in this region is remarkable," he noted. "It can't be compared to other bases."

Since its inception, Operation Wish has donated over \$100,000 to national military family support programs. This year, Operation Wish donated a cheque of \$10,000 to the newly formed CAMFRC.

Sears also introduced an additional fundraising initiative this year to support the important work of every MFRC across Canada. Two dollars from

Continued on page 19

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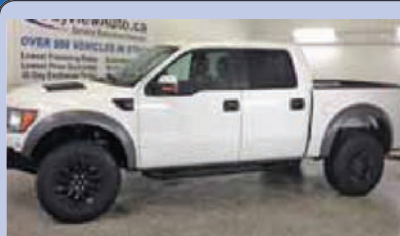
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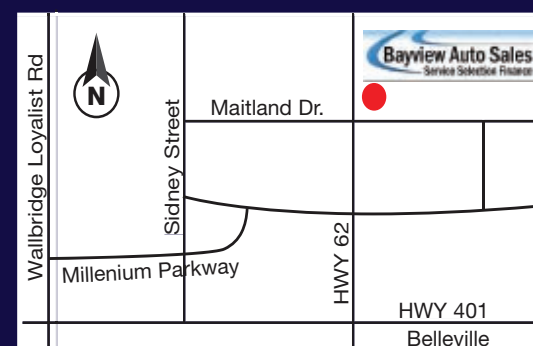
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8 Wing blows United Way goal out of the water



Maj. Al Merilainen, second from left, and Maj. Jay Burt, right, join Lt.-Col. David Alexander in presenting the \$139,000 cheque to United Way of Quinte Executive Director Judi Gilbert and an unidentified member of her team on the left.

Photos by Ross Lees

Continued from page 1

Lt.-Col. Dave Alexander said he was really impressed with the quality of the campaign, which was especially dynamic from an event point of view. He acknowledged the outstanding leadership of Majors Merilainen and Burt and the over-

whelming response from the units and teams.

“Certainly, Al and Jay built the template for future teams to follow,” he concluded.

The announcement of the total reached at 8 Wing/CFB Trenton did something

Judi Gilbert thought was impossible. “I’m not usually lost for words, but this is a truly incredible contribution towards this year’s campaign,” she said after admitting she didn’t know what to say. “This is a nice way to finish off a Friday afternoon.”

She said she was used to getting the cream of the crop to head the campaign at the base but she felt Majors Merilainen and Burt did a stellar job this year and had helped continue the wonderful partnership with 8 Wing.

Lt.-Col. Alexander said this year’s campaign had created a nice synergy between 8 Wing and the United Way of Quinte and the teams at the Wing, which was noticed by Wing Commander Col. David Lowthian.

It was an aspect of the campaign Maj. Merilainen also isolated for praise. “It was a great opportunity for the units to get together and build their teams, their esprit de corps,” he said. “It created special days and events for everybody to come out and have a lot of fun but (it also) built the team the way we do in the military.”

Donor fatigue did, however, begin to set in, the two leaders admitted. One event (the tricycle race) had to be cancelled because it came along just too late in the campaign and also perhaps too close to Christmas.

The tricycle race will take place in next year’s campaign, they promised, as some of the units had already built trikes and the trophy was prepared. “We’ll definitely hold it next year, but earlier in the campaign,” Maj. Burt stated.

“The campaign ran a little later this year than it has in the past and, because it was running close to Christmas, some fatigue may have set in,” Maj. Merilainen noted. “But overall, it was a great success and it beat all of our expectations.”

Draw winners included: Dominique Lutz (EME trailer), Cpl. Mark Venton (dental basket), MCpl. Stephen Giza (EME compressor), Cpl R. P. Charming (Minion cake), and Suzanne Cowan (mega 50/50 draw).



United Way of Quinte Executive Director Judi Gilbert drew the winning name for the mega 50/50 draw (won by Suzanne Cowan) while Maj. Merilainen looked on.



