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Former Mayor John Williams becomes 8 Wing's newest Honorary Colonel

By Ross Lees

Former Honorary Colonel (Hon.-Col.) Armin Quickert believes that when you take on a position, you should learn to talk the talk, but more importantly walk the walk.

That's exactly what he did as the Hon.-Col. for 8 Wing Trenton. He spent much of his time as Hon.-Col. learning the trials and tribulations of Canada's military members and he worked to try to make those situations better for them.

In so doing, he also developed a massive pride for the men and women of the Canadian Armed Forces, a pride he expressed at length during his farewell speech at the Change of Appointment ceremony at the National Air Force Museum of Canada Wednesday

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Former Honorary Colonel Armin Quickert proudly displayed the runway core he was presented by 8 Wing Commander Col. David Lowthian and WCWO Darcy Elder at the Change of Appointment (CoA) ceremony Wednesday afternoon at the National Air Force Museum of Canada (NAFMC).

Photo by Ross Lees



Drumming up some festive fun was easy for the Odds drummer on Saturday. *Photo by Ross Lees*

CP Holiday Train helps Care and Share Food Bank in time of need

By Ross Lees

The Trenton Care and Share Food Bank was very glad to see the Canadian Pacific Holiday Train stop at the RCAF Road junction Saturday morning.

Not only did the stop generate \$7,000 from CP Holiday Train, but the large crowd which turned out to see the festive train also came bearing gifts of food for the local food bank.

The turnout for this year's event was very large and was quickly put in a festive mood with the holiday music by singer-guitarist Roxanne Potvin and the band Odds.

Share and Care Food Bank President Al Teal expressed his appreciation for the generosity of the crowd and CP Rail.

"Your generosity is very much appreciated and I thank you very much for your donations," he said.

Both 8 Wing Commander Col. David Lowthian and Quinte West Mayor Jim Harrison both also thanked the crowd for their generosity to the Care and Share Food Bank which always needs community support at this time of year.

Already in a festive mood, the crowd seemed to enjoy the entertainment supplied by the performers on the CP Holiday Train.

More photos on page 15



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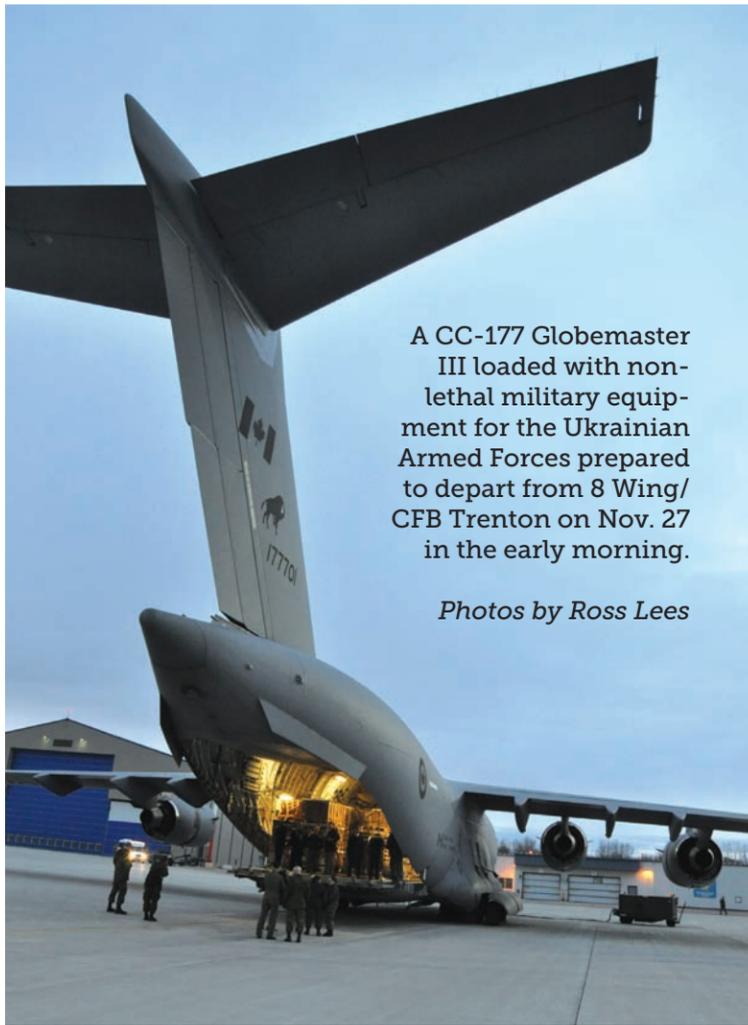
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Canada continues assistance to Ukraine in time of need

Ukrainian Ambassador to Canada returns home with latest shipment of non-lethal military equipment on CC-117 Globemaster

By Ross Lees



A CC-117 Globemaster III loaded with non-lethal military equipment for the Ukrainian Armed Forces prepared to depart from 8 Wing/CFB Trenton on Nov. 27 in the early morning.

Photos by Ross Lees

It was confirmed on Nov. 27 at CFB Trenton that Canada will provide further non-lethal military equipment to the Ukrainian Armed Forces in response to a request from Ukrainian President Petro Poroshenko.

The announcement had originally been made by Minister of National Defence Rob Nicholson on Nov. 26, but was confirmed by Parliamentary Secretary to the Minister of National Defence James Bezan in the morning of Nov. 27 as a CC-117 Globemaster prepared to head to Ukraine with the equipment.

Mr. Bezan announced that further equipment would also be sent to the Ukraine early in the new year, including a mobile field

hospital, tactical communication systems, explosive ordinance disposal equipment, tactical medical kits and night vision goggles.

"We're committed to helping Ukraine during this very troubling time of Russian aggression," stated Mr. Bezan in the early morning announcement.

Ironically, also boarding the aircraft headed to Ukraine was current Ukrainian Ambassador Vadym Prystaiko, whose last duty as Ambassador was to accept this equipment on behalf of his country, then fly with it back to his country where it would be distributed to their military personnel.

On the aircraft departing for Ukraine and deemed surplus by Canadian Armed Forces (CAF)

were approximately 30 000 coats, 30,000 pairs of pants, 70,000 pairs of Gore-Tex boots and 4,500 pairs of gloves.

This donation is in addition to the \$5 million in non-lethal military equipment the Government of Canada has previously donated to the country and is expected to enhance capabilities of the Ukrainian Armed Forces.

