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1CAD Commander thanks 8 Wing for 'team effort'

Maj.-Gen. Wheeler noted he would probably continue to ask a lot of all Wing personnel in the Royal Canadian Air Force

By Ross Lees

1 Canadian Air Division Commander Major General D.L.R. Wheeler told 8 Wing personnel during a Town Hall meeting last week in Trenton at the National Air Force Museum of Canada

that he knew he asked them to do a lot all of the time, but not to expect that to change.

While he said he appreciated their team efforts in accomplishing the many things he demanded

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Maj.-Gen. Wheeler, 1 Canadian Air Division Commander, noted at a Town Hall meeting Nov. 13 that personnel at 8 Wing Trenton would likely remain busy as one year ended and another began.

Photo by Ross Lees

Learn more about family support on Nov. 25

Military family members in the Quinte West area are invited to an event to discuss family support programs and services. The event, called Family Forum, will take place on Nov. 25 at 6 p.m. at the MFRC Trenton.

Military family members will have the opportunity to informally chat with representatives from the Family Information Line, the National Military Family Council, the MFRC, SISIP (Service Income Security Insurance Plan), OSISS (Operational Stress Injury Social Support)

among others.

Participation is voluntary and anonymous. Information such as names or ranks of participants will not be collected and viewpoints expressed will not, in any way, be attributed to a particular individual or a specific family member.

The RCAF Family Support Team will be available with information on national Family Support programs and will help identify solutions currently in development.

"There are more resources than ever, and this is an impor-

tant chance to connect with families directly to let them know what's available," said Lieutenant Colonel Jean Mallais, who heads the team running the Family Forums. "We're assembling key contacts who have a vested interest in the well-being of military families to provide information on how easy it is to access first-class support."

Childcare at the Family Forum will be provided free of charge, provided attendees register in advance by contacting 613-965-3575.

The RCAF Family Support

Team is comprised of Canadian Armed Forces members and is assisted by an RCAF family volunteer. Their role is to hear from families and – when necessary – serve as advocates to ensure national resources are tailored to those who need them most.

"We really look forward to hearing from families at this event," said Lt.-Col Mallais. "We can't guarantee every question will be answered on the spot, but we will ensure major concerns will be identified to the appropriate levels of RCAF leadership."

While the Family Forum is

intended for spouses and loved ones, Canadian Forces uniformed members are also welcome to attend.

Those unable to attend the Family Forums can still contact the Family Information Line for any support needed as a result of the unique nature of military life. *The Family Information Line is a confidential, bilingual service staffed 24 hours a day, seven days a week by professional counsellors at 1-800-866-4546. Program and service information is also available any time at www.familyforce.ca.*



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Maj.-Gen. Wheeler noted he would probably continue to ask a lot of all Wing personnel in the Royal Canadian Air Force

Continued from page 1

of them, he said operations were the reason they were all there and why he would continue to seek the most from them.

Apart from the many domestic and regular operations he tasks his people with, there are always unexpected operations which come up and, while the Canadian Armed Forces was supposed to get a break after Afghanistan, that didn't happen for the Air Force, he told a gathering of approximately 200 people.

"We never saw that in the Air Force because we couldn't see it in the Air Force," he said. "Our role is to respond with air reach and to do it quick enough to provide a punch well above our heads, wherever it may be in the world. They can't do that without you guys in Trenton, who are paramount to making that happen. I'm very proud of what you guys do and I know that I ask a lot. I don't see operations decreas-

ing at this point in time and, of course, I look to the leadership here within the Wing to make sure the personnel aspect of this is all taken into account."

During his visit to 8 Wing, Maj.-Gen. Wheeler visited Search and Rescue, operations and the Military Family Resource Centre (MFRC), noting that all aspects of those operations dominate his daily concerns.

"My number one mission, my number one priority, is to conduct operations because that's the way it has to be," he said. "Operations are the reason we all joined and that's what we have to sustain first."

Second to that priority only because numbers have to be applied, he said, was his concern for personnel and families.

"We just came from the MFRC and the MFRC over there is chock-a-block full of stuff," he noted. "I was impressed with the capabilities it pushes out with



Maj.-Gen. D.L.R. Wheeler spoke to about 200 members of 8 Wing recently at a Town Hall meeting. He took the time to thank them for their consistent team effort in responding to assigned taskings.

Photo by Ross Lees



CWO Mike Scarcella stressed the importance of letting family members know about base resources available to them when military personnel were away on deployment at the Town Hall meeting Nov. 13.

Photo by Ross Lees

the resources that are provided." He told those at the Town Hall support for dependents was extremely important to operations, especially services like dependent medical clinics, daycare facilities, MFRCs etc.

"You guys have a lot of people deployed right now and I count on those guys to look after and support folks that are left at home," he stated. "That said, these organizations can't do it all, so I also count on you guys to help neighbours out, because there are people in your units who can't deal with situations quite as well as others, so I look to you to help out in those situations and the leadership to support whatever it takes to make that happen."

Supplying that kind of base-wide infrastructure is critical to operations, so those people need to come first, he indicated.

"If you're concerned about what's going on at home because they can't get the support from the community that they need, your minds are not on the job, so this is an extremely important role for us."

It was a theme Chief Warrant Officer Mike Scarcella also discussed briefly, noting that family support teams were touring bases across the country trying to learn best principles from each wing to pass them on to other wings to try and equalize sup-

port methods country-wide.

"You have a fantastic MFRC that is supported, but not all wings have that same piece, they're not all afforded that privilege," he said. "So they're looking at what you do here that other wings can adopt."

Another message he passed on to the people at the Town Hall was that they must make sure that their dependents, spouses and partners know all of the resources available to them when the military members is away on deployment.

"We know inherently what services are provided, but believe it or not, there are actual families out there who don't know all of the services they can receive at the MFRC," he stated, adding they need to know the resources supplied by the MFRC or through sponsorship programs available through the squadrons or units on the base which the base has worked diligently to supply.

CWO Scarcella also implored military personnel to take advantage of all the recreation and health services available to them to keep themselves healthy and fit, both for work and retirement.

As an aging service, he also encouraged personnel to train their successors to the same high standard they had been trained at to make sure there is a constant

high level of leadership at all levels within the CAF as older personnel retired.

Maj.-Gen. Wheeler also noted that Air Task Force missions were becoming the new normal for the CAF and that they were extremely important both to the CAF and to Canada. He particularly mentioned two ATF missions - to Mali and the ebola equipment transfer from the United Kingdom to Africa.

"That stuff speaks volumes about our air lift ability to step up to the plate when we need to and to help out our coalition allies is outstanding," he stated.

Maj.-Gen. Wheeler also responded to a question about Force Protection Procedures on the base and throughout the CAF, noting it has increased awareness throughout the system.

"I think if nothing else, it's allowed every Wing to go through their force protection procedures and it's certainly made everyone a little bit more aware of their surroundings, which is good," he said.