Lt.-Col. David Alexander congratulated Dominique Lutz for winning the EME trailer.



Lt.-Col. Dany Breton, 8 Wing Logistics and Engineering Officer, drew Cpl. Mark Venton’s name for the dental basket.



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R0012453038

Popular new teaching tool introduced at École Secondaire Marc Garneau

Flashover video game proves popular with 10 to 14 year old students

By Ross Lees

École Secondaire Marc Garneau became the first Quinte area school to make use of a new teaching tool introduced to the area by the Quinte West Fire Department which is proving popular among students 10 to 14 years of age.

The new teaching tool is a fire safety and prevention education video game which harnesses this new medium while delivering life-saving messaging and skills to young audiences as they play.

Discovered originally by Quinte West Fire Prevention Officer Robert Comeau at a fire education seminar, the game was introduced to Marc Garneau Tuesday morning (Dec. 17). Students were given the opportunity to trial the game while Veronica Cole, the co-founder and Chief Executive Officer (CEO) of the educational game development studio, Squabble Studios, visited the school.

It was one of those situations that proved profitable and educational for everybody involved. Mr. Comeau was proud and happy to see the game introduced at a Quinte West school. The students at Marc Garneau enjoyed being on the cutting edge of the newest education techniques. And Veronica Cole revealed, "This is the

first time we've been in a school to see children using Flashover and to get direct feedback from the students."

Comeau was impressed with the game from the beginning. "I was at a fire education seminar and Veronica was there with her team demonstrating the game in their virtual studio. I tried it and immediately wanted to use it to promote fire safety to kids," he enthused.

According to Ms. Cole, there are several reasons that the company and the game targets students from 10 to 14 years of age.

"This age group starts staying home alone, learning (how) to cook, doing all those different activities where they are at more risk for accidents to happen and they are more the age group to game, as well," she explained.

What makes this game so popular with firefighters is it was developed with the assistance of the City of Vaughan firefighters and exposes young adults to realistic hazards that may be encountered in a home. But while the game environment may seem familiar, young gamers actually want to explore and experience it.

Jordan, a student at Marc Garneau was impressed with the game. "It's a really nice game and there (doesn't) seem to

Continued on page 13



Veronica Cole, Co-founder and CEO of Squabble Studios, and Quinte West Fire Prevention Officer Robert Comeau introduce Flashover to Marc Garneau School.

Photo by Ross Lees



These Marc Garneau students give Flashover a good test.

Photo by Ross Lees



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Popular new teaching tool introduced at École Secondaire Marc Garneau

Photos by Ross Lees

Continued from page 12

be any glitches, so far,” he told *The Contact*. “Overall, it’s a great game (and) there are lots of options. It’s (also) realistic and fun.”

Asked if he would consider playing the game at home, his response was quick.

“Actually, I had planned on playing it tonight at home on my laptop,” he said.

The beauty of this teaching tool is it’s available to any student wishing to play it by simply going to www.quintewest.ca/en/cityhall/Flashover.asp

Elyssa, a student at Marc Garneau, also said she liked the game. “I’ll probably show it to my little sister (8) tonight,” She felt it was a good teaching tool.

Flashover™ is played from a first-person point of view that immerses players in a highly realistic game environment in a safe way than enables them explore and interact. Players earn points for each correct action they take and receive detailed feedback at the end of each level based on their actions. The game will be updated on a regular basis, with additional content and levels being added to the game to keep the program exciting for new and returning players.

Ms. Cole noted at Marc Garneau that a new holiday edition of the game was being introduced within the next few days and students using this game would learn things like the importance of keeping a Christmas tree watered properly and keeping it away from a heat source.

“This initiative is already being used by other fire departments in Ontario, but nothing locally,” Quinte West Fire Chief John Whelan stated. “With today’s technology, we need to be proactive and find new ways in educating the younger generation.”

