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 The program was organized by Sears Canada in partnership with the Trenton Military Family Resource Centre

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 Over 18 years, ATESS has collected 21,698 pounds of food and \$31,469 in cash

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8 Wing / CFB Trenton GCWCC campaign raises \$112,000 for United Way

Campaign remained successful despite a high ops tempo and force protection measures instituted mid-campaign

By Ross Lees

A high ops tempo and force protection measures did not prevent 8 Wing / CFB Trenton from having another successful Government of Canada Workplace Charitable Campaign (GCWCC) which raised \$112,000 so far in support of the United Way of Quinte.

While those challenges may have limited the number of people who could get involved, others stepped up and made the campaign co-chaired by Major Christopher Hepburn and Chief Warrant Officer Susan Stark one

Continued on page 3



8 Wing / CFB Trenton Government of Canada Workplace Charitable Campaign (GCWCC) co-chairs CWO Susan Stark, second from left, and Maj. Christopher Hepburn, middle, present a cheque of \$112,000 to United Way of Quinte executive director Judi Gilbert at the GCWCC official finale at Baker Island on Dec. 4. Looking on are, at the left, Curt Flewelling, director of resource development for the United Way of Quinte, Lt.-Col. David Alexander, 8 Wing Chief of Staff, second from right, and Wing Administration CWO Jean Lafond.

Photo by Ross Lees

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8 Wing's International Day for Persons with Disabilities focused on resilience

By Ross Lees

8 Wing / CFB Trenton marked the International Day for Persons with Disabilities (IDPWD) on Dec. 3 with a forum featuring guest speaker Maj. Tim Gushue, who specializes in

human dimensions, conflict management, planning and research and resilience building. The main focus of his address was resiliency.

In welcoming a small but keen group of attendees to the session, Military Resilience Champion

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Lt.-Col. Elizabeth Cameron, 8 Wing Administrative Officer and Military Resilience Champion, introduces Maj. Tim Gushue, the guest speaker for the 8 Wing / CFB Trenton International Day for Persons with Disabilities (IDPWD) on Dec. 3.

Photo by Ross Lees



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Sears holds 9th annual Sears Operation Wish National Salute to Military and their families

The program was organized by Sears Canada in partnership with the Trenton Military Family Resource Centre

Photos by Ross Lees



Santa Claus elicits a promise to be good from MFRC interim executive director Tamara Kleinschmidt and board chair Maj. Christine Bannerman at the Sears Quinte Mall store Sunday morning during the 9th Annual Sears Operation Wish National Salute to Military and their families.



Military personnel enjoyed some festive snacks during the 9th Annual Sears Operation Wish National Salute to Military and their families Sunday morning.

Local military personnel and their families gathered at the Sears Quinte Mall store Sunday, Dec. 7, at 9:30 a.m. 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 was organized by Sears Canada in partnership with the Trenton Military Family Resource Centre (MFRC).



This young lady is welcomed to the Sears Quinte Mall store by CFB Trenton Wing Commander Col. David Lowthian, WCWO Darcy Elder, a host of Sears executive and MFRC personnel Sunday morning.



8 Wing Commander Col. David Lowthian welcomes MFRC's Barry Dougherty into Sears Quinte Mall store Sunday morning during the 9th Annual Sears Operation Wish National Salute to Military and their families.

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GCWCC Campaign remained successful



Co-chair CWO Stark pulls the winning name for the dental basket draw, Ryan Kennedy of WTISS, who was away on deployment. Winner of the 50/50 draw was Commissioner Lorne Webb, who won \$1,242.50.



United Way of Quinte executive director Judi Gilbert thanks the 8 Wing/CFB Trenton GCWCC team for their support of the United Way of Quinte campaign while co-chair CWO Susan Stark observes.

Continued from page 1

the base and its personnel could be proud of.

The support of 8 Wing/CFB Trenton was appreciated by United Way of Quinte executive director Judi Gilbert, who was on hand on Dec. 4 to accept the cheque from the base campaign team. She said it had been a pleasure to work with Maj. Hepburn and CWO Stark and their team on this year's campaign.

"We are extremely grateful and privileged to have the relationship with CFB Trenton that we have," she stated. "We know that there have been some barriers and obstacles - your ops temp and the force protection measures - but with everything that was going on here, you continued to support us, who support local agencies and that meant the world to us. We appreciate very much the partnership we have with the base, and we're always thankful to have a couple of members of the base on our cabinet and certainly an integral part of the success of our campaign this year."

Both Maj. Hepburn and CWO Stark noted they were happy to volunteer to spearhead this year's campaign and thanked their executive committee for helping the two neophytes through the fundraising campaign.

"It was quite a wild ride but an incredible experience for us to jump into," said Maj. Hepburn. "You guys really pulled together as a team and made this happen and helped coordinate the events and canvassing."

CWO Stark said the effort was truly a unit team effort.

"Op IMPACT hit in the middle of the campaign and that often meant others had to pitch in and pick up the slack," she indicated. "All events went off because of the OPI's efforts."

Lt.-Col. David Alexander noted the campaign was kicked off around mid-September and activities continued from that point onward at a feverish pace. He said during the summer it appeared the campaign would run through a reasonably sedate time.

"But we all know what has happened since then," he said. "The ops tempo has gone crazy and we're still wrestling with the force protection measures and that will continue for awhile. Despite all that, we have yet another successful campaign and I applaud the committee and those involved for of-

fering a great array of events and opportunities."

He noted the Wing Commander's goal was to have 100 per cent canvassing, a situation which becomes even more challenging when people are deployed.

"I think we made all the efforts we could to ensure everybody at 8 Wing/CFB Trenton had the opportunity to contribute. I congratulate you on your efforts in a long and sustained campaign," he said.

