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## J-Model Hercules surpasses one million flying hours world-wide

*Lockheed Martin honours contribution of 8 Wing squadrons to this incredible milestone*

By Ross Lees

8 Wing was honoured by Lockheed Martin Aeronautics Company Wednesday for their contributions in pushing the CC-130J model Hercules over the one million hours mark world-wide in 2013.

A small delegation of company officials travelled through inclement weather to make the presentation to 8 Wing Commander Col. David Lowthian, 436 Squadron Commander Lt.-Col. Mark Goulden and 426 Squadron Commander Lt.-Col. Damon Perrault.

Kathleen Atkins, Director of C-130 International Programs with Lockheed Martin said they

decided to honour the customers who helped the company achieve this astonishing milestone.

"Of course, 8 Wing was a key contributor to that milestone – the squadrons and all the folks who support the operations – from your first flight test to the delivery of all the airplanes to putting that first airplane over in theatre six months after it arrived on base. We know it was an accelerated stand-up of the squadron and there have been some challenges that came along with that, but your accomplishments were significant and your contributions were certainly

*Continued on page 7*



Kathleen Atkins, Director of C-130 International Programs with Lockheed Martin presents a shadow box medallion set to 8 Wing Commander Col. David Lowthian in recognition of 8 Wing's contribution to pushing the CC-130J model Hercules flying hours over the one million hour mark late last year. Photo by Ross Lees



The cable passes this test as it hooks the CF-18 aircraft and brings it safely to a halt. Photo by John Bruyey

## Modern, efficient arrestor system installed at Trenton airfield

By Ross Lees

8 Wing/CFBTrenton continues to maintain its position at the leading edge of modernization within the Royal Canadian Air Force (RCAF) and the Canadian Armed Forces (CAF).

Last week, the Barrier Arrestor Kit (BAK) at 8 Wing's airfield was upgraded from the BAK-12

to the BAK-14, a system which reduces the amount of time a runway is tied up if there is a fighter jet emergency declared and a CF-18 or other allied fighter aircraft must land.

With the previous BAK-12 system, the arrestor cable, which is used to catch a fighter jet landing or taking off, has to be manually installed. This process can

take between 15 to 20 minutes. From the time that the cable is installed to the time the fighter aircraft is recovered the runway is unavailable to any other aircraft traffic on the base.

The BAK-14 system has the cable installed below the surface of the runway and is computer operated from the air traffic

*Continued on page 2*

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# New system cuts down on runway downtime during a fighter aircraft emergency



(above) This CF-18 is about to be arrested by the new BAK-14 system recently installed at CFB Trenton.



The new BAK-14 cable sits in place ready to arrest landing CF-18 aircraft.



(above) These 86 ASU Aircraft Arresting Systems Technicians set up the new BAK-14 system at 8 wing Trenton.

Photos by John Bruyea

was certified on Jan. 21 with two test arrests conducted on a CF-18 from 3 Wing Bagotville. The two arrest tests – one at 80 knots and another at 120 knots – went well, revealed Mr. Gorman and Capt. Kouchekan-Zadeh.

Aside from the airfields at 8 Wing Trenton, this system has also been installed on airfields in Greenwood, Nova Scotia, Comox, and British Columbia. All of these airfields serve as emergency landing fields for Canadian and allied fighter aircraft. The older BAK-12 system remains in use at fighter bases where the cables can remain operational at all times in case of emergency.

Installed 1,500 feet from each end of the runway, the cables may be called upon for emergencies during both landing and takeoff. When deployed, the cables will arrest the forward motion of the jet within 1,200 feet.

“This equipment is now more important than ever with ageing aircraft,” noted Mr. Gorman.

It also contributes to less stress for airfield air traffic controllers and the pilots of the transport aircraft also using the airfield, Mr. Gorman explained. During the entire arresting process, the airfield is not available to other aircraft, which puts added pressure on the controllers and those pilots with other tasks to complete.

While 86 ASU technicians like Mr. Gorman and John Bruyea maintain the arrestor system,

it is the firefighters who will be trained in the use of the arrestor system and who will be involved in the recovery of aircraft and personnel in emergency situations. In standby or crash situations, fire trucks are ready in key positions.

“8 Wing Fire Hall did an outstanding job responding to the arrest (tests) on Jan. 21,” Mr. Gorman said. “They carried out their duties in a very professional manner.”

Once the arrest has been completed and the firefighters establish the safety of the aircraft and the pilot, they are tasked with the removal of the aircraft from the arrestor cable and retracting it. Once the cable has been retracted and the fire trucks move off the airfield, the air traffic controllers can then begin letting other aircraft use the airfield.

86 ASU is the sole facility in the CAF that provides third-line maintenance on arrestor gear systems, according to WO Cory Gill.