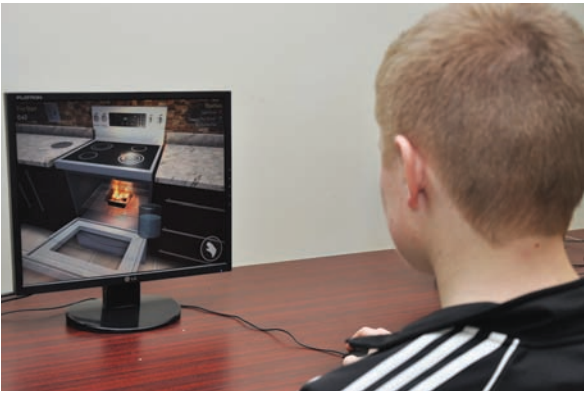
Squabble Studios is an educational game development studio, focused on creating highly educational and entertaining video games as an interactive medium to deliver educational content and messaging. Squabble Studios officially launched Flashover™: The Fire Safety Video Game in October, 2013.

Ms. Cole noted there had been a lot of preliminary testing of the game prior to the release of this final version and the feedback and reaction was generally positive.

“Seventy per cent or more of those playing the game said they learned something new, that the game was like Mind Craft and they liked that about it, and they would play it again. There was a lot of positive reaction, but everybody didn’t like all of it, although most thought it was an interesting new teaching tool,” she told *The Contact*.

Quinte West Fire Prevention Officer Robert Comeau couldn’t agree more.

Elyssa concentrates on the game during its introduction at École Secondaire Marc Garneau.



This student delves into the game at Marc Garneau School Tuesday morning.



Ian McCabe, co-founder of Squabble Studios and Chief Commercial Officer, wears a T-shirt displaying the company’s motto.



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Season's Greetings

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Junior Ranks take over 8 Wing Command

As has become tradition at 8 Wing Trenton, the two junior members of the base took command on Thursday, Dec. 12. Pte. Anthony Thamas assumed the role of acting Wing Commander while Pte. Charlene Henley become the acting Wing Chief Warrant Officer (WCWO) for the day. The acting WCWO and Wing Commander were given a tour of the Wing's historic water tower, which is now a heritage site. They also scaled the climbing wall at the Canadian Army Advanced Warfare Centre (CAAWC), received a ride on the telescopic platform at 1 Hangar and ended their day by presiding over the Junior Ranks Christmas dinner.



The Acting Wing Commander and Wing Chief carve the turkey with the new privates looking on.



Pte. Gyuk and WCWO Henley sign official certificates of appointment on Dec. 12 at 8 Wing Headquarters.



Pte. Lowthian and Col. Thamas sign official certificates of command on Dec. 12 at 8 Wing Headquarters.

Photos by Cpl. Levarre McDonald, 8 Wing Imaging

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Christmas Hours

The MFRC and Daycare will close on Tuesday, Dec 24 at noon and reopen on Monday, Jan. 6 at the regular hours (except for children already registered in the Daycare for Jan. 2 and 3). We wish you all a Happy and Safe Holiday Season!

Les heures de Noël

Le CRFM et la Garderie fermeront le mardi 24 décembre à midi et réouvriront le lundi 6 janvier aux heures régulières (À l'exception des enfants déjà inscrits pour la Garderie le 2 et 3 janvier.) Nous vous souhaitons de Joyeuses Fêtes, revenez sain et sauf!

From the Ground Up Winter 2014 Edition

Fridays, 9:30 a.m. to 12 p.m., Jan. 24 to March 14. Register by Jan. 16. Contact Audrey Cochrane, PSI Coordinator acochrane@cogeco.net or 392-2811 ext 4017. Women self-empowerment program that teaches assertiveness skills, healthy communication, builds self-esteem, promotes self-care and emotion management skills.