While the campaign is now officially ended on the base, Mrs. Gilbert said the United Way of Quinte still has an uphill battle in front of it to even match last year's campaign, let alone meet their new target for this year. She said they were about \$100,000 behind where they had hoped to be at this stage of the campaign and would really need the community to pitch in and help them reach their goal so they could continue to serve the many agencies they support through the United Way of Quinte campaign.



Lt.-Col. David Alexander thanked the GCWCC team for their stellar efforts on behalf of Wing Commander Col. David Lowthian.

Photos by Ross Lees

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Great Northern Show tour receives good reviews from CFS Alert



(above) The Great Northern Show Tour was performed for the personnel of CFS Alert on Dec. 6 with a spectacular show in the station's Arctic Club. For a packed audience, they performed musical hits from a broad variety of genres and kept the crowd of station members excited all night. (Left to right) musician Michelle Wright, musician Kirby Barber, musician Sean Verrault, musician Patricia Conroy, comedian Will Davis, musician Darryl Havers.

Talented and versatile performers mix and mingle with appreciative CFS Alert personnel

By Cpl David Bancroft

On a cold and dark Dec. 4, the members of the Great Northern Show tour arrived at CFS Alert for their annual holiday show. Quickly settling in, the crew of entertainers made themselves at home and gave the station a small preview of their Saturday night concert at the weekly TGIF event. For some, it was a return to the Alert family while for others it was their first experience, and they were clearly overwhelmed by the warm welcome.

On Saturday, Dec. 6, they spent the day preparing for their full show with sound checks and practice sessions. The concert

kicked off with guitarist Sean Verrault opening the musical sets, and comedian Will Davis introducing each new set with a fresh routine of jokes, which kept the personnel of CFS Alert laughing late into the night.

Singer Michelle Wright and Patricia Conroy both performed sets with the band consisting of Kirby Barber on bass, Darryl Havers on keyboard and percussion, and Sean Verrault on guitar. After the show and encore, all the performers mingled with Station personnel, signing autographs and taking photos.

The show did not mark the end of their time in Alert, as they performed Christmas carols and had a jam session with

(right) Performers with the show tour to CFS Alert finish their main show on Dec. 6 and took a bow for a cheering crowd. The show was full of amazing music from several genres and great comedy involving the station personnel. (Left to right) Michelle Wright, Patricia Conroy, Kirby Barber, Will Davis, Sean Verrault, and Darryl Havers.

Station personnel in the Wolf's Den Sunday night in a coffee house style event where anyone could play or sing along and get involved. They also had a full tour of CFS Alert and the surrounding area seeing its memorials, the Arctic Ocean, climbing floebergs and all of them making signs to hang at the infamous CFS Alert sign post which prominently welcomes visitors with a reminder of how far they are from their hometowns.

The Great Northern Show Tour was a great experience for the CFS Alert team and everyone got to have a lot of fun over what was an amazing weekend.



(above) Musicians Sean Verrault and Michelle Wright perform for CFS Alert personnel on Dec. 6. Their visit to CFS Alert was busy with several small shows and introductions culminating in their main production with music and comedy.

Photos by Cpl. Dave Bancroft

(left) Comedian Will Davis works the crowd and keeps the mood light between musical sets during the main show on Dec. 6. The show tour was in CFS Alert for just under a week and put on several small events ranging from coffee house style jam sessions to a small preview show during the weekly TGIF event.



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.

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

8 Wing Personnel

Publisher: Col. David Lowthian

Proprietor: Her Majesty the Queen, in right of Canada, as represented by the Commander of 8 Wing, Canadian Forces Base Trenton, P.O. Box 1000 Stn. Forces, Astra, ON K0K 3W0 Canada

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

Circulation: Ron Prins 613-969-8896 ext 241

250 Sidney Street, P.O. Box 25009, Belleville, Ontario CANADA

SUBSCRIPTIONS: First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

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.

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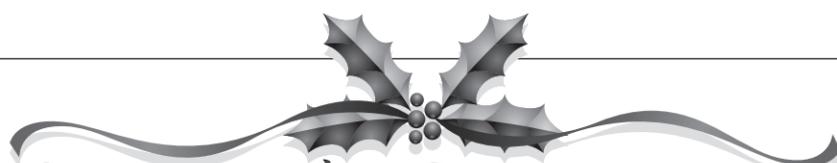
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SEASON'S GREETINGS

Season's greetings from Major General Wheeler Commander 1 Canadian Air Division and the Canadian NORAD Region

As the year winds down and the Holiday Season approaches, the men and women of 1 Canadian Air Division can look forward to spending time with family and friends while looking back on a year of hard work, dedication and achievement.

It has been a challenging year for the RCAF, and for the Canadian Armed Forces writ large. Recent weeks have been fraught with tragedy, with the cowardly attacks on Warrant Officer Patrice Vincent and Corporal Nathan Cirillo. Still with such events happening on our own soil, it is a stark reminder of what we train and fight for. No matter what your role or job, you are part of a team that is dedicated to keeping Canada secure and to making the world a safer place. That is something to be proud of.

Operationally we are as active as ever before; yet we continue to challenge ourselves to be as efficient as possible with our precious resources. Those missions have kept the RCAF extremely busy at home and around the world. Abroad, our aircraft, and the dedicated teams that support them, are deployed on missions of international security and sustained by our

venerable Air Mobility capability. Canada's Sea Kings support the Royal Canadian Navy in the Mediterranean and CF-18s patrol the skies of Eastern Europe alongside our NATO allies as part of Operation REASSURANCE. At the same time, our fighters, Auroras and Polaris refueling aircraft are now operating in the Middle East on Operation IMPACT as part of a multinational effort to combat ISIL.

At home, the RCAF supported other government agencies thwarting illegal fishing in our oceans and helping eradicate marijuana growing operations. Meanwhile, our personnel and aircraft provided much needed support to the Province of Manitoba's flood relief efforts this summer. And yet, we continued to deliver in two of our most critical missions with search and rescue and NORAD.

