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>> Outstanding personnel win 24 CF Health Services Centre awards

Dr. Genevieve Ducros wins CWO Bradford Award of Excellence, LS. Linda Battaglia wins Quality Improvement Excellence Award

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>> Capt. (Rabbi) Bryan Bowley now part of 8 Wing Chaplain team

Capt. Bowley is a graduate of the Jewish Theological Seminar in New York and has held postings in various US and Canadian cities

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>> The making of the Royal Canadian Air Force

The change did not take place until April 1, 1924, the birth date of the Royal Canadian Air Force

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## Snowball Olympics on Feb. 27 designed with fun in mind

This team tried to beat the clock in the Snowball Olympics last year.  
Contact file photo by Ross Lees



Teams of six to eight competitors are encouraged to come out and have fun with their 8 Wing peers

By Ross Lees

This year's Snowball Olympics at 8 Wing is going through some necessary changes.

As Baker Island is not available this year due to renovations, the Snowball Olympics will take place in the area

surrounding the south gymnasium and in behind the base tennis courts. The pizza lunch and awards ceremony to follow the outdoor festivities will now take place at the Astra Lounge, says Snowball Olympics organizer Todd Peart.

Continued on page 9

They're called the Snowball Olympics for a reason as this team tries to hit targets with snowballs. Contact file photo by Ross Lees



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# Chief Warrant Officer Bradford Award of Excellence



**D**r. Genevieve Ducros was presented with the Chief Warrant Officer Bradford Award of Excellence, on Feb. 12, for "surpassing her normal roles/responsibilities to facilitate/provide excellent patient care/patient satisfaction." Those selected for this annual award are nominated by patients who can recommend any staff whether they fill a support or clinical role. No matter what their own story

was, the patients who nominated Dr. Ducros agreed that she is a very pleasant, professional and caring physician to deal with and well represents the care provided at 24 CF Health Services Centre.

One patient wrote: "Over the seven years that I have been here in Trenton, I have seen a myriad of doctors and clinicians. Most have been very good, but for me, one stands out as exceptional

and one that I gravitate to when I am in need of care. In particular, I once had a nagging bout of pneumonia with other unknown factors at play. She was thorough in her delivery of care and tenacious in getting results quickly, which contributed to an excellent patient experience and speedy recovery. I also know that I am not alone in this sentiment towards this physician as many of my colleagues have expressed their deep respect and appreciation of Dr. Ducros' care."

Another patient added: "From my perspective as a patient, she is instrumental in a positive clinical outcome with her many positive behaviours in practice such as being very approachable, which puts patients at ease regarding discussion of their personal issues; she remembers details about my family and even asks about my children, which demonstrates care and compassion; she puts the patient experience first ahead of the rudimentary clinical poking and prodding and she takes the time to be sure the patients understands the course of treatment, any benefits or consequences, follow-up requirement etc."

For this CF member/patient, Dr. Ducros clearly made a difference and exemplifies the meaning of excellent patient care and what it means to be a dedicated health care provider. For this reason and we are sure many others, Dr. Ducros is the recipient of the Chief Warrant Officer Bradford Award of Excellence for 2013.

# Quality Improvement Excellence Award

**S**upport and clinical staff at 24 Canadian Forces Health Services Centre (24 H Svcs C) may be nominated for the Quality Improvement Excellence Award annually. This award recognizes staff for "being innovative in the creation of an improvement idea that will enhance the quality of service/process/outcomes/patient safety and/or continuously display a positive and inspiring attitude towards quality improvement."

LS. Linda Battaglia has been running the Physiotherapy Back Class in the clinic for almost a year now. This particular class is an evidence-based exercise class originally designed by the physiotherapy department in Valcartier. In Valcartier, the patient works independently through the station-based exercise class while a physiotherapy aid is available to answer questions and correct technique. This method was initially trialed for a few months in Trenton but was found to have a relatively low compliance rate.

LS. Battaglia was trained on the program and took it over last March. On her own initiative, she decided to run the program in an exercise class format whereby patients attend the class and do the program together. The compliance rate for this new format has proven to be much, much higher. Not only do patients attend regularly, but we receive nothing but positive feedback from the patients who are very impressed with LS. Battaglia's knowledge of exercises, teach-



ing method and encouragement. Many patients have stated they would not have attended the program if it were not for LS. Battaglia's motivational skills as well as her pleasant and positive demeanour. The success of this class has decreased the number of follow up visits with the physiotherapists and has significantly contributed to positive

patient outcomes by decreasing the incidence of lower back pain and improving their quality of life. For her contributions and dedication to the clinic, thereby enhancing and improving quality care at 24 CF Health Services Centre, LS. Battaglia was awarded the Quality Improvement Excellence Award for 2013 on Feb. 12.

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# 8 Wing Construction Engineering promotion



Maj. Renald Nelson, 8 Wing Construction Engineering Officer, promoted MCpl. Kelly Pierotti while MWO Blair Gaidies (8 Wing Construction Engineering Master Warrant Officer), Maj. James Pierotti (424 Transport and Rescue Squadron), and Maj. Lynn Lacroix (8 Air Reserve Flight Commander) looked on. *Submitted photo*

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Cpl. Valerie Allard was awarded the Canadian Forces Decoration (CD) for 12 years of honourable service. Lt.-Col. Jean Maisonneuve, Commanding Officer of 429 Squadron, and CWO Bryan Pierce, 429 Squadron CWO, presented the CD to Cpl. Allard recently.

## 429 Squadron CD presentations



Cpl. William Teeninga received his CD medal from Lt.-Col. Jean Maisonneuve, Commanding Officer of 429 Squadron, and CWO Bryan Pierce, 429 Squadron CWO, recently.



MCpl. John Dassen was awarded the Canadian Forces Decoration (CD) for 12 years of honourable service. Lt.-Col. Jean Maisonneuve, CO of 429 Squadron, and CWO Bryan Pierce, 429 Squadron CWO, presented the CD to MCpl Dassen recently.



MCpl. Christopher Sheehan received his CD medal from Lt.-Col. Jean Maisonneuve, CO of 429 Squadron, and CWO Bryan Pierce, 429 Squadron CWO, recently.

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## Letter to the Editor

# CAF Tattoo 1967 seeking to find remaining members

Dear Editor,

During Canada's Centennial year, members of the Canadian Forces were involved in the production of the Canadian Armed Forces Tattoo 1967. The Tattoo travelled across Canada via two trains and then joined to perform at larger venues such as the CNE in Toronto and Expo 67 in Montreal. Further information can be found on [www.Tattoo67.com](http://www.Tattoo67.com) and Facebook: Canadian Armed Forces Tattoo 1967, and the official Tattoo 67 website.

Thirty-nine military regular and reserve women representing all three services were in this great show. The majority of the women danced in various scenes. When the show was over, the troop was disbanded and the military members returned to their normal duties. We lost track of each other over the many busy years and are now attempting to locate the 1967 Tattoo Sisters as we are planning a reunion in Ottawa during Aug. 21 to 24, 2014.



In the last year, we have worked hard at finding each other and we have had a small reunion (eight of us) in Ottawa last August and several mini-reunions across the country. Almost 50 years have passed since that wonderful year together and we are really trying to reach out to find the missing members.

We have managed to find all but eight of the Tattoo sisters and a confirmation of the location of the ninth. We are seeking help to find the following women:

- ◆ **Joann Beauchamp** was a WREN who was last seen in Halifax in 1968;
- ◆ **Myrtle Gauthier** was a WREN who was from Edmonton, Alberta and last seen in Halifax in 1968;
- ◆ **Winnie Booth Honohan** was a WREN from Scarborough, ON who was last seen in Inisfil, ON;
- ◆ **Linda Marks** was an Air Woman who was last known to be a Sgt serving at CFB Toronto in 1984;
- ◆ **Jean Settler** was a CWAC who worked for PR Division, General Motors in Oshawa, ON, last seen in late 1967;
- ◆ **Kit Archibald** was a CWAC from Trail BC and was last seen in a mining area in BC in 1980;
- ◆ **Lise Ratte** was a CWAC from PQ and was last seen in 1968; and
- ◆ **Louise Thomassin** was from Shawingan, PQ.