Belleville Bulls Vouchers

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

Billets pour les Bulls de Belleville

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

Christmas Fundraising Program

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

Collecte de fonds des Fêtes

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

Babies and Beyond

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

Cakes by Amy presents: Intro to Cake Decorating

Come beat the winter blues and learn some of your favorite decorating techniques including flowers, fondant, figurines, lettering and more. The six-week course costs \$100, which covers a six-inch cake for practice and take home, tools for use during class, icing, fondant or other food materials and a bulk barn discount during the

course. Sign up at the MFRC reception by Jan. 16, 2014. Classes run once a week starting Jan. 23 until Feb. 27 (Thursday evenings) from 6:30 p.m. to 9 p.m. Payment is required upon registration. Minimum 16 years of age. (Note: 12- to 15-year-olds can attend if accompanied by parent)

12 Week Latin and Ballroom Sessions

Beginner/Experienced beginners - Wednesdays Jan. 8 to March 26, 2014, 7:45 to

9:00 p.m. Location to be announced. Dances offered: Rumba, Waltz and Salsa. Cost \$135 per couple or \$80 per single.

Intermediate - Wednesdays, Jan. 8 to March 26, 2014, 6:00 to 7:30 p.m. Location to be announced. Dances offered: Swing, Foxtrot, Salsa and Rumba. Cost \$135 per couple or \$80 per single.

Payment, in the form of cash or

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

Financial Advice You Can't Afford To Miss

Darran Leaker, a retired military member and an accounts manager at a local banking institution, will be on hand to bring you practical financial advice. The sessions will be tailored to post-Christmas debt and cover RRSP and TFSA account considerations for the new calendar year. You can sign up for one or multiple ses-

sions on either Tuesday mornings from 9:30 to 11:00 a.m. or Tuesday evenings from 6:30 to 8:00 p.m. (*dates and description listed below*).

Jan. 14 (*evening*) Reduce debt, free up cash, and reach your goals sooner

Jan. 21 (*morning*) (*same as above*)

Jan. 28 (*evening*) Five Principles of better borrowing

Feb. 4 (*morning*) (*same as above*)

Feb. 11 (*evening*) How to pay off your credit card faster

Feb. 18 (*morning*) (*same as above*)

Feb. 25 (*evening*) Investing and preparing for

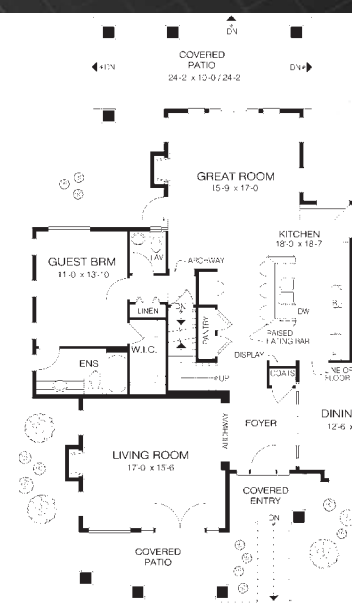
your future

Mar. 4 (*morning*) (*same as above*)

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

Home of the Week

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This handsome three-bedroom home, which features a gracious outdoor staircase up to the main entrance, will be ideal for homeowners who enjoy entertaining. It includes a formal living room and separate dining room, as well as a guest bedroom with a private en-suite bathroom. The covered entry leads

into a spacious foyer, with a coat closet directly ahead. To the left is the living room with French doors that open onto a covered patio that overlooks the front garden. To the right is a formal dining room, with a deep-silled window and a lofty ceiling. The great room and kitchen flow into one another at

the back of the home, where there is access to a covered patio. The great room includes a gas fireplace, and is separated by an archway from the stairs to the upper floor and the guest bedroom.

The kitchen features an L-shaped counter configuration and a raised three-seat eating bar, as well as a double-door pantry and a display case.

Near the guest bedroom are a linen closet and two-piece lavatory.