Indeed, it only takes a little reflection to see what a year it has been. Without the family and loved ones that support us on the home front, our men and women would not be able to do their jobs. For this reason, we have also remained committed to supporting our extended RCAF family. This year, our Family Sup-

port Team visited 15 units across the RCAF to connect with members and their loved ones. Their visits have been a chance to work with local leadership and support partners to help identify specific family support issues. Not all solutions will come quickly, but this team continues to press forward to learn how we can reinforce the "strength behind the uniform."

In closing, I want to say that 1 CAD Chief Warrant Officer Mike Scarcella and I are proud of all of you for everything you have achieved over the past year. We look forward to another year of working with the men and women of the RCAF. As 2014 winds down, we encourage all of you to spend some much-deserved time relaxing with family, friends and loved ones.

Merry Christmas and all the best to you and yours. Please have a happy and safe Holiday Season!

David Wheeler
Major-General
Commander
1 Canadian Air Division/Canadian
NORAD Region



Meilleurs voeux du Major General Wheeler Commandant de la 1e Division Aérienne du Canada et la Région canadienne de NORAD

À mesure que l'année prend fin et que la période des Fêtes approche, les hommes et les femmes de la 1re Division aérienne du Canada peuvent se réjouir à l'idée de passer du temps avec leur famille et leurs amis, tout en réfléchissant à l'année remplie de travail ardu, de dévouement et de réalisations qui se termine.

Ce fut une année difficile pour l'ARC, de même que pour l'ensemble des Forces armées canadiennes. Les dernières semaines étaient lourdes de tragédies, y compris les lâches attentats contre l'adjudant Patrice Vincent et le caporal Nathan Cirillo. Ces événements qui se produisent dans notre pays servent d'un rappel brutal de la raison pour laquelle nous nous entraînons et nous combattons. Peu importe votre rôle ou vos fonctions, vous faites partie d'une équipe qui s'engage à protéger le Canada et à faire du monde un endroit sûr. Vous pouvez en être fiers!

Sur le plan opérationnel, nous sommes toujours aussi actifs. Nous continuons à nous efforcer d'être aussi efficaces que possible avec nos ressources précieuses. Les missions tiennent l'ARC extrêmement occupée au pays et à l'étranger : à l'échelle internationale, nos aéronefs et nos équipes de soutien dévouées sont déployés dans le cadre de missions de sécurité internationale et sont maintenus en puissance par notre capacité de mobilité aérienne digne

de vénération. Les hélicoptères Sea King du Canada appuient la Marine royale canadienne dans la région de la Méditerranée et les chasseurs CF18 assurent la patrouille aérienne de l'Europe orientale, avec nos alliés de l'OTAN, dans le cadre de l'opération REASSURANCE. En même temps, nous utilisons des chasseurs, des avions Aurora et des ravitailleurs Polaris au Moyen-Orient, dans le cadre de l'opération IMPACT, qui constitue l'effort multinational déployé pour combattre le groupe terroriste en Iraq et au Levant.

Au pays, l'ARC a aidé d'autres organismes du gouvernement à contrecarrer la pêche illégale dans nos océans et à éliminer les cultures de marijuana. Pendant ce temps, des membres de notre personnel et des aéronefs ont été déployés au Manitoba pour apporter une aide essentielle aux victimes des inondations cet été. En outre, nous avons continué à remplir deux de nos missions les plus critiques : les activités de recherche et de sauvetage, et du NORAD.

En effet, quelques instants de réflexion suffisent pour constater que ce fut toute une année. Sans leur famille et leurs proches qui les soutiennent chez eux, les hommes et les femmes de l'ARC ne pourraient pas s'acquitter de leurs responsabilités. Ainsi, nous demeurons résolus à appuyer les membres de la famille élargie de l'ARC. Cette année, l'équipe de soutien aux familles a visité quinze unités de l'ARC pour ren-

contrer des membres de l'ARC et leurs proches. Grâce aux visites, l'équipe a eu l'occasion de collaborer avec les dirigeants locaux et d'aider les partenaires à déterminer les besoins précis de soutien aux familles. Il ne sera pas possible de satisfaire à tous les besoins rapidement, mais cette équipe s'efforcera d'apprendre comment renforcer la « force conjointe ».

Bref, je peux vous affirmer que l'adjudant-chef Mike Scarcella, adjudant-chef de la 1 DAC, et moi sommes fiers de vous et de vos réalisations au cours de l'année. Nous nous réjouissons de travailler avec les hommes et les femmes de l'ARC pendant l'année qui vient. En cette fin d'année 2014, nous vous encourageons tous à passer du temps bien mérité à vous détendre

avec votre famille, vos amis et vos proches.

Joyeux Noël et meilleurs vœux à vous et à vos proches. Passez de joyeuses Fêtes en toute sécurité!

Le commandant de la 1re Division aérienne du Canada/de la Région canadienne du NORAD,

Major-général David Wheeler

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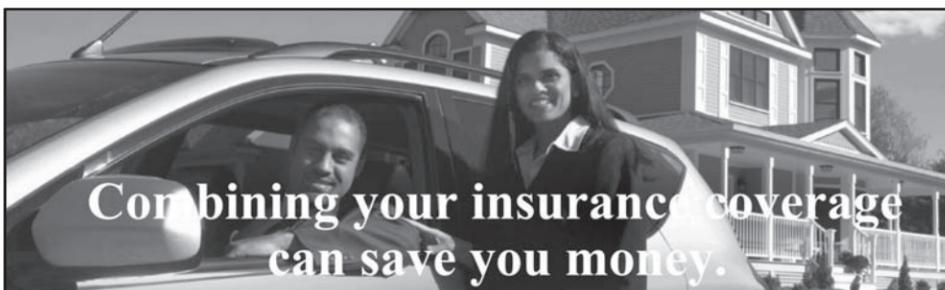
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Holiday survival tips

Source: www.dietitians.ca

Holidays and special celebrations are a wonderful time to bring people together and food is often a focal point. There are many ways to enjoy get-togethers and not totally lose track of your healthy living goals. Focus on the occasion and being with friends and family, not only on the food.

