

the Contact

Serving 8 Wing / CFB Trenton • 8^e Escadre / BFCTrenton • www.thecontactnewspaper.cfbtrenton.com

Sandra Hussey
sales representative



EXIT REALTY GROUP
Brokerage, Independently Owned & Operated

Pre-Qualified Buyers
IRP DND Approved

CALL FOR FREE HOME EVALUATION
613.438.5588
Off: 613.394.1800
Email: Shussey@exitrealtygroup.ca
www.SandraHussey.ca

R0013064699

>> Quikert's legacy will benefit MFRC youth

MFRC Youth Centre refurbished in 23 days instead of two years

2

>> Young Privates assume command at 8 Wing

Tradition continues as youngest base privates assume roles of Wing Commander and WCWO

3

>> CFAWC Trims Truss's Tresses in GCWCC fund-razor

Unit members given chance to trim tresses or choose Chief's coupe de cheveux

10

Angela Hayden Adopt-a-Family project helps 8 Wing families in need

By Ross Lees

The Angela Hayden Adopt-a-Family program produced another one of those good news stories for this time of year again this year.

They helped 11, 8 Wing families and 31 children in a year when they got off to a late start with the program.

"But that didn't really affect us," noted WO Sandy Driscoll. They had to delay the deadlines a week, but that just gave the units and their OPIs more time to come through, which they did in spades.

Also the Angela Hayden Adopt-a-Family program was helped out tremendously this year when Mattel came through with a donation of 140 toys and Advent

Calendars, presented by Capt. (Rev.) Eric Davis the day before the final deadline for the event.

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

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

Units on the base adopt a family and provide them with all their gifts for that Christmas.

St. Paul's School continues to



The Angela Hayden Adopt-a-Family committee and some St. Pauls School students are shown here with some of the gifts donated on behalf of the program. Committee members include: WO Denise Snow, WO Sandy Driscoll, Sgt. Tracey Whitten, and Sgt. Ashley Martin (missing). Dustin Driscoll helped throughout the process this year. St. Paul's School students and staff include Abby Schick, Alex Parsons, Amanda Desgroseilliers, Robyn Lambert, Jack Halloran, Youth Worker Rhonda Storms and Chaplain Claire Marchand. Missing from the photo and who also helped the committee this year is Christopher Kulback.

Continued on page 5 Photo by Ross Lees

MFRC held 8 Wing Annual Deployment Christmas dinner Dec. 10

Wing expresses gratitude to families for their support of deployed personnel

By Ross Lees

Once again this year, the Trenton Military Family Resource Centre (MFRC) stepped in and hosted the 8 Wing Annual Deployment Christmas dinner for 29 families who experienced

separation during the year at 8 Wing/CFB Trenton.

Every year, the MFRC hosts the holiday dinner to recognize families who have had a member deployed, in Canada or abroad, during the calendar year. The dinner is made possible by a

\$2,000 donation from Sears Canada. In addition to the monetary donation, Sears provides a poinsettia for every family. Canadian Exchange provided \$500 worth of door prizes and Santa's gifts are courtesy of local toy drives.

Catered by Carl and Carole Ca-

tering of Frankford, 128 guests enjoyed a turkey dinner with all the trimmings. The meal was served by military dignitaries like 8 Wing Commander, Colonel David Lowthian, Wing Chief Warrant Officer Darcy Elder, 8 Wing Administration Officer Lt.-

Col. Elizabeth Cameron, CWO Jean LaFond, CANEX manager Andy Moreau, and members of the board from the Trenton Military Family Resource Centre.

Family Separation and

Continued on page 7



#1 Most Productive Agents in Canada

*Based on 2010 closed transactions. Source CREA and RE/MAX internal data.

Choose wisely.

Choose RE/MAX®
remax.ca

Numbers Talk! Real Trends Top 200 Report Highlights "137 of the top 200 Brokerages in Canada are Re/Max Brokerages". We are proud to be a part of this elite group. Whether moving across the street, across the country or across the world. RE/MAX, serving you in 85 countries around the world!

NO ONE IN THE WORLD SELLS MORE REAL ESTATE THAN RE/MAX!

447 Dundas St. W., Trenton
613-392-6594

www.remaxquinte.com
1-800-567-0776

41 Main St., Brighton
613-475-6594

Quickert's legacy will benefit MFRC youth

MFRC Youth Centre refurbished in 23 days instead of two years

By Ross Lees

Former 8 Wing Honorary Colonel Armin Quickert and his wife Marilyn have left a lasting legacy at CFB Trenton.

The couple made a personal donation of \$5,000 to the Military Family Resource Centre (MFRC) requesting that the donation be dedicated to youth services. Ultimately, their generous donation was devoted to building on the Youth Centre's existing programs and services.

The goal of the Youth Centre, built in 2001, was to have each military youth in the area feel they have a place to go where they belong, a home away from home, and can create meaningful and lasting relationships with military and civilian counterparts. Although the primary focus is the military community, the Youth Centre fosters inclusion of all youth residing in the Quinte West area and welcomes everyone to the Youth Centre.

In order to better achieve this, the Trenton MFRC used the Quickert's donation to give the Youth Centre a facelift. The space received new paint from top to bottom, improved the bathroom facilities, and added fun and modern furniture and blinds. Ad-

ditionally, exciting items like popcorn and cotton candy machines, a new griddle for breakfasts and a karaoke machine were all added to enhance the Youth Centre experience.

The reviews were outstanding on Dec. 11 as everyone who saw the new facility marveled at its new look and appeal.

Interim executive director Tamara Kleinschmidt acknowledged the hard work and drive of Youth Services and Personal Development Coordinator Amy LeGresley, whose job it became to oversee the Youth Centre refurbishing, and she thanked Mr. and Mrs. Quickert for their donation.

Mrs. LeGresley was happy to see the capacity for the new facility had basically been exceeded at the grand re-opening.

In her preparations to give the centre a facelift, she sought feedback from the youth, parents, and staff.

"Everybody was so very forthcoming and we soon began our plan," she said. "But as with any plan, you really need someone who sees the value, who understands the commitment and who wants to invest in the future. That's where Armin and his wife Marilyn came in – to really recognize

Photos by Ross Lees

Youth Services and Personal Development Coordinator Amy LeGresley and Armin Quickert cut the ribbon to officially re-open the refurbished and revitalized MFRC Youth Centre.

(Below) Amy LeGresley, Armin Quickert and his wife Marilyn (sitting) chose an ideal spot to talk about the refurbished Youth Centre in light of the writing on the wall behind them.



the value of the plan," she noted.