“In addition, we are the only unit in Canada that houses mobile systems used in air shows and we are the only school or facility that runs Aircraft Arrestor Systems courses for the rest of the country,” he said.

While each base has its own first- and second-line maintenance people, the facility at 86 ASU is dedicated to airfields across the country for third-line maintenance.

Continued from page 1

operated from the air traffic control (ATC) tower. The cable can now be lifted into place in an emergency within six to eight seconds, reducing the total time the runway is unavailable to other aircraft by 15 to 20 minutes.

Once the cables have been engaged, the rewind practices remain basically the same for the two systems. The aircraft is unhooked by a firefighter crew and cables are retrieved.

“The BAK-14 is a computerized system which can analyze and identify problems,” Capt. Omid Kouchekan-Zadeh, Flight Commander for 81CEF/86 ASU, told *The Contact*. “The older system used to be run by gas or diesel engines and now it is all run electrically.”

Capt. Kouchekan-Zadeh added

that the new system allows the arrested aircraft to stay on the same line it is on when it is picked up by the arresting system. Previously, the BAK-12 system tried to pull the aircraft into the centre of the runway, a manoeuvre which the pilots of the aircraft did not like.

According to Mark Gorman, an Aircraft Arresting Systems Technician at 86 ASU in Trenton, arresting systems at Trenton have progressed from the Mobile Arrestor Gear (MAG) to the BLISS 500 system through to the BAK-12 and now to the BAK-14 with the Smart Arrest System (BAK-14).

“This new system is all computerized and automated and very advanced,” he stated. “Canada is the first country to use it other than the Americans.”

The Bonfield-installed system



The aircraft shown above waiting to land will have a shorter wait thanks to the new BAK-14 system installed at CFB Trenton.

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# Brig.-Gen. Drouin pays 8 Wing a visit

*Visits enable him to garner valuable first-hand information about day to-day operations at wings and squadrons*

By Ross Lees

Brigadier-General Christian Drouin, the Deputy Commander of Force Generation at 1 Canadian Air Division, visited 8 Wing/CFB Trenton Tuesday and Wednesday to learn more about the units and their missions.

During his day-and-a-half stay at the base, Brig.-Gen. Drouin spoke with Wing Commander Col. David Lowthian and met with the Wing leadership. He also toured the Air Mobility Training Centre (AMTC), Wing Operations, 424 (Transport and Rescue)

Squadron, 2 Air Movements Squadron (2 Air Mov Sqn), 8 Air Maintenance Squadron (8 AMS), and 8 Air Communication and Control Squadron (8 ACCS).

While here in Trenton, Brig.-Gen. Drouin was apprised of the 8 Wing mission to provide responsive and flexible air mobility and search and rescue assets where ever they are needed around the world.

He was also made aware of the Wing's vision to be a leader in operational excellence by remaining at the forefront of delivering a fully integrated response for global effect .

Brig.-Gen. Christian Drouin is apprised of the training resources abundant at the Air Mobility Training Centre (AMTC).



Brig.-Gen Drouin is given some pointers about some of the high-tech gadgets available to students and instructors at the AMTC.



Brig.-Gen Drouin takes the opportunity to get some first-hand experience in a flight simulator at the AMTC.

## Photos by Ross Lees



Lt.-Col. Damon Perrault (right) and Capt. Chad Gehl (left) listen to Brig.-Gen. Drouin's comments about the flight simulators at the AMTC.