"Canada has been at the forefront of the international community's response to the hostility of the Putin regime in Ukraine. I am proud the men and women of the Canadian Armed Forces (CAF) remain ready to respond in the face of unexpected turmoil in the Central and Eastern Europe," Mr. Bezan noted.



Mr. Zach Segal, Parliamentary assistant (left) to Parliamentary Secretary to the Minister of National Defence (third from right) continues to monitor the situation in Ukraine on his phone while Col. Ihor Likarenko, 8 Wing Commander Col. David Lowthian, Ukrainian Ambassador to Canada Vadym Prystaiko and Wing Chief Warrant Officer Darcy Elder, view a shipment of equipment being sent to the Ukraine Nov. 27 from 8 Wing/CFB Trenton on a CC-117 Globemaster III.

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WCWO Darcy Elder sits with Ukrainian Ambassador to Canada Vadym Prystaiko while Col. Ihor Likarenko and Parliamentary Secretary to the Minister of National Defence James Bezan speak in the background.

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| Thursday, December 18
6:30pm-8:30pm |
| Friday, December 19
6:30pm-8:30pm |
| Saturday, December 20
4:00pm-7:00pm |
| Sunday, December 21
12:00pm-3:00pm |
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Former Mayor John Williams becomes 8 Wing's newest Honorary Colonel

Continued from page 1

afternoon when Hon.-Col. John Williams replaced him.

The reason Mr. Quickert took the Honorary Colonel position to begin with was that he felt he could repay some of that respect, respect learned as a new Canadian coming from wartime Germany to a country which opened its arms to his family.

"They wanted someone who could engage with all ranks, from the top ranks to the private and that's the reason I took the job," he said.

Having been exposed to many aspects of the military over his tenure, Hon.-col. Quickert was especially enamoured with the Military Family Resource Centre

(MFRC) and their challenges to resurrect the youth centre. He said the MFRC was important for the families of the men and women deployed away from home.

"The people deployed today will not be home for Christmas to join their families," he stated. "This is a tremendous burden on those people, who in fact are the support team for the people at the point. The MFRC steers them in the right direction to get help and is very well equipped and staffed by devoted people."

Hon.-Col. Quickert said he was very proud to have been accepted into the program, proud to have been able to wear the uniform and serve the people who serve the country he adopted and which adopted him.



Former Hon.-Col. Armin Quickert, left, 8 Wing Commander Col. David Lowthian, centre, and new 8 Wing Hon.-Col. John Williams complete the signing ceremony at the Change of Appointment parade Wednesday afternoon. *Photo by Ross Lees*



Former Hon.-Col. Armin Quickert is presented with the painting "the Herd" by the artist, Col. David Lowthian, at the Change of Appointment parade Wednesday. WCWO Darcy Elder looked on. *Photo by Ross Lees*



The Change of Appointment ceremony Wednesday afternoon drew a number of former Wing Commanders to the event, including Col. David Cochrane, left, Brig.-Gen. Sean Friday, centre, and Maj.-Gen. Mike Hood, second from right. WCWO Darcy Elder sat with the former Wing Commanders, right. *Photo by Ross Lees*

It was a theme reiterated by new Hon.-Col. John Williams, who remembered rallying about 1,000 people of Quinte West at Bain Park and marching with them to the base and up the steps of the administration building during a very bad period on the base.

"That was something to see and it did nothing but strengthen our relationship with the Wing," he said. "I'm looking forward to this and I'm going to have fun here. I can't say enough about how much we appreciate 8 Wing being here and being part of our community."

8 Wing Commander Col. David Lowthian said he was always impressed with the way Hon.-Col. Quickert rolled up his sleeves and got involved with the base and participated in everything he could, learning first-hand how to remove tires from heavy equipment, taking fuels samples, and cutting through two inch steel plates with a phosphorous torch.

"Armin, you truly enjoyed engaging our troops in conversation and were eager to learn their interests, success, and challenges," he noted. "You also took a sincere interest in our support services on the base, and most especially the Military Family Resource Centre."

Col. Lowthian thanked both Hon.-Col. Quickert and his wife Marilyn for their advice, mentorship, genuine support and friendship.

"Once an Honorary Colonel, always an Honorary Colonel,"

he said. Former Mayor Williams also came in for words of praise from Col. Lowthian.

"Your support of our military personnel and commitment to making the Quinte West region their beloved home was not just a function of you being Mayor for eight years, it was an example of your loyalty and core values that are set upon prosperity, security, progress and family. You have been a great partner and we are lucky to have recruited you into our ranks as the 8 Wing Honorary Colonel."

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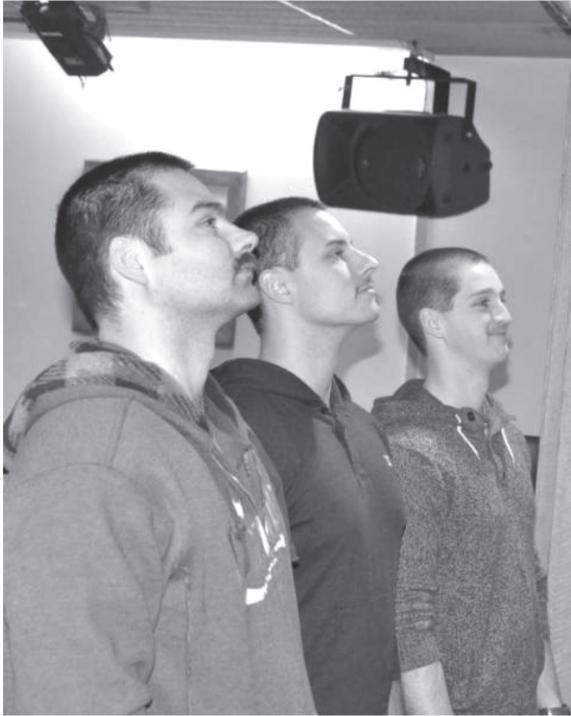
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Station personnel grow mustaches and complete fitness challenge for Movember

*Photos by
Cpl. Dave Bancroft*

(left) CFS Alert Maj. Scott Marshall judged the Movember contest as the participants (left to right) Cpl. Summerfeld, Pte. Grenier, and Pte. Haggerty proudly displayed their upper lips.



(above) Cpl. Dan Summerfeld (left) showed off his prize for best moustache on Nov. 30 with Cpl. Derek Bristol. Prizes were awarded for the top three moustaches grown and the top three fitness competition participants, with over \$700 raised and over 1,700 km completed through the month of November, which was a great success for cancer research at CFS Alert.