If any of your readers have any idea of where the above mentioned could be, we would greatly appreciate this information so that we could contact them concerning the upcoming reunion. We would like them to experience the joy that we have felt meeting our wonderful 1967 Tattoo Sisters after so many years.

Thank you for your help.  
Lynda Everett-Rees  
26 Georgian Court,  
Belleville, Ontario K8N 5R3  
[lrees7@cogeco.ca](mailto:lrees7@cogeco.ca)  
613-779-6627 (home)  
613-968-4684 (work)  
613-827-5356 (cell)

## Twilight finally returns to CFS Alert



After over three months of 24-hour darkness, twilight is seen at Canadian Forces Station (CFS) Alert.

Photo by Cpl. Katherine Bouchard

### Letters to the Editor:

All letters must be signed and the name of the author will be published. Include a phone number for verification. We reserve the right to edit 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](mailto:cfbcontactnewspaper@gmail.com)

### The Contact Newspaper

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

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

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

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

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### 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](mailto: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 Tuesday 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](mailto: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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# Rabbi now part of 8 Wing Chaplain team

It is an honour and a privilege for me to be the first rabbi stationed at CFB Trenton and to be part of 8 Wing's Chaplain team. Born and raised in Montreal, I met my wife Laura in Toronto and have called the Gulf Islands, three nautical miles west of Vancouver, our home for the past 20 years. I am a graduate of the

Jewish Theological Seminar in New York City and have held postings in various US and Canadian cities. I am well travelled and love music, motorcycles and cooking.

While I am well versed in Jewish tradition and practice, I am also able and willing to serve the needs of all service men and women, regardless

of their religious or personal beliefs. I am open-minded, grounded and approachable.

I look forward to getting to know as many of you as possible. If you would like to chat, or if there is any way that I can be of assistance, please do not hesitate to contact me at Local 3487.



Capt. (Rabbi) Bryan Bowley

*Coming soon!*

## International Women's Day March 8 International Day for the Elimination of Racial Discrimination March 21

The Defence Team is commemorating this year's International Women's Day (IWD) under the theme "Celebrating the Past, Planning the Future" and International Day for the Elimination of Racial Discrimination (IDERD) under the theme "Recognizing the Milestones Achieved."

Awareness events and activities will be held across our organization throughout the month of March to commemorate these dates. The Defence Champion for Women, RAdm J.J. Bennett, and the Defence Champion for Visible Minorities, VAdm M.A.G. Norman, encourage all civilian employees and military members to take part in the events taking place in their area.

To obtain copies of IWD or IDERD posters, please send your request to +EE Com Events@ADM(HR-Civ) DDWB@Ottawa-Hull.

For more information on EE Commemorative Events, visit the EE Commemorative Events Intranet site at <http://hr.forces.mil.ca/eec-ece/>. 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, designed for organizers of EE Commemorative Events across the department to stay connected and to share ideas and knowledge, is also available to event OPIs. Regional/local event OPIs are invited to join by re-

questing access at <http://collaboration-hr-civ.forces.mil.ca/sites/eecommevents/default.aspx>.

Participate, celebrate, learn, share and build strength through diversity.

*C'est bientôt!*

La Journée internationale de la femme -- 8 mars 2014

La Journée internationale pour l'élimination de la discrimination raciale -- 21 mars 2014

Cette année l'Équipe de la Défense commémore la Journée internationale de la femme (JIF) sous le thème « Célébrer le passé, planifier l'avenir » et la Journée internationale pour l'élimination de la discrimination raciale (JIEDR) sous le thème « Célébrer les étapes franchies ». Divers événements et activités de sensibilisation auront lieu à la grandeur de notre organisation au cours du mois de mars pour commémorer ces dates. La Championne de la Défense pour la cause des femmes, Cam J.J. Bennett, et le Champion de la Défense pour les minorités visibles, Vam M.A.G. Norman encouragent tous les employés civils et les membres du militaire à participer aux événements qui se dérouleront dans leurs régions.

Pour obtenir des affiches de la JIF ou la JIEDR, faites parvenir votre demande à l'adresse +EE Com Events@ADM(HR-Civ) DDWB@Ottawa-Hull.

Pour en connaître davantage sur les Événements commémoratifs d'ÉE, visitez le site Intranet des Événements commémoratifs d'ÉE à l'adresse <http://hr.forces.mil.ca/eec-ece/>. Le site comprend un manuel sur Comment organiser un événement commémoratif d'ÉE; de plus, les régions sont invitées à faire part de leurs programmes, histoires de réussites et photos via ce site.

Un outil collaboratif en ligne est disponible. Il est particulièrement conçu pour que les organisateurs d'événements commémoratifs d'ÉE dans l'ensemble du ministère restent en contact et échangent leurs idées et leurs connaissances. On invite les BPR d'événements régionaux/locaux à s'y joindre en demandant accès au <http://collaboration-hr-civ.forces.mil.ca/sites/eecommevents/default.aspx>.

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# Fitness & Health



## Mental health resources: Where to turn for help

The Canadian Armed Forces (CAF) are working to reduce stigma and to encourage all personnel to recognize the signs of mental illness and to seek care either for themselves or their loved ones.

Twenty per cent of Canadians will experience a mental illness in their lifetime. However, two-in-three suffer in silence for fear of being judged or rejected because of the continuing stigma.

Often, peers and family members are the first to notice behavioural changes such as increased anxiety, anger, sadness, negativity, avoidance and substance-use that could be a sign of mental health difficulties. When we notice these changes, we have the responsibility to act and to aid them in seeking help.

If you or someone you know requires emergency mental health assistance, we urge you to contact or go to the nearest CAF health clinic or civilian emergency health care centre. Please also consult the services available below.

### Mental health resources - CAF

#### Health Services Clinics

Your local health services clinic or one of 26 mental health clinics can provide the required assistance or a referral to the most appropriate resource.

#### CAF Member Assistance Program

The CAF Member Assistance Program is a confidential 24/7 toll-free telephone advisory and referral service for all CAF personnel and their families. It can also provide short-term, confidential, external counselling for those in need. 1-800-268-7708, 1-800-567-5803 (for the

hearing impaired)

#### Employee Assistance Program

The Employee Assistance Program (EAP) is a voluntary, confidential and short-term solution-focused service available to civilian employees and their eligible family members who are experiencing personal or professional issues that may have an impact on their personal well-being and/or their work performance. EAP services are available through two points of contact: DND Referral Agents and professional mental health counsellors through Health Canada's Employee Assistance Services. A list of DND Referral Agents is available by region go to the Human Resources-Civilian Intranet.

For immediate assistance, Employee Assistance Services can be accessed 24/7 at: 1-800-268-7708, 1-800-567-5803 (for the hearing impaired)

#### The Family Information Line

The Family Information Line is a toll-free bilingual telephone service for families of Canadian military personnel, intended to provide timely and accurate information as well as reassurance, support and referrals to other resources as needed. Family Information Line counsellors are available to handle calls and email (fil@familyforce.ca) in confidence 24/7. 1-800-866-4546 (Toll-free in North America), 1-613-995-5234 (Collect calls accepted)

#### Military Family Resource Centres

Military Family Resource Centres provide information on subjects of interest to military families, including mental health. They can also provide psychological support through counselling and referral services to complementary programs in the larger, local community.

#### Operational Stress Injury Social Support

Operational Stress Injury Social Support is a peer-based support program for CAF members, veterans and their families who are coping with an operational stress injury.