The plan she originally pitched to them would normally take two years to complete, but with their help and the help of a lot of dedicated youth volunteers, their families and staff of the MFRC, the project was completed in just 23 days.

"I want to thank all of the volunteers – the staff, parents and youth and Mr. and Mrs. Quickert – they did all this," Mrs. LeGresley said. "It wasn't me, it was all of them. It gives us a building block to make it even better for the future."

Mr. Quickert said he saw that both Tamara Kleinschmidt and Amy LeGresley

had the wherewithal to make the project work.

"They empowered the young people to be a big part of the decision-making process, what the program was going to be, what the furniture colour would be and what the colour scheme would consist of and, pretty soon everybody was here painting and decorating and this is what makes it so powerful. The young people own this place, it's theirs and they're going to look after it because they've already put the hours in and they deserve what they have here now to enjoy. It's a great program," Mr. Quickert stated.



These children enjoyed the newly refurbished workspace at the MFRC Youth Centre.

WE'RE NOT JUST RENOVATORS
WE'RE A  GENTEK.[®]

PREMIUM RENOVATOR™
SOMEONE YOU CAN TRUST.

We are proud to be part of a network of independent contractors who are committed to a superior standard of workmanship and customer satisfaction.

As part of Canada's largest team of exterior home renovation specialists, we offer you not only the nationally recognized quality of Gentek siding, windows and doors, but the excellence of service, workmanship and business ethics like no other.

CONFIDENCE:

- A higher standard of commitment
- A superior level of workmanship and customer satisfaction
- Specialists in exterior renovations of quality siding, windows and doors
- Across the country and in your neighbourhood

QUALITY:

- More than our promise, it's our guarantee
- Exclusive Gentek warranties on every Gentek product
- Detailed written quotation with details on our warranties and quality of workmanship.
- Gentek products with built-in satisfaction

VALUE:

- Enjoy the look and elegance of your renovation today
- Embrace the comfort and energy savings of your dreams
- Experience the peace of mind of your investment tomorrow

TRUST THE RENOVATOR YOUR NEIGHBOURS TRUST,
YOUR **GENTEK® PREMIUM RENOVATOR.**


613.475.3684
13 Loyalist Dr., Brighton
www.vanderlaanbuilding.com

www.gentek.ca

R0012711006

 **National**[®]
Car Rental

- ✓ Lowest Published Government Rates
- ✓ 24 Hour Service ✓ Prompt free pickup and delivery
- ✓ Clean late model vehicles up to 12 Passenger Vans
- ✓ See the difference that locally owned makes
- ✓ Fleet cars for sale

106 Front Street, Trenton, Ontario K8V 4N6

613-392-3300

Mention this ad and receive an exterior wash of your own vehicle with rental.

Young Privates assume command at 8 Wing

Tradition continues as youngest base privates assume roles of Wing Commander and WCWO



As has become tradition at 8 Wing Trenton, the two junior members of the base took command on Thursday, Dec. 11. Pte. Kendrick Wayrich assumed the role of acting Wing Commander while Pte. Jade Lincourt became the acting Wing Chief Warrant Officer (WCWO) for the day. The acting WCWO and Wing Commander were given a tour of the fire hall, where they observed training. They also went to the EOD range with 8 AMS where they blew up a cardboard Grinch. The acting Wing



leaders ended their day in command by presiding over the Junior Ranks Christmas dinner, where they carved the turkey, presided at the head table and gave brief speeches in appreciation of the hard work of everyone throughout the year.

Photos by Ross Lees

 **THE NAV GROUP**
LE GROUPE DE NAVIGATEURS FINANCIERS S.ENC.

*Coast to coast or around the world...
Personal service wherever you get posted!*

Nous servons d'un océan à l'autre et peu importe le pays de mutation.

• Investments • Produits d'investissement	• Life Insurance • Assurances - vie
• Financial Planning • Planification financière	• Personal Tax Returns • Rapports d'impôt

Gerald Desjardins, CD
613-394-6000
1-877-620-2256
gdesjardins@peakgroup.com

Peter D. Stewart, BA(Hons), CFP
613-392-1001
1-855-620-2256
pdstewart@peakgroup.com

 **HILLCREST ANIMAL HOSPITAL**

Dr. Mike Steen
Dr. Fiona Gilchrist
Dr. Adrianna Sage
Dr. Maarje Armstong
Dr. Gary Orpana

Tel: 613-394-4811 • Fax: 613-394-6239
17532 Hwy #2, RR#4 Trenton, ON K8V 5P7
Food Room
Tel: 613-394-2953
www.hillcrestanimalhospital.ca

X COPPER **Lawyers and Paralegals**

1901 Bank Street, Ottawa
613-778-8654 1-888-XCOPPER
www.xcopper.com

**TRAFFIC TICKETS
IMPAIRED DRIVING
CRIMINAL CHARGES**

Defending Those That Defend Us

CFS Alert prepares for the Holiday Season



(above) Commanding Officer CFS Alert Maj. Scott Marshall, and all other station personnel say goodbye to the Station Warrant Officer, MWO Tom Thompson. As a farewell gift, he was presented with a personalized shadow box that held a: plaque, flag, Commander's Commendation and a Coin for a job well done. After a productive six-month deployment, MWO Thompson willingly passed over the torch to the incoming Station Warrant Officer, MWO Didier Pignatel

Photos by Cpl. Dave Bancroft



(left) LS Brendan Dooley from TMS and Leanne Cormier of Environment Canada are all smiles and laughter as they decorate one of the many Christmas trees around the station, as CFS Alert prepares for the Holiday Season.



(above) CFS Alert Supply Officer Sgt. Georges Thenor-Louis, along with other members and civilians on station, decorated the halls with boughs of holly. Stockings were hung and trees were decorated as the joyous hum of Christmas music danced in the air.

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.

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.

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
Building Annex, 8Wing / CFB Trenton
PO Box 1000, Station Forces,
ASTRA, ON, K0K 3W0



Mattel donates Advent Calendars and toys to Angela Hayden Adopt-a-Family Christmas Program



Capt. (Rev.) Eric Davis (right) presented 140 toys and Advent Calendars to these members of the Angela Hayden Adopt-a-Family Christmas Program committee donated by Mattel Toys. The toys would be distributed to families in need this Holiday Season by the committee. "This is just another example of generosity from the community," noted WO Sandy Driscoll, second from right. Mattel donated 3,000 toys to the Canadian Armed Forces across Canada for the 2014 Holiday Season.