Cpl. Matt Macdonald (left) awarded Cpl. Alex Paul his second place prize for the CFS Alert Movember fitness challenge. Cpl. Paul completed a total of 312 km worth of physical activity and in total the station completed over 1,700 km of fitness activities.



Pte. Grenier proudly displayed his moustache for the contest on Nov. 30. Participants donated to the CFS Alert team in benefit of cancer research and Pte. Grenier managed to snag the second place prize at the end of the judging for the moustache competition.

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 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, MSM., 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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Public Affairs, Internal Comms: 8 Wing Public Affairs

PSP Manager: John Snyder

The Independent (Metroland) Staff

General Manager: Ron Prins 613-969-8896 ext 241

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

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

Bookkeeper: Heather Naish 613-966-2034 ext 560

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) unit and phone number.
- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in a jpeg format at a high resolution for quality reproduction.
- Articles must be received by Monday at noon prior to print date.

Letters to the Editor:

All letters must be signed and include the name of the author, which will be published. Include a phone number for verification. We reserve the right to edit the text while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. E-mail letters to: cfbcontactnewspaper@gmail.com



A Military Community Newspaper

The CONTACT newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



The Contact ~ Wing Headquarters
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8 Wing Officers' Mess Ladies Club decorate mess



Members of the 8 Wing Officers' Mess Ladies Club spent a day-and-a-half, last week, decorating the Officers' Mess. The ladies perform this service for the mess each year as a way of saying thanks for being allowed to hold their monthly meetings in the Officers' Mess. Photo by Ross Lees



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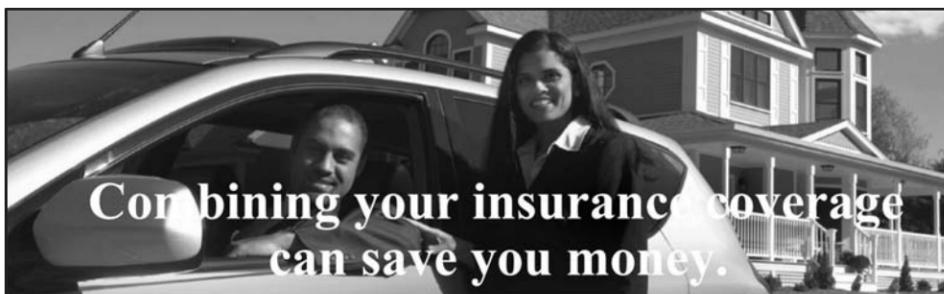
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Fitness & Health

CFB Trenton participates in RBC Sports Day in Canada

Community personnel encouraged to try water polo, curling, tai chi, skating and martial arts during RBC Sports Day in Canada

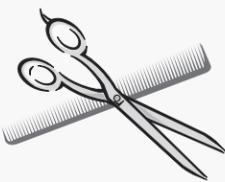


8 Wing Commander Col. David Lowthian (left) prepares to take the Noon Hour Hockey League faceoff as the kickoff event for 8 Wing's participation in the RBC Sports Day in Canada. Dropping the puck is 8 Wing Chief Warrant Officer Darcy Elder while Wing Administration Officer Lt.-Col. Elizabeth Cameron (back left) and Wing Administration Chief Warrant Officer Jean Lafond look on. Photo by Ross Lees

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By Ross Lees

Kicking off RBC Sports Day in Canada with a Noon Hour Hockey League puck drop had two benefits for the league, according to 8 Wing Commander Col. David Lowthian, a regular participant in the lunch bucket league.

"First, it brought out some spectators and hopefully they will stick around to watch the game," he said prior to the official puck drop. "But secondly, it has focused our attention on sports today and while it is called sports day, we here on this base took it a little bit further and made it both a military and civilian event with today being the military sports day and tomorrow being the civilian day."

Over the two days, Nov. 28 and 29, base and community personnel were encouraged to try such sports as water polo, curling, swimming, skating, tai chi and martial arts for free.

"We're thrilled to be part of RBC Sports Day in Canada, said Colin Hoehne, Program Coordinator for the Community Recreation Association. "The Community Recreation Association (CRA) has a long history of providing and supporting recreation and leisure opportunities for military members and the surrounding community. Sport is great for our community and something we can all get behind."

Run through the Personnel Support Program (PSP), the CRA is responsible for developing quality recreation programs for members of the Canadian Armed Forces (CAF) and other members of the military community. Whether it is organized activity, casual use of a facility or the opportunity to take a leadership role in a recreation club, the CRA is available to assist military members in finding the right sporting activity. The CRA is located at the RecPlex located at 21 Namao Dr.,

just off RCAF Road.

Leading by example

- Over one million people across Canada will be participating in a variety of activities as part of RBC Sports Day in Canada.

- PSP across all bases and wings have aligned forces and are hosting events for military communities where the "CAF will lead by example" in celebration of sports at all levels.

- CAF members have a requirement to build and maintain an operational fitness level that is essential to mission success.

- Sports are seen as critical enablers in developing a culture of fitness while enhancing leadership skills, promoting esprit de corps and fostering the warrior spirit.

- A well balanced recreation program can improve physical and mental health, promote integration and build strong family relationships.

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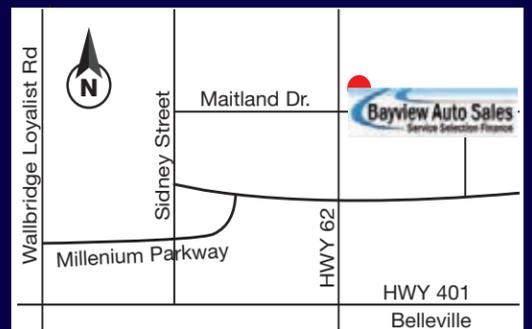
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Sears Canada donates \$2,000 to MFRC Deployment Christmas Dinner

Sherry and Amy from the Quinte Mall location of Sears Canada present Barry Dougherty, Family Separation and Reunion Coordinator with a \$2,000 cheque which will be used towards the Military Family Resource Centre Deployment Christmas Dinner. Sears Belleville will be one of many Sears nationwide hosting Military Family Holiday Shopping Day on Dec. 7. Submitted photo

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Panera Bread supports MFRC



Andrea Turner, Community Engagement and Development Director, left, and Tamara Kleinschmidt, Interim Executive Director are presented a cheque for \$1,923.20 from Panera Bread in Belleville. Panera matched dollar-for-dollar the money donated to the Military Family Resource Centre during their grand opening. Submitted photo

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418 (Belleville) Wing celebrates 65th anniversary of Charter



On Nov. 25, 418 (Belleville) Wing celebrated the 65th Anniversary of their Charter. They were privileged to have as their speaker, Lt.-Gen. (Ret'd) Charles Bouchard. In this photograph, he is standing with the above WW II Veterans who are active members of the Wing. Missing are Kenny Chambers and Cy Yarnell. From left to right, Arnold Welch, Glen Campbell, Alison Mackenzie, Bill Robertson, Jim Moffat, Ross Cummings, Bob Graham and Lt.-Gen. (Ret'd) Charles Bouchard.