#### Operational Trauma and Stress Support Centres

Operational Trauma and Stress Support Centres provide assessment, individual and group treatment for personnel experiencing difficulties that result from operational duties. Centres are located in Edmonton, Esquimalt, Gagetown, Halifax, Ottawa, Petawawa and Valcartier.

#### The Road to Mental Readiness

The Road to Mental Readiness web portal is designed to provide more information about the types of Road to Mental Readiness training provided to CAF personnel throughout their career, during deployment, and to CAF families.

#### Strengthening the Forces

Strengthening the Forces is the CAF's health promotion program and includes awareness and prevention initiatives in areas such as suicide, anger and stress management, healthy relationships, family violence, and addictions. For more information on this and other topics, contact your local Health Promotion Office: 613-392-2811 x3768, healthpromotiontrenton@forces.gc.ca.

Health Promotion is offering a Mental Fitness and Suicide Awareness workshop 26 Feb 2014, 0830 to 1600 hrs. Register online at <http://healthpromotion.cfbtrenton.com>.

<http://www.forces.gc.ca/en/caf-community-health-services-mental/index.page>

Source: The Defence Team <http://dt.mil.ca>

## Upcoming Health Promotion Programs

#### Mental Fitness and Suicide Awareness Supervisor Training (MF-SAST)

Mental Fitness and Suicide Awareness (MFSA) is aimed at assisting in the understanding and maintenance of mental fitness, including awareness of suicide and suicide intervention for non-professionals. MFSA promotes awareness and skill building to maximize mental fitness for individual and operational effectiveness.

Date: Feb. 26

Timings: 8:30 a.m. to 4 p.m.

#### Managing Angry Moments (MAM)

Effective communication and leader-

ship starts with managing angry moments. The CF Managing Angry Moments (MAM) workshop is designed to increase personal performance by assisting participants to deal with anger generating situations in an emotionally non-reactive way. Benefits of the workshop include: improved relationships in the workplace, at home and in the community; enhanced team cohesion; more effective problem solving skills and; reduced levels of stress and anxiety when faced with anger generating events and circumstances.

Date: March 5

Timings: 8:30 a.m. to 4 p.m.

#### Here's how to sign up!

Go online <http://healthpromotion.cfbtrenton.com>

Call 613-392-2811 Ext. 3768

Walk-in 177 Hercules St., Bldg 119

Strengthening the Forces programs are available, free of charge to all CF members, DND employees, NPF employees, CF spouses and dependants.

#### Program not scheduled? Get on the Waitlist!

All programs are available for wait-listing. This may be done by calling 3768 or registering online for you preferred programs. You will be emailed when the course secures a date and registration is available.

## Programmes de promotion de la santé à venir

#### Sensibilisation à la santé mentale et au suicide : Formation pour superviseur

Le programme Sensibilisation à la santé mentale et au suicide est conçu pour favoriser la compréhension et le maintien de la santé mentale, notamment au moyen d'activités de sensibilisation au suicide et de prévention du suicide destinées à des non-professionnels. Il s'agit d'un programme de sensibilisation et de perfectionnement des acquis qui vient à maximiser l'état de santé mentale des individus et l'efficacité opérationnelle.

Date : le 26 février 2014

Heure : De 8 h 30 à 16 h 00

#### Gérer les moments de colère (GMC)

La communication et le leadership efficaces

commencent par la gestion des moments de colère. L'atelier GMC des FC est conçu pour améliorer le rendement personnel en aidant les participants à faire face aux situations provoquant de la colère d'une manière la moins émotionnelle possible. Les avantages de l'atelier sont notamment les suivants: Meilleures relations au travail, à la maison et dans la collectivité; Cohésion d'équipe améliorée; Meilleures aptitudes à résoudre des problèmes; Niveaux réduits de stress et d'anxiété lorsque l'on est confronté à des événements et à des circonstances qui provoquent de la colère.

Date : le 5 mars 2014

Heure : De 8 h 30 à 16 h 00

Continue à la page 7

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# Fitness & Health

## Des ressources en matière de santé mentale : Où trouver de l'aide

Les FAC travaillent à l'élimination de ces préjugés et encouragent les membres de leur personnel à reconnaître les signes de maladie mentale et à chercher de l'aide tant pour eux que pour leurs proches.

Vingt pour cent des Canadiens souffriront d'une maladie mentale au cours de leur vie. Toutefois, de ce nombre, deux personnes sur trois ne chercheront pas à obtenir de l'aide, de peur d'être jugées ou rejetées en raison des préjugés qui persistent. Les FAC travaillent à l'élimination de ces préjugés et encouragent les membres de leur personnel à reconnaître les signes de maladie mentale et à chercher de l'aide tant pour eux que pour leurs proches.

Souvent, ce sont les pairs et les proches qui remarquent les premiers des changements de comportement, notamment de l'anxiété, de la colère, de la tristesse, du pessimisme, de l'évitement et de l'abus de substances, autant de symptômes possibles de troubles de santé mentale. Lorsque nous remarquons ces changements, il nous incombe d'agir et d'aider la personne en question à trouver le soutien dont elle a besoin.

Si vous connaissez quelqu'un qui a besoin de soins urgents en matière de santé mentale ou si vous en avez vous-même besoin, nous vous prions de communiquer avec le centre des services de santé des FAC ou le service d'urgence du centre hospitalier civil le plus près de vous ou de vous y rendre. Veuillez également consulter la liste suivante, qui énumère des ressources à votre disposition.

### Des ressources en matière de santé mentale

#### Les centres de services de santé des FAC

Le centre de santé de votre région ou l'une des 26 cliniques de soins de santé mentale, situées dans les bases et escadres partout au Canada, peuvent vous apporter l'aide dont vous avez besoin ou vous re-

Continue de la page 6

#### Voici comment vous inscrire :

En ligne à <http://healthpromotion.cfbtrenton.com>

Par téléphone au 613-392-2811, poste 3768

En personne au 177, rue Hercules, bâtiment 119

Le programme Energiser les Forces est offert gratuitement à tous les membres des FC, aux employés du MDN, aux employés

commander la ressource appropriée.

#### Le Programme d'aide aux membres des FAC

Un service téléphonique d'aide gratuit, confidentiel et accessible en tout temps aux militaires des FAC et à leur famille. Les agents du Programme d'aide aux membres peuvent aussi assurer, à court terme, un service de consultation externe de manière confidentielle pour ceux qui sont dans le besoin. Composez le 1-800-268-7708 ou le 1-800-567-5803 (pour les malentendants).

#### Le Programme d'aide aux employés

Le Programme d'aide aux employés (PAE) est un service bénévole et à court terme axé sur les ressources à la disposition des employés civils et des membres de leur famille qui vivent des problèmes personnels ou professionnels susceptibles de nuire à leur bien-être et à leur rendement au travail. Les services du PAE sont accessibles par l'intermédiaire de l'un des agents orienteurs du MDN ou des professionnels de la santé mentale par l'entremise des Services d'aide aux employés de Santé Canada. Vous trouverez une liste des agents d'orientation du MDN par région dans le Ressources humaines-Civils Intranet. Les Services d'aide aux employés sont accessibles en tout temps. Il suffit de composer l'un des numéros suivants : 1-800-268-7708 1-800-567-5803 (pour les malentendants)

#### La Ligne d'information pour les familles

La Ligne d'information pour les familles (LIF) est un service téléphonique bilingue tout à fait gratuit grâce auquel les membres des familles de militaires canadiens peuvent obtenir des renseignements à jour et exacts. Le service vise aussi à rassurer ces personnes, à les soutenir et à leur recommander d'autres ressources au besoin. Les conseillers de la LIF répondent aux appels et aux courriels ([fil@familyforce.ca](mailto:fil@familyforce.ca)) en toute confidentialité et en tout temps. Pour joindre un conseiller de la LIF, composez le 1-800-866-4546 (sans frais en Améri-

des FNP, aux conjoints et conjointes de militaires et à leurs personnes à charge. **Aucun programme prévu? Inscrivez votre nom sur la liste d'attente!**

Il y a une liste d'attente pour tous les programmes. Vous pouvez inscrire votre nom à la liste de votre programme préféré au poste 3768 ou en ligne. Vous recevrez un courriel lorsque la date du cours est fixée et l'inscription est ouverte.

que du Nord) ou le 1-613-995-5234 (appels à frais virés acceptés).