Photo by Ross Lees

Angela Hayden Adopt-a-Family project helps 8 Wing families in need

Continued from page 1

St. Paul's School continues to be an active partner in the program and supplied all the groceries for the families.

"The generosity of our units, the donation from

Mattel and the help of St. Paul's School shows the generosity of this community and of 8 Wing," stated WO Driscoll.

The Angela Hayden committee is made up of WO

Denise Snow, WO Sandy Driscoll, Sgt. Tracey Whitten, and Sgt. Ashley Martin. Assisting the committee this year were Dustin Driscoll and Christopher Kulback.



Like your home and auto insurance. Because combining your coverage can save you money. Call us today



The Co-operators is a leading Canadian-owned multi-product insurance company.

Paul Moran Insurance Group Inc.
Paul Moran
17538B Highway 2, Trenton
Paul_Moran@cooperators.ca
(613) 392-3501
www.cooperators.ca



Home Auto Life Investments Group Business Farm Travel

INSURANCE & FINANCIAL

McDougall

Real people working for you, since 1946.

Download the Free McDougall Insurance App today at www.mcdougallinsurance.com





20 Dundas Street West, Trenton p. 613.394.6634 www.mcdougallinsurance.com

You won't have to worry about overspending with us...

In fact, you may even spend less than you thought. We specialize in value, that means with our extensive variety of options, and our determination to fulfill the wishes of the families we serve, chances are, you won't feel like you've overspent.





Trenton East
29 Bay Street
613-394-2433

Trenton West
170 Dundas Street
613-392-3579

Fitness & Health



10 TIPS for a delicious and healthy holiday season

Source: www.eatrightontario.ca

This is the time of year where food – and lots of it – is everywhere. How can you enjoy all that the holiday season has to offer while still making healthy choices? Read on for tips on a healthy and happy holiday season.

1) Don't wait for Jan. 1 to start your New Year's resolution. Try making a holiday season resolution instead. Commit to just one thing that you can do during this busy time to feel your best. Some ideas to try: go for a walk after dinner; have a healthy breakfast each morning; de-stress with a good night's sleep; have a vegetarian meal once a week; or learn to menu plan.

2) Enjoy your "must-have" treats. It's easy to indulge in all the goodies that are available this time of year. Be choosy. What foods do you really enjoy? Promise yourself that you will have a few favourites over the holidays and aim to make healthy choices the rest of the time.

3) Don't use the cold as an excuse not to go outside and play. Explore the winter wonderland, play soccer (soccer in the snow) or just build snow angels with your kids. You'll be having so much fun you won't even notice the weather.

4) Stay food safe. The best way to know that a food is safe and ready to eat is by using a thermometer. See here for safe cooking temperatures for turkey, pork, chicken and beef. A thermometer is also useful for mak-

ing eggnog and other sauces.

5) Drink in moderation. A glass of red wine or eggnog is nice but stick to the recommended drinking guidelines for best health. And don't forget that fancy drinks with lots of sugar and cream might have nearly as many calories as a meal! Alternate alcoholic drinks with lower-calorie beverages (club soda and lime, water with lemon or diet pop).

6) Are you having a cookie exchange or potluck with your co-workers? Try some healthier recipes to share with the group: Whole wheat orange ginger scones; Vegetable Quinoa Salad; Ontario Squash Dip; Pumpkin Cranberry Muffin Squares; and Mmmuesli cookies

7) Watch your portions. The best way to manage your weight and enjoy delicious holiday foods is to be mindful of portion size. One good tip is to use a smaller plate – try it at your next buffet or potluck.

8) You can go out to restaurants and have a delicious meal that won't be too much for your waistline. The trick? Eat more veggies.

9) Give the gift of health.

10) Enjoy this time of year! You may be so busy buying presents, entertaining guests, decorating the home and going out to celebrate that you forget to take the time to just relax. Enjoy good food (in moderation) and quality time with family and friends.



Did you know...?

Snack smartly! It's a great strategy for staying in control during the holidays. Reach for whole grains and vegetables and fruits to help keep you satisfied throughout the day. Plan to eat three meals, with healthy snacks, to keep your energy levels high and help prevent overeating at holiday events.

Mocktail des Fêtes

3 oz de ginger ale (90ml)
2 oz de jus de canneberge ou jus
d'orange ou mangue, si désiré (60ml)
1 oz de jus d'ananas (30ml)
Quelques gouttes d'Angostura bitters
Quartier de citron pour la garniture,
facultatif

Mélangez le jus de canneberge et le jus
d'ananas sur de la glace dans un grand
verre. Ajoutez le l'Angostura bitters sur le
dessus de la boisson. L'Angostura bitters
donne non seulement un goût piquant
mais également un regard surréaliste
quand il descend au fond de la boisson.
* Garnissez avec un quartier de citron.

Holiday stocking

3 oz ginger ale (90 ml)
2 oz cranberry juice (60 ml)*
1 oz pineapple juice (30 ml)
dash of angostura bitters
lemon wedges (optional)



Pour ginger ale, cranberry juice and pineapple juice
over ice in a Collins-style (tall, thin) glass. Mix this drink
with a swizzle stick before adding angostura bitters on
top. Garnish with lemon wedge if desired.

*Orange or mango juice can be used as a substitute

**SWE
AUTOGLASS**
YOUR LOCALLY OWNED AUTO GLASS REPAIR &
REPLACEMENT EXPERTS

✓ Free Mobile Service ✓ Insurance Claims Expert
✓ Full Warranty ✓ Free Estimates

Phone: 613.967.0270 Fax: 613.967.2106
6749 Hwy #62 North, Belleville, ON

Bruno's Classic Cuts
266 DUNDAS ST. E., TRENTON, ON
613-392-0165

**Family Cuts
4 or More
\$10.00 OFF**

**SENIORS DAY
EVERY TUESDAY**

Mon. - Wed 9:00 a.m. - 5:30 p.m.
Thurs. & Fri. 9:00 a.m. - 7:00 p.m.
Saturday 9:00 a.m. - 2:00 p.m.

Best Quality **Best Price**

"The Only Place To Go"
**SMITTY'S
WAREHOUSE OPERATION**
For NEW or GOOD USED Appliances

Smitty's has been keeping customers happy for 28 years in the appliance business. This proves Smitty has the **Best Price, Selection, Guarantee, Quality & Price** plus Same Day delivery, seven days a week. Smitty plans to be around for another 28 years. Now he has in-house financing at **NO INTEREST**. These are just a few of the many reasons to visit Smitty's for your new or used appliance purchase.