Submitted photo

Wing Logistics and Engineering Picture of the Week

Cpl Cook performs maintenance on the portable X-ray machine at Wing Telecommunications Information Services Squadron (WTISS). Units are always ready for domestic and international deployments.

Photo by MCpl. Maria Toone



SNIC FUN FACTS

Did you know that long-term parking areas change during the SNIC season (winter)?

Two designated areas:

- north-east quadrant of 1 Hangar parking lot
- north-east quadrant of the Parade Square (westernmost section of the Gym parking lot under FPL 4 or lower)

Check out the SNIC plan on the Splash page and WSOs.

Saviez-vous que les terrains de stationnement à long terme changent pendant la saison hivernale pour SNIC?

2- Endroits désignés :

- Quadrant nord-est du terrain de stationnement du hangar 1
- Quadrant nord-est du terrain de parade (section ouest du stationnement du gymnase lors des conditions SPL 4 ou inférieures.

Vérifiez notre plan SNIC affiché sur la page SPLASH et les Ordres ESSF.

Look for your copy of **FOCUS** in this week's paper

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RCMP Toys for the North program given assist by 8 Wing

Toys get transferred through 8 Wing to larger locations like Winnipeg, Thunder Bay and Goose Bay

By Ross Lees

Canadian Armed Forces members, including 8 Wing personnel, will continue this year to support the Royal Canadian Mounted Police's (RCMP) Toys for the North campaign.

In the fifth year of the campaign, 8 Wing/CFB Trenton personnel will once again supply initial transportation of the toys to major centres like Winnipeg, Thunder Bay and Goose Bay in Labrador for ultimate delivery into isolated communities across Ontario, Manitoba and Labrador with final delivery taking place through the RCMP.

Over the last five years the program has been in place, the RCMP have received and distributed \$360,000 worth of toys to some of the most isolated locations in Canada. Last year alone, over 5,700 toys were delivered by RCMP employees and these toys put smiles on children's faces in these isolated northern communities.

The Canadian Toy Association "Hot Toys for Christmas"

event took place on Nov. 4 at the Ontario Science Centre, in Toronto, which is also used as the kickoff for Toys for the North. In addition to the corporate donations, each year RCMP employees across the GTA and surrounding detachments get involved and make generous toy donations.

The collected toys are packaged by RCMP volunteers and loaded onto a transport trailer truck where they make their way to 8 Wing/ CFB Trenton.

"The most important thing is that, together, we are able to put smiles on so many children's faces during the holiday season," said Inspector Todd Gilmore, Officer in Charge for the RCMP's "O" Division (Ontario).

Major partners and stakeholders involved in making the program successful with the RCMP are the Canadian Toy, Thompson Terminals, the CAF, Ontario Provincial Police (OPP) and the Ontario First Nations Police Services.

"This is an RCMP program



Lt.-Col. David Alexander is interviewed by CKWS TV concerning the RCMP Toys for the North campaign.

and we have been asked to help them with one aspect of the program," noted Lt.-Col. David Alexander just prior to the toys being loaded onto an aircraft at 8 Wing/ CFB Trenton Nov. 26. "We're happy to do that. We are only transporting the toys to what we would call the "big nodes" like Winnipeg, Thunder Bay, and Goose Bay. From there, the RCMP will use their connections and resources to move the toys into more isolated communities."

No special flights are created to transfer the toys, Lt.-Col. Alexander stated.

"It's all done with collateral aircraft or an opportunity airlift or aircraft that are already transiting somewhere," he noted.

Often those aircraft will consist of Search and Rescue aircraft like the Hercules because they might already be going to those locations. Occasionally, 8 Wing will enlist the help of 413 Squadron in Greenwood to help facilitate the operation as Goose Bay is in their operational territory.



The Toys for the North truck is shown here pulling onto the tarmac beneath the tail of Hercules aircraft at 8 Wing/CFB Trenton on Nov. 26



This forklift operator prepares to load some of the toys onto a Hercules aircraft at 8 Wing/ CFB Trenton on Nov. 26.

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Military Family Resource Centre



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Christmas hours at the MFRC

Christmas hours at the MFRC include Monday, Dec. 22 and Tuesday, Dec. 23 from 8 a.m. to 5 p.m. The MFRC will be closed on Dec. 24 and will reopen on Monday, Jan. 5, 2015.

Heures d'ouverture pour le temps des fêtes du CRFM

Les lundi 22 décembre et mardi 23 décembre, de 8 h à 17 h. Le CRFM sera fermé à partir du 24 décembre et rouvrira le lundi 5 janvier.

The 12 Days of Christmas

Twelve days of Givaways at the Trenton MFRC begin Dec. 1 to 16. We know the 12 days are supposed to be after Christmas, but this season is filled with joy and we want to share it with you! For these 12 days, we have amusing presents for the first 35 people coming to the reception every day. Everyone has a chance at winning our Christmas basket!

Les 12 jours de Noël

12 jours de cadeaux au CRFM de Trenton du 1er au 16 décembre. Nous savons que ces 12 jours devraient être célébrer après Noël, mais la saison est remplie de joie et nous voulons partager avec vous! Pour ces 12 jours, nous avons des petits cadeaux amusants pour les 35 premières personnes se présentant à la réception du CRFM à chaque jour. Vous pouvez tous participer à notre tirage de panier-cadeau de Noël!

Trenton MFRC Youth Centre Open House!

Over the last month, our Youth Centre has received some much-needed TLC, thanks to the very generous contributions of a local supporter! We want to show our thanks and show you the new and improved Trenton MFRC Youth Centre. When: Thursday Dec. 11. Time: 6 p.m. to 8 p.m. **Special Opening ceremony at 6:30 p.m. Who: Everyone! All military and civilian youth ages six to 18, parents, siblings, friends, volunteers etc! Come and enjoy: popcorn, craft corner, cotton candy, pool tournament, Wii Games, Board games, and much more!