#### Les Centres de ressources pour les familles des militaires

Les Centres de ressources pour les familles des militaires fournissent des renseignements sur les sujets d'intérêts pour les familles des militaires, notamment la santé mentale. On peut aussi y trouver du soutien psychologique par l'entremise de services de consultation et d'orientation grâce auxquels on peut obtenir des recommandations quant à des programmes complémentaires dans la collectivité.

#### Le soutien social en ce qui a trait aux blessures de stress opérationnel

Le soutien social en ce qui a trait aux blessures de stress opérationnels (SSBSO) est un programme de soutien par les pairs à l'intention des militaires des FAC, des anciens combattants et des membres de leur famille qui doivent composer avec une blessure de stress opérationnel. Le SSBSO a pour vision d'« être un modèle exemplaire de soutien par les pairs normalisé pour les militaires des FAC, les anciens combattants et les membres de leur famille ».

#### Les centres de soutien pour trauma et stress opérationnel

Les Centres de soutien pour trauma et stress opérationnels offrent des évaluations, ainsi que des thérapies individuelles et de groupe à l'intention des militaires qui éprouvent des difficultés attribuables à

l'exercice de leurs fonctions. Les différents centres sont situés à Edmonton, à Esquimalt, à Gagetown, à Halifax, à Ottawa, à Petawawa et à Valcartier.

#### En route vers la préparation mentale

Le portail Web « En route vers la préparation mentale » est conçu pour fournir davantage de renseignements sur les différents types de formation en matière de préparation mentale offerts aux militaires des FAC tout au long de leur carrière, durant les déploiements, de même qu'aux familles des FAC.

#### Energiser les Forces

*Energiser les forces* est le programme de promotion de la santé des FAC. Il englobe diverses mesures de sensibilisation et de prévention relativement au suicide, à la gestion de la colère et du stress, à la manière de maintenir des relations saines, à la violence familiale et aux dépendances. Pour de plus amples renseignements sur ce sujet ou d'autres sujets, communiquez avec votre bureau local de la Protection de la santé 613-392-2811 x3768, [healthpromotiontrenton@forces.gc.ca](mailto:healthpromotiontrenton@forces.gc.ca).

Le service Promotion de la santé offre un atelier (deux jours), 26 fév 2014, de 08 h 30 à 10 h 30h. Inscription en ligne à l'adresse courriel : <http://healthpromotion.cfbtrenton.com>.

<http://www.forces.gc.ca/fr/communautefac-services-sante-mentale/index.page?>

Origine : L'Équipe de la Défense <http://ed.mil.ca>



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# Snowball Olympics on Feb. 27 designed with fun in mind



Will last year's champions be back to defend their title? Contact file photo by Ross Lees

Continued from page 1

"It's been nice in the past to have it all in one location, but I'm sure we'll make it work," he said of the change of venues.

What hasn't changed is the fact this event is about fun more than competition, Mr. Peart insists.

"The emphasis is on fun, participation and camaraderie among the people on the Wing," he said, adding the more the merrier.

An annual event, the Snowball Olympics has taken place in the past with as few as eight teams and as many as 24. This year, organizers are hoping to reach 24 teams or even surpass that mark, given the high level of esprit-de-corps exhibited by organizations

around the Wing in recent years.

Teams are encouraged to pre-register by calling local 2825 prior to Feb. 26, the day before the Olympics take place, to give the organizers a better idea of how many stations to set up. Team captains are also urged to register early on the morning of the event. Each team is asked to supply one volunteer for the event to help man the stations or conduct the games.

As usual, the games stress fun with a fitness component imbedded in it to encourage exercise while joining in the fun with your peers and compatriots in 8 Wing.

"The fitness component often happens when people are having

so much fun they forget their heart and lungs are popping," Mr. Peart laughed.

Teams, made up of six to eight members, will participate in events like the Inuksuk Relay, where teams will carry blocks of one kind or another, race to an area, put it down, then race back to their team where another team member will begin the same process until an Inuksuk is built. The first team to finish wins.

Teams may also find themselves participating in the four-way tug of war. We'll leave that one to your imagination as you prepare for the day which boasts of an hilarious atmosphere.

Mr. Peart expects this year's Snowball Olympics to include a brief break part-way through the competition for hot chocolate and perhaps a turn around a fire barrel to get warm.

"We hope everyone will come out and take a break from the stress of everyday life and have some fun," Mr. Peart stated. "Just remember, we expect a max-fun state-of-mind and the competition is secondary."

An all-ranks social will take place at the Astra Lounge following the pizza lunch and awards ceremony.

Fun is at a premium at the Snowball Olympics and everyone is encouraged to come out and participate or cheer your team on.

Contact file photo by Ross Lees



While fun is the target, a little competitive spirit always sneaks into the Snowball Olympics. Contact file photo by Ross Lees



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## Award of Support Excellence (Quarterly) 4th quarter 2013

This award is presented to a support staff member who provides exceptional support to the team environment; who consistently contributes to a positive work/team environment through inspiration, professionalism, dedication and leadership; and who consistently recognizes excellence in others.

*Brenda Richardson, Medical Records Clerk*

Brenda Richardson is a dedicated health records clerk who came into the department in March 2013. In her short time at the clinic, she has displayed a very consistent work ethic, is always willing to help and shows a genuine interest in her job. She quickly took up the daunting task of cleaning up the 2034s in the file room ensuring that patient information is relevant and up-to-date, that there are no duplicates in the files and that documents are in correct chronological order. Brenda also goes over and above her duties by taking it upon herself to thoroughly inspect all files coming through her area and makes necessary repairs to the files so that they do not fall apart. Brenda has very quickly become recognized as helpful, reliable and a valuable asset and member of the team at 24 CF H Svcs C. For her excellent performance, she is the recipient of the 4th Quarter Award of Support Excellence for 2013.



## Award of Clinical Excellence (Quarterly) 4th Quarter

This award is presented to a clinical staff member who provides exceptional support to the team environment; who consistently contributes to a positive work/team environment through inspiration, professionalism, dedication and leadership; who successfully introduces/implements a best practice that improves service delivery; and who goes above and beyond their normal roles/responsibilities to provide excellent patient care.

*Cpl. Michael Toms, Med Tech*

Cpl. Tom's consistent dedication and professionalism has been invaluable to the care delivery unit (CDU) and patients alike. Patients who have been provided care by Cpl. Toms are so impressed that they go out of their way to let management know he is doing a great job. One patient in particular was so impressed with his performance while providing treatment and commented on his very calm and personable demeanour, combined with his excellent communication skills and initiative which significantly contributed to decreasing the patient's stress and anxiety. The senior officer also noted that Cpl. Toms displayed a level of maturity that was rare for someone at his rank level, which Private at the time. It is evident to patients and staff that Cpl. Toms represents the trade and the clinic very well. For his continuously outstanding performance, he is the recipient of the 4th Quarter Award of Clinical Excellence for 2013.

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429 Sqn Loadmaster Cpl. Guillaume Fortier was recently promoted to the rank of Master Corporal. The promotion was presented by 429 Sqn Commanding Officer (CO) Lt.-Col. Jean Maisonneuve and Squadron CWO Bryan Pierce.

## 429 Squadron promotions



429 Sqn Loadmaster Cpl. Bryan Hogg was recently promoted to the rank of Master Corporal. The promotion was presented by 429 Sqn CO Lt.-Col. Jean Maisonneuve and Squadron CWO Bryan Pierce.