"The one thing I would like to make sure that we do is discuss this, socialize within your units, with your spouses and with your families to make sure they understand what it actually means," he stated. "It just means that we are at a heightened state of diligence, more than anything."



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ATF Lithuania tweets

ATF Lithuania remains busy



Canadian Air Task Force and Lithuanian Air Force traffic technicians await to assist a CC-150 Polaris upon arrival at Siauliai Air Base, Lithuania on November 13, 2014 during Operation REASSURANCE.

Photo credit: Air Task Force - OP Reassurance, DND

Tweet: #CC-150 Polaris provides air mobility support to #ATF in #Lithuania during #OpREASSURANCE



Canadian Armed Forces members arrive at the NATO Baltic Air Policing base in Siauliai, Lithuania onboard a CC-150 Polaris from 8 Wing Trenton on November 13, 2014 during Operation REASSURANCE.

Photo credit: Air Task Force - OP Reassurance, DND

Tweet: #CAF personnel arrive in #Lithuania onboard #CC-150 Polaris during #OpREASSURANCE
 Tweeted by Capt. Chris Daniel, ATF Lithuania

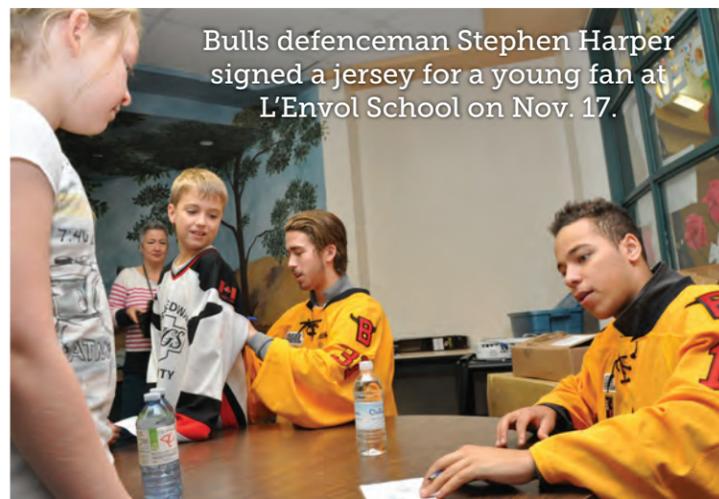


Belleville Bulls visit L'Envol School

Two Belleville Bulls, goaltender Charlie Graham and defenceman Stephen Harper, visited L'Envol School on Nov. 17 to answer questions and sign autographs for the students. The hockey players spent much of the morning inter-acting with students from the youngest to the oldest.

(above) Bulls goaltender Charlie Graham, background, signed a jersey while Stephen Harper, foreground, signed a more traditional autograph for this young student.

Photos by Ross Lees



Bulls defenceman Stephen Harper signed a jersey for a young fan at L'Envol School on Nov. 17.

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CFS Alert remembers those who served



Canadian Forces Station (CFS) Alert Commanding Officer, Maj. Rick Dunning, and Station Warrant Officer, MWO Thomas Thompson, salute the cenotaph before placing a wreath on behalf of the Canadian Armed Forces (CAF). On Nov. 11, CFS Alert personnel including members of Environment Canada and Contractor Nasittuq spent the day honouring the sacrifices of those who have served Canada. Events included a parade ceremony, followed with refreshments and a chilli lunch.

Photos by
Cpl. Ray Haack



Vigil Members stand on cenotaph sentry during CFS Alert's Remembrance Day Parade on Nov. 11. In front, wreaths were laid, on behalf of the Station, honouring the sacrifices of those who have served Canada. From left to right: Cpl. Gabriel Martel, Cpl. Pawel Pankowski, Cpl. Keith Johnston (facing rear) and Cpl. Shad Wellman



MCpl Eric Poisson took a moment to pay his respects and attached his poppy to the CFS Alert Personnel wreath, following the Station's Remembrance Day Parade on 11 Nov.



CFS Alert personnel salute during the Station's Remembrance Day Parade on Nov. 11.

The Contact Newspaper

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

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

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

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

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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.



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Beechwood Cemetery in Ottawa a fitting resting place for CAF members

Walking through Beechwood Cemetery in Ottawa, BGen. (Retired) Peter Atkinson points out the tombstone with his name engraved on it.

"I have had the honour and good fortune of serving in the Canadian Armed Forces (CAF)," he said. "I am proud that my final resting place will be amongst my brothers in arms."

BGen. (Retired) Atkinson decided years ago to be buried at National Military Cemetery (NMC) of the CAF. He said pre-planning for his funeral and burial provided peace of mind not only for himself but his children, as well.

"This cemetery brings togeth-

er all those who died on active service, whose death was related to service, or who served honourably and chose to rest amongst their comrades in these sacred grounds," he noted.

All serving or honourably released members of the Regular Force, Primary Reserves, Merchant Navy, and former services, are eligible to be interred in NMC. One immediate family member may also be interred in the same plot as the service member. Operations are overseen by Military Personnel Command, Directorate of Casualty Support Management (DCSM).

Applications may be made by members while they are still

living in anticipation of future needs, by a legal representative at time of death, or even well after death for those who have kept an urn or wish to transfer a loved one from another cemetery. A completed application form must be forwarded to DCSM to determine eligibility. Once an application has been verified, successful applicants or their estates will be notified by letter and arrangements may then be made directly with Beechwood Funeral, Cemetery, and Cremation Services.

"Planning with Beechwood offers the finest facilities in Canada for serving or retired military personnel," said James Patterson, Director of Family Services,

Beechwood. "Our facilities and the National Military Cemetery were designed with the military in mind, to ensure any religious, cultural or burial type could be fulfilled. The convenience of payment options, price certainty, and ensuring all honours due to a military member are all aspects of the pre-arrangement process at Beechwood."

BGen. (Retired) Atkinson said that seeing his name on a tombstone is not morbid, but reassuring. From being an Officer Cadet at the Royal Military College in 1977 to his last position as Chief of Staff to the Vice Chief of the Defence Staff at National Defence Headquarters, the military

has been a part of his life for 35 years.

"Beechwood is a fitting resting place for me and I encourage others to review this option, or at least begin having the discussions with family," he stated. "Through meaningful memorialization - that is, taking time to reflect on the unique life of a loved one and remember the difference they made, you are not only honouring them, but beginning the healing process for yourself."

Further information, including how to contact NMC or DCSM, can be found on the web site at www.forces.gc.ca/CAFCommunity/SupportServices/CasualtySupport/RelatedLinks.