Portes ouvertes au Centre des jeunes du CRFM de Trenton

Au cours du dernier mois, le Centre des jeunes a reçu une métamorphose, merci à un supporteur local qui a donné une généreuse contribution! Nous voulons démontrer notre appréciation et vous faire voir notre Centre des jeunes, nouveaux et amélioré! Quand: Le jeudi 11 décembre. Heure: de 18h à 20h ** Cérémonie d'ouverture à 18h30. Pour qui: TOUS ET CHACUN! Tous les jeunes de familles militaires et civiles âgés de 6 à 18 ans, parents, frères et sœurs, amis, bénévoles etc! Nous aurons: du popcorn, un coin de bricolage, de la barbe à papa, un tournoi de billard, jeux Wii, jeux de société et beaucoup plus.

Holly Jolly Cupcakes

Christmas is just around the corner, with holiday parties and family get togethers, so sweet treats are on everyone's to-do list! Come join Cakes by Amy at the Trenton MFRC and together we will learn how to create awesome one-of-a-kind cupcakes sure to wow your guests! When: Tuesday, Dec. 16. Time: 6 p.m. to 8:30 p.m. Where: Trenton MFRC. Cost: \$20 per person includes 12 cupcakes and six different fondant figurines. *Children ages 10-15 must be accompanied by an adult. For more information or to register please call the reception at 613-965-3575 or email Amy at AmyL1@cogeco.net

Petits gâteaux Ho Ho Ho

Avec Noël qui cogne à la porte, avec les célébrations et les réunions de famille, les gâteries sucrées sont sur la liste de tous et chacun! Venez joindre « Cakes by Amy » pour apprendre à créer des gâteaux uniques qui épateront vos invités. Quand: le mardi 16 décembre. Heure: de 18h à 20h30. Où: CRFM de Trenton.

Coût: 20\$ par personne, vous aurez 12 petits gâteaux avec 6 figurines différentes en fondant. *Les enfants âgés de 10 à 15 ans doivent être accompagnés d'un adulte! Pour plus d'information ou pour vous inscrire, contactez la réception au 613-965-3575 ou Amy à AmyL1@cogeco.net

ASD support group

For caregivers of a person on the Autism Spectrum. The next meeting is Dec. 11, a holiday get together from 6 p.m. to 7:30 p.m. Childcare is available. Contact Kelly Briggs 613-392-2811 ext. 4527.

Trouble du spectre Autistique (TSA)

Groupe de soutien pour les aidants naturels d'une personne atteinte du spectre de l'Autisme. Prochaine rencontre le 11 décembre, de 18h00 à 19h30. Rencontre du temps des Fêtes. Service de garde gratuit.

Contactez Kelly Briggs 613-392-2811 poste 4527.

Trenton MFRC Christmas Bazaar

Saturday, Dec. 13, from 10 a.m. to 3 p.m. Admission: a non-perishable food item or monetary donation to the Food Bank. Enjoy festive music, unique vendors, delicious food and Tea Room! Calling all vendors! A small and intimate craft fair event designed to showcase some of our talented military and civilian members as well as share in the holiday season with the Trenton MFRC. \$15 per table, please register by December 8th. Contact Amy at 613-965-3575 or AmyL1@cogeco.net

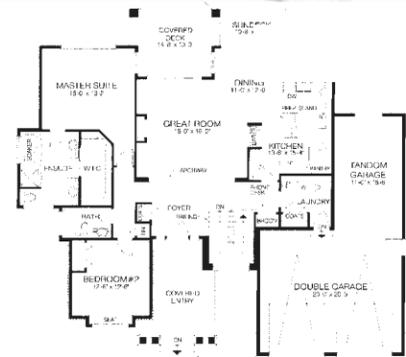
Bazar de Noël Au CRFM de Trenton

Le samedi 13 décembre 2014 de 10h à 15h Admission : une denrée non périssable ou un don monétaire pour la banque d'alimentation. Venez profiter de musique festive, de produits uniques, d'un salon de thé avec de la bonne nourriture. Appel aux vendeurs. Une petite foire intime destinée à mettre en évidence les talents de nos membres militaires et civils et partager la saison des fêtes avec le CRFM de Trenton. 15\$ par table, inscrivez-vous, s.v.p., avec Amy au 613-965-3575 ou AmyL1@cogeco.net

Continued on page 12

Home of the Week

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Plan No: 1-2-605

Double pilasters flank the covered entry of this two-bedroom family home, lending it an elegant air that is continued indoors. From the compact foyer, with its convenient coat closet, the capacious great room is visible through an archway.

The fireplace will make this room cozy during cooler months and provide a focal point for family activities. In summer, the sliding glass doors from the great room to a covered deck will encourage

al fresco living. Flowing from the great room is the dining area, which occupies a bayed-out alcove with windows on three sides, and overlooks a sun deck.

From the kitchen, an integral part of the open-plan living area, the busy cook will be able to keep an eye on activities in both the great room and the dining area. The kitchen features a handy phone desk, as well as a bar that is open to the great room. A prep island and corner pantry add to the

efficiency of the U-shaped

The laundry room is accessible from the kitchen, as well as the garage, with extra space for storing patio furniture and gardening tools or a workshop/studio. Close to the laundry room are a broom closet and a coat cupboard.

The ensuite in the master bedroom includes a soaker tub, a shower stall and double basins. Between the basins is the entry to the spacious walk-in closet. The second

bedroom features a window seat and a convenient three-piece bathroom. Nearby is the linen closet.

Ceiling heights are nine feet throughout the main floor. Exterior finishes include painted trim, horizontal siding and wooden shingles on the gables, which also boast decorative woodwork.

This 1,646 square foot home measures 63 feet, four inches wide, and 56 feet, 10 inches deep, and is suitable for a lot that slopes to the back.

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

Dec. 5 - TMHF to host Christmas Vendor's Sale.

Trenton Memorial Hospital Foundation (TMHF) will host a Christmas Vendor's Sale from 11 a.m. to 4 p.m. at QHC Trenton Memorial Hospital. This is a great way to get your Christmas shopping done, or even something for just you. Just in time for Christmas, a number of independent consultants for a wide range of product lines from across the region will set up and have cash and carry, as well as opportunities to order additional items, with a portion of sales going to TMHF. Among the excellent product lines confirmed for the sale are: Arbonne, Epicure, Pampered Chef, Scentsy, Steeped Tea, Stella & Dot, Splash Natural Bath and Body Products, Thirty-One Gifts, Younique, and more. Parking is free at QHC Trenton Memorial Hospital with every purchase during the event. Trenton Memorial Hospital Foundation raises funds for priority medical equipment for Trenton Memorial Hospital.