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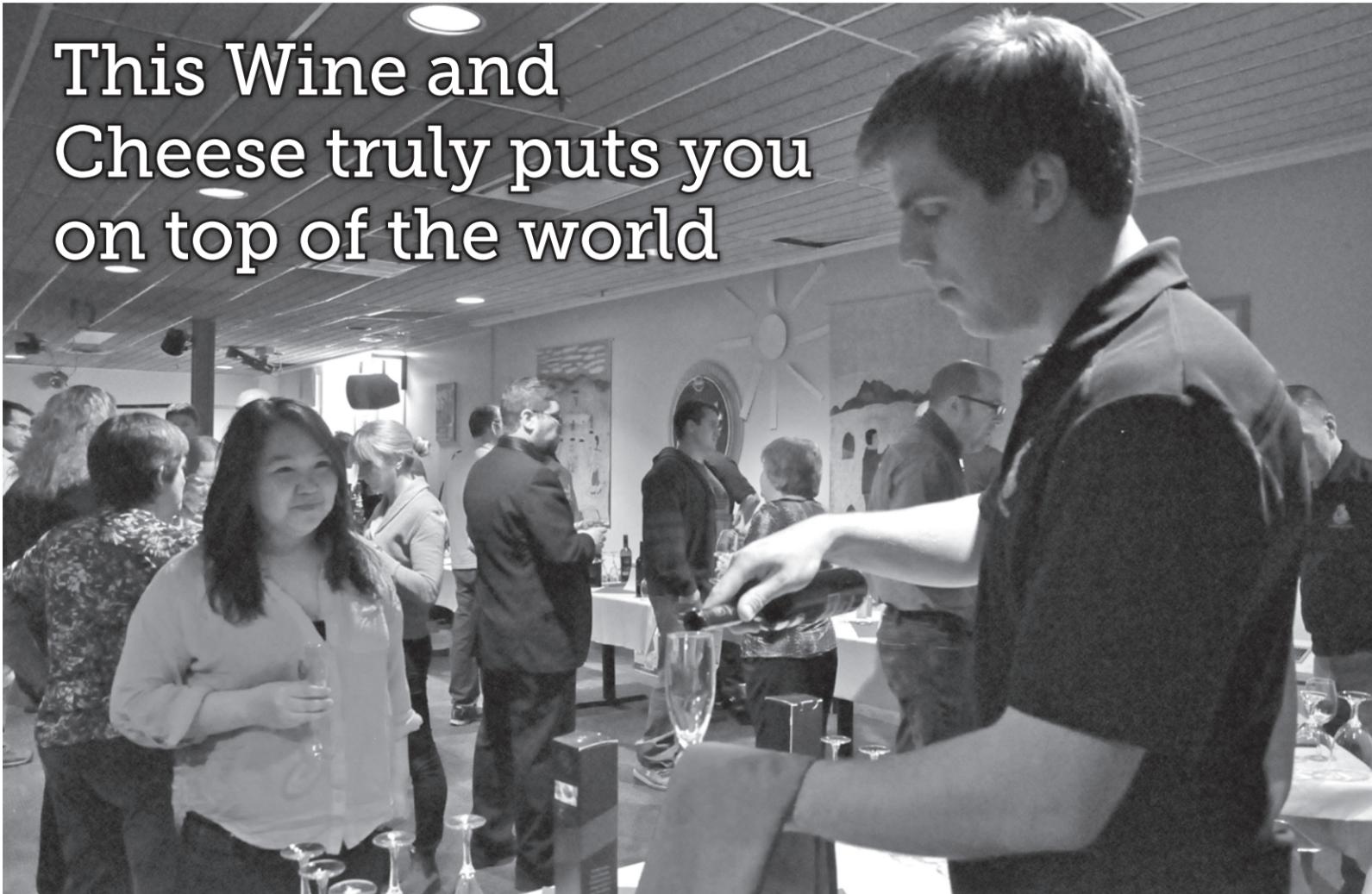
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Mr. Nathan Vis (Water Plant technician, Natsittuq) serves a Canadian ice wine to Ms. JAMILA Gordon (Housekeeper, Natsittuq) during a wine and cheese social event at CFS Alert.

*Photo by Cpl. Katherine Bouchard*

## Wing Logistics and Engineering Picture of the Week

Braving the cold, Mr. Sam Gillespie, a civilian member from 8 Wing TN/RCEME Squadron's Refuelling Section conducts a recirculation function on one of the refuelling tenders at the section before the snows hit the area. A recirculation function is required after defueling an aircraft or for performing sample testing which is required every six months to ensure fuel is clean and no particulates are found. All this is required to ensure RCAF and visiting aircraft get the most efficient and safest fuel possible.



### 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) 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



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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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# Volunteers a vital part of National Air Force Museum of Canada

*Brad Denoon enjoys watching kids get interested in history as a volunteer at National Air Force Museum of Canada*

By Barb Neri, Public Relations

Brad Denoon is a retired supply technician who regularly volunteers with the National Air Force Museum of Canada (NAFMC) as a photographer and tour guide. He enrolled in the Canadian Armed Forces on Prince Edward Island in August of 1984 and served 28 years before retiring in 2012.

Anyone who has visited the museum's web site will have seen countless examples of Brad's work. He single handily keeps our aircraft and facility images current and stunning to look at. Recently Brad has taken over a large chunk of our Facebook posting responsibilities. His artistic eye and instinct for what appeals to an audience have helped draw in a large viewing audience and keeps the positive

comments coming. Always open to new photography challenges posed by the museum's staff, Brad's talent continues to be a huge benefit to the NAFMC. When asked what he enjoys most about volunteering his answer is "watching the wide eyed kids get interested in history".

The National Air Force Museum of Canada is always looking for volunteers of all ages and backgrounds to fill a wide variety of positions within the organization. Without the time, talent and dedication of its large roster of volunteers the museum would be unable to fulfill its mission statement or to operate as one of the largest tourist attractions in Quinte West. There would be no museum without them. If you are interested in becoming a museum volunteer, please contact the Executive Director, Mr. Chris Colton, at 613-965-2208.