Upstairs, near the landing, an open area over the foyer is protected by railings. A linen closet is placed at an angle near the master bedroom, which overlooks the back garden through a corner window. The en-suite includes a soaker tub and dou-

ble basins, as well as a towel cupboard. A walk-in closet completes the lay-out.

The second and third bedrooms share a split bath with double basins. The laundry room is conveniently located on the second floor.

Exterior finishes include horizontal siding, stucco pilasters with wood bases, and shingle accents in the gables. The covered patio at the front of the home has a glass surround, as does the outside stairway.

On the ground floor is a double garage, with the rest of the space dedicated to an unfinished basement.

This home measures 45 feet wide by 68 feet, eight inches deep, for a total of 2,834 square feet, not including the unfinished basement.

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

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

The 8 Wing Officers' Mess Ladies Club is holding a Bunco/games night at 6:30 p.m. in the mess. Admission for members is free while invited guests of members are asked to pay \$10. Light refreshments and prizes will be provided. For further information, email chambersj@live.ca

Jan. 25 – Quinte Ballet School of Canada Madmen Gala

Enjoy culture and cocktails at the Quinte Ballet School of Canada Madmen Gala to be held at the Greek Hall, 70 Harder Dr., in Belleville. Tickets are \$125 per person. The event will feature live and silent auctions, cocktails, a cash bar, hors d'oeuvres, a three-course dinner, and a live performance by QBSC students. Tickets and info available by contacting 613-962-9274, info@qbsc.ca or quinteballetschool.com

Jan. 31 – CFB Trenton Blood Donor Clinic

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

Wing Logistics and Engineering Photo of the Week



Braving the cold, Mr. Sam Gillespie, a civilian member from 8 Wing TN/RCEME Squadron's Refuelling Section conducts a recirculation function on one of the refuelling tenders at the section. A recirculation function is required after defueling an aircraft. A sample testing is also required every six months to ensure the fuel is clean and no particulates are found. All of this is required to ensure that RCAF and visiting aircraft get the most efficient and safest fuel possible.

SISIP Financial Literacy Month draw winner



In November, as part of a campaign for Financial Literacy Month and Financial Planning Week, SISIP Financial Services set up information kiosks and held a series of lunch and learn events on bases across Canada. All Canadian Armed Forces (CAF) personnel and their families were encouraged to participate in the events to gain the awareness and knowledge necessary to achieve their financial goals. In conjunction with the Financial Consumer Agency of Canada, SISIP's goal was to raise awareness and stress the importance of financial literacy among the CAF community. Participants at the events had the chance to submit ballots for the chance to win an iPad or iPod Nano, provided in partnership with the CF-Group RSP. The local winner of the draw was MCpl. Will O'Neill, of 8 AMS Armament. Local SISIP representatives Troy Brown, Insurance Representative, and Denise Read, Financial Counsellor, were on hand to present the prize to MCpl. O'Neill.

Photo Ross Lees

Zwick's Island Sabre being refurbished at 8 Wing

Continued from page 8

get done with that attention to detail and pride of ownership only Royal Canadian Air Force personnel could produce, especially as they approach the 90th anniversary of the RCAF in 2014.

Even now ATESS is working on the project, which they expect will be completed by the beginning of June 2014. Parts like the ejection seat had to be refurbished and the canopy is currently being rebuilt of composite materials to help fend off the weather. The ejection seat, however, will not go back in the aircraft.

The entire airframe has been disassembled and significant corrosion was discovered in the wing box and the tail assembly.

"The wing box has been rebuilt as good as new," Col. Lowthian stated, noting the pride of ownership displayed by the ATESS personnel.

That pride of ownership has basically three aspects in this particular project, according to Col. Lowthian. There is the pride of the personnel working on the project, there is the pride of the community he is sure will exist when the Sabre goes back on that pedestal, and then there is the pride of the men who actually flew in the aircraft.