En marchant dans le Cimetière Beechwood à Ottawa, le Bgén (retraité) Peter Atkinson montre la pierre tombale sur laquelle est gravé son nom

« J'ai eu l'honneur et la chance de servir au sein des Forces armées canadiennes, dit-il. Je suis fier d'avoir choisi de me retrouver parmi mes frères d'armes pour mon dernier repos. »

Il y a des années que le Bgén (ret) Atkinson a décidé d'être enterré au Cimetière militaire national (CMN) des Forces armées canadiennes (FAC). Il dit que la planification de ses funérailles et de son enterrement lui a apporté à lui ainsi qu'à ses enfants la tranquillité d'esprit.

« Ce cimetière rassemble les personnes qui sont mortes en défendant le Canada, celles dont

le décès est lié au service du pays ou celles qui ont servi honorablement et qui ont choisi de reposer aux côtés de leurs camarades dans ces lieux sacrés », déclare-t-il.

Tout le personnel actif et libéré honorablement des Forces régulières et de la Première réserve, les membres de la Marine marchande, ainsi que les anciens combattants peuvent être inhumés dans le CMN. Également, un membre de la famille immédiate du militaire pourra être enterré dans la même concession. C'est le Commandement du personnel militaire, Directeur - Gestion du soutien aux blessés (D Gest SB) qui supervise son fonctionnement.

Les membres qui désirent y être enterrés peuvent en faire la demande de leur vivant; au moment de leur décès ou même bien

après celui-ci, un représentant successoral qui possède les cendres du défunt ou veut transférer sa dépouille d'un autre cimetière peut également le faire. On doit faire parvenir le formulaire de demande dûment rempli au D Gest SB qui déterminera si le demandeur est admissible. Une fois la demande vérifiée, le demandeur accepté ou sa succession sera informé par écrit et pourra faire des arrangements directement avec les Services funéraires, cimetière et crémation Beechwood.

« Le Cimetière Beechwood offre les plus beaux aménagements au pays qui sont destinés au personnel militaire actif ou retraité, dit James Patterson, directeur des Services aux familles de Beechwood. Nos installations et le Cimetière militaire nation-

al ont été conçus pour répondre aux besoins de la communauté militaire et offrir tous les types de services et d'enterrements, peu importe la religion ou la culture. Des options de paiement pratiques, la certitude quant au prix et tous les honneurs qui sont dus à un militaire sont autant d'aspects qu'offre le service de préarrangements au Cimetière Beechwood. »

Pour le Bgén (ret) Atkinson, le fait de voir son nom inscrit sur une pierre tombale n'est pas morbide, mais plutôt rassurant. À partir du moment où il était élève-officier au Collège militaire royal en 1977 jusqu'à son dernier poste de chef d'état-major auprès du vice-chef d'état-major de la défense au Quartier général, il a consacré 35 ans de sa vie au ser-

vice militaire.

« Le Cimetière Beechwood est un lieu de repos qui me convient et j'encourage les autres à envisager cette possibilité, ou du moins à commencer à en parler avec leurs proches, ajoute-t-il. Une commémoration significative — c'est-à-dire, prendre le temps de songer à la vie exceptionnelle d'un être cher et de souligner le rôle qu'il a joué — ne vise pas seulement à leur rendre hommage, mais vous permet également d'entamer votre propre processus de guérison. »

Vous trouverez de plus amples renseignements, notamment les coordonnées du CMN ou du D Gest SB, sur le site Web à l'adresse www.forces.gc.ca/CommunautédesFAC/Servicesdesoutien/Soutienauxblessés/Liensconnexes.

Late start means Angela Hayden

Adopt a Family Christmas Program needs your help – quickly

By Ross Lees

CFB Trenton families needing assistance this Christmas can get it through the Angela Hayden 8 Wing Adopt a Family Christmas Program, although the program is late starting this year due to some necessary delays.

Warrant officers Sandy Driscoll and Denise Snow are again spearheading this initiative but they need the help of everyone on the base to help families who might be struggling with personal challenges.

"We have the resources to help make a wonderful Christmas for less fortunate base families but, with the turnover of personnel on this busy military base, we are sure there are many personnel on the Wing who are unaware of the Angela Hayden 8 Wing Adopt a Family Christmas Program initiative," the two women noted in a letter sent to the various sections on

the base. "Our mandate is to assist our Regular, Reserve and Civilian employees of 8 Wing/CFB Trenton who may be unable to provide what their children (13 and younger) require for Christmas."

But this program only works with the full cooperation of everyone. Supervisors are asked to talk to these families and have them complete an application and family profile and forward it sealed to WOs Driscoll and Snow no later than Nov. 18. All personal information and names remain confidential and accessible only to WOs Driscoll and Snow.

8 Wing units are also necessary to the success for this program, according to WO Driscoll.

"We need them to sponsor our families,"

Continued on page 7

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re-lief-noun

1. Alleviation, ease, or deliverance through the removal of pain, distress, oppression, etc.
2. A means or thing that relieves pain, distress, anxiety, etc.
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Annual National Addiction Awareness Campaign begins November 12



week event that's aim is to create a Canadian Armed Forces (CAF) Culture of Health and Wellness through education and awareness of an addiction-free lifestyle. Pictured here from left to right are Brenda Riddell, Health Promotion Manager, Deanne Chafe, Addiction Specialist, Strengthening the Forces-DFHP, Gillianne McCormick, Health Promotion Administrator, and Lisa Refausse, Health Promotion Manager. There are great prizes to be won – please register through cfbtrenton.com or call Gilli at 3768.

The Annual National Addiction Awareness Campaign (CFHS) began in 2005. This is has begun – an initiative that Canadian Forces Health Services (CFHS) began in 2005. This is an important nation-wide two-



To win one of two prize packages awarded locally enter at cfbtrenton.com/HealthPromotion and learn more about Addictions Awareness today! Campaign runs 12 Nov – 26 Nov

Health Model Applied to Alcohol and Other Drug Use

HEALTHY	REACTING	INJURED	ILL
<p>No Use Experimental Occasional/Social</p> <p>No Use</p> <p>Or</p> <p>Use is motivated by curiosity or desire to experience new feelings</p> <p>Or</p> <p>Uses on specific social occasions for its specific effect</p> <p>No regular pattern of use is established.</p> <p>E.g. Drinking alcohol when socializing with others at a party</p> <p>Follows the LRDG</p>	<p>Regular Use</p> <p>A pattern of regular use is established</p> <p>Tolerance to the substance is increased but major life areas are not affected as a result of use</p> <p>Can readily control the use of the substance</p> <p>Little or no withdrawal symptoms</p> <p>E.g. Drinking every weekend but not on weekdays</p> <p>May drink beyond LRDG</p>	<p>Misuse/Abuse</p> <p>Uses at higher doses and/ or with increased frequency</p> <p>Increase in tolerance to the substance</p> <p>Negative consequences can be felt in many of the major life areas</p> <p>Increased emotional pain</p> <p>Withdrawal symptoms experienced</p> <p>Difficulty controlling use</p> <p>E.g. Tries to set a few rules (will only drink on weekends) but cannot stick to it, always has a stash, and creates opportunities to use</p> <p>Unable to follow LRDG</p>	<p>Dependent / Addicted</p> <p>Uses very regularly and frequently</p> <p>May experience decreased tolerance</p> <p>Negative consequences are felt in most or all major life areas</p> <p>Increasing emotional pain</p> <p>Severe to life threatening withdrawal symptoms</p> <p>Constant obsession with use</p> <p>Cannot control use – attempts to stop are followed by relapse</p> <p>E.g. Spends more and more time alone and using alone</p> <p>Unable to follow LRDG</p>