Brad Denoon is a retired supply technician who regularly volunteers with the National Air Force Museum of Canada (NAFMC) as a photographer and tour guide.

Submitted photo



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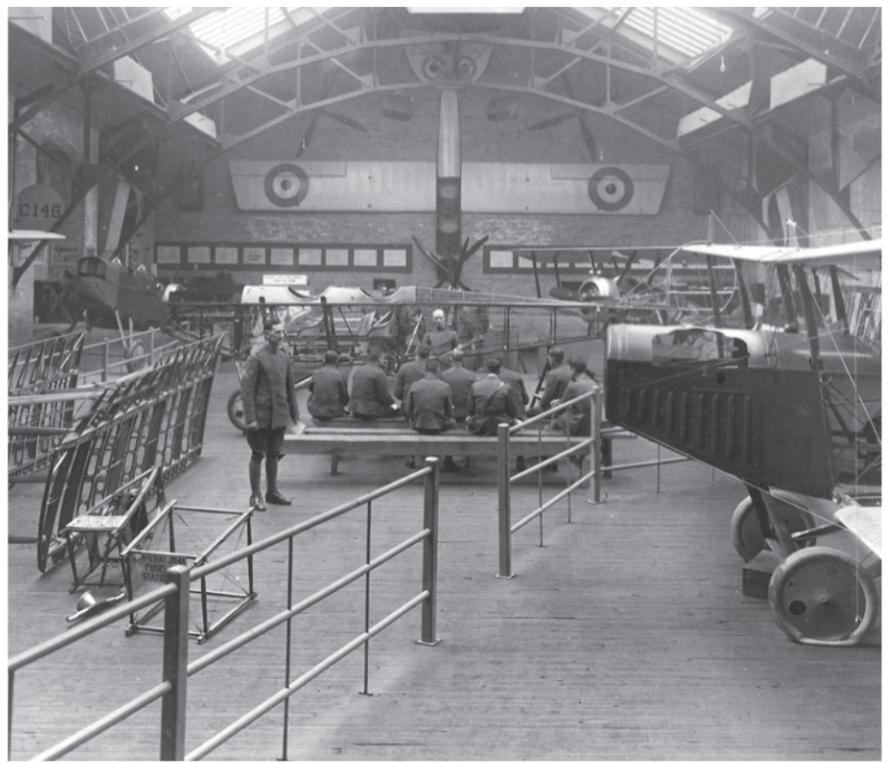
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Photo submitted by  
Kevin Windsor, Curator,  
National Air Force Museum  
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# J-Model Hercules surpasses one million flying hours world-wide

Continued from page 1

appreciated," she told the three commanders.

The company decided to honour the members of the fleet who supported the milestone achievement by presenting them a medallion.

"It says, 'In recognition of the Royal Canadian Air Force 436 Transport Squadron's contribution to CC-130J one million flying hours,'" Ms. Atkins told the Wing representatives.

"We'd like to say it is our first million on the J and we look forward to many more," she added with a smile.

The three commanders were also given patches in recognition of their contribution towards this significant milestone. Patches will also be supplied to the members of the squadrons.

"Please extend our congratulations to the whole team for their contribution," Ms. Atkins added.



436 Squadron Commander Lt.-Col. Mark Goulden proudly displays the patch Lockheed Martin presented to 8 Wing in appreciation of their contribution in pushing the CC-130J model Hercules flying hours over the one million-hour mark.

Photo by Ross Lees

## Canadians called upon to save lives Canadian Blood Services activates the Blood Signal as reminder to give blood in February

The Blood Signal is on.

It signals the urgent need for blood donations from both first-time and current blood donors. Over the next three weeks there are still 33,000 appointments available at blood donor clinics across the country where you can help save lives.

In addition to the ongoing need for blood, winter weather can present challenges for the national blood system. Since late December, winter storms and poor weather conditions have forced the cancellation of a number of blood donor clinics across the country—making it even more important for Canadians to book and attend their blood donation appointments now and throughout the rest of the season.

"Canadian Blood Services provides a steady flow of blood products to hundreds of Canadian hospitals for patient care," said Mark Donnison, Vice-President of Donor Relations. "Just one person under-

going heart surgery may need up to five blood donors to help them through, while another patient fighting cancer could need as many as five donors a week during treatment."

Answer the blood signal and help save the life of someone who needs you. Visit [www.blood.ca](http://www.blood.ca) or call 1-888-2-DONATE (1-888-236-6283) now to book an appointment for an upcoming blood donor clinic. There is still a special need for more O and A negative donors.

Residents are asked to give blood on Jan. 31 at CFB Trenton, at the RecPlex at 21 Naimao Drive in the gymnasium from 10 a.m. to 2 p.m.