Best Selection **Best Guarantee** **Best Service**

**SMITTY'S
KING OF APPLIANCES**
Open Evenings & Seven Days A Week
River Road-Corbyville (just N. of Corby's)

613-969-0287

CAMPBELL'S AUTO SHOP
327 COLEMAN STREET, BELLEVILLE

**COMPLETE COLLISION
REPAIRS SINCE 1915**
ALL WORK GUARANTEED

• FREE ESTIMATES • PAINT ROOM
• CUSTOM JOB SPECIALISTS
• FRAMES • UNIBODY & RAIL
• ENVIRONMENTALLY FRIENDLY PAINTS

613-968-5791 E-mail:
autoshop@bellnet.ca

Employee Assistance Program

Referral agents:

Drew Craig (Chairperson) 3930

Karen Brake - 7911 • Nathalie Serre - 7413

Rhonda Loomes - 7588

James Leblanc - 3053

MFRC held 8 Wing Annual Deployment Christmas dinner Dec. 10

Photos
by
Ross Lees



Santa made an appearance at the 8 Wing Annual Deployment Christmas Dinner to the delight of the children in attendance.

Continued from page 1

Reunion Coordinator Barry Dougherty thanked the families for attending, the community partners like Sears, Classy Chassis and Cycles, CANEX, the MFRC and L3 for their support and involvement and the members of 8 Wing leadership for serving the meal.

Col. Lowthian and WCWO Darcy Elder thanked the MFRC for their assistance to families who stay behind while other members are deployed.

"You family members stay behind while other members go out on behalf of Canada and Canadians," Col. Lowthian stated. "And that's always when the fridge breaks down, the kids get sick and other things happen. But thankfully, the MFRC provides a great support network during that time."

WCWO Elder said he was humbled and proud to be a part of 8 Wing, adding he understood the valuable contribution the MFRC makes in supporting deployed personnel having been in those situations.

Col. Lowthian also encouraged family members to sign a poster being sent from 8 Wing to deployed personnel in Kuwait over the holidays.

Following the dinner Santa and his elves delivered gifts to all the children in attendance. Each family received a poinsettia, do-



I'll take this one.

nated by Sears Canada, a Christmas cake, donated by Classy Chassis and Cycles, and a box of chocolates, provided by the Trenton MFRC.

"The Trenton MFRC is proud and privileged to offer recognition to the families who have faced or are facing the adversity that separation brings," said Mr. Dougherty. "We're wishing everyone a very Merry Christmas."

The Trenton Military Family Resource Centre (MFRC) provides and promotes community-based services and resources that enrich, strengthen and enhance the quality of life for military families serving at 8 Wing/CFB Trenton. Military families include all military, regular force or reservist, and their parents and close relatives.

The Canadian Armed Forces (CAF) recognizes the many challenges facing families every day as a result of the military lifestyle and also recognized the important role played by families in maintain-

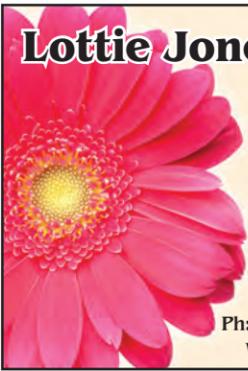
ing troop morale. Consequently, the MFRC was established in 1991 to help the Canadian Military achieve operational readiness by enhancing quality of life and enriching the military experience for families. To accomplish this, they provide specialized programs and services that promote health, education and social well-being.



These youngsters prepare to receive the Christmas presents handed out at the event.



Members of 8 Wing leadership and supporters of the Military Family Resource Centre helped serve dinner at the 8 Wing Annual Deployment Christmas Dinner on Dec. 10.



Lottie Jones Florist Ltd.
Family Owned and Operated Since 1923

**Eleanor Barker
Mary Anne White**

44 Quinte Street
Trenton, ON K8V 3S9
Ph: 613-392-2537 • 1-800-533-4548
www.lottiejonesfloristltd.com

10% Military Discount!



Family Dental Centre
Personalized & Comfortable

Call Today for Your FREE Consultation with X-Ray!
Same-Day Emergencies & On-Site Denture Lab!
Early Morning, Late Evening & Saturday Appointments!
Implants • Sedation Dentistry • Invisalign®
Day Care from 10am-4pm • Cleaning & Polishing ~ Only \$99



Dr. Ramez, Dr. Yasmin & Dr. Steve

Three Locations to Better Serve You!
Frankford 613-398-8888
Belleville 613-961-7050 • Cobourg 905-372-7400
www.FamilyDentalCentre.com

WE ARE WELCOMING NEW PATIENTS!





Marinovich
DENTAL

- Complete dental care for all ages
- Direct payment accepted from insurance companies

DRS. SUE AND JOHN MARINOVICH

257 Dundas St. E.
Trenton, ON K8V 1M1
613.392.3939 • marinovichdental.com

FAMILY OWNED,
SERVING YOUR LOCAL
COMMUNITY SINCE 1994!

National Standardized Cycle Menu for Healthier Choice implemented at Yukon Galley

By Cpl Katie Dunn

If any of you have been to the Yukon Galley over the past month, you will have noticed that the menu has been transformed. The National Standardized Cycle Menu (NSCM) has been implemented Canada wide as of Nov. 3.

The reason for this is to promote healthy eating and lifestyles to all Canadian Armed Forces (CAF) members. It closely follows the Canadian food guide to ensure the delivery of proper nutrients to our members. Everyone that comes to the Yukon Galley will still be offered three choices; a healthy choice, a vegetarian choice, and the local choice that is chosen by the command team of the kitchen.

The healthy choice entree has very strict guidelines for the cooks to follow; it can't have more than 400 calories, 15g of fat broken down into 10g saturated and 5g unsaturated, and no more than 600mg of sodium. The vegetarian option also has very strict rules to follow in order to accommodate vegetarian diets and various religious dietary guidelines and restrictions.

If you haven't been to the galley to try the new NSCM options, stop by and give them a try, there is something for everyone's palate!



CHRYSLER, DODGE, JEEP AND RAM

SPELMER

CHRYSLER JEEP DODGE

"1 of only 19 out of 440 fully trained chrysler academy 100% certified sales teams in Canada"

613-394-3945
51 Trenton Frankford Road
Trenton, ON
www.spelmer.com

Seasons Greetings to deployed 8 Wing personnel in Kuwait

Former 8 Wing Honorary Colonel Armin Quickert is shown here at a recent Military Family Resource Centre Youth Centre re-opening signing a poster being sent from 8 Wing to deployed personnel in Kuwait over the holidays containing holiday messages from those at 8 Wing/CFB Trenton.