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**Heroes' Camp**

This camp is a fully-sponsored week at Wesley Acres for children of our serving military from July 13 to July 18. There are openings for 32 children aged 11 to 15. Application deadline is May 14. For more information contact Kelly Briggs at 613-392-2811 ext. 4527.

**Camp des Héros**

Une semaine au camp entièrement parrainé par Wesley Acres pour 32 enfants de nos familles militaires, âgés de 11 à 15 ans du 13 au 18 juillet. La date limite pour inscription est le 14 mai. Contactez Kelly Briggs 613-392-2811 poste 4527.

**Second Language Training for English and French**

The next session for beginner and intermediate levels starts April 14 (registration deadline is April 7) and is open to military spouses/partners and their immediate family (minimum age 16 years) at the Trenton Military Family Resource Centre.

The sessions run for 10 weeks beginning in September, January and April. Each session offers a total of 60 hours of instruction. Classes are held twice a week, either mornings or evenings depending on the level. A deposit of \$50 is required upon registration for the course. This deposit is refundable if the participant attends 85 per cent of classes. The Second Language Training is a national program and courses can be continued at most CF bases across Canada. They are also open to military members for a cost of \$75 non-refundable and to members of the community at a cost of \$125 per session, however, priority will be given to spouses of military members (a minimum of five military spouse participants, with a maximum of 10 students, is required per course).

Come in and complete the registration form at the MFRC reception or contact Nathalie Vadeboncoeur at 613-392-2811 ext. 3855 (nathalie.vadeboncoeur@forces.gc.ca) for further information. An evaluation of your level will be made by telephone following your registration. You can also download the registration form via our website www.familyforce.ca .

**Cours de langue seconde - anglais et français**

La prochaine session commence le 14 avril 2014 (inscription avant le 7 avril 2014). Les cours sont offerts au Centre de ressources pour les familles des militaires de Trenton pour les conjoints des militaires et leurs familles immédiates (16 ans et plus), niveaux débutant et intermédiaire. Les classes débutent en septembre, janvier et avril pour une durée de 10 semaines. Chaque session offre un total de 60 heures d'enseignement. Les cours sont offerts deux fois par semaine, de jour ou de soir, selon le niveau. Un dépôt de 50\$ est requis lors de l'inscription et sera remboursé si l'étudiant se présente à 85% des cours. Les cours de langue seconde font parti d'un programme national et peuvent être poursuivis dans la plupart des bases au Canada. Les cours sont aussi ouverts aux membres des forces militaires au coût non remboursable de 75\$ et aux membres de la communauté au coût non remboursable de 125\$. Par contre, la priorité sera accordée aux conjoints de militaire (un minimum de 5 conjoints de militaire et un maximum de 10

étudiants par cours est requis). Venez vous inscrire à la réception du CFRM ou communiquez avec Nathalie Vadeboncoeur au 613-392-2811, poste 3855 (nathalie.vadeboncoeur@forces.gc.ca) pour plus d'information. Une évaluation de votre niveau sera faite par téléphone après votre inscription. Vous pouvez aussi télécharger notre formulaire d'inscription à partir de notre site internet www.forcedelafamille.ca

**French Conversation Clubs**

Do you want to improve your French speaking skills? Come and join our French Conversation Club where a bilingual instructor will be on hand each week to help keep the conversation flowing and organize

games. All levels welcome. Open to everyone (16 years of age and over) militarymembers, militaryspouses and civilians. The target language will be used all the time by the instructor. When: French: Tuesday 12 to 1 p.m. or Monday 7p.m. to 8 p.m. starting April 14-15. Where: MFRC (Military Family Resource Centre), 50 Rivers Drive, Trenton. Cost: \$35 for eight weeks (minimum of five persons is required to run a club). For more information, contact Nathalie Vadeboncoeur on 613-392-2811 ext. 3855 or by email: Nathalie.Vadeboncoeur@forces.gc.ca

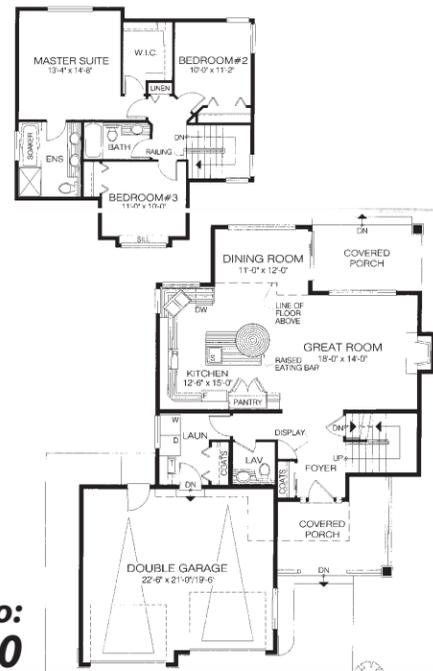
**Club de conversation en français**

Désirez-vous améliorer votre français? Alors joignez l'un de nos clubs de conversation

française. À chaque semaine, un instructeur bilingue animera la conversation et les jeux! Vous êtes les bienvenus quelque soit votre niveau. Ce programme est offert à tout le monde (16+) - aux membres militaires, aux conjoint(e)s de militaires et aux civil(e)s. Notez que la langue ciblée sera utilisée en tout temps par l'instructeur. Quand: Français : mardi de 12h à 13h ou lundi de 19h à 20h commençant les 14 et 15 avril. Endroit: CFRM (centre de ressources pour les familles militaires), 50 Rivers drive, Trenton. Coût: 35\$ pour 8 semaines (un minimum de 5 participants est requis). Pour de plus amples informations, contactez Nathalie Vadeboncoeur au 613-392-2811, poste 3855 ou par courriel Nathalie.Vadeboncoeur@forces.gc.ca

*Continued on page 15*

**Home of the Week**  
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For more floor plans, visit [www.jenish.com](http://www.jenish.com)

**Plan No: 7-3-930**

A front door graced with a central oval window and flanked by side-lights enhances the old-world elegance of this pleasing two-storey, three-bedroom family home.

The covered porch, a boon in poor weather, leads to a foyer that includes a display area for collectibles or plants. To the left is the coat closet, and to the right is a staircase to the second floor and unfinished basement (included in the plans).

The great room flows into the open-plan kitchen and dining room, and the built-in fireplace will make this part of the home a cool-weather focal point for family members.

The dining room, in a bayed-out area with a double-height ceiling, enjoys access to a covered porch, a bonus also a roomy, shelf-lined walk-in closet. The linen cupboard is nearby.

The two secondary bedrooms share a three piece bathroom. One bedroom features a window with an extra-wide sill, while the other has a corner window.

The laundry room, with a cupboard for off-season gear, has access to the double garage, with two doors for convenience. This home measures 40 feet wide, six inches, and 53 feet, six inches deep, for a total of 1,694 square feet (excluding the unfinished basement and a soaker tub located

The spacious kitchen features a work island with a small second sink; a circular raised eating bar is set into a corner of the island, making a convenient spot for snacks and casual meals. A double-door pantry provides always-welcome extra storage space for appliances and canned and dry food.

Upstairs, the master bedroom boasts an ensuite with double basins, a corner shower and a soaker tub located

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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](mailto:cfbcontactnewspaper@gmail.com). Please include the date, time, and location of the event along with a brief description. Please do not send posters.