Steps you can take:

Dietitians have the following tips to help you and your family make healthy choices as a guest or host.

1. Keep your eye on portion sizes. It's often not what you eat, but how much that can lead to over-indulgence at any time of the year. Use Canada's Food Guide as your guide to serving sizes. For those extra treats that are not considered part of the food guide, enjoy a small portion, such as one piece of shortbread, baklava, mincemeat pie, bininka, deep fried samosa, or potato latkes.
2. Make health and road safety a

priority when serving or consuming holiday beverages. Non-alcoholic lower fat egg-nogs, "virgin" Caesars, sparkling water and cranberry juice spritzers are great choices in keeping with the season. If you do drink alcohol, do so in moderation. Plan to have water or soda water with a slice of lemon or lime between each drink to pace your intake.

3. Use fresh zucchini or cucumber sticks, broccoli flowerets, carrot curls, red and green peppers. Serve with a low fat dip or spread such as hummus, yogurt with herbs, fat-free sour cream or fresh salsa. Skip the chips and creamy dips.
4. Serve crispy pita triangles, flatbread, Naan or Melba toast as alternatives to salty, high fat snack crackers.

5. A beautiful tray of fresh fruit is a wonderful and refreshing end to any meal. Pineapple, kiwi, mango, pomegranate, blood oranges and grapes, guava, lychees, papaya, banana are a colourful feast for the eyes and taste buds.

6. Let the holiday spirit move you! Strive for at least 150 minutes (2 1/2

hours) of moderate to vigorous activity per week. Regular exercise not only will give you more energy to cope with the stress of the holiday bustle, but it can also help to compensate for some of your food over-indulgences! No time to get to the gym? How about walking to the grocery store when you only have a few items to pick up, or taking the stairs instead of the elevator at work? Carry your groceries as a substitute for lifting weights. Every bit of physical activity you can sneak in counts. If you can't get out of the house, do indoor exercise while watching your favourite TV show or chatting on the phone - squats, stretches, legwork, sit-ups, push-ups, treadmill...the possibilities are endless.

7. Make physical activity part of the holiday fun to provide a balance to eating. Plan a cross-country ski afternoon, skating or a hike combined with a potluck.
8. Maintain your weight throughout the holidays by being careful about your food choices. Eat three meals every day, starting with breakfast. If you are hungry between meals, try having a small healthy snack. For tips on healthy snacks, see the ad-



ditional resource section. Having a snack may help prevent you from overeating during the next meal. Limit the number of appetizers you eat, especially if you are planning to have a full meal later. If you are having a buffet, choose the smaller size plate, look at the choices first before you start filling your plate and take only what you need to feel satisfied.

9. Give a gift of health that will last the whole year. Some ideas are: an exercise ball for stretch-

ing; a yoga video and mat; golf lessons; some light weights for strength training; or a pedometer for someone who enjoys walking.

10. Track your eating and activity level over the holiday season to help you stay on track. Dietitians of Canada EATracker at www.dietitians.ca/Eatracker is a convenient and easy to use tool. Make these healthy living tips part of your routine the whole year round - not just for the holidays.

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Monday, Dec. 8 marked the second annual Virtual Spin at 8 Wing/CFB Trenton. Fitness and Sports along with Health Promotion presented this two hour ride that combined both physical and mental fitness. Projected onto the wall was a virtual ride that provided the platform for a ride through Nova Scotia and then through Ireland. Thank you to all who participated!

Submitted photo

ATESS food drive collects 1,948 pounds of food, \$1,794 in cash



Photos by Ross Lees



Weighing the food after it was collected are, from front to back, Cpl. Ryan Hawthorne, MWO Aidan Brake, and Cpl. Jolene Hynes of ATESS.

Over 18 years, ATESS has collected 21,698 pounds of food and \$31,469 in cash

Commanding Officer of ATESS, Lt.-Col. Marie-Claude Gaumond and MWO Russ Farrow took their turn collecting for the ATESS 18th Annual Food Drive Toll Booth at the CFB Trenton North Gate on Dec. 5.

By Ross Lees

Cold weather just seems to inspire Aerospace and Telecommunications Engineering Support Squadron (ATESS) each year for their annual Food Drive Toll Booth.

Despite cold weather once again this year, ATESS personnel showed up in strength Dec. 5 at the North Side gate to petition those entering the gate for foodstuffs or

money to be donated to the Trenton share and care Food Bank. In the short time they occupied the gate early in the morning, they managed to collect 1,948 pounds of non-perishable food items and \$1,794 in cash donations.

In 18 years of holding this annual drive, ATESS has collected 21,698 pounds of food and \$31,469 in support of the local food bank.

Karen Bake of ATESS said the

donations were appreciated by the food bank.

"Mr. Alan Teal, Manager of the Trenton Care and Share Food Bank, was thrilled with the donations," she told the Contact. "He was saying that 798 families rely on the food bank from our area and unique to this year is that normally they only visit a few times per year, but they are seeing more and more families coming more often this year."



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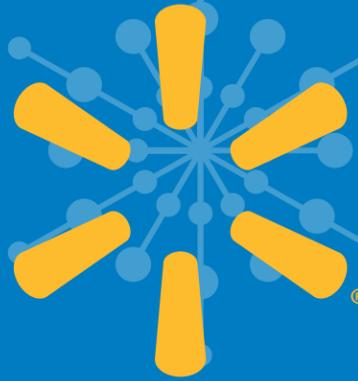
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8 Wing's International Day for Persons with Disabilities

Continued from page 1

Lt.-Col. Elizabeth Cameron, 8 Wing's Administration Officer, noted the day was designed to "...remind us to create a workplace that is fair, respectful, inclusive and supportive of diversity." She said 8 Wing would be holding a series of sensitivity sessions to heighten awareness of the military's roles and responsibilities when it comes to accommodating individuals in the workplace.