Photo by Ross Lees



Dr. R. Younes DENTAL CARE
FAMILY • COSMETIC & IMPLANT DENTISTRY

Your complete dentistry in one office backed by a warm & caring team
Now Accepting New patients

- **ED** Latest Technology in Same Day Dentistry Now Available For Crowns, Bridges & Veneers
- Oral Conscious Sedation
- Orthodontics (Including **invisalign** The Invisible Way to Straighten Your Teeth)
- Laser Dentistry
- **Implants & Full-mouth Reconstruction**
- Tooth Coloured Fillings
- **ZOOM!** One Hour Whitening
- Dentures
- Preventive, Gum Disease Therapy
- Root Canal Therapy
- **Same Day Emergency Service**

96 Division St Trenton
www.younescosmeticedentist.com
613-208-0817

MAYOR JIM HARRISON & MEMBERS OF COUNCIL
extend our best wishes for a Happy Holiday Season
and invite you to join us at City Hall, 7 Creswell Dr. for the
CITY OF QUINTE WEST NEW YEAR'S LEVEE
Thursday, January 1, 2015 • 2:00-4:00pm
Official Welcome 2:30pm



SEASON'S GREETINGS
*from 8 Wing Commander
 and WCWO*

Oh behalf of Col. David Lowthian and CWO Darcy Elder, we wish you happiness and prosperity for the Holiday Season and the New Year!
A big HO! HO! HO! from us to you!

Au nom du Col David Lowthian et de l'adjudant-chef Darcy Elder, nous vous souhaitons beaucoup de bonheur et de prospérité pour la saison des Fêtes et de la nouvelle année!
HO! HO! HO! à vous de nous!

DARYL KRAMP, MP
 Prince Edward-Hastings
 1 MILLENNIUM PARKWAY BELLEVILLE, ON K8N 4Z5 PH: 613-969-3800
 DARYL.KRAMP@PARL.GC.CA WWW.DARYLKRAMP.CA FX: 613-969-3803

Season's Greetings
 Proudly serving our Canadian Armed Forces Community for 45 years.

Meilleurs vœux
 Nous sommes fiers d'être au service de la communauté des Forces armées canadiennes depuis 45 ans.

We put you to work.

APPLY NOW FOR JANUARY
 Visit us online and explore our January start programs

loyalistcollege.com

LOYALIST COLLEGE

NOBODY BEATS OUR PRICES!
 ON SOFA & BEDROOM SETS

60% OFF
 39" ORTHOPEDIC MATTRESS & BOX SPRING
 REG PRICE \$749⁹⁵ NOW \$299⁹⁵

LOW OVERHEAD IS OUR SECRET TO LOW PRICES
SERTA MATTRESS

OPEN
 7 days a week!
 Mon-Sat - 9am to 5pm
 Sunday 11 am to 4pm
FREE DELIVERY FOR 50 MILES
 NEW & USED APPLIANCES

BONDED LEATHER RECLINING SOFA
 REG PRICE \$999⁹⁹ NOW \$599⁹⁹

Hwy 33 Just South of 401 TRENTON

1-613-392-6690

WE SIMPLY SELL FOR LESS

CFAWC Trims Truss's Tresses in GCWCC fund-razor



A successful fund-razor for the Government of Canada Workplace Charitable Campaign (GCWCC) held recently at the Canadian Forces Aerospace Warfare Centre (CFAWC) left the unit's leadership duo of Commanding Officer Colonel Kelvin Truss and Unit Chief Warrant Officer Martin Gagnon a little light on top. For donations to the cause, CFAWC members were given the opportunity to "Trim Truss's Tresses" and to "Choose the Chief's Coupe de Cheveux," resulting in \$1,000 being brought in for the workplace charitable campaign; a smooth, round number to match the resulting spherical appearance of the heads of the unit's CO and UCWO. Special thanks to barber Ken Mifflin of Hair Central, who generously donated his time to oversee the important clipping duties.

SAN YAP
Owner/Operator

PERSONAL SERVICE COFFEE

If Everyone Compliments You On The Coffee You Serve...
IT'S PERSONAL

Personal Service Coffee Plus

SUPPORTING OUR TROOPS
We would like to take this opportunity to thank our military families for your patronage over the past 2 1/2 years.

690 Sidney St. Unit 4, Belleville, ON K8P 4A8 • (613) 391-9319

Andjareena's Place

Mary Anne White
60 Carrying Place Rd.
Trenton, ON K8V 3E8
613-394-4990
info@andjareenas.com
www.andjareenas.com

Yarn • Fabric • Stitchery • Quilting • Notions • Quilting Fabrics
Yarns • Traditional Rug Hooking Supplies • Needles Arts

\$10 OFF
Your Next Sewing Machine Service

*BRING THIS COUPON IN

New Patients are Always Welcomed
COMPLETE DENTAL CARE FOR ALL AGES

- 2 for 1 Spa-Dent Teeth Whitening
- In Office Light Activated Teeth Whitening
Sensitivity Free, 2-8 Shades, 20 Minute Sessions

Belleville Dental Care
135 Victoria Ave., Belleville, ON K8N 2B1
613-969-8800

Tweed Dental Care
315 Victoria Street North, Tweed, ON K0K 3J0
613-478-5000
Supporting military families for 30 years
www.bellevilledental.ca



Photos by
Cpl. Levarre
McDonald, 8
Wing Imaging

Walmart
Superstore

Your Destination For All Your Christmas Decorating, Gift Shopping & Grocery Needs For Less!

Don't Forget To Visit Our Bakery For Desserts & Treats To Delight Family & Friends!

470 2nd Dug Hill Road, Trenton, Ontario • 613-394-2191



INFORMATION / REGISTRATION / INSCRIPTION • 613-965-3575 • www.familyforce.ca • www.forcedelafamille.ca

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.

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.