**Auto Hobby Club**



If you are looking for a place to repair your personal vehicle, the Auto Hobby Club provides the bay, certain tools, hoists and more. The club operates

year-round thanks to the hard work of its volunteers. The club is located at 3 and 4 Chimo, which is tucked away on the north side of the base, behind the salt dome. Hours of operation are from Mondays to Thursdays from 6 p.m. to 7:30 p.m. and Saturdays from 9 a.m. to 11 a.m. Our rates are very reasonable. The annual membership fee is \$30 for regular members and \$45 for associate members. Hoist bays are \$20 a day and the body shop bay is \$10. By accepting membership, you agree to the bylaws and the constitution, which are posted in the club office where they can be read. The club is always looking to recruit new members and club attendants. Contact WO Fulton at extension 7122 for more information.

**Free Yoga for people with exposure to Traumatic Operational Experience**

Have you been exposed to a traumatic operational experience? Are you interested in participating in some exciting new research on the potential benefits of yoga for people who have been exposed to a traumatic operational experience? Yoga sessions run once a week for 12 weeks with the next start time in April. Participants may register until March. Yoga sessions are free but you will be asked to fill out questionnaires on a few occasions. If you are interested in participating in the study or would like more information, please contact Dr. Danielle Charbonneau at 613-541-6000 at ext. 6635 or by email at [Etude.yoga.study@rmc-cmr.ca](mailto:Etude.yoga.study@rmc-cmr.ca)

**Feb. 22 - Wooler United Church 11th Annual Chuck Wagon Supper**

The supper takes place at Wooler United Church at 6 p.m. Entertainment is Open Mic. Tickets are \$12 (under 12 \$6). Dress up in your best western garb!

**Feb. 25 - Pancake Supper**

At Grace United Church, 85 Dundas St., E., Trenton from 5 p.m. to 7 p.m. The meal will feature pancakes, sausages, fruit salad and beverages. Everyone is welcome. Price is \$7 for adults and \$3 children under 12 years of age.

**Feb. 27 - Snowball Olympics**

All 8 Wing personnel are invited to come out and get involved in Snowball Olympics on Baker Island from 9:30 a.m. until noon, when lunch will be served. Teams must sign in beginning at 8:15 a.m. for these recreational outdoor games. Everyone is urged to dress for the weather, including winter boots with good treads. Teams of six to eight participants will compete in this fun-filled, friendly and non-competitive tabloid event. Each team is requested to provide one volunteer for the event. Teams can pre-register by Feb. 21 by calling local 2825. This event is guaranteed to help you get over the winter doldrums, so come out and have fun with your friends and comrades. Opening ceremonies begin at 9:15 a.m.

**March 6 - 8 Wing Trenton's International Women's Day**

This year's International Women's Day event will be held at the Astra Lounge from 8 a.m. to 4 p.m. The theme for this event will be "Gender Equity: Not Just a Women's Issue". We would like to invite all members of the 8 Wing community, male and female alike, to join us for a fun and educational day. We ask that attendees bring either a donation for the Three Oaks Women's Shelter or a non-perishable food item for the Food Bank. Dress for the event is civilian.

**March 28 - Blood Donor Clinic**

The next Blood Donor Clinic at CFB Trenton will take place at the Yukon Galley, 75 Yukon Road, from 10 a.m. to 2 p.m. All regular and new donors are urged to come out and donate. Bad weather conditions this winter have resulted in several cancelled clinics which have resulted in a shortage of blood supplies. Current donors are encouraged to invite new donors to the clinics.



**RCAF Milestone  
The making of the Royal Canadian Air Force**

This photo shows Sergeant Alex Anderson receiving his wings at Camp Borden in 1928. Photo submitted by Kevin Windsor, Curator, National Air Force Museum of Canada

At the end of the First World War, the newly created Canadian Air Force was fighting for its existence. Post-war governments debated the pros and cons of keeping an Air Force in peace time and officers were never sure from day to day whether their careers would exist, or if cut-backs would see them back in civilian life. In 1923, Royal Patronage was sought, but Canadian officials were reluctant to place the "Royal" title on something that may or may not be permanent. The permanency they were looking for came on Feb. 12, 1923, when George V consented to the pre-fix "Royal." While it was announced in 1923, the change did not take place until April 1, 1924, the birth date of the Royal Canadian Air Force.

**A special welcome to Military personnel from**



We are happy to welcome you and your family to our area and trust your stay with us will be the most memorable in your military career.

*Did you know...?*  
Welcome Wagon representatives have been greeting newcomers to communities since 1930 in Canada. We have a gift package for you and your family as newcomers to our area. Please contact Welcome Wagon

to advise them that you are new to the area and you will be contacted soon.

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- the neat places to visit.
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# Sports & Recreation

## Aquatics

*Morning Aquafit* - Mondays, Wednesdays, and Fridays from Jan. 6 to March 21 (33 classes), 8:30 to 9:20 a.m.  
*Evening Aquafit/ Jogging* - Tuesdays and Thursdays from Jan. 7 to March 20, 6:15 to 7:15 p.m.  
*Senior Lane Swim* - Mondays, Wednesdays, and Fridays from Jan. 6 to March 21 (33 swims), 7:30 to 8:20 a.m. or 8:30 to 9:20 a.m.

## Advanced Aquatics

*Junior Lifeguard Club for Youth* – For persons eight to 15 year of age - Mondays from Jan. 6 to March 17, from 6 to 7 p.m. (No classes over March Break)  
*Youth Aquatic Club for Youth* – For persons six to 16 years of age - Mondays, Wednesdays and Fridays from Jan. 6 to March 28, (11 weeks), 4:45 to 6 p.m. (No classes over March Break)  
*Red Cross Babysitter's Course* – Friday, March 7 from 10 a.m. to 5 p.m.  
*High Five Principles of Healthy Child Development (PHCD)* – Friday, March 7 from 10 a.m. to 5 p.m. at the RecPlex.  
*Bronze Star with Basic First-Aid and CPR "A"* - Mondays from Jan. 6 to March 17 from 7 to 8 p.m.  
*NLS Re-certification (2012 Standards)* - Sunday Feb. 23 from 10 a.m. to 5 p.m.  
*Red Cross Assistant Water Safety Instructor* – March 22, 23, 29, and 30 from 10 a.m. to 5 p.m.  
*Red Cross Water Safety Instructor Re-Certification* – Sunday, March 16 from 10 a.m. to 4 p.m.

## Fitness Programs

*Pilates/Core Fitness* - Wednesdays from Jan. 15 to March 26, 4:20 to 5:20 p.m.  
*Spin-Fusion* - Tuesdays from Jan.14 to March 25, 5:30 to 6:30 p.m.  
*Zumba* - Wednesdays from Jan.15 to March 26, 5:30 to 6:30 p.m.  
*Core Fitness* – Mondays from Jan. 13 to March 24, 4:30 to 5 p.m.  
*Boot Camp Fitness* – Mondays from Jan.13 to March 24, 5 to 6 p.m.  
*Squat Challenge* – Mondays from Jan. 13 to March 3, 6 to 6:15 p.m.  
*Gentle Boot Camp* - Mondays from Jan. 13 to March 24, 6:20 to 7:20 p.m.  
*Tai Chi* - Tuesdays from Jan. 14 to March 25, 5:35 to 6:35 p.m.  
*Learn to Skate for Adults* - Fridays from Jan. 10 to March 7, 6 to 7 p.m.

## Youth programs

*Learn to Skate for Youngsters* - Ages four to seven years - At the RCAF Flyers Arena – Fridays from Jan. 10 to Feb. 28, 4 to 5 p.m.  
*Learn to Skate for Youth* - Eight years and up - At the RCAF Flyers Arena – Fridays from Jan. 10 to Feb. 28, 5 to 6 p.m.  
*Skills and Drills* - Seven years old and up - Mondays from Jan. 13 to March 3, 5 to 6 p.m.  
*Shinny Hockey* - Jan. 6 to March 31  
*Tyke/Novice* - Fridays - 7 to 8 p.m.  
*Atom* - Wednesdays - 4 to 5 p.m.  
*PeeWee* - Tuesdays - 4 to 5 p.m.  
*Bantam/Midget* - Mondays - 4 to 5 p.m.  
*Family Skate* - Saturdays and Sundays – Jan. 11 to March 30, 1 to 3 p.m.  
*March Break Goalie Development* – Monday, March 10 to Friday, March 14, 8 to 9:30 a.m.  
*March Break Hockey Training and Conditioning* – Monday, March 10 to Friday, March 14, 9:45 to 11:45 a.m.