Blood can also be donated on Feb. 3 at the Belleville Fish and Game Club, 170 Elmwood Drive from 1 p.m. to 7 p.m. or on Feb. 7 at the Fellowship Christian Reformed Church located at 204 Main Street, Brighton from 1:30 p.m. to 6:30 p.m.

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# 8 Wing Commander receives Queen's Diamond Jubilee medal



Brigadier-General Christian Drouin, Deputy Commander of Force Generation at 1 Canadian Air Division, presents 8 Wing's Commander, Colonel David Lowthian, with the Queen's Diamond Jubilee medal in recognition of his outstanding career. "You are very privileged to have such a smart and intelligent individual as your Wing Commander," Brig.-Gen. Drouin noted during the presentation.

Photo by Ross Lees

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# Operation ATTENTION troops and civilians continue to return to Canada



The Member of Parliament for Northumberland-Quinte West, Rick Norlock, and Brigadier-General J. B. Simms, Commander of the Canadian Forces Joint Operation Support Group, welcome the CAF members and civilian personnel who deplaned in Trenton in the early morning on Jan. 23 after participating in Operation ATTENTION, Canada's contribution to the International Assistance Force/NATO Training mission in Afghanistan.

Photo by Ross Lees

CAF and civilian personnel spent several months in Afghanistan delivering training and professional development support to Afghan national security forces

Soldiers and civilians continue to return to Canada from Afghanistan as Operation ATTENTION, Canada's contribution to the International Assistance Force/NATO Training mission in Afghanistan, begins to wind down.

Greeting the troops as they deplaned in Trenton on Jan. 23 were Brigadier-General J. B. Simms, Commander of the Canadian Forces Joint Operation Support Group; Rick Norlock, Member of Parliament for Northumberland-Quinte West; and Lt.-Col. Debra Graitson, Commander of 2 Air Movements Squadron.

These troops were happy to return home after spending several months in Afghanistan delivering training and professional development support to the national security forces

of Afghanistan, including the Afghan National Army, the Afghan Air Force, and the Afghan National Police.

With the return of the 103 Canadian troops on Jan. 23, the number of troops who have returned to Canada in January jumped to 181. Seventy-eight troops returned earlier on Jan. 20.

A maximum of nine hundred and fifty Canadian Armed Forces members have supported Operation ATTENTION since the end of the combat mission. By the end of January, approximately 100 CAF personnel will continue to support the operation. By the end of March all CAF personnel are scheduled to return home, marking the official end of Canada's military operation in Afghanistan.



Lt.-Col. Debra Graitson, 2 Air Movements Squadron Commander, welcomes troops returning from Operation ATTENTION on Jan. 23 as they deplane in Trenton. Photo by Ross Lees

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# What is Stress?

Although we all talk about stress, it often isn't clear what stress is really about. Many people consider stress to be something that happens to them, an event such as an injury or a promotion. Others think that stress is a change in our body, mind, and/or behaviour in response to an event (e.g. heart pounding, anxiety, or nail biting.) While stress does involve events and our response to them, these are not the most important factors. Our conscious thoughts about the situations in which we find ourselves are the

critical factor.

When something happens to us, we automatically evaluate the situation mentally. Within minutes we identify any threats or opportunities, we determine what actions to take to deal with the situation and what skills we have to employ to respond to that threat or opportunity. If we decide that the demands of the situation outweigh the skills we have, then we label the situation as "stressful" and react with the classic "stress response." If we decide that our coping skills outweigh the demands of the

situation, then we don't see it as "stressful."

Everyone sees situations differently and has different coping skills. For this reason, no two people will respond exactly the same way to a given situation.

Additionally, not all "stressful" situations are negative. The birth of a child, a job promotion, or moving to a new home may not be perceived as a threat. However, these situations can be "stressful" when we don't feel fully prepared to deal with them.

Some situations in life are stress-provoking, but it is our thoughts and our attitudes that determine whether they are a problem to us.

How we perceive a stress-provoking event and how we react to it determines its impact on our health. We may be motivated and invigorated by the events in our lives, or we may see some as "stressful" and respond in a manner that may have a negative effect on our physical, mental and social well-being. If we always respond in a negative way to stress our health and

happiness may suffer. By understanding ourselves and our reactions to stress-provoking situations, we can learn to handle stress more effectively.

For more information on adaptive and effective stress management, consider taking a stress management course, such as the Strengthening the Forces' "Stress: Take Charge" course, being held on Feb. 12. To register or for more information contact your local Health Promotion Office 613-392-2811 x3768.