Col. Lowthain admits to feeling that pride of ownership himself on all those levels. In his 24 years in the RCAF, he has spent about 14 years at CFB Trenton, but lived all of that time in Belleville.

"There's that connection to the community and I don't think you can put a price tag on that," he said.

Recently, Mayor Ellis, Brad Wilson, Director of Environmental and Operation Services with the City of Belleville, and Ken Kee visited the base to get an early look at the project. Ken Kee actually flew the Sabre in the 60s and his presence at ATESS brought out the pride the personnel there felt about their work.



Reconstruction of the Sabre is proceeding well as one can see from this view through the Sabre. Photo by Ross Lees

With the project moving along, it is expected that the project will be 95 per cent finished by the beginning of June. Col. Lowthain would like to see the aircraft back on its pedestal at Zwicks Park by mid-June, when perhaps a special rededication ceremony could be held with the City of Belleville.

Prior to that time, Col. Lowthain hopes to have Mayor Ellis back to the base and perhaps have him sit in the Sabre's cockpit before the canopy is put back on.

"It will give us a chance to get him in the cockpit and get that hero shot," he laughed.

The timeline is critical for Col. Lowthain if he wants to be involved in the presentation to the city, which he very much does. Throughout July, he will be taking part in RIMPAC as the Pacific Deputy Combined Joint Forces Air Component Commander. Rim of the Pacific Exercise or RIMPAC, is the world's largest international maritime warfare exercise and Col. Lowthain will be the deputy to an Australian Air Force officer.

"It's quite a long, involved and important exercise which means considerable time away from my duties here," he said.

But before he leaves for that assignment, he would like to dedicate the Sabre back to the City of Belleville in time for its Canada Day celebration and Waterfront Festival.

"I'd love to be up there shaking Neil's hand and see him sit in that ejection seat again – just don't touch the handles," he chuckled. "This is probably a more aggressive target than we would probably originally have set prior to knowing the condition of the aircraft, but I think we can meet it."

Mayor Ellis expressed a great deal of pride in seeing the project come to fruition. After visiting the base and seeing how the project is coming along, he said, "I'm really blown away! This may be the highlight of my term. When you say that to people, they can't believe it, but it's true," he told *The Contact*.

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RCAF Flyers to play Campbellford Rebels in support of local food bank

The RCAF Flyers are once again playing a local junior team in an exhibition hockey game in preparation for the 2014 Ontario Region Forces Championships from Feb. 16-21 hosted by CFB Kingston.

The Flyers are taking on the Campbellford Rebels on the Jan. 7,

2014 at 7 p.m. at the RCAF Flyers Arena. Admission to this event is a non-perishable food donation or \$5 donation to the local food bank.

The RCAF Flyers are going for their fourth straight Ontario Region Forces Championship Gold Medal. In 2011, the Flyers won the CF Na-

tional Championship. This year, the Flyers feel they have what it takes to take the Championship again lead by former Trenton Sting standout Gabe Proulx.

The Campbellford Rebels have several local Trenton players in their lineup as well including: Cole Ham-

ilton, Andy Paul, Jordan Boutilier, Will Lamoureux, Josh Leavey, Griffin Rupnow and T.J. Patterson.

Come out and watch some great local hockey and support the Trenton Care and Share Food Bank. For more information contact Bryan Pearce at 613-392-2811 Ext.4110.

Sports & Recreation



Red Cross Swim Lessons Winter 2014

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

Holiday Hockey Training and Conditioning Program for Youth

Dec. 23, 24, 27, 30, and Jan. 2, 3, from 9 a.m. to 11 a.m. Pre-register at the RecPlex. Christmas Goalie Development Program, Dec. 23, 24, 27, 30 and Jan. 2, 3, 8:30 a.m. to 9 a.m. Pre-register at the RecPlex.

Aquatics

Morning Aquafit - Mondays, Wednesdays, Fridays, Jan. 6 to March 21 (33 classes), 8:30 a.m. to 9:20 a.m.