Dec. 6 & 7 - Quinte's 19th Annual Model Railroad Show

Quinte's 19th Annual Model Railroad Show takes place at Quinte Secondary School at 45 College St., West, Belleville from 10 a.m. to 4 p.m. Sales of and expert advice on model railroads. Christmas gifts for young and old. Admission is \$5 for adults, \$4 for seniors and students and \$2 for children (five to 12). Sponsored by the Belleville and Brighton Model Railroad clubs. For further information, contact Rick Potter at rckp@reach.net or at 613-398-7260.

Dec. 7 - National Air Force Museum of Canada Foundation Fundraiser

Wassail, a winter fundraising wine tasting bus tour of Prince Edward County winemakers will raise funds for the National Air Force Museum of Canada. The tour departs from the museum at 10:15 a.m. and returns at 6:15 p.m. The tour

features mulled wines, comfort foods and festive good cheer and will visit six wineries with lunch at the Grange of Prince Edward Estate Winery. The wine tasting tour features a great opportunity to stock up for the festive season. Cost for the tour is \$79 per person and payment is due at the time of booking. Call 613.965.7314 to book your tour or for further information.

Dec. 7 - The Gift of Christmas in Song

The Gift of Christmas in Song at 7 p.m. at Grace United Church, 85 Dundas St. E. Trenton is presented by the "Sing with Grace Community Choir." Free-will offering supporting the local community.

Dec. 7 - 9th Annual Sears Operation Wish National Salute to Military and their Families

Local military personnel and their families are invited to gather at the Sears Quinte Mall store this Sunday, Dec. 7, at 9:30 a.m. before the store opens for a private holiday party and shopping in their honour as part of the 9th Annual Sears Operation Wish National Salute to Military and their families. The program is organized by Sears Canada in partnership with the Trenton Military Family Resource Centre (MFRC). The party will include lots of family-friendly festive activities such as face-painting and story-telling for kids as the store will be filled with holiday-themed fun stations. "From Our Family To Yours" Operation Wish postcards, featuring well-wishes from the local community, will also be on display. The public will be filling out the postcards at the Sears Quinte Mall store throughout the week of Dec. 1-6. The cards will eventually be sent to the local base. Sears is also donating \$10,000 to help support local MFRC's youth oriented programs along with a percentage of funds raised through sales of its special, limited edition plush bear, Finn. All pro-

ceeds from the sale of Finn are donated to Sears Canada Charitable Foundation sponsored organizations that support the healthy development of Canadian youth. Sears Canada has also made Sunday, Dec. 7, Military Family Shopping Day, where active Canadian military personnel, their families and veterans receive a 15 per cent discount on most items.

Dec. 8 - Trenton Blood Donor Clinic

A Trenton Blood Donor Clinic will be held at the Trenton Knights of Columbus Hall at 57 Stella Crescent on Monday, Dec. 8, from 1 p.m. to 7 p.m. All regular and new donors are welcome and urged to attend to help nullify any holiday blood shortage which may occur.

Dec. 10 - 8 Wing Officers' Mess Ladies Club Annual Christmas Dinner

The 8 Wing Officers' Mess Ladies Club Annual Christmas Dinner takes place at 6:30 p.m. at the mess. Admission for members is \$15, members' invited guests \$25. Ticket deadline is Nov. 25. For more information, contact chambersj@live.ca

Dec. 11 - Knights of Columbus Turkey Dinner

The Knights of Columbus will serve a turkey dinner with all the fixings, desert, tea and coffee at the Knights of Columbus Hall, 57 Stella Cres., Trenton from 5 p.m. to 7 p.m. Cost is \$12. Take out is available and everyone is welcome.

Jan. 14 - 8 Wing Officers' Mess Ladies Club Bunco Night

The 8 Wing Officers' Mess Ladies Club is holding a Bunco game at 6:30 p.m. at the Mess. Members get in free, members' invited guests \$15. Refreshments and prizes are available. For more information chambersj@live.ca



Be an Air Cadet

Want to be an Air Cadet. Youths between the age of 12 and 18 are encouraged to join one of the premier youth programs in Canada. Today, in Ontario, there are more than 8,000 girls and boys involved in all levels of Air Cadets. Air Cadets appreciate many of the experiences and skills they garner

during their career. Learning new skills, becoming a leader of others, helping their community, and learning self-discipline are some of the hallmark results that help to develop our leaders of tomorrow. If you are interested in joining the Air Cadets, 173 Squadron "Royal Tigers" is interested in you. They parade on Wednesdays from 6 p.m. to 9 p.m. at the Trenton High School. For more information, phone 613-966-3723 or visit Air Cadets at www.aircadetleague.on.ca or visit them on facebook.



MFRC

Continued from page 11

Passes for the Toronto Science Centre

We have received new community passes for the Science Centre. With these passes, adults pay only two dollars for their admission and children, youth and seniors get free entrance. Please come to the MFRC reception to pick them up.

Laissez-passer pour le Centre de science de Toronto

Nous avons reçu de nouveaux laissez-passer pour le Centre de science (Science Centre). Avec ces laissez-passer, les adultes paient seulement deux dollars pour l'admission et les enfants, les jeunes et les personnes âgées entrent gratuitement. Ces laissez-passer vous sont offerts à la réception du CRFM.

I know someone... who thinks they're not good enough. ~Sometimes we don't even recognize abuse Recognize Family Violence

For more information please contact:

- Mental Health Team Lead 613-392-2811 ext.3615
- Trenton MFRC 613-392-2811 ext.5541
- On duty Padre 613-392-2811 (ask for the duty padre)
- Visit: womenmfrc.ca

Je connais une personne...qui croit qu'elle n'est pas assez bonne. ~Parfois, nous ne sommes même pas capable de reconnaître un abus. Reconnaître la violence familiale

Pour de plus amples informations contactez :

- Chef d'équipe en santé mentale 613-392-2811 poste3615
- CRFM de Trenton 613-392-2811 poste 5541
- Aumônier en devoir 613-392-2811 et demander l'aumônier en devoir
- Visitez-le : womenmfrc.ca

"What about me"

is a deployment support group for children ages five to 12 that runs every Wednesday night. This program offers support to children who are or who will be experiencing separation from a loved one due to the military lifestyle providing them with fun hands on activities to develop coping skills. It is not mandatory for children to attend every session but they must pre-register by calling Kelly the week of by 12 p.m. on Monday at 613-392-2811 ext. 4527.