Source: [cmha.ca/mental\\_health/what-is-stress/](http://cmha.ca/mental_health/what-is-stress/)

# Qu'est-ce que le stress?

Bien que tout le monde parle du stress, souvent, on ne sait pas exactement de quoi il s'agit. Pour certains, le stress est quelque chose qui leur arrive, comme une blessure ou une promotion. D'autres pensent que le stress est une réaction à un événement qui se manifeste à travers notre corps, notre esprit et notre comportement (par exemple, quand notre coeur bat la chamade, qu'on est anxieux ou qu'on se ronge les ongles). Bien que le stress soit relié aux événements et à notre réaction face à ceux-ci, ces facteurs ne sont pas les plus importants. Ce sont nos pensées par rapport aux

situations dans lesquelles nous nous trouvons qui constituent le facteur critique.

Quand quelque chose nous arrive, nous évaluons automatiquement la situation dans notre esprit. Nous décidons de sa gravité, de la façon de la gérer et des aptitudes à mettre à contribution. Si nous décidons que les exigences de la situation dépassent nos capacités d'y répondre, nous jugeons que celle-ci est "stressante" et nous appliquons la "réaction de stress" classique. (Voir à la page 10). Si nous décidons que nous sommes pleinement en mesure d'affronter la situation, alors elle

ne semble pas "stressante".

Chacun de nous perçoit les situations de façon différente et a des capacités d'adaptation, différentes. C'est pourquoi deux personnes ne réagiront jamais exactement de la même façon devant une situation donnée.

De plus, ce ne sont pas toutes les situations qualifiées de "stressantes" qui sont négatives. La naissance d'un enfant, une promotion ou un déménagement ne sont pas perçus comme menaçants, mais sont tout de même "stressants" parce que nous ne nous sentons pas tout à fait prêts à y faire face.

Certaines situations dans la

vie provoquent le stress mais c'est ce que nous pensons de ces situations qui détermine si elles représentent un problème ou pas.

Notre façon de percevoir un événement et notre façon d'y réagir déterminent l'impact de cet événement sur notre état de santé. Les événements de notre vie peuvent nous motiver et nous fortifier, ou bien nous paraître "stressants" et dans ce cas une réaction négative affectera notre bien-être physique, mental et social. En nous comprenant mieux nous-mêmes ainsi que nos réactions face aux situations stressantes, nous pouvons

apprendre à mieux gérer notre stress.

Nous espérons que ce livret vous aidera à adopter de meilleures capacités d'adaptation pour gérer le stress.

Pour en savoir plus sur les méthodes adaptatives et efficaces de gestion du stress, inscrivez-vous à un cours de gestion du stress, tel que celui qui est offert dans le cadre du programme Énergiser les Forces, Le stress : Ça se combat, 14 fev 2014. Communiquez avec votre bureau local de la Protection de la santé 613-392-2811 x3768.

Source : [cmha.ca/fr/mental\\_health/quest-ce-que-le-stress/](http://cmha.ca/fr/mental_health/quest-ce-que-le-stress/)



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# Trenton Military Family Resource Centre

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

## ASD Support Group

This group is for caregivers of a person on the Autism Spectrum. The group's next meeting will be held Feb. 20, from 6 p.m. to 7:30 p.m. Childcare is available. Contact Kelly Briggs at 613-392-2811 ext. 4527

## Trouble du spectre Autistique (TSA)

Groupe de soutien pour les aidants naturels d'une personne atteinte du spectre de l'Autisme. Prochaine rencontre le 20 février, de 18:00 à 19 :30. Service de garde disponible. Contactez Kelly Briggs à 613-392-2811, poste 4527.

## Learn to cook with Grace - New Ideas for Entertaining

Grace's cooking classes are coming back. Classes start on Feb. 24 and run for 10 weeks at the MFRC. A maximum of eight people will be allowed per class. Please bring your own apron, cutting board, and knife. Please register by Feb. 14. The entire course costs \$250 per person. This is the sixth session for this popular course at Trenton Military Family Resource Centre. Together we will share the different ingredients, spices, cooking skills, and culture. We also will have a "one-day restaurant and special cooking ingredients shopping tour" in Markham. You will get to see and learn the most popular international cuisines and bring more happiness to your family and friends! Come learn and enjoy the representative dishes in the classes, and experience the wonderful journey of food with us! You will add more new flavours for your life, and have a lot of fun in the class!

## Come join us at the Movies

Watch "The Lego Movie" on Feb. 8 and help raise funds for the Trenton MFRC Daycare. Join us at 3:15 p.m. at Trenton's Centre Theatre. The cost per person is \$10, which includes admission, popcorn and a drink. Buy your tickets at the MFRC reception by Feb. 5.