Evening Aquafit/Jogging - Tuesdays and Thursdays, Jan. 7 to March 20, 6:15 to 7:15 p.m.

Senior Lane Swim - Mondays, Wednesdays, Fridays, Jan. 6 to March 21 (33 swims), 7:30 a.m. to 8:20 a.m. or 8:30 a.m. to 9:20 a.m.

Fitness Programs

Learn to Skate for Adults - Fridays, Jan. 10 to March 7, 6 to 7 p.m.

Youth programs

Shinny Hockey - Tyke/Novice (under nine years old), Fridays, 7 p.m. to 8 p.m.; Atom (under 11 years old), Wednesdays, 4 p.m. to 5 p.m.; Pee Wee (under 13 yrs old), Tuesdays, 4 p.m. to

5 p.m.; Bantam/Midget (under 18 years old), Mondays, 4 p.m. to 5 p.m. at the RCAF Flyers Arena.

Family Skate - Saturdays and Sundays, 1p.m. to 3 p.m.

Advanced Aquatics

Junior Lifeguard Club for Youth - Eight to 15 years of age, Mondays, Jan. 6 to March 17, 6 p.m. to 7p.m. (No classes over March Break).

Youth Aquatic Club for Youth - Six to 16 years of age, Mondays, Wednesdays and Fridays, Jan. 6 to March 28, (11 weeks) 4:45 p.m. to 6 p.m. (No classes over March Break).

Red Cross Babysitter's Course - Dec. 21, 10 a.m. to 5 p.m. at the RecPlex.

NLS Re-certification (2012 Standards) - Dec. 1, 10 a.m. to 4 p.m.

Red Cross WSI Re-certification - Dec. 20, 10 a.m. to 4 p.m.

Lifesaving Society Lifesaving Instructor with Emergency First Aid and CPR C Instructor - Dec. 27, 28, 29, Friday, Sat-

urday and Sunday, 9 a.m. to 4 p.m.

NEW! ILWP Waterpolo for Youth - Wednesdays, Jan. 8 to March 19, 5 p.m. to 6 p.m. (No classes over March Break).

Baker Island Community Centre

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

the Contact

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Announcements

Announcements

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Worship Times: Protestant Service - 0900 hrs

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• Confession: At all times

• Daily Mass: Tuesday to Thursday at 12:00 hrs

Baptisms: Please allow at least 30 days notice for preparation. For more information please call the chapel at 613-392-2811 ext. 4593 or 2490.

Marriages: Couples wishing to be married by a military chaplain must have their application approved prior to setting a date for the wedding. Normally, at least one party must be active in a military or civilian church. Please contact the chaplain's office.

Worship Schedule

Service divin de Noël

Jan. 1

Solemnity of Mary, Mother of God/

Solennité de Marie, Mère de Dieu

10:15 a.m. - (Bilingual)

Jan. 5

Feast of the Epiphany

fête d'épiphanie

9 a.m., 10:15 a.m. and 11:30 a.m.

9 a.m. - Protestant worship service

10:15 a.m. - Roman Catholic mass in English

11:30 a.m. - Messe Catholique Romaine en Français

Safety

Get ready to handle winter

Guiding a vehicle from one place to the next is a particularly challenging task in winter weather. Preparing your vehicle to handle the road is the first step to safe driving.

These are some of the factors, which add hazards to driving in the winter:

❖ Ice, snow and even water on road surfaces reduce traction, increasing stopping distance and possibly resulting in a skid. It takes more distance to stop on an icy road than it does on a dry road.

❖ As the temperature rises to near the melting point, roads become even more slippery than they are in severely cold weather. Traffic also polishes ice and packs snow on a road surface.

❖ Black ice is a thin and invisible layer of frost on pavement. It commonly occurs around bridges and overpasses and shaded areas, but be alert for it on all road surfaces.