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Red Cross Swim Lesson for Children – Winter 2015

Registration for the Military Community online starts Tuesday, Dec. 9 and in-person starts from 1:30 p.m. at the RecPlex Reception. Registration for the General Public online starts Tuesday, Dec. 16 and in-person starts from 1:30 p.m. at the RecPlex Reception

NEW

All inclusive memberships that will include use of the facility as well as access to certain programs. One fee = all access. For one year memberships there is an option to make preauthorized payments.

Aquatics

Morning Aquafit - Mondays, Wednesdays, Fridays from Jan. 5 to March 27 (35 classes), from 8:30 a.m. to 9:20 a.m.

Senior Lane Swim - Mondays, Wednesdays, Fridays from Jan. 5 to March 27 (35 swims), from 7:30 a.m. to 8:20 a.m. or 8:30 a.m. to 9:20 a.m.

Evening Aquafit/Jogging – Tuesday, Jan. 6 to Feb. 24 (eight classes), from 6:15 p.m. to 7:05 p.m.

Fitness Programs

*Boot Camp Fitness (45 minutes) – Mondays from Jan. 12 to March 23 from 4:30 p.m. to 5:15 p.m. at the South Side Gym.

*TRX (45 minutes) – Mondays, Jan. 12 to March 23 from 5:30 p.m. to 6:15 p.m.

*Kickboxing (60 minutes) – Mondays, Jan. 12 to March 23 from 6:30 p.m. to 7:30 p.m. at the South Side Gym.

*Yoga – Tuesdays from Jan. 12 to March 17 from 4:30 p.m. to 5:30 p.m.

*Spin-Fusion – Tuesdays from Jan. 13 to March 17 from 5:40 p.m. to 6:40 p.m. at the South Side Gym.

Tai Chi – Tuesdays from Jan. 13 to March from 5:35 p.m. to 6:35 p.m. at the RecPlex Gym.

Spin Class – Wednesdays from Jan. 14 to March 18 from 5:40 p.m. to 6:40 p.m.

CrossFit – Wednesdays from Jan. 14 to March 18 from 6:50 p.m. to 7:50 p.m.

*Pilates/Core Fitness – Wednesdays from Jan. 14 to March 18 from 4:30 p.m. to 5:30 p.m. at the South Side Gym.

TRX – Thursdays from Jan. 15 to March 19 from 4:30 p.m. to 5:30 p.m.

High Intensity Interval Training – Thursdays from Jan. 13 to March 19 from 5:40 p.m. to 6:40 p.m.

Butt, Abs and Thighs – Thursday from Jan. 15 to March 19 from 6:50 p.m. to 7:50 p.m.

Noon Hour – Monday – Spin/Bosu; Tuesdays – Strength Conditioning; Wednesdays – Spin; Thursdays – Yoga; Fridays – Suspension Training/Spin.

Intro to Squash – Wednesdays from Jan. 14 to March 18 from 6:45 p.m. to 7:45 p.m.

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Pickup Squash games – Fridays from Jan. 16 to March 20 from 7 a.m. to 8 p.m.

Advanced Aquatics

Youth Aquatic Club – Monday, Wednesday, Friday from Jan. 5 to March 27 from 4:45 p.m. to 6 p.m.

Child, Youth and Teens Programs

Learn to Skate for youngsters ages four to seven years of age – Fridays TBA

Learn to Skate 8 – 16 years of age – TBA
Skills and Drills – Mondays from Jan. 12 to May 1 from 5 p.m. to 6 p.m.

Shinny Hockey – Starts Friday, Jan. 12 to May 1. Tyke/Novice – Fridays from 6 p.m. to 7 p.m.; Atom – Mondays from 4 p.m. to 5 p.m.; PeeWee – Tuesdays from 4:30 p.m. to 5:30 p.m.; Bantam/Midget – Wednesdays from 4 p.m. to 5 p.m.; Adult (18 years and up) TBA.

Family Skate – Saturday and Sunday, Jan. 17 to May 2 from 1 p.m. to 3 p.m. at RCAF Flyers Arena.

Mix it up Sports – Wednesdays, Jan. 14 to March 18 from 5 p.m. to 6 p.m.

Drop-in Youth Basketball – Mondays, Jan. 12 to March 23 from 7 p.m. to 8 p.m.

Basketball for Kids – Monday, Jan. 12 to March 23 for children from six to eight years of age from 5 p.m. to 6 p.m. and nine to 12 years of age from 6 p.m. to 7 p.m.

Drop-in Youth Badminton – Thursdays, Jan. 15 to March 19 from 7 p.m. to 8 p.m.

Badminton for Kids – Thursdays, Jan. 15 to March 19 for children from six to eight years from 5 p.m. to 6 p.m. and from nine years to 12 years from 6 p.m. to 7 p.m.

Artistic Hour – Tuesdays, Jan. 13 to March 17 for children from six to eight years from 5:15 p.m. to 6:15 p.m. and nine to 12 years from 6:15 p.m. to 7:15 p.m.

Tyke Terrain – Tuesdays and Thursdays from Jan. 13 to March 19 from 9 a.m. to 11 a.m.

March Break Full day Hockey Camp – Mondays, from March 16 to Friday, March 20 from 8 a.m. to 4 p.m.

March Break Family Skate – Mondays, March 16 to Friday March 20 from 6 p.m. to 8 p.m.

March Break Shinny Hockey – Mondays, March 16 to Friday, March 20, Tyke/Novice from 4 p.m. to 5 p.m.; Bantam/Midget from 5 p.m. to 6 p.m.

Speciality Events for Youth and Families

PA Day Program from 8 a.m. to 4 p.m. Jan. 30; March 13; May 22; June 5 and June 26 at the RecPlex

Hawaiian Party – Family Event – Friday, Jan. 23 from 5 p.m. to 8 p.m.

Valentine's Day Event – Friday, Feb. 13 from 6 p.m. to 8:30 p.m.



Le stress : ça se combat!