How to stay addiction free

As the health model to the left suggests, the best way to stay addiction free is to stay in, or work towards, being in a healthy state (far left). The best way to do this is to continue to develop effective coping skills to manage daily stress, develop healthy leisure activities and build a supportive network of family and friends. Also, when engaging in behaviours that may lead to addiction, such as drinking alcohol, do so in a responsible manner and know the signs that may tell you when your use is becoming unhealthy.

This model can be used as a guide to help you determine where you are with your alcohol and other drug use. If you are concerned you are moving to orange or red, help is available through your local Medical Officer (613-392-2811 x2219/x3316) or Base Addictions Counsellor (BAC), or through the Member Assistance Program (1-800-268-7708).

Notes:

This model was adapted from the adaption of Capt. (N) Bill Nash, USMC and USN Combat and Operational Stress Control, US Marine Corps, and is currently used by the JSB, DND.

LRDG refers to the Low Risk Drinking Guidelines

Tolerance is the need for an increased amount of a substance to achieve the same desired effect

Major Life Areas are considered to be: family, social, employment/ education, finances, legal, spirituality and health: physical, cognitive and emotional



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RBC Sports Day in Canada November 28-29

Canadian Armed Forces (CAF) members and their families across Canada and around the world are taking part in a national celebration of sport this coming Nov. 28 and 29. Alongside Canadian cities, organizations, and schools, CAF bases and wings will be joining in organized ac-

tivities and special events.

Presented by ParticipACTION, CBC and True Sport, RBC Sports Day in Canada is a great opportunity to celebrate the power of sport and all it can do for serving members and their families.

"Physical fitness, activity and recreation are essential for pro-

moting optimal health and well-being throughout our lives," said General Tom Lawson, Chief of the Defence Staff. "Providing opportunities to participate in recreational activities is an important part of our commitment to families and to quality of life in the Canadian Armed Forces. I en-

courage everyone to take part in Sports Day in Canada."

The CAF are proud to mark Sports Day in Canada with dozens of activities organized by local Canadian Forces Morale and Welfare Services personnel. For CAF members, examples of activities taking place on Nov. 28

include volleyball, ice and sledge hockey, touch football, and multi-sport days. Nov. 29 will feature more military family-focused activities, such as soccer games, family skates, open swims, and 'rec' centre open houses.

For more information, visit www.CAFSportsDay.ca.

La Journée du sport RBC au Canada, le 28 et 29 novembre

Les membres des Forces armées canadiennes (FAC) et leur famille partout au Canada et dans le monde participeront à une célébration nationale du sport les 28 et 29 novembre.

prochain. Se joignant aux villes, aux organisations et aux écoles canadiennes, les bases et escadrons des FAC participeront à des activités organisées et à des événements spéciaux.

Présentée par ParticipACTION, Radio-Canada et Sport pur, la

Journée du sport RBC est une occasion formidable pour les militaires et leur famille de célébrer le pouvoir du sport et de profiter de tous ses bienfaits.

« L'activité physique, les loisirs et le jeu sont essentiels pour favoriser un bien-être optimal et une bonne santé mentale tout au long de notre vie, a déclaré le général Tom Lawson, chef d'état-major de la défense. Offrir la possibilité de participer à des activités de loisirs constitue une partie importante de notre engagement envers les familles et relativement à la qualité de vie dans les Forces armées canadiennes. Je vous invite tous à participer à la Journée du sport au Canada. »

Les FAC sont fières de souligner la Journée du sport au Canada au moyen de dizaines d'activités organisées par le personnel local des Services de bien-être et moral des Forces canadiennes. Pour les membres des FAC, les activités du 28 novembre comprendront notamment des joutes de volley-ball, de touch-football, de hockey sur glace et sur luge, ainsi que des journées multisports. Au programme du 29 novembre figuretront des activités davantage axées sur les familles des militaires, comme des matchs de soccer, du patinage en famille, de la natation pour tous et des portes ouvertes dans les centres récréatifs.

Pour en savoir plus, visitez www.journeedusportFAC.ca.



Adopt a Family Christmas Program

Continued from page 5

she told the Contact recently. "We ask them to forward the name of a contact person/coordinator from their unit if they are interested in 'adopting' an 8 Wing family this Christmas."

Coordination then takes place through the unit volunteer providing them with information regarding the needs or Christmas wishes of the sponsored children. Unit gifts should then be wrapped, tagged and delivered to the Military Family Resource Centre (Sisken Centre) Studio A on the morning of Dec. 10. Any other necessary arrangement should be made through WOs Driscoll or Snow at locals 3627 (Driscoll) or 2420 (Snow).

Call for nominations of CISM Team Manager for women's soccer

The position for the CISM Team Manager for the sport of women's soccer is currently open. The CISM Team Manager position will be for a four-year term and will begin in 2015. This position can be very rewarding. The Team Manager can be either an officer (Capt. and above), NCM (Sgt. and above), or a full-time employee of the staff of the NPF, Canadian Armed Forces (CAF). The Team Manager is appointed by the CAF Sports Manager and is responsible for planning, organization, and conduct of the annual activities of the team, including purchase, control, maintenance, and disposal of clothing and equipment. For a more detail list of responsibility contact the Sports and Recreation Coordinator Dan Cormier.

When submitting an application,

all the following information must be included; Full name, rank, unit, base, work phone number, list of all soccer related qualifications, list of related experience (military and civilian) all levels, list of related experience in sports-specific administration or management, list of other related experience in administration or management, letter(s) of recommendation, letter of approval from the chain of command, and any other information that is pertinent or the applicant would like to share.

If you have any questions relating to the position or the application process, please contact the CFMSM at (613) 995-7605.

Submit your application to the Military Sports Coordinator Cormier DG@CFB Trenton PSP@Trenton no later than Nov. 21.



2015 8 Wing/CFB Trenton Curling Play down

The 8 Wing/CFB Trenton Curling Team will represent the base at the Ontario Regional Curling Championship held at CFB North Bay Jan. 19 - 22, 2015. Competition is open to all CF, Class B and C Reserves Members.