Maj. Gushue got to the meat of his presentation quickly, observing that persons with disabilities face and overcome or strive to overcome challenges on a daily basis.

"In many ways, people with disabilities live a resilience program every single day," he told the group. "That thought makes me a little bit humble when I think about the challenges that people face. It's all about efforts and attitudes that help people overcome challenges. That's what

resilience is about."

8 Wing was in the process of establishing a military resilience project he said, adding the military was really just a sub-culture of a larger culture. But he noted there was a unique difference for military personnel.

"Military service exposes the mind, body and spirit to the risk of harm," he said. "This project focuses the efforts of multiple 8 Wing/CFB Trenton entities that contribute to the development, increase and recovery of a person's state of resilience. Basically, it's the capacity to adapt successfully in the presence of risk and adversity, and for persons with disabilities, it's something they're doing every single day."

Maj. Gushue said experience and research indicate that "...we can increase the potential for an individual to withstand and recover from exposure to immediate and cumulative threats to their natural state of equilibrium or resilience." He



Maj. Tim Gushue spoke at the International Day for Persons with Disabilities on the capacity to adapt successfully in the presence of risk and adversity, or resilience. Photos by Ross Lees

added that 8 Wing/CFB Trenton had quite a history of pioneering such work in the military context.

In 2007, 8 Wing Mission Support Squadron (8 MSS) and the Wing Commander at the time, Col. Tom Lawson, went overseas and trained in the trust and cohesion resilience building elements of the conflict management programs that were further refined in collaboration with the Canadian Armed Forces Deployed Health Services, according to Maj. Gushue.

"The post operations reports that were done indicated that this preparation contributed to significantly increased levels of cohesion, efficiency, mission focus and resilience and it quickly became the standard for all Royal Canadian Air Force (RCAF), Mission Support Squadrons (MSS) and Mission Support Elements (MSE) as part of pre-deployment preparation," he indicated. "The concept was validated in that it was deemed five lives had been saved and that the resilience had been increased throughout the 50-person subject group."

That study also substantially raised the bar of military leadership expectations, according to Maj. Gushue, who noted leadership from that point onward indicated they expected deployed young men and women to be brought back "...sound of body and mind."

Of all the elements of resilience, the foundation is trust, Maj. Gushue stated, noting it had been described by a soldier at one point as "absolute mutual reliance because we deal in ultimates."

The military resilience project had come up with a resilience passport as a means of enhancing and promoting the ideal state of resilience, according to Maj. Gushue. He said the passport was really a route card designed so that all elements are consciously and actively addressed for each person.

Resilience is really a two-way street, Maj. Gushue indicated, noting the resilience pact exists between the person you are looking out for and the person who has your six o'clock.

As the concept grows, Maj. Gushue said there is an appetite to make the program fly throughout the Air Force to create a better awareness, training and indoctrination awareness. The program is designed to supply reference points if a person sees someone struggling in their unit.

Lt.-Col. Cameron defined resilience as our ability to cope, adding it affects everything we do. She added that it was even being talked about in her children's school.

"But it's hard to get people to buy in and to get information out," she said. "I'm just thrilled to have Tim on this. He has the passion."

173 Royal Tigers greet new CO, more important moments ahead

By WO2 Kaissa Shoushounova and Sgt. Gordon Bennett

There's a new Tiger ruling over 173 Royal Tigers Air Cadet Squadron.

Well-loved Commanding Officer (CO) Capt. Tamara Edwards bid an emotional farewell to the top position after three exciting years of command on Dec. 3. On that day, she ceremoniously passed the torch to incoming Capt. Sandra Knautz.

The traditional passing of the banner ceremony was carried out in front of the formed-up Squadron of Cadets, CIC staff, and Regular Force volunteers, all dressed to impress, as well as a contingent of spectators including many of the Cadet's parents, Mr. Bucky McCarty representing Branch 110 Royal Canadian Legion, and Capt. Branko Horvat, representing the Regional Cadet Support Unit Central Detach-

ment. Capt. Knautz brings many years of experience to the Royal Tigers, and with fresh blood comes some exciting new ideas. Her first true introduction to the Royal Tigers came in March of last year when she organized and then commanded the Squadron's Cultural Exchange trip to Norfolk, Virginia, demonstrating her keen organizational skills and tenacity to successfully see things through to the end.

Even though Capt. Edwards will no longer hold the top position, she will continue to work as a highly experienced staff member within the Squadron.

A few promotions were also on the evening's agenda, with three Cadets earning the coveted rank of Warrant Officer Second Class (WO2). Flight Sergeants Kaissa

Shoushounova, Charles Coxhead, and Alex Galoustian were all presented with their well-earned new ranks on parade and will be assuming newly developed leadership, mentoring, and training roles within the Squadron.

It's going to be a busy new year for the Royal Tigers and their new CO. After the Squadron's Annual Christmas pot luck celebration is all wrapped up, January will bring a multi-unit, winter Weekend Field Training exercise in Cornwall, and rock climbing at the Canadian Army Advanced Warfare Centre.

Following throughout the year will be, but not limited to: flight simulator familiarization at 426 Training Sqn, the spring Weekend Field Training and Survival Exercise, a Joint Cultural Exchange trip in March to



Capt. Horvat leads the inspection of 173 Royal Tigers during their Change of Command parade.



Left to right, Capt. Edwards, Capt. Horvat, and Capt. Knautz sign the official Change of Command documents after the Passing of the Banner ceremony was performed on parade.