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

"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

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

Monthly Afternoon Chatter

Social gathering, let's meet and munch, Sunday, Jan. 11, at Montana's Cookhouse, 170 Bell Blvd., Belleville from 1 p.m. to 4 p.m. Everyone is welcome! Derived from the Facebook Group 'CFB Trenton Spouses', Joanne and Susan decided to bring the members of this group out of

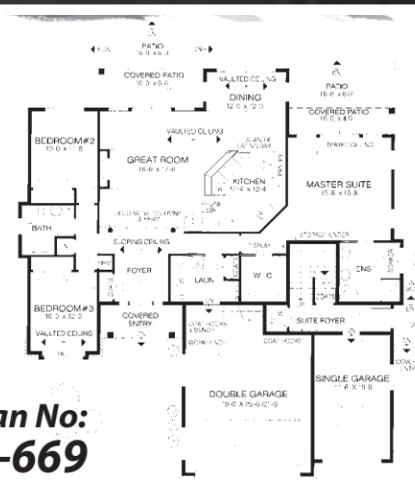
cyberspace and do some "Meet and Mingle". Information and RSVP by Jan. 9 with Susan by text or call at 343-263-3388.

'Jasette de l'après-midi' Rencontre sociale mensuelle

Socialisez et bouffez, le dimanche 11 janvier 2015 a Montana's Cookhouse, 170 Bell Blvd., Belleville de 13h à 16h. Vous êtes tous invités à vous joindre au groupe. Cette initiative a pris naissance avec le groupe Facebook 'CFB Trenton Spouses', Joanne and Susan ont pris en main de créer des activités pour que les gens sortent et se rencontrent. Pour plus d'information et RSVP, téléphoner ou texter Susan au 343-263-3388 par le 9 janvier.

Continued on page 12

Home of the Week
Your Building Renovation Experts



Plan No: 5-5-669

This spacious and attractive family home offers everything the contemporary house-holder dreams of, including a large great room with a dramatic vaulted ceiling, two covered patios and a sundeck, as well as garage space for three vehicles.

There is also a self-contained two-bedroom suite on the second floor with its own entrance. A covered porch shelters the front door, which is flanked by mullioned sidelights. A high window in the foyer, which features a sloping ceiling, will let in lots of natural light during daytime. From the entrance, the great-room complex is visible through an archway composed of a beam supported by decorative pillars.

The large gas fireplace will

cast its cozy glow throughout this open-plan area, into the bayed-out dining nook and the kitchen as well. French doors lead from the great room to a patio, half of which is covered to provide space for year-round outdoor grilling.

The roomy kitchen is separated from the great room and dining area, which also features a vaulted ceiling, by a work island and eating-bar. The U-shaped counter configuration will save steps for the cook. A large pantry offers lots of space for storage.

A built-in phone desk at one end of the counter will provide a handy spot for keeping in touch with family and friends. The master suite is located at the back of the home, with its own

private, partly covered patio. The tray ceiling will lend the room an air of classic elegance.

The en-suite bathroom includes a soaker tub as well as a shower, and double basins will ease the morning rush-hour. The walk-in closet is a few steps away along the corridor, and includes a display area for collectibles. The two secondary bedrooms on the main floor share a three-piece bathroom that includes a linen cupboard. A broom closet is located nearby. Also on the main floor is a laundry room with access to the double garage, which is large enough to include a work bench.

A covered entry leads to a U-shaped stairway and the second-floor suite. The open-

plan kitchen, dining area and living room enjoy access to a sundeck. Part of the living room ceiling is sloped, creating an interesting nook by a window.

The two bedrooms on this floor share a three-piece bathroom, which includes a linen closet. Both bedrooms feature bayed-out windows and a partly sloped ceiling. Exterior finishes include vertical board-and-batten siding, horizontal wood siding, stone accents and painted trim. The home and garage together form an attractive L-shaped footprint.

This home measures 55 feet, six inches wide and 62 feet deep, for a total of 2,599 square feet of living space, including the 772-square-foot second-floor suite.

"YOUR ONE STOP BUILDING CENTRE"

COLE'S TIMBER MART

COMPLETE LINE OF BUILDING SUPPLIES
 KITCHEN & BATH SHOWROOM
 DELIVERY AVAILABLE
 RENTAL CENTRE
 www.colestimbermart.ca

47 Ontario St., Brighton
 613-475-2810
 1-888-265-3742

Tree Service

Trenton Tree Service

Tree Trimming & Removal, Chipping & Stumping

- Free Estimates
- Fully Insured

A fair price for everyone

613-392-7415

PATIO DOORS • ENTRY DOORS

Trenton Glass & Windows Ltd.

- Vinyl Replacement Windows
- Steel Entrance Doors
- Glass Railings
- Glass for every project

YEAR ROUND INSTALLATION
FREE ESTIMATES
FULL SHOWROOM
 679 Old Hwy 2
 East of CFB Trenton
 Mon-Fri 7 am - 5 pm
613-394-3597
 www.trentonglass.net

PATIO DOORS • ENTRY DOORS

Building Material

RONA TRENTON

DOING IT RIGHT

- A proud supporter of CFB Trenton
- Come and see us for house plans, bath & kitchen renos, deck & fence projects and much, much, more

234 Glen Miller Rd. N
Trenton
613-394-3351



Community Events
generously sponsored by...

independent
YOUR INDEPENDENT GROCER

OWNED & OPERATED BY
SMYLIE'S
YOUR NEIGHBOURS

DRUGStore
PHARMACY

President's Choice

CFB Trenton | Smylie's Independent Grocer

(Hwy #2) Dundas St. E.

**293 Dundas St. East,
Trenton • 613-392-0297**



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. 27 – Flight Engineer hosted Trenton Region Annual Aircrew Bash

The Flight Engineer hosted Trenton Region Annual Aircrew Bash takes place from 1 p.m. to 5 p.m. at the 413 Wing AFAC at 230 North Murray St., Trenton.

Jan. 10 – NLCC Trentonian Electronic Waste Collection Fundraiser

The Navy League Cadet Corps (NLCC) Trentonian electronic waste collection Fundraiser will take place from 10 a.m. to 4 p.m. at the corner of Dundas and 2nd Dug Hill Road in the Trenton Wal Mart parking lot. This fundraiser will allow the NLCC Trentonian (Navy League Cadets who are nine-12 years old) to purchase uniforms, pay for camps and courses with the money raised. List of acceptable items includes: Amplifiers, audio and video players and recorders, cameras, cell phones, computers (desktop and laptop) and peripherals, copiers, digital cameras, fax machines, monitors, pagers and PDAs, printers, radios, receivers, scanners, speakers, telephones and answering machines, tuners, turntables, televisions, video projectors. If you cannot bring the items, we will pick them up on or before Jan. 10. Call 613-392-0788 and leave a message telling us what the items are, address and phone number. We will call back to confirm and you can just leave it at the end of your driveway with this flyer on top of it.