The play down will be held at the Trenton Curling Club at 1 p.m. on Dec. 16. Curlers must register no later than Dec. 12. For registration or information, contact the Sports and Recreation Coordinator Cormier DG@CFB Trenton PSP@Trenton or Daniel.Cormier@forces.gc.ca



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Battle of Quinte West 2014 entertaining and fun

Trenton Golden Hawks defeated the RCAF Flyers 9-4, but the Afghanistan Repatriation Memorial was the big winner



NHL hockey greats Ron Hurst, (Toronto Maple Leafs), Jimmie Morrison, (Toronto Maple Leafs), Ivan Irwin, (New York Rangers and Montreal Canadiens), Peter Conacher, (Toronto Maple Leafs and Chicago Black Hawks), visited the National Air Force Museum of Canada accompanied by John McDonald, (President and Assistant Manager of the Trenton Golden Hawks). They are shown here at a display with Museum Executive Director Chris Colton.

Photo courtesy of Brad Denoon



By Ross Lees

The Battle of Quinte West proved very entertaining this year, although the result was more of the same.

The younger legs and talent of the Quinte Golden Hawks showed through as they skated to a 9-4 win over the 8 Wing RCAF Flyers, but the big winner on the night was the Afghanistan Repatriation Memorial (ARM), which the proceeds from the fundraiser went to.

Still a relatively close and entertaining game at the start of the third period, both teams seemed to step it up a little in the third after the Golden Hawks were assessed a penalty by the referees for being late arriving on the ice. The Golden Hawks goaltender stopped the shot, but the incident seemed to lend wings to the players on both sides and play picked up considerably in the third period.

When all was said and done, the Golden Hawks endurance and younger legs – to say nothing

Even the referees, members of the military, donated their services for the worthwhile Battle of Quinte West.

Photos by Ross Lees



The RCAF Flyers' goalie was kept busy throughout the night.

ing of obvious skills – just proved too much for a game but fading RCAF Flyers squad.

The game, however, came as advertised. Both teams had fun and these teams seem to enjoy playing against each other. After the puck drop featuring former NHL greats Ron Hurst, (Toronto Maple Leafs), Jimmie Morrison, (Toronto Maple Leafs), Ivan Irwin, (New York Rangers and Montreal Canadiens), and Peter Conacher, (Toronto Maple Leafs and Chicago Black Hawks), the two teams could be heard giving each other verbal jabs as they came into contact or completed a play. There was also a lot of smiling as

Continued on page 10



The captains of the RCAF Flyers (Col. David Lowthian) and the Trenton Golden Hawks (Jerome Dupont) faceoff for a ceremonial puck drop with NHL greats dropping the puck.

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Battle of Quinte West 2014 entertaining and fun

Photos by Ross Lees



Both teams came together for this historic photo detailing the outcome of the game and to congratulate each other on another entertaining fundraising display.



The Trenton Golden Hawks goalie was also forced to make a few key saves to help keep his team in the game in the first and second periods.

Continued from page 9

one side or the other displayed their skills.

Despite a relatively sparse crowd on a cold, windy and snowing night, entertainment was at a premium and there were some big winners apart from the ARM. Silent auction winners came away with some amazing prizes, minor hockey players displayed their skills for the crowd and one young player even had the thrill of scoring on the RCAF Flyers goalie, who filled in when the one team showed up without a goalie. All had the opportunity to meet and rub elbows with the former NHL legends on a night when all proceeds went towards a good local cause.



Young hockey fans also collected some future stars autographs.



Between periods and prior to the game, local Quinte hockey fans viewed some of the stellar silent auction prizes available.

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Trenton MFRC Christmas Bazaar

Saturday, Dec. 13, from 10 a.m. to 3 p.m. the Trenton MFRC Christmas Bazaar will take place. Admission is 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! Vendors are invited to 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 and 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 de 10h à 15h. Admission est 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

Fall Into \$\$ Saving Tips!

Financial Advice You Can't Afford to Miss!

Darran Leaker, a retired Military member and current accounts manager at a local banking institution, will be starting his 4th series of practical advice tailored to help attack financial hurdles with knowledge. This series will include topics such as "Don't get stuck for Christmas", "Are you prepared for Tax Season" as well as the unique financial challenges military life bring! You can register for one or multiple sessions.

- 'How to Pay off your Credit Card Faster

Nov 4th, 9:30a.m to 11 a.m. or 6:30 p.m. to 8 p.m.

- 'Investing and preparing for your Future'

Nov 25th, 6:30 p.m. to 8 p.m. or Dec 2nd, 9:30 a.m. to 11 a.m.

Free childcare arrangements can be made at time of registration at the MFRC reception. Call 613-965-3575.

Conseils pour épargner des \$\$

Conseils financiers que vous n'avez pas les moyens de manquer

Darren Leaker, militaire retraité et maintenant gérant des comptes courants à une institution financière locale, débutera sa 4e série de conseils pratiques, sur mesure, pour attaquer avec du savoir les défis financiers. Il parlera de sujets, tels que « Ne vous laisser pas déborder avec Noël », « Etes-vous prêt pour la saison de taxation ? » ainsi que les complications financières que la vie militaire peut créer ! Inscrivez-vous pour une ou plusieurs sessions.

- 'Comment payer vos cartes de crédit rapidement', le 4 novembre, de 9h30 à 11h ou de 18h30 à 20h

- 'Investir et préparer votre futur', le 25 novem-

bre de 18h30 à 20h ou le 2 décembre de 9h30 à 11h Du gardiennage gratuit est offert si vous le demandez lors de votre inscription avec la réceptionniste au 613-965-3575.

Monthly 'Afternoon Chatter' Social Gathering

Holiday Hairstyles with Manon from Design Hair Studio, Sunday, Nov. 16. at the Trenton MFRC from 1 p.m. to 4 p.m. Come meet and mingle and see different hairstyles that you can do for the holidays. Child-care is available onsite at a low cost, please reserve by Wednesday, Nov. 12 at 3 p.m. Hope to see you! For more information, please call 613-965-3575.

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

Un après-midi pour emballer vos cadeaux, partager des idées et socialiser

Le dimanche 14 décembre 2014 au CRFM de Trenton de 13h à 16h. Apportez vos cadeaux, papier et ruban ; venez envelopper vos cadeaux sans la présence d'enfants et/ou mari curieux, partager des idées et

avoir du plaisir. Le CRFM aura rouleaux de papier de grande taille. S.V.P., inscrivez-vous à la réception du CRFM pour que nous ayons assez de tables. Du gardiennage est disponible à coût réduit au CRFM, svp réservez par mercredi 12 novembre à 15h. Au plaisir de faire votre connaissance! Pour plus d'information, téléphoner le 613-965-3575

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.

Continued on page 12

Home of the Week

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Craftsman-style detailing and decorative stone trim add instant appeal to the exterior of this two-level, three-bedroom family home. Inside, a practical floor plan makes this a good choice for a young, growing family.