❖ Water, which may be mixed with oil on a road's surface, can be hazardous. Tires begin to lose contact with the road surface, slipping across the surface of the water and oil instead.

❖ Visibility decreases drastically in winter driving conditions. Long nights and short days in some areas mean that you spend more hours behind the wheel when you can see little beyond your headlights. Snow, rain and fog also cut visibility.

Vehicle breakdown under winter conditions can be life threatening because of freezing weather and the possibility of chain reaction collisions. Here is a suggested pre-winter checklist for all kinds of motor vehicles:

❖ Radiator and heater hoses should be in good condition, free of cracks and leaks.

❖ Fan belts should be checked too.

❖ The heater should be working well, for your own comfort and

to defrost and defog the windshield.

❖ Start the winter with a new set of wiper blades.

❖ Equip your vehicle with an ice scraper and a snow-brush.

❖ Change to a winter coolant, which won't freeze.

❖ Use a winter windshield washer fluid, which won't freeze, and keep it topped up.

❖ Check all vehicle fluids including power steering fluid and brake fluid.

❖ Make sure the battery is in good condition for starting the vehicle in cold weather.

❖ Your tires should have good tread to provide traction.

❖ Examine all lights including headlights on high and low beam, running lights, tail lights and brake lights.

❖ Inspect brake systems to determine if they will provide uniform braking on all wheels.

❖ Muffler and exhaust systems must be examined to make sure

they are not leaking. Carbon monoxide poisoning is a deadly hazard for occupants of motor vehicles.

❖ Lubricants should be of winter weight for use in lower temperatures. Do not forget to lubricate the spare wheel.

❖ Carry a winter survival kit, especially on long trips or in isolated areas. Include matches and a candle, a parka and sleeping bag or emergency blanket, food,

first aid kit, jumper cables with safety goggles, gasoline, anti-freeze, fuel conditioner for diesel fuel, wrenches for minor repairs,

a spare fan belt and radiator hose, spare spark plugs as well as spark plug wire.

It is important to have a working knowledge of basic vehicle repairs so you know what to do in case of a breakdown, in any season.

Remember to arm yourself against winter driving hazards. Examine your vehicle for defects, and equip it to handle winter driving conditions.



Employee Assistance Program

Referral agents:

Drew Craig (Chairperson) 3930

Karen Brake - 7911 • Nathalie Serre - 7413

Rhonda Loomes - 7588 • James Leblanc - 3053




Antoinette Kennedy, Victoria Pink and Lena Power, back row, are pictured here with three young children representing Nate the plush bear. Together they stand beside a large cardboard Nate signed by well-wishers to be sent to the Trenton MFRC prior to Christmas.
Photo Ross Lees



Top right: Antoinette Kennedy gets a hug from her father as her mother sheds a few tears after her speech. Antoinette's parents met at boot camp in Cornwallis, Nova Scotia.
Photo Ross Lees

Happy Holidays!!



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NEW PATIENTS WELCOME



Col. David Lowthian, 8 Wing Commander, signs Nate during the Sears Operation Wish ceremony held on Sunday at the Quinte Mall.
Photo by Ross Lees

Continued from pages 9

the sale of a special, limited edition, plush bear called Nate will be directed to the Sears Canada Charitable Foundation. A percentage of this money will also be donated to the CAMFRC.

Trenton MFRC Executive Director, Susan Sweetman, said support of the community means a great deal to military personnel and their families. “It’s not uncommon for military families in our community to have a loved one deployed far away from home over the holiday season,” she said.

Military families are also required to move a lot and entry into a new community can sometimes be difficult for children as they are introduced to new schools and try to make new friends. It is these kinds of challenges that contest winners Ms. Kennedy, Ms. Power and Ms. Pink wrote about. Despite their own challenges, however, these ladies also expressed their pride in having family members answer the call for help from around the world. There were few dry eyes when the speeches were completed.

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