Photos by F/Cpl Alex Sharpe

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Dayton, Ohio hosted by the US Civil Air Patrol Cadets, Training Exercise in Cornwall a Squadron fun wall. Also tentatively planned is the annual addition of a 173 Wonderland, Squadron float to partake in the various area Santa Clause parades, giving the Royal Tigers the opportunity to design and construct their own crafty ideas

and share the Air Cadet experience with their communities.

The 173 Squadron Royal Tigers parade on Wednesday nights from 6 p.m. to 9 p.m. at Trenton High School and is open to all youths aged 12 to 18. For more information about what Air Cadets has to offer, please visit www.air-cadetleague.on.ca.

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Air Reserve Augmentation Flight celebrates the holiday season



Air reservists and their guests enjoyed a delicious meal at the Air Reserve Augmentation Flight annual Christmas party on Dec. 4 at 413 Wing Trenton.

By Sgt Kirk Canning, CD2

On Wednesday, Dec. 3, approximately 84 Air Reservists, their immediate supervisors and perhaps one or two suspicious guests, gathered together to enjoy our annual Christmas Party, which was held at 413 Wing Trenton.

In order to get this party started, our Orderly Room staff's first order of business was to select a committee chair or OPI. When I learned they were looking for someone of exceptional character,

charming, modest and not too much of a party animal, naturally I volunteered.

The next thing on our agenda was to recruit volunteers and meet as a group to discuss the five Ws of event planning. Right from the get-go, if one word could be used to describe our group dynamic, it would be enthusiasm; everyone brought ideas to the table and from that point forward the plan fell seamlessly into place.

To sagely quote an old adage, "It's amazing what you can accomplish when it doesn't matter who gets the credit."

More amazing still is having the privilege of working with great people who truly personify this insightful truism. I'm sure my fellow reservists would agree we are indeed fortunate to have such a fine cadre of service men and women in our ARAF orderly room. Not only do they work hard on our behalf year round, but also find the time to plan, organize and execute this annual festivity.

In conclusion, I'd like to express my thanks to MWO Jim McKenzie for recognizing my dubious role as committee chairperson. However, in truth, the real leader behind the planning and great success of this year's party was in fact Sgt. Nathalie Godden. If anyone richly deserves the recognition, it's Nathalie and her dedicated team of which, I was proud to be a part.



MWO Jim McKenzie and Sgt. Kirk Canning take a moment to get a "selfie" during a brief period of announcements at the Air Reserve Augmentation Flight Christmas party on Dec. 4.

Photos by Ross Lees



In passing on season's greetings to the Air Reserve Augmentation Flight on behalf of 8 Wing Commander Col. David Lowthian, Lt.-Col. David Alexander said it had been an incredible year for the Royal Canadian Air Force (RCAF) despite the austerity push and rumoured YFR cut-backs. A high ops tempo and several Air Task Forces had meant that many of the integral and lodger units of 8 Wing had been kept very busy this year and Col. Lowthian wanted to thank the reserve force for its continued and valued commitment and contributions to these units.

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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 réouvrira le lundi 5 janvier.

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 the 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 Dec. 8. 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

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 créées 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

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 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.

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

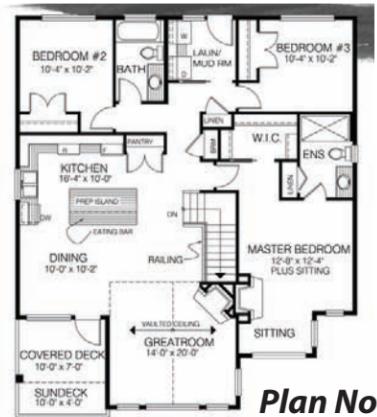
Je connais une personne...qui croit qu'elle n'est pas assez bonne. ~Parfois, nous ne sommes même pas capable de reconnaître un abus. Reconnaître la violence familiale

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

Continued on page 12

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A two-storey structure with three bedrooms on the second floor, this family home includes a future fourth bedroom at ground level, together with a roughed-in kitchen and three-piece bath for a mortgage-helper or in-law suite to be constructed later. The covered entry leads into a foyer on the ground floor; with a den to the right and, to the left, the U-shaped stairway leading to the main or second floor.

Upstairs, the great room boasts a dramatic vaulted ceiling, as well as a gas fire-

place placed at an angle in the corner to save space. The adjacent dining area boasts a window and doorway that give on to a partly covered deck. The kitchen, separated from the dining area by a prep island with an eating bar on one side, features an efficient L-shaped counter configuration, as well as a double-door pantry. The window over the double sink will let in plenty of natural light.

The spacious master suite, overlooking the front garden, includes a sitting room,

as well as a three-piece ensuite and a walk-in closet. A linen closet completes the amenities.

The second and third bedrooms both overlook the back garden and share a three-piece bathroom. The rooms are well-separated for noise by the laundry/mud room situated between them.

Downstairs, the double garage contains enough room for a workshop. A mechanic room is also on this floor, with access from both the garage and the staircase. Access from the unfinished

suite to the side garden continues along a covered walkway to the front of the home.

Exterior cladding is horizontal siding with wood shingles in the gables. Mullioned windows with painted trim and pilasters with brick accents add interest to the facade.

This home measures 38 feet wide by 47 feet deep, for a total of 1,456 square feet on the main living floor. Ceilings rise nine feet throughout, except on the ground floor.

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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. 12 - 8 Wing/CFB Trenton 2015 Badminton play downs start

CFB North Bay will be hosting the Ontario Region Badminton Championship from March 6 to 9. Play-downs will be held at the gymnasium from Monday, Jan. 12 to Jan. 30, 2015. Registered players will play a round robin draw. Players will get a list of all registered players and play competitors on their own time. The base team plays every noon hour on Monday and Wednesday nights from 7 p.m. until 10 p.m. Competition is open to all CF, Class B and C Reserves members. For registration or information, contact the Sports and Recreation Coordinator Cormier DG@CFB Trenton PSP@Trenton or DANIEL.CORMIER@forces.gc.ca no later than Jan. 10, 2015.