From the sheltered porch entry, a single front door opens to the ground floor, with a well-lit foyer with a den, or home office, to the right. The den's full-size window and double glass-paned doors will let in plenty of natural light.

The entire back half of the ground floor is unfinished. This space has roughed in plumbing for a three-piece bathroom and access through sliding glass doors to a covered backyard patio. It could serve as an in-law suite or mortgage-helper, where local by-laws permit this.

The laundry room is also located on the lower floor, across the hall from the staircase leading upstairs to the main living areas.

On the second floor, a contemporary kitchen features

a raised eating bar, angled corner sinks with windows and access to a partly covered sundeck.

The adjoining great room includes a dining area with a feature wall with a gas fireplace, as well as glass doors that open to a covered deck located over the garage. Space on either side of the fireplace could be used for bookshelves or an entertainment unit. A large window in the great room has an extra-wide sill, perfect for growing plants.

The master bedroom is at the back of the house and includes a walk-in closet and a three-piece en-suite bathroom. Two additional bedrooms share the home's second bathroom, which has a boxed out wall for the bathtub.

A double garage is recessed into the main level of the home, with a side door leading directly into the foyer.

This home measures 38 feet wide by 49 feet, 4 inches deep, for a total of 1,345 square feet of finished living space.

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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.



VOLUNTEER BELL RINGERS NEEDED!
Ring a bell...help change

A 130-year tradition is in danger of being broken in Quinte West this year. Salvation Army Christmas Kettle Campaign bell ringers are urgently needed for the Salvation Army's only major fundraising initiative throughout the year. Since 1884, the Salvation Army has been faithfully working to restore hope and dignity to those in the community who find themselves in vulnerable situations. By volunteering your time with a friend, co-worker or family member for an hour during our campaign to stand with one of their Christmas Kettles, you can make a significant impact on the community. The campaign takes place Monday to Saturday from 10 a.m. to 8 p.m. throughout the month of December and volunteers are urgently needed for one- to two-hour periods to assist the campaign. If you can help, please contact Christmas Kettle coordinator Lisa Kuypers at the Salvation Army Church at 613-392-3392 or by email at lisa.schrodter@sympatico.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.



Nov. 21 – CFB Trenton Blood Donor Clinic

The next CFB Trenton Blood donor clinic will be held on Nov. 21 from 10 a.m. to 2 p.m. at the RecPlex gym, 21 Namao Drive. All regular and new blood donors are encouraged to come out and help replenish vastly depleted blood supplies.

Nov. 29 - Cookie Trays

Wooler United Church is again this year taking orders for Christmas Cookie Trays. These trays will be ready for pick up Nov. 29 at 1 p.m. at Wooler United Church. To order call Linda at 613-397-2106 or Roxie at 613-397-3027.

Nov. 29 – Sports Day in Canada

In Trenton, CFB Trenton's Community Recreation Association will be hosting a Recreational Smorgasbord encouraging residents to get active by providing opportunities for people to try different activities including martial arts, swimming, skating, tai chi and curling. As well, the Fitness and Sports Flight will be running programs for Military members and their families on Friday, Nov. 28 from 10 a.m. to 3 p.m.-1500. These events will include Watersports, volleyball and skating which will provide members with fun, team-building activities. Visit <http://sportsday.cbc.ca> to browse a list of other local events happening in the community.

Nov. 29 - Canadian Pacific Holiday Train visits

The CP Holiday Train is North America's longest rolling food bank fundraiser and since it started in 1999, the program has raised close to \$9.5 million and 3.3 million pounds of food. Over the three weeks of the program, musicians will play more than 150 concerts from a boxcar which has been turned into a travelling stage. The concerts are free, but visitors are encouraged to bring a donation for your local food bank - either a non-perishable food item or a cash donation. All contributions will stay in your community. The CP Holiday Train

is scheduled to arrive at the RCAF Road rail crossing at 11:15 a.m. This year's entertainment features Odds and Roxanne Potvin

Nov. 30 - Santa Claus is coming to town

Get ready for a visit from Santa at the Trenton Santa Claus Parade. The parade this year takes place on Sunday, Nov. 30 at 4:30 p.m. Bundle up and head out to see all the wonderful floats built by local businesses, organizations and service clubs. Listen to a selection of bands from across the region as they play some Christmas favourites for the community to enjoy. The parade will leave Centennial Park at 4:30 p.m., make its way up Campbell St, and then follows Dundas St East over the bridge and through downtown around 5 p.m.. Everyone is encouraged to bring a non-perishable food item for the food bank and toy for the Kinsmen Toy Drive. Watch for the Canada Post carriers as they walk through the parade to collect your letters and deliver them directly to Santa at the North Pole! Address your Santa letter to Santa Claus, North Pole, HOH OHO Canada. Remember to include your return address!

Dec. 3 - International Day for Persons with Disabilities

The Defence Team is commemorating this year's International Day for Persons with Disabilities (IDPWD) under the theme "Towards an Enabled Future". Events and awareness activities will be held in early December across the organization to highlight the day. To obtain copies of IDPWD posters, please send your request to [+EE Com Events@ADM\(HR-Civ\) DDWB@Ottawa-Hull](mailto:+EE Com Events@ADM(HR-Civ) DDWB@Ottawa-Hull). For more information on IDPWD, visit the EE Commemorative Events Intranet site at <http://hr.forces.mil.ca/eec-ee/>. The site includes a handbook on How to organize an EE commemorative event; regions are also invited to send in their agendas, success stories and photos via this website. An online collaborative tool is also available to event OPIs, designed for organizers of EE Commemorative Events across the department to stay connected and to share ideas and knowledge. Region-

al/local event OPIs are invited to join at <http://collaboration-hr-civ.forces.mil.ca/sites/eecommevents/default.aspx>.

Dec. 5 - 18th Annual ATESS Food Drive Toll Booth

The 18th Annual ATESS Food Drive Toll Booth will take place at the north side gate from 6:30 a.m. to 8 a.m. Non-perishable food items or cash will be accepted. Please support the Trenton Care and Share Food Bank. All donations are greatly appreciated.

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

Trenton Memorial Hospital Foundation (TMHF) will host a Christmas Vendor's Sale from 11 a.m. to 4 p.m. at QHC Trenton Memorial Hospital. This is a great way to get your Christmas shopping done, or even something for just you. Just in time for Christmas, a number of independent consultants for a wide range of product lines from across the region will set up and have cash and carry, as well as opportunities to order additional items, with a portion of sales going to TMHF. Among the excellent product lines confirmed for the sale are: Arbonne, Epicure, Pampered Chef, Scent-sy, Steeped Tea, Stella & Dot, Splash Natu-

ral Bath and Body Products, Thirty-One Gifts, Younique, and more. Parking is free at QHC Trenton Memorial Hospital with every purchase during the event. Trenton Memorial Hospital Foundation raises funds for priority medical equipment for Trenton Memorial Hospital.