## Baker Island Community Centre

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

### Did you know...?

Did you know that a car accident victim may need up to 50 blood transfusions to survive? That's 50 blood donors for one patient! *The Contact* reminds you that it is important to keep your appointment as patients in need are relying on you.

### Over half of Canadians have needed blood

Fifty-two per cent of Canadians have said that they or a family member have needed blood. *The Contact* asks you to book your appointment today.

### It takes many donations to save a life

It takes many donations to save a life, and every usable part of your donation goes to a patient in need. That's because every time you roll up a sleeve, your blood donation is separated into three components: red blood cells, platelets and plasma. Make a difference today. All regular or new donors are urged to come out and donate. Bad weather conditions this winter have resulted in several cancelled clinics which have resulted in a shortage of blood supplies.

### Inspiring others to give blood

Giving blood is so vital. You may not realize just how much blood is required to save a life. For instance, it can take:

1. 50 units of blood to help someone in a car accident
2. 2 units to help someone who needs brain surgery
3. 5 units to help someone in cancer treatment
4. 8 units-a-week to help someone with leukemia
5. 5 units to save someone who needs cardiovascular surgery
6. 2 to 8 units to help someone with internal bleeding
7. 2 units-a-day to help someone undergoing a bone marrow transplant

### Rally Together to Save Lives.

It's important to spread the word about donating blood – 43 per cent of first time donors actually go with someone else to donate. Bring a new donor to the next blood donor clinic.

**Call 1-888-2-DONATE (1-888-236-6283) or book online at [www.blood.ca](http://www.blood.ca) to make an appointment to donate blood.**  
 The next Blood Donor Clinic at CFB Trenton will take place at the **Yukon Galley, 75 Yukon Road, CFB Trenton, from 10 a.m. to 2 p.m. on March 28.**

All regular or new donors are urged to come out and donate. Bad weather conditions this winter have resulted in several cancelled clinics which have resulted in a shortage of blood supplies.



# Classifieds

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**Contact:** (613) 392-2811 ext. 4593 or 2490  
**Office Hours:** Mon to Fri: 0800 -1600 hrs

**Worship Times:**

- Protestant Service - 0900 hrs
- RC Mass English - 1015 hrs
- RC Mass French - 1130 hrs
- Every 3rd Sunday Bilingual - 1015 hrs
- Confession: At all times
- Daily Mass: Tuesday to Thursday at 12:00 hrs

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

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

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# Safety



## Protection from winter sun just as necessary as summer protection

**W**hen faced with a hot, sunny day at the beach, most of us recognize the need for sunglasses and sunscreen.

When faced with the same kind of day at work, most workers also recognize they need for protection from the sun's harmful rays. But what about winter sun? How many people consider winter sun to be harmful? Unfortunately, few take precautions necessary to ensure their protection from the winter sun.

Like sunshine in the summer, winter sunshine contains two types of radiation that are dangerous to you: ultraviolet-A and ultraviolet-B. You require protection from both.

Here are some tips that will protect you from the winter sun's radiation.

**Wear sunglasses**

When it comes to your eyes, the winter sun can be blinding, literally. Overexposure to ultraviolet rays can damage the retina which contains photo-sensitive cells in the back of the eye that allow you to see. Winter sun reflecting off snow is more blinding than summer sun reflecting off water. If bright enough, it can easily cause a temporary, but very painful condition called snow blindness.

Snow blindness occurs when the surface of the eye is sunburned. Other types of eye damage have been linked to overexposure such as growths, cancers, and cataracts. Dark lenses alone do not ensure protection from the sun. You need to protect your eyes from ultraviolet radiation,

not just the sun's brightness. If the lenses are extremely dark, but lack proper protection, this will cause even more damage.

The damage occurs when the pupils of your eyes open wider to accept more light and allow more harmful rays to reach the retina. If you wear regular eye-glasses or contacts, you should talk to your eye doctor about the right kind of eye protection for you.

**Wear protective clothing**

Did you realize that a wide-brimmed hat can cut in half the amount of UV radiation which reaches your eyes? There is also special protective clothing available that will filter out all of the sun's harmful rays.

**Wear Sunscreen**

Just like the summer sun, overexposure to winter sunlight will give you sunburn. Sunscreen will filter out the harmful rays and allow you to work in the sun without threat of sunburn. A sunscreen with a SPF rating of 15 or higher should be suitable for most skin types.

It's just as important to

protect yourself from the winter sun as it is when you are headed to the beach. Protecting your eyes and skin will ensure that you don't cause long-term damage or time off work.

Best of all, it will allow you to enjoy your time in the sun.





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

Continued from page 11

**Spanish classes at the MFRC**

**Beginner Level I** - Monday evening from 6:30 p.m. to 9 p.m. starting April 14, for 10 weeks at a cost of \$70 military and military family members and \$80 for non-military plus \$10 copy fees.

**Beginner Level II** - Tuesday evening from 6:30 p.m. to 9 p.m. starting April 15 for 10 weeks at a cost of \$70 military and military family members and \$80 non-military plus \$10 copy fees.

**Beginner Level III** - Wednesday evening from 6:30 p.m. to 9p.m. starting April 16 for 10 weeks at a cost of \$70 military and military family members and \$80 non-military plus \$10 copy fees.

There is a minimum five persons required to run each course. Instruction will be in English. Please contact Nathalie Vadeboncoeur to register at (613) 392-2811 ext.3855 or email: nathalie.vadeboncoeur@forces.gc.ca

**Cours d'espagnol au CRFM**

**Débutant Niveau I** - Le lundi soir de 18h30 à 21 h commençant le 14 avril 2014, Durée : 10 semaines Coût : 70\$ pour les membres des familles militaires et 80\$ pour les non-militaires + 10\$ de frais pour les photocopies.

**Débutant Niveau II** - Le mardi soir de 18h30 à 21 h commençant le 15 avril 2014, Durée : 10 semaines Coût : 70\$ pour les membres des familles militaires

et 80\$ pour les non-militaires + 10\$ pour les photocopies.

**Débutant Niveau III** - Le mercredi soir de 18h30 à 21 h commençant le 16 avril 2014, Durée : 10 semaines Coût : 70\$ pour les membres des familles militaires et 80\$ pour les non-militaires + 10\$ pour les photocopies.

Un minimum de 5 participants est nécessaire. L'enseignement sera en anglais. Pour vous inscrire, veuillez contacter Nathalie Vadeboncoeur au 613-392-2811, poste 3855 ou par courriel : nathalie.vadeboncoeur@forces.gc.ca

**Ukrainian Easter Egg Decorating**

Offered by "Art for Everyone!" on March 29 and April 12 from 10 a.m. to noon (two-hour sessions) at the MFRC. Cost is \$10 plus tax per person, all supplies included, to be paid in class. Contact Rachel to register at 613-885-9840 or Rachel@artforeveryonetrenton.com Deadlines to register: March 25 and April 8.

**Spring Nursery School Program**

The intent of this program is aimed to enhance children's skills and development prior to entering the school system. Program dates are April 6 to June 13, for ages 2.6 years to 4 years of age from 9 a.m. to noon. Cost is \$360 (\$18 per day for 10 weeks). Pre-register by March 21 for either a Monday/

Wednesday or a Tuesday/Thursday combination. Any questions, please contact Denise Currie at 613-965-4121.