## Venez au cinéma avec nous

Un événement collecte de fonds au profit de la Garderie du CRFM de Trenton. Venez visionner « The Lego Movie » le 8 février 2014 à 15h15 au Centre Theatre à Trenton. Le coût est de 10,00\$ et inclus l'admission, mais soufflé et breuvage. Achetez vos billets à la réception du CRFM avant le 5 février.

## Helping Entrepreneurs Reach Complete Success (The HERCS program)

Are you tired of job searching every time you are posted? Do you want a career that can travel with you? Are you interested in your own business? Not sure how to get started? This is a two-day workshop that focuses on: entrepreneurship, business planning, marketing, social media and finance for your small business. Open to all family members of the military community. The program will take place on Tuesday, Feb. 18 from 9 a.m. to 3 p.m. and Thursday, Feb. 20 from 9 a.m. to 3 p.m. at the

Trenton MFRC. The cost for the two days is \$40 (covers the manual, handouts and guest speaker). Bring a bag lunch.

## Aider les entrepreneurs à atteindre le succès (Le programme HERCS)

En avez-vous assez de chercher un emploi à chaque mutation? Voulez-vous une carrière qui peut vous suivre partout? Souhaitez-vous lancer votre propre entreprise? Vous ne savez pas trop comment vous y prendre? Il s'agit d'un atelier de 2 jours qui se concentre sur les thèmes suivants; entrepreneuriat, planification d'entreprise, marketing, médias sociaux et financement pour votre petite entreprise. Accessible à tous les membres de la famille de la communauté militaire. Dates: le mardi 18 février et le jeudi 20 février, les deux jours de 9h à 15h, au

CRFM. Coût 40,00\$ pour le livre, documentation et orateur. Apportez votre dîner.

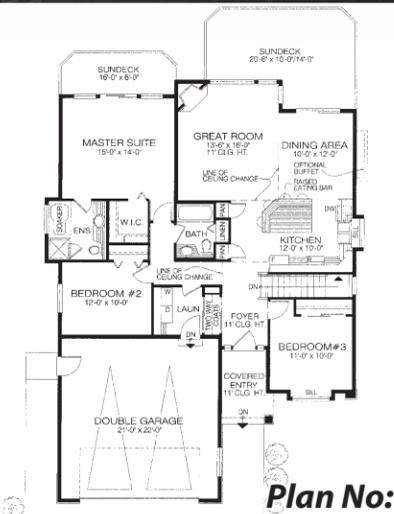
## Elder Abuse Education Conference

An Elder Abuse Education conference hosted by the Quinte Coordinating Committee Against Violence will take place on Feb. 20 from 10 a.m. to 4 p.m. at the Quinte Sports and Wellness Centre. Please join us for a full day of interactive workshops. Speakers will provide information and resources to assist in maintaining and enhancing the health and safety of older adults in Hastings and Prince Edward counties. Cost is \$30. Subsidies are available. Please contact Ashlee Allen at aallen3@cogeco.net or 613-392-2811 ext. 5541 for more information. Also visit <http://www.qccav.ca>

Questions or Comments? (613) 392-2811 ext. 3976  
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# Home of the Week

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Compact and snug, family area, comprising an open-plan great room, dining area and kitchen. The kitchen features a raised seating bar and prep island, as well as an L-shaped counter configuration, for maximum efficiency. The double-height foyer is reached via a covered entry. To the right is Bedroom No. 3, which could easily double as a den or home office. Beyond the foyer, which contains a coat closet on the left, is the

are located nearby. The dining room features an optional built-in buffet, and has access to a large sundeck, where family members and guests alike will enjoy summertime meals and relaxation. The great room, with access to the sundeck, boasts a dramatic double-height ceiling. The fireplace tucked into one corner will not only provide cozy warmth during the cooler months, it will also serve as a magnet for family activities. The master suite, with its own private garage and under-appointing four-piece bath, where a shower and soaker tub occupy a bayed-out nook with a window. The second bedroom shares a three-piece bathroom with Bedroom No. 3. The laundry room includes a two-way cupboard, ideal for storing off-season gear. Access to the double garage means the laundry room can double as a mud room. Exterior features include decorative wood touches under the front window, as well as cross-bracing in the gables. Stone accents on either side of the sundeck, include a roomy walk-in closet, as well as a well-score the home's aura of solid comfort.

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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.