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. Playdowns 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. 12 - 8 Wing/CFB Trenton 2015 Squash play downs begin

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 regis-

tered 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.

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 chamber-sj@live.ca

Jan. 16 – Blood Donor Clinic

The next blood donor clinic takes place Jan. 16 at CFB Trenton RecPlex, 21 Namao Drive, from 10 a.m. to 2 p.m. All regular and new blood donors are encouraged to come out and help replenish depleted blood supplies.

MFRC continued from page 11

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.

Danse 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. Poue 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 of you would simply like more information. The next yoga sessions will start the week of January 5th, 2015.



McDonald's
266 Dundas Street East
(Trenton Town Centre)
*Drive-Thru OPEN 24 hrs.

**McDonald's in Trenton proudly supports
our troops, and the men and women
at CFB Trenton.**



*supports
our
troops*

Glen Miller 401 Exit
*Drive-Thru Open 24 hrs.
Smoothies now available

McDonald's in Walmart
Trenton
Smoothies now available

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.

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.

Santa sets the pace

8 Wing/CFB Trenton Warrant Officers and Sergeants did their traditional march to the Officers' Mess Dec. 11 where they were hosted for an afternoon of socializing by the 8 Wing/CFB Trenton Officers.

Photo by Ross Lees



Classifieds

To Place an Ad: 613-392-2811 or 613-966-2034
For Delivery Inquiries, please call 613-966-2034
Email: hnaish@perfprint.ca
www.thecontactnewspaper.cfbtrenton.com

L Liaison Services **L** Liaison Services

RUSHNELL FUNERAL HOME & CREMATION CENTRE

60 Division Street
Trenton

613-392-2111

A Apartments & Flats For Rent **A** Apartments & Flats For Rent

KLEMENCIC PROPERTIES

1 or 2 Bedroom
Apartments

21 Buildings

Affordable Rents

Utilities, Parking
& Cable Included

Locally Owned & Managed

613-392-7839

www.klemencicproperties.com

C Cleaning / Janitorial **C** Cleaning / Janitorial

Tammy's Cleaning Service
Years of 100% successfully passed
Marchout Inspections, and 20 years of
house cleaning in the Quinte Area.
Opening and closing services available.
"I likely clean for someone
you already know."
Call Tammy
613-392-0759 Cell: 613-847-7670

DELIVERY INQUIRIES
Please Call: 613-966-2034

A Appliances **A** Appliances

NEW & USED REFRIGERATORS

Stoves, washers, dryers, freezers,
dishwashers, 3 months old & up.
Sold with written guarantees.

Fridges \$100 and up
NEW APPLIANCES

at the lowest prices in the area.
Trade-ins accepted on the new
appliances. Big selection to
choose from
PAYS CASH

for good used appliances in
working order, or not, but no junk
please. VISA & MASTERCARD
accepted. We have our own
financing. Shop at our competitors
& then come and see for yourself,
quality at low prices.

Open 7 days a week & evenings.
We deliver. We like Base people.

**SMITTY'S
APPLIANCES LTD.**
613-969-0287

A Articles for Sale **A** Articles for Sale

Belleville Volkswagen

*Best wishes
for a
Safe & Happy
Holiday
Season*

from
the Folks at

**Belleville
Volkswagen**

613-966-3333

239 North Front
Belleville

www.bellevillevw.com

**Support
your
Canex!**

Email your classified ad to
hnaish@perfprint.ca

8 Wing Chapel / Chapelle de la 8e Escadre



Location/Adresse:

91 Namao Drive East/91 Promenade Namao Est

Phone/Téléphone:

(613) 392-2811 ext/poste 2490/4593

Office hours/Heures de bureau:

Monday to Friday - 8 a.m. to 4 p.m.

Du lundi au vendredi - 08h00 à 16h00

Services Times/ Heures des services religieux

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

Capt (the Rev./Rév.) Blair Ross

Capt (the Rev./Rév.) Daniel Walton

Civilian Officiant/Désservant civil:

Gillian Federico

Safety

Go slow when shoveling snow



You wake up one morning to the heaviest snowfall of the season. You have to shovel the car out of the driveway.

When you arrive for the early shift, no one has even cleared the snow away from the plant entrance, so you reach for a shovel again, even though your back is hurting and you feel slightly dizzy. What should you do if moving to southern California is not an option?

Stop and think before you tackle these heavy jobs. Studies have shown shoveling snow can be as rough on you as a maximum-speed workout on a treadmill. Every year people die of heart attacks when they over-exert themselves while clearing snow.

Back injuries and strained muscles are also common injuries from this task. For those who are out of shape or already have heart problems, the combination of heavy work and cold temperatures can bring on a heart attack. Here are some tips for safer snow shoveling:

- Get your doctor's okay for snow shoveling before you attempt it if you know you are out of shape or have a history of heart trouble.
- Dress in layers so you can shed some clothing if you get too warm.
- Don't rush into the job. Start slowly to give your body a chance to warm up.
- You may be tempted to shovel quickly until the job is done so you can return to the comforts of indoors. Instead, work at a slow pace.
- Stretch every few minutes and take breaks every 15 minutes or so. Drink water on your breaks to replace fluids lost through sweating.
- If the snow is deep or heavy with moisture, scoop some off the top and then go back for a second load.
- Maybe you don't have to do all the shoveling in one day. If the snowfall is moderate, you may be able to tackle half the driveway one day and the other half the next.
- Use safe lifting techniques for snow shoveling. Bend your knees, not your back. Lift the shovel by straightening your legs.
- Keep your feet apart to improve your balance.
- Keep the load close to your body.
- Do not twist your body to toss the snow aside. Turn by moving your feet, and toss straight ahead.
- Choose the right kind of shovel for the job. While steel shovels are sturdy, they are also heavy. Aluminum and plastic models are lighter but less durable. To remove powdery snow you can push a large shovel shaped like a plow. Wet snow requires a shovel designed for lifting.
- For the safety of passersby, never leave a snow shovel where it can become a tripping hazard.

If you must shovel snow, do so safely. Remember the risks, and take your time!

THE WAY USED CAR BUYING SHOULD BE!

BAYVIEWAUTO.CA



ASK ABOUT OUR LOWEST PRICE GUARANTEE... OVER 300 HAPPY CUSTOMERS EACH MONTH!

BayviewAuto.ca
Service Selection Finance

UP TO **600** VEHICLES IN STOCK

BayviewRV.ca
Service Selection Finance

14 GMC SIERRA



22497 4X4! 17" Chrome rims! 5.3L-V8, Long box, trailer hitch, 2 dr, air, tilt, cruise, CD, pwr locks, keyless entry, only 3,000kms!!!!