17 Décembre 2014,
08 h 30 à 16 h 00

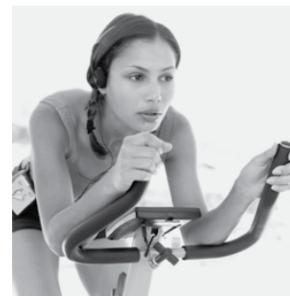
« Le stress : ça se combat! » se veut une technique autonome pour gérer le stress par la conscience de soi, le changement de comportement et le renforcement des acquis. Les participants évaluent leur niveau de stress actuel, apprennent la technique ACT visant à apporter un changement, échangent sur le mode de vie à adopter pour gérer le stress qui comprend une gestion du temps et une conciliation travail-vie, explorent les outils de gestion du stress, notamment le renforcement de la résilience, et établissent un plan d'action quant à leur mode de vie.

Vous pouvez vous inscrire en ligne à l'adresse suivante : <http://healthpromotion.cfbtrenton.com>. Le nombre de places est limité à 16.

613-392-2811 x3768

plus d'informations <http://www.cg.cfpsa.ca/cg-pc/trenton/FR/healthpromotion/programs/pages/stresstakecharge.aspx>

Health Promotion along with Fitness & Sports presents the Annual Virtual Spin Class



WHEN: Monday, Dec. 8
WHERE: SS Gym – Multi Purpose Room
TIME: 11 a.m. to 11:50 a.m. or 12 noon to 12:50 p.m.
REGISTER: x3768
Gillianne McCormick
Join us for this Mental and Physical Workout as we cycle through Nova Scotia and Ireland!

MFRC Continued from page 12

Et moi alors (What About Me)- Mercredi de 18h00 à 19:30 (de 5 à 12 ans).

Ce programme offre un appui aux enfants qui vivent ou vivront une séparation avec un être cher dû au mode de vie militaire. Il n'est pas obligatoire d'assister à chaque rencontre mais vous devez inscrire votre enfant. Pour inscription et information pour ce programme contactez Kelly: kbriggs@cogeco.net ou le poste 4527

Belly Dancing with Amara

When: Monday evenings beginning Monday, Jan. 12.
Time: 7 p.m. to 8:30 p.m. **Where:** Trenton MFRC
Cost: \$55 includes eight classes. Come enjoy a fun evening of dancing and laughing, learning techniques, drill, veils and zills! Perfect for any ladies wanting to try something new or for the already experienced belly dancer!
Did you know? Belly dancing tones muscles, increases strength and coordination, brings vitality, relieves stress, boosts self-esteem and is empowering! For more information or to register please call 613-965-3575 or email AmYL1@cogeco.net

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 Monday to Friday - 8 a.m. to 4 p.m.
 Du lundi au vendredi - 08h00 à 16h00

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 Bilingual RC Sunday Mass: 9:30 a.m.
 Messe bilingue CR: 09h30

Protestant Service: 11 a.m.
 Service protestant: 11h00

RC Weekday Masses at noon (usually on Tuesday, Wednesday and Thursday)
 Messes CR quotidiennes à midi (du mardi au jeudi habituellement)

Wing Chaplain/Aumônier de la 8e Escadre:
 Maj (Rev./Rév.) Timothy Nelligan

Unit Chaplains/Aumôniers des unités:
 Capt (Rabbi/Rabbin) Bryan Bowley
 Capt (the Rev./Rév.) Eric Davis
 Capt (Padre) Eric Doiron
 Capt (the Rev./Rév.) Gerson Flor
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Safety



Health essentials worth their weight when you travel



- Aspirin or another pain reliever
- Thermometer
- Bandages
- Antiseptic solution
- Antibiotic cream
- Diarrhea remedy
- Laxative
- Moisturizer
- Sunscreen
- A more extensive first aid kit if you are travelling into wilderness areas
- Medicine to treat malaria if recommended by your doctor. Use mosquito netting when you sleep in areas where malaria is a risk. There is no immunization against this disease, which is carried by mosquitoes.

Here are some more travel tips:

- If your travel plans will include hiking, biking or other strenuous activities, get in good physical condition before you go. If possible, train at the same altitude you will be experiencing on your trip.
- Get enough rest, and eat a balanced diet while you are on your trip. You'll feel better and you'll keep your immune system in fighting condition.
- Time zone changes and jet lag can disturb your

body's natural cycles, cause sleep problems and a fuzzy-headed feeling. To help you adjust, start changing your sleep hours a few days ahead of your trip. Eat lightly, drink lots of water and limit your consumption of alcohol and caffeine. Talk to your doctor about medications that might lessen the effects of jet lag.

- If you have to take medicines at a certain time of the day, carry a cheap second watch and leave it on home time. Take your medicines at the usual time. If you are going to be there for an extended period, switch to local time.
 - In many overseas locations, it is inadvisable to drink the tap water. You should drink bottled water and avoid fresh foods washed in local water and ice cubes made of local water. These measures are to avoid traveler's diarrhea, caused by a variety of microorganisms. Let the illness take its course unless there is blood in stool, dehydration or fever, in which case you should see a doctor.
 - Avoid over-exposure to the sun. Sun in the tropics and at high altitudes can burn much more seriously than the sunlight you may be accustomed to at home. Use sunblock liberally, and cover up with clothing.
- Pack health and first aid essentials when you travel. Learn about the health hazards in the area you will be visiting, and be prepared to avoid them.

Experienced travelers know the best way to travel is pack lightly. But they also know it is important to pack certain items to ensure health and comfort - especially when travelling out of the country.

- These health-related items are suggested for your hand luggage:
- Soap
 - Insect repellent
 - Water purification tablets

Continued from page 1



Families came out and enjoyed the music supplied by the CP Holiday Train and singer-guitarist Roxanne Potvin and the band Odds.



Family members took the opportunity to spend some quality family time together while enjoying the entertainment on the CP Holiday Train.



Care and Share Food Bank President Al Teal thanks the crowd for their generosity at the CP Holiday Train on Saturday. Joining Mr. Teal on the stage are, from left to right, Col. David Lowthian, 8 Wing Commander, Mr. Teal, Quinte West Mayor Jim Harrison, CP's Steve Doyle and 8 Wing's Chief Warrant Officer Darcy Elder.

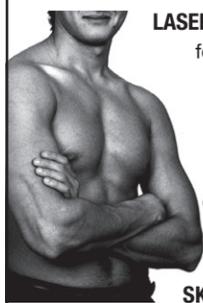


Photos by Ross Lees

This young lady was well bundled up for the performance.

susan nurse cpe

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