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.



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MFRC

Continued from page 11

"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.

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

Baladi avec Amara

Quand: les lundis en soirée débutant le 12 janvier. Heure : de 19h à 20h30. Où : CRFM de Trenton. Coût : 55,00\$ pour 8 classes. Venez apprendre à danser tout en vous amusant, exercices, voiles et zills! Parfait pour les dames qui veulent essayer quelque chose de nouveau et pour les expérimentées en baladi! Savez-vous que? Le baladi donne du tonus aux muscles, accroît la force et la coordination, apporte de la vitalité, réduit le stress, augmente la confiance en soi et la stimulation! Pour plus d'information ou pour vous inscrire, contactez le 613-965-3575 ou AmyL1@cogeco.net

Dance with France

Ballroom Dancing. Dates: Wednesdays starting Jan 21 to April 15. Times: Beginners 6 p.m. to 7:15 p.m. Cost: \$112.50 per couple/10 class session. Intermediate 7:30 p.m. to 9 p.m. Cost: \$125 per couple/10 class session. To register or for more information please contact the MFRC reception at 613-965-3575. Payment will be accepted via cash or cheque at the first class; please arrive 15 minutes early. To avoid cancellations of classes, early registration is required.

Dancez avec France

Danses sociales. Dates: les mercredis du 21 janvier au 15 avril. Heures: Débutants, de 18h à 19h15. Coût: 112,50\$ par couple/ session de 10 classes. Intermédiaires, de 19h30 à 21h. Coût: 125,00 par couple/session de 10 classes. Pouez vous inscrire ou de l'information, téléphonez à la réception du CRFM au 613-965-3575. Les paiements acceptés sont argent comptant ou chèque au premier cours ; svp arrivez 15 minutes à l'avance. Pour éviter la cancellation des classes, inscrivez-vous tôt.

Highway of Heroes Vehicle Decal

Support our Troops on sale for \$4 at the Trenton MFRC reception

Autocollants "Highway of Heroes"

4.00\$ - En vente à la réception du CRFM

Songwriter, Lyricist, Musician

CD on Sale at the MFRC reception \$7.00

Including the song: A Child Struggle

(This song was written to bring awareness to a child's perspective of their parent going off to war to help civilian population better understand personal impact that it can have. For more information visit : www.twcrossenmusic.com

Auteur, compositeur et interprète

CD en vente à la réception du CRFM 7.00\$, incluant la chanson : A Child Struggle. (Cette chanson a été composé pour décrire la perspective d'un enfant qui a un parent partant pour la guerre dans le but d'aider la population à comprendre le défi personnel.) Pour plus d'information visitez le : www.twcrossenmusic.com

Canadian Institute for Military and Veteran Health Research (CIMVHR)

CIMVHR, along with Queen's and RMCC, is doing a research project on new research on the potential benefits of Yoga for people who have been exposed to a traumatic operational experience. The study itself provides weekly yoga classes for 12 weeks and involves completing a series of questionnaires before and after the classes. The more people we can get to participate the more information we will have to see how yoga effects symptoms associated with exposure to a traumatic operational experience. Drs. Groll, Charbonneau and Belanger are the three researchers in charge of the project and can be reached at Etude.yoga.study@rmc-cmr.ca or grolld@queensu.ca if you are interested or if you would simply like more information. The next yoga sessions will start the week of January 5th, 2015.

Hope for Hayley - A Fundraiser Event

A dinner and evening fundraiser for the Sauve family. Hayley is currently undergoing treatment for Leukaemia and the family needs all the love and support as they face this new journey. Dinner will be a chilli, salad, bread and dessert on Dec. 13, from 4 p.m. to 6 p.m. at the Trenton Christian School (2nd Dug Hill Road). Adults \$10, children \$5. For more information, contact Robin Buhr 613-919-8505 or Amanda Lazarski 613-243-2085.

Same Day Counselling

Belleville and Quinte West Community Health Centre is now offering free, immediate one-to-one counseling on Wednesday evenings. We address issues such as anxiety, depression, relationship issues, trauma, abuse, gender, sexual orientation, grief, loss, and stress. Wednesdays from 3:30 p.m. to 6:30 p.m. at 70 Murphy St, Trenton. Just drop in or call for availability of one-to-one appointments or for information 613-965-0698.



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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.

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.

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

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.

Speciality Events for Youth and Families

8 Wing/CFB Trenton 2015 Badminton play downs start early in new year

CFB North Bay will be hosting the Ontario Region Badminton Championship from

March 6 to 9. Playdowns will be held at the gymnasium from the Monday, Jan. 12 to Jan. 30, 2015. Registered players will play a round robin draw. Players will get a list of all registered players and play competitors on their own time. The Base team plays every noon hour on Monday and Wednesday nights from 7 p.m. until 10 p.m. Competition is open to all CF, Class B and C Reserves members. For registration or information, contact the Sports and Recreation Coordinator Cormier DG@CFB Trenton PSP@Trenton or DANIEL.CORMIER@forces.gc.ca no later than Jan. 10, 2015.

8 Wing/CFB Trenton 2015 Squash play downs begin in January

CFB North Bay will be hosting the Ontario Region Squash Championship from

March 6 to 9, 2015. Play downs will be held at South Side Squash Courts from Monday Jan. 12 to Jan. 30. Registered players will play a round robin draw. Players will get a list of all registered players and play competitors on their own time. Competition is open to all CF, Class B and C Reserves members. For registration or information, contact the Sports and Recreation Coordinator Cormier DG@CFB Trenton PSP@Trenton or DANIEL.CORMIER@forces.gc.ca no later than Jan. 10, 2015.