\$27,995 +HST \$176.09 BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%

14 TOYOTA TUNDRA 1794 EDITION



21005 4X4! Crewmax Platinum! Nav! Pwr sunroof! Pwr heated & cooled leather memory seats! Reverse camera! Pwr heated mirrors! 20" Chrome rims! Tow/haul pkg! 5.7L-V8, tonneau cover, chrome step bars, pwr sliding rear window, trailer hitch, Bluetooth, park aid, satellite radio, keyless entry, only 15,000kms!!!!

\$50,995 +HST \$320.77 BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%

14 FORD ESCAPE SE



22500 Ecoboost! Nav! Panoramic sunroof! Pwr heated leather seats! Black! Pwr heated mirrors! 18" Chrome rims! Reverse camera! Roof rack! Automatic, 4 cyl, 4 dr, keypad entry, tilt, cruise, air, sync, park aid, satellite radio, keyless entry, only 19,000kms!!!!

\$24,995 +HST \$157.22 PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%



14 DODGE CHARGER SXT

22394 AWD! Pwr heated seats! Pwr sunroof! Factory remote start! Pwr heated mirrors! Alloy rims! Push button start! V6, Automatic, 4 dr, traction control, Bluetooth, satellite radio, pwr locks, windows, keyless entry, only 18,000kms!!!!

\$28,995 +HST \$182.38 PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%

15 NISSAN ALTIMA S



22407 Push button start! Reverse camera! Pwr heated mirrors! Factory remote start! Automatic, 4 cyl, 4 dr, Bluetooth, cruise, tilt, air, satellite radio, keyless entry, only 15,000kms!!!!

\$20,995 +HST \$132.06 PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%



11 KIA SPORTAGE EX

22496 AWD! Panoramic sunroof! Pwr heated & cooled leather seats! Reverse camera! 18" Alloy rims! Automatic, 4 cyl, 4 dr, air, tilt, cruise, Bluetooth, dual climate controls, satellite radio, keyless entry, only 48,000kms!

\$19,995 +HST \$157.29 BI-WEEKLY 0 DOWN +HST 72 MTHS @ 6.99%

14 FORD FUSION SE



21983 AWD! Nav! Ecoboost! Pwr heated leather memory seats! Pwr sunroof! 18" Alloy rims! Reverse camera! Pwr heated mirrors! Automatic, 4 cyl, 4 dr, park aid, Bluetooth, sync, keypad entry, woodgrain trim satellite radio, keyless entry, only 10,000kms!!!!

\$25,995 +HST \$163.51 PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%



12 LINCOLN MKT

22227 AWD! Ecoboost! Pwr heated & cooled leather memory seats! Panoramic sunroof! Reverse camera! Push button start! Pwr heated mirrors! Black! V6, Automatic, 4 dr, dual climate controls, park aid, Bluetooth, sync, pwr pedals, satellite radio, keyless entry, 56,000kms.

\$28,995 +HST \$201.91 BI-WEEKLY 0 DOWN +HST 84 MTHS @ 6.99%

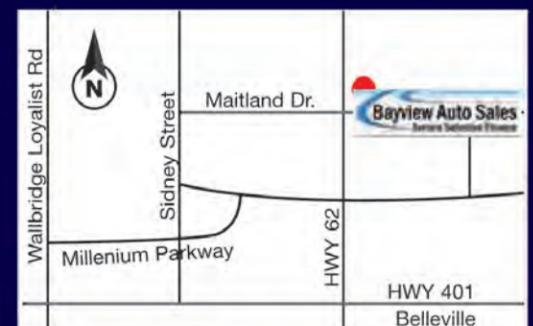
Because of our high sales volume, our Business Managers are equipped to offer the most aggressive financing rates & options available with flexible terms to fit your budget.

UP TO 600 CERTIFIED PRE-OWNED VEHICLES IN STOCK!
6692 HWY 62 BELLEVILLE, 1KM NORTH OF THE 401

Hours: Mon.-Thurs. - 8am-8pm, Fri. - 8am-6pm, Sat. - 9am-5pm, Sun. - 10am-4pm

www.BayviewAuto.ca • Toll Free 1-866-594-2262

OPEN
8 DAYS
A WEEK



All payments are based on bi-weekly payments. All 2007 - 60 mths: All 2008 & 2009 \$5,000 - \$9,999 - 72 mths: 2009 over \$10,000 & 2010 - \$5,000-\$24,995 & 2011 - \$5,000 - \$9,999 - 84 mths 2010 over \$25,000, 2011 over \$10,000, all 2012 & 2013 - 96 mths: P.P.S.A., license and taxes extra. EG: \$10,000 + taxes \$1,300 + P.P.S.A. \$65 = \$11,365 financed over 60 mths at 6.99% = \$117.34 Bi-weekly with a cost of borrowing of \$1,962.47 on approved credit. All cash deals are price of vehicle + taxes. Terms & rates are current at time of print. 0 Down + HST. Most 2010, 2011, 2012 & 2013 vehicles are former daily rentals. Bayview Auto is not responsible for any errors in pricing. See dealer for details.

ENTER THE ZONE

On the Tyendinaga Reserve

YOUR CHOICE!



FGGF3054MF
GAS



CGEF3055MF
ELECTRIC

YOUR CHOICE \$899



FGHF2366PF
COUNTER-DEPTH



FGHB2866PF
STANDARD-DEPTH

YOUR CHOICE \$1,899

FRIGIDAIRE[®] BOXING DAY

December 18th, 2014 - January 4th, 2015

STEP UP AND SAVE!

One Wash, one Dry, *One Time*



\$649

FGID2474QF
SAVE \$150



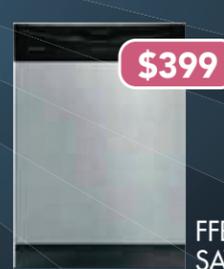
\$599

FGCD2456QF
SAVE \$150



\$499

FGID2466QF
SAVE \$200



\$399

FFBD2411NS
SAVE \$80

GET COOKING!



CGEF3040PF
SAVE \$150



\$799

CGEF3032MF
SAVE \$100



CFEF3048LS
SAVE \$200



WWW.FRIGIDAIRE.CA

arniesappliances.ca

613-969-1824

5301B OLD HWY 2, TYENDINAGA, ON K0K 3A0

Hours
8-8 Monday - Friday
9-6 Sat. & Sun.