**Camp mother-daughter relationship**

Would you like to learn skills to communicate more effectively and strengthen your relationship? Separation programs and meeting children and preventive support and intervention combine to offer a camp on mother-daughter relationships that caters to mothers and girls from Grade 8 to Grade 10. The next session is currently planned for Saturday, March 22, from noon to 4 p.m. For more information or to register, contact Mona Levesque at (613) 392-2811 ext 4528 or mlevesque@cogeco.net

**Camp de relation mère-fille - Mères et filles-adolescentes:**

Aimeriez-vous apprendre des habiletés pour communiquer plus efficacement et solidifier votre relation? Les programmes de la Séparation et la réunion des enfants et du Soutien préventif et d'intervention s'unissent pour offrir un camp sur les relations mère- fille qui s'adresse aux mères et aux filles de la 8e à la 10e année. La prochaine séance aura lieu le 22 mars de midi à 16h00. Pour tout renseignement ou pour s'inscrire, contactez Mona Lévesque au (613)392-2811 poste 4528 ou mlevesque@cogeco.net.

**Quote**

*"You can do anything if you have enthusiasm. Enthusiasm is the yeast that makes your hopes rise to the stars. Enthusiasm is the spark in your eyes, the swing in your gait, the grip of your hand, the irresistible surge of your will and energy to execute your ideas...enthusiasm is at the bottom of all progress."*

- Henry Ford, 1863-1947  
American car manufacturer

**Wing Logistics and Engineering  
Picture of the Week**

Ms. Nancy Lopinski, a civilian contractor with Wing Transport, operates one of our new Freightliner 21-passenger buses, a recent addition to 8 Wing Transport. The new bus will replace the out-going fleet of "flight-line" buses which are being used to transport aircrews, personnel and VIPs to and from aircraft at 8 Wing Trenton. Wing Transport's professional operators are on-call 24/7, 365 days-a-year to ensure crews and passengers get to their destination safely.

Submitted photo



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**\$2 from Every**  
Dem Bones Fish & Chips Purchase  
on Fridays will be donated to  
The Family Military Fund

**15% off for All Military Personnel, everyday, all the time**  
15% off applies only for regular priced food purchases

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## The Bayview Gazette BREAKING NEWS!!!

**ATTENTION DEALERS:** Need help getting more money for your cars?  
Give us a call to offer the REAL value!

### !!!BRING US YOUR TRADES!!!

The Bayview Auto Sales name has always been associated with great used cars at the best price. We are excited to tell you about our new ventures to be sure to give you the best value for your trades! With the **Canadian Dollar Dipping** it allows us to tap into The **U.S.A. Market** to be able to offer you more than ever before for your current cars, trucks, vans, SUV's and more! That means not only are you getting the best price; you are also getting the **ACTUAL CASH VALUE** for your vehicle! Your trade is worth the same no matter what you buy because we don't play with the numbers and haggle with you. You will walk out knowing you got the best deal! Honest, Upfront and no messing around! Come see how!



#### 13 FORD F-150 FX4

19488 4X4! Pwr heated leather memory seats! Pwr sunroof! 20" Alloy wheels! Factory remote start! Reverse camera! Pwr heated & folding mirrors! 5.0L-V8, Extended cab, bed liner, step bars, trailer hitch, u-connect compatible, key pad entry, park aid, steering wheel controls, flex fuel, sync, traction control, dual climate controls, rear sliding window, air, cruise, tilt, satellite radio, CD, pwr windows, locks, keyless entry, only 2,000kms!!!!

**\$36,995** +HST

**\$232.71** BI-WEEKLY 0 DOWN +HST  
96 MTHS @ 6.99%



#### 13 DODGE DART SXT

19188 17" Alloy wheels! Black! Automatic, 4 cylinder, 4 door, u-connect compatible, traction control, steering wheel controls, cruise, air, tilt, AM/FM/CD/MP3, pwr locks, mirrors, windows, keyless entry, only 26,000kms!!!

**\$14,995** +HST

**\$94.32** PREVIOUS DAILY RENTAL  
BI-WEEKLY 0 DOWN +HST  
96 MTHS @ 6.99%



#### 13 FORD FIESTA TITANIUM

19452 Pwr sunroof! Heated leather seats! 16" Alloy wheels! Pwr heated mirrors! Automatic, 4 cyl, 4 dr, hatchback, key pad entry, sync, tilt, cruise, air, steering wheel controls, u-connect compatible, satellite radio, CD, pwr windows, locks, keyless entry, only 24,000kms!!!

**\$15,495** +HST

**\$97.47** PREVIOUS DAILY RENTAL  
BI-WEEKLY 0 DOWN +HST  
96 MTHS @ 6.99%



#### 2014 FOREST RIVER COACHMEN VIKING 1706LS

Stk# R0229 Viking boasts stunning appeal and loads of features centered around convenience and practical comfort features that the most experienced camper appreciates.



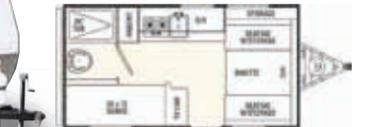
**\$49<sup>55</sup>**  
Biweekly

~~\$8,995~~ **\$6,995** Plus Freight & PDI



#### 2014 FOREST RIVER COACHMEN VIKING ULTRA-LITE 16B

Stk# R0150 Only 2500lbs! Viking Ultra-Lite travel trailers by Forest River provide affordable family camping with the quality and comforts of the full size units.



**\$66<sup>16</sup>**  
Biweekly

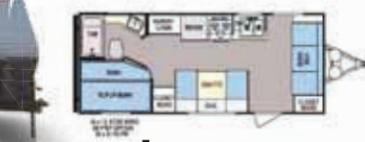
~~\$11,995~~ **\$9,995** Plus Freight & PDI

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#### 2014 COLEMAN EXPEDITION LIGHT WEIGHT 184BH

Stk# 453186 Coleman's reputation for high-quality camping products is legendary. Colemans are loaded with innovative features and value. After all, Coleman is Camping!



**\$102<sup>64</sup>**  
Biweekly

~~\$17,995~~ **\$15,895** Plus Freight & PDI

**OVER 200 TRAILERS IN STOCK!**



#### 2014 FOREST RIVER COACHMEN ULTRA-LITE APEX 151RBX

Stk# R0209 Apex's strong Ultra-Lite aluminum and fiberglass construction produces the highest quality and most customer friendly lightweight trailer on the market!



**\$102<sup>34</sup>**  
Biweekly

~~\$17,495~~ **\$15,495** Plus Freight & PDI

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#### 2014 FOREST RIVER SHASTA OASIS 21CK

Stk# R0163 Lite weight and easy to tow by Forest River. Every inch is carefully planned for ease, roominess and comfort in the most affordable RV available!



**\$102<sup>14</sup>**  
Biweekly

~~\$17,495~~ **\$14,395** Plus Freight & PDI

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#### 2014 HEARTLAND PROWLER LYNX 25LX

Stk# R0200 The most iconic name in the industry! Affordable, reliable, and still packed with all the features you need for the best camping experience!



**\$102<sup>57</sup>**  
Biweekly

~~\$17,495~~ **\$15,195** Plus Freight & PDI

Advertised RV Prices are plus Freight, PDI & Admin (\$1000 for tent trailers, \$2000 for travel trailers, \$3000 for 5 th wheels)...which is waived / removed if you take advantage of our low rate financing!

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.

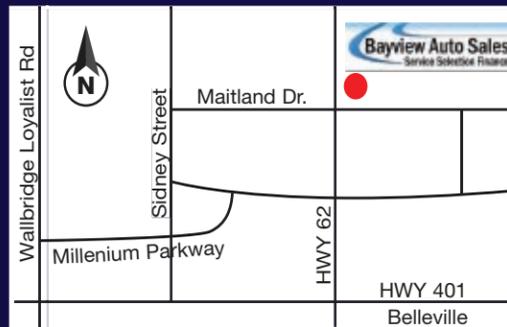
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**FEBRUARY A**