SNIC FUN FACTS

Did you know there are now weather event parking lots for POMVs?

WTn/RCEME has dedicated four parking areas:

North side –

- Lot across from North gate entrance
- Western half of 1 Hgr parking lot

South side –

- Eastern half of gravel lot across from 24 HSvcs
- South side parking lot by pedestrian skywalk.

Check out the SNIC plan on the Splash page for info.

Saviez-vous qu'il y a maintenant des stationnements prévus en cas de mauvais temps pour les véhicules personnels ?

Trsp/GEMRC a consacré 4 zones de stationnement :

Côté Nord –

- superficie en face de l'entrée côté nord
- la moitié ouest de stationnement du Hgr 1

Côté Sud –

- la moitié Est du lot de gravier en face de l'escadre (24 H Svcs (hôpital de la base)
- Le côté Sud du parc de stationnement par une passerelle piétonne.

Pour plus d'informations sur cela, vérifiez le nouveau plan SNIC posté sur le (Splash) page.

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 Messe bilingue CR: 09h30
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 Service protestant: 11h00
 RC Weekday Masses at noon
 (usually on Tuesday, Wednesday and Thursday)
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 (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 Diron
 Capt (the Rev./Rév.) Gerson Flor
 Capt (the Rev./Rév.) Blair Ross
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Safety

12 tips for safer winter driving



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

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

1. Allow enough time to get to your destination. Rushing in difficult driving conditions can lead to an accident. Turn your radio on to listen to the road report and weather forecast. Leave a few minutes earlier in the morning, and allow plenty of time to get to work. Buckle up your seat belt or safety restraint before you start driving.
2. Stay alert. Don't drive when you are under the influence of alcohol, drugs or certain

medications. Read the labels of prescription drugs and over-the-counter medicines to determine if they can cause drowsiness. Driving demands your full attention.

3. Stay calm. Sometimes other drivers will become frustrated with slow-moving traffic. Keep your temper and don't let other drivers aggravate you. Maintain a safe speed and drive defensively.
4. Keep a safe distance between you and other vehicles. The "two second rule" works well on dry roads and in ideal conditions, but in winter you should extend it to four seconds. Watch the vehicle directly ahead of you. As it passes a stationary object start counting - "one thousand and one", "one thousand and two", and so on. Your vehicle should

not pass the same object until you say the word "four."

5. Keep your car well-maintained and in good working order. This includes having good tread on your tires, the engine tuned-up for winter, and all lights functioning properly. In colder climates, you may need to add anti-freeze to the radiator. In some areas, gasoline antifreeze may be required.
6. Clean your windows and headlights frequently. Keep your windshield washer fluid topped up. Good visibility is essential to safe driving. Clean your windows and headlights of ice or snow before starting out, and repeat frequently throughout your trip.
7. Drive appropriately for the road conditions. The posted speed limit may be too fast under winter conditions. Driving on a

wet road can cause hydroplaning as a thin barrier of water builds up between your tires and the road surface, causing your vehicle to slip. If you begin to lose control of your steering, take your foot off the gas.

8. Stay with your vehicle if it breaks down. Put on your emergency flashers and wait for assistance. Carry a sign for your window, asking other motorists to tell the police you need help.
9. Wait out bad weather. Strong icy winds in combination with snow or dust can make it impossible to see where you are driving - or walking. Under these conditions it is usually safest to stay with your vehicle and wait out the storm.
10. Plan your moves carefully. In slippery conditions, never jam on your brakes in a panic stop,

you will most likely skid and lose control of the vehicle. Instead, pump your brakes gently a few times.

11. Avoid driving through deep puddles, especially at high speeds. The water can make your brakes less effective and, if deep enough, can cause serious engine damage. If you must drive through water and you are not sure about the depth, slow right down and cautiously inch forward until you are certain it is safe.
12. Quit driving when you begin to feel sleepy. If you have a long distance to drive, take frequent short breaks for fresh air and a walk around the vehicle.

Winter driving can be challenging, especially if driving is a part of your job. Take your time and plan ahead.



Marshall Aerospace Canada donates cheque to Angela Hayden Adopt-A-Family Christmas Program

The Angela Hayden Adopt-a-Family Christmas Program received a real boost Monday, Dec. 8 when CFB Trenton base contractor Marshall Aerospace Canada donated a cheque of \$250 to the program. The cheque was presented to the Angela Hayden Committee by Mike LeBlanc, right, and Tess Cousineau, second from left. Committee members Sgt. Tracey Whitten, left, Sgt. Ashley Martin, third from left, WO Sandy Driscoll, third from right, and WO Denise Snow, second from right, gratefully accept the cheque. In making the presentation, Mr. LeBlanc told the committee to put it to good use and that Marshall Aerospace Canada was happy to help them out.

Photo by Ross Lees

Wing Logistics and Engineering Picture of the Week

Cpl. Marie-Claude Guerin is busy checking the differential oil on a B1200 aircraft tow tractor. Cpl. Guerin and her family were recently posted from CFB Gagetown to CFB Trenton. Tn/RCEME Sqn would like to welcome her and her husband, Daniel, and their children Eve, Louis, Sara and Emy and wish them a Merry Christmas!



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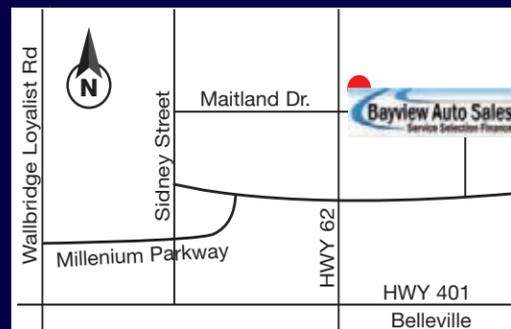
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