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

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

Dec. 8 – Trenton Blood Donor Clinic

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

Continued from page 11



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



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South side gym closed from Nov. 24 to Dec. 19

Due to resurfacing the gym floor at the south side gymnasium, the gym will be closed Monday, Nov. 24 until Friday, Dec. 19. The strength and conditioning room, multipurpose room, spin studio and squash courts will be unaffected by the renovation. The Recplex will be open as per their usual schedule. For facilities related concerns please contact Mark. Boates@forces.gc.ca FORCE testing will be cancelled for the dates inclusive. Combined Unit PT and Sport PT classes will run as per the regular schedule. Drop in PT classes will run daily at 7:30 a.m. at the south side gym. For fitness related inquiries or requests please contact Tracy Blair, Fitness Coordinator: Tracy.Blair@forces.gc.ca

Le plancher de la salle de gym du côté sud sera fermé en raison de remise à neuf. Lundi 24 novembre jusqu'au Vendredi 19 décembre. La salle de mise en forme, salle polyvalente, spin studio et les courts de squash ne seront pas affectés par la rénovation. Le Recplex sera ouvert par l'horaire habituel. Pour des informations sur les installations, veuillez contacter : Mark.Boates@forces.gc.ca Évaluations FORCE seront annulés pour les dates étant incluses. Des classes multiprogrammes D'unité PT et de Sport PT se dérouleront conformément à l'annexe régulière. Les classes de PT seront ouverts à tous, tous les jours à 0730 au gymnase côté sud. Pour les questions de conditionnement ou demandes, veuillez contacter Tracy Blair, coordonnateur de conditionnement physique Tracy.Blair@forces.gc.ca

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 pre-authorized payments.

Aquatics

Morning Aquafit - Mondays, Wednesdays, Fridays from Sept. 22 to Dec. 19 (38 classes), from 8:30 a.m. to 9:20 a.m.
Senior Lane Swim - Mondays, Wednesdays, Fridays from Sept. 22 to Dec. 19 (38 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, Oct. 7 to Nov. 25 (8 classes), from 6:15 p.m. to 7:05 p.m.

Fitness Programs

NEW! Intro to Squash for Adults and Teens 14 and up - Wednesdays, Oct. 1 to Dec. 3 from 6:45 p.m. to 7:45 p.m. at the South Side Gym.
Core Fitness (30 minutes) - Mondays, Sept. 29 to Dec. 1 from 4:30 p.m. to 5 p.m. at the South Side Gym.
Boot Camp Fitness (60 minute) - Mondays from Sept. 29 to Dec. 1 from 5:10 p.m. to 6:10 p.m. at the South Side Gym.

*Kickboxing (60 minutes) - Mondays from Sept. 29 to Dec. 1 from 6:20 p.m. to 7:20 p.m. at the South Side Gym.
*Yoga - Tuesdays from Sept. 30 to Dec. 9 or Thursdays from Oct. 2 to Dec. 4 (10 sessions), from 6:45 p.m. to 7:45 p.m. at Baker Island.
*Spin-Fusion - Tuesdays from Sept. 30 to Dec. 9 from 5:35 p.m. to 6:35 p.m. at the South Side Gym.
*Cardio/Step/Strength - Tuesdays from Sept. 30 to Dec. 9 from 6:40 p.m. to 7:40 p.m. at the South Side Gym.
Tai Chi - Tuesdays from Sept. 30 to Dec. 9 from 5:35 p.m. to 6:35 p.m. at the RecPlex Gym.
*Pilates/Core Fitness - Wednesdays from Oct. 1 to Dec. 3 from 4:30 p.m. to 5:30 p.m. at the South Side Gym.
Zumba - Wednesdays from Oct. 1 to Dec. 3 from 5:45 p.m. to 6:45 p.m. at the South Side Gym.
*Spin Class - Thursdays from Oct. 2 to Dec. 4 from 4:30 p.m. to 5:30 p.m. at the South Side Gym.
*Muscular Interval - Thursdays from Oct. 2 to Dec. 4 from 5:35 p.m. to 6:35 p.m. at the South Side Gym.
*Dates and times unable to be finalized before printing. Waiting for instructor confirmation before being finalized.

Advanced Aquatics

Junior Lifeguard Course - Mondays from Oct. 6 to Dec. 1 from 6 p.m. to 7 p.m.
Youth Aquatic Club - Monday, Wednesday, Friday from Sept. 22 to Dec. 12 (12 weeks), from 4:45 p.m. to 6 p.m.
Bronze Star with Basic First-Aid and CPR "A" - Mondays from Oct. 6 to Dec. 1 from 7 p.m. to 8 p.m.

Child, Youth and Teens Programs

Learn to Skate for Youngsters ages four to seven years of age - Fridays from Oct. 10 to Dec. 12 from 5 p.m. to 6 p.m.
Learn to Skate eight years old and up - Friday from Oct. 10 to Dec. 12 from 6 p.m. to 7 p.m.
Skills and Drills - Mondays from Oct. 6 to Dec. 8 from 5 p.m. to 6 p.m.
Shinny Hockey - Starts Oct. 6 and runs to Dec. 19.
Tyke/Novice - Fridays from 6 p.m. to 7 p.m.; Atom - Wednesdays from 4 p.m. to 5 p.m.; PeeWee - Tuesdays from 4:30 p.m. to 5:30 p.m.; Bantam/Midget - Mondays from 4 p.m. to 5 p.m.
Family Skate - Saturday and Sunday from Oct. 4 to Dec. 21 from 1 p.m. to 3 p.m. at RCAF Flyers Arena.
Indoor Soccer Night - Wednesdays from Oct. 1 to Dec. 3 for six to eight years of age from 5 p.m. to 6 p.m.; nine to 12 years old from 6 p.m. to 7 p.m.
Drop in Youth Basketball - Thursdays from Oct. 2 to Dec. 4 from 5:30 p.m. to 6:30 p.m.
Basketball for Kids - Mondays from Sept. 30 to Dec. 1 for six to eight years of age from 5 p.m. to 6 p.m.; nine to 12 years of age from 6 p.m. to 7 p.m.

2015 CAF National Running Championship contestants sought

The 2015 Canadian Armed Forces (CAF) Running Championship will be run in conjunction with the National Capital Race Week-end in Ottawa on May 22 - 24, 2015, and shall consist of the following races and categories:

- | | |
|--|--|
| <p>Categories</p> <ul style="list-style-type: none"> Under 19; 20 - 24 yrs 25 - 29 yrs 30 - 34 yrs 35 - 39 yrs 40 - 44 yrs 45 - 49 yrs 50 - 54 yrs 55 and over | <p>Races</p> <ul style="list-style-type: none"> a. 5 Km b. 10 Km c. Half Marathon d. Marathon |
|--|--|



To be eligible to compete, all participants must be a member of the Regular Forces, Class B or C reserve. Each Region is limited to 19 runners, provided that they meet the qualifying times. The qualifying times listed below are the minimum times that must have been achieved on a certified course within 14 months prior to the race day. Your Service number, age, date of birth, unit, local, singlet size, environment and proof of time must be forwarded to the Sports and Recreation Coordinator Cormier DG@CFB Trenton PSP@Trenton DanielL.Cormier@forces.gc.ca no later than Feb 9, 2015.

Age	Marathon		Half Marathon		10 KM		5 KM	
	M	F	M	F	M	F	M	F
Under 19	3:15:00	3:30:00	1:25:00	1:35:00	36:00	42:30	17:30	21:30
20 - 24	3:15:00	3:30:00	1:25:00	1:35:00	36:30	43:00	18:00	22:00
25 - 29	3:15:00	3:30:00	1:30:00	1:40:00	37:00	43:30	18:00	23:00
30 - 34	3:15:00	3:30:00	1:30:00	1:40:00	38:00	44:30	18:30	23:30
35 - 39	3:30:00	3:45:00	1:35:00	1:45:00	39:00	48:00	20:00	25:00
40 - 44	3:30:00	3:45:00	1:40:00	1:50:00	41:00	50:00	21:30	25:00
45 - 49	3:45:00	4:00:00	1:42:00	1:52:00	43:00	52:30	23:00	28:00
50 - 54	3:45:00	4:00:00	1:45:00	1:55:00	45:00	56:00	25:00	31:00
55 & Over	4:30:00	4:45:00	1:55:00	2:10:00	50:00	60:00	25:00	40:00

Call for nominations for CISM team manager for men's soccer

The position for the CISM Team Manager for the sport of men's soccer is currently open. This position will be for a four-year term and will begin in 2015. The position of Canadian Armed Forces (CAF) CISM Team Manager can be very rewarding. The Team Manager can be either an officer (Capt. and above), NCM (Sgt. and above), or a full-time employee of the staff of the NPF, CAF. The person is appointed by the CF Sports Manager and is responsible for planning, organization, and conduct of the activities of the team, including purchase, control, maintenance, and disposal of clothing and equipment. For a more detailed list of responsibilities, contact the Sports and Recreation Coordinator Dan Cormier.

When submitting an application, all the following information must be included - full name, rank, unit, base, work phone number, list of all soccer related qualifications, list of related experience (military and civilian (all levels), list of related experience in sports specific administration or management, list of other related experience in administration or management, letter(s) of recommendation, letter of approval from the chain of command, and any other information that is pertinent or the applicant would like to share. If you have any questions relating to the position or the application process, please contact the CFISM at (613) 995-7605. Submit your application to the Military Sports Coordinator Cormier DG@CFB Trenton PSP@Trenton no later than Nov. 21 Nov.

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Capt (the Rev./Rév.) Eric Davis
Capt (Padre) Eric Doiron
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Capt (the Rev./Rév.) Daniel Walton

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Safety



Sobering safety thoughts about drinking

Party animals turn into dangerous beasts when they get behind the wheel of an automobile.

Drinking and driving causes countless tragedies every year - traffic accidents resulting in death and injury and suffering. Many of these accidents are caused by people who party

it up with their friends and try to drive home. Party hosts and guests both must take responsibility for preventing these accidents.

Here are some ideas for party hosts to discourage drinking and driving during the holiday season and year-round:

- Take charge of the party. Tell

the guests you have house rules which include no one driving away while impaired by drugs or alcohol.

- Collect car keys from your guests as they arrive, and don't return them to drivers who might be impaired.
- Designate drivers at the beginning of the evening. These drivers will remain sober and drive the others home.
- Provide a choice of attractive non-alcoholic drinks for the designated drivers and for all guests.
- Also provide a variety of food high in protein and starch, to delay the absorption of alcohol. Limit the foods which are salty; they increase thirst.
- Plan activities to take the emphasis off drinking. Encourage guests to participate in games, entertainment, food preparation and other activi-

- ties.
 - Control your bar by serving guests yourself or hiring a bartender. Measure all drinks. Stop serving drinks early in the evening.
 - Never serve a drink to a guest who appears intoxicated.
 - Arrange rides with sober guests or call cabs for guests who appear intoxicated. Allow guests to sleep over if they have had too much to drink.
 - Do not invite people who you know drink too much.
- Here are some additional ideas for party guests to avoid drinking and driving:
- Plan your transportation before you leave home for the party. If you are going to be drinking, make definite plans to ride with a sober friend or to take a cab.
 - Eat a snack at home before you leave for a party so you won't

- overindulge in salty snacks which increase thirst.
 - Alternate your alcoholic drinks with other beverages such as fruit or vegetable juice. Don't chug down alcoholic beverages just because you are thirsty; fill up on water instead.
 - Stay sober and help volunteer to drive for others. Help your host to arrange transportation for other guests.
 - Never ride with someone who has been drinking, even if you arrived with that person.
 - Remember, only time can reduce impairment. Hot coffee, cold showers and fresh air do not sober you up.
- Parties are bright spots in our lives during the December holidays and throughout the year. Make sure they remain bright memories, not darkened by a drinking and driving accident.



424 Tiger Squadron attends Remembrance Day ceremony in Hamilton

Seven of the original Lancaster Crew members from WWII reunited on Remembrance Day in Hamilton. This photo of them was taken in front of the Lancaster bomber at the Canadian Warplane Heritage Museum.



424 Tiger Squadron waited for the Remembrance Day Ceremonies at the Canadian Warplane Heritage Museum

Members of 424 Tiger Squadron joined seven original Lancaster crew members from WW II in Remembrance Day ceremonies at the Hamilton Canadian Warplane Heritage Museum. The Lancaster was the backdrop for the ceremony held in the hangar at the museum. A record attendance approached 3,000 people at the ceremony.



Photos and information supplied by Kerry-Ann Lecky Hepburn



© Kerry-Ann Lecky Hepburn www.weatherandsky.com

(Above) A record attendance for the Remembrance Day Ceremony at the Canadian Warplane Heritage Museum honoured those who fought in World War II.

(Above middle) Lancaster Crew members from WW II are shown in the first row, while 424 Tiger Squadron members are in the second row.

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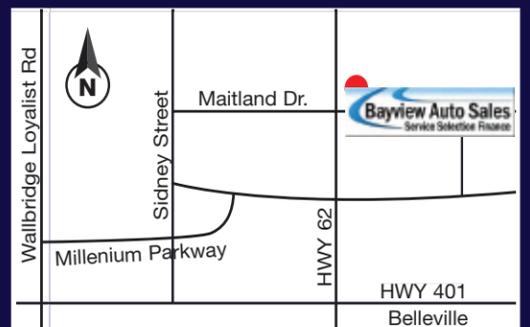
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