**Jan. 31 – CFB Trenton Blood Donor Clinic**

The next blood donor clinic will be held at the CFB Trenton RecPlex, 21 Namao Drive, Astra gymnasium, from 10 a.m. to 2 p.m. Please call 1-888-2-DONATE (1-888-236-6283) to make an appointment or book online at [www.blood.ca](http://www.blood.ca)

**Feb. 4-6 - Alzheimer Society of Belleville-Hastings-Quinte Winter Book Sale**

The first of three annual book sales will be held at the Bayview Mall from 8:30 a.m. to 4:30 p.m. from Feb 4 to 6. Thousands of used books will be available with the best selection on Tuesday. Bargain-hunters will want to wait for reduced pricing on Wednesday (half-price) and Thursday (\$5 for a bagful). The wide variety of paperbacks and hardcovers include many popular titles and books by well-known authors. There is also a small selection of large-print books, children's books, and CDs. We also need books! Donations of books, CDs and DVDs in good, saleable condition are always welcome. Due to space limitations, the Society cannot accept encyclopaedias, textbooks, Readers' Digest books, magazines, or VHS tapes. All proceeds from the sale will go to local programs and services aimed at helping people with dementia and their families. For more information please call the Alzheimer Society directly at (613) 962-0892 or at [www.alzheimer.ca/bhq](http://www.alzheimer.ca/bhq).

**Feb. 6 - Knights of Columbus Roast Beef Dinner**

The Knights of Columbus will serve a roast beef dinner with all the fixings (desert, tea and coffee included) at the Knights of Columbus Hall, 57 Stella Cres., Trenton, from 5 p.m. until 7 p.m. Cost is \$10. Take out is available. Everyone is welcome.

**Feb. 12 - 8 Wing Officers' Mess Ladies Charity Spa night**

At 6 p.m. in the upper lounge of the Officers' Mess. Admission is members \$10, invited guests of members \$15. Light refreshments will be served. The charity for the evening is The Wounded Warrior. More information can be obtained by e-mail at [chambersj@live.ca](mailto:chambersj@live.ca)

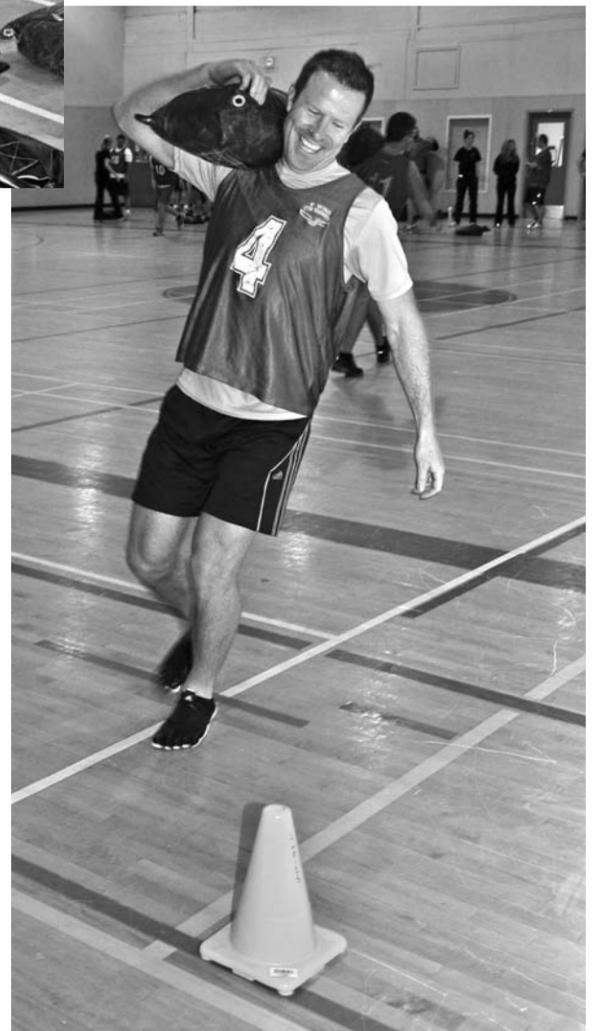
**Feb. 15 - Birdbone Puppet Theatre's Tar Sands Dragon Opera**

Birdbone Puppet Theatre performs the Tar Sands Dragon Opera at the Belleville Public Library, 2:30 p.m., Saturday, Feb. 15. The story is about the safety of dilbit/tar sands oil pipeline, which runs just north of Belleville. Admission is pay-what-you-can. For more information, contact [john.travers.lewis@gmail.com](mailto:john.travers.lewis@gmail.com).

**CF Physical Fitness Program-Project FORCE and EXPRES**



Reference: DAOD 50-23-2 and WSO 3.04  
CF members must be evaluated annually unless otherwise exempted as per the above reference. The results of a physical fitness evaluation are valid for a period of 365 days. Results for 2013 must be entered by March 31, 2014, which is the last day to be evaluated for 2013. Testing takes place on Mondays, Wednesdays and Fridays at 9 a.m. and 1:30 p.m. Units can request to be tested as a group. Please contact your unit OPI to register for your Project Force Evaluation at +8 Wing PSP EXPRES [Booking@CFBTrenton@Trenton](mailto:Booking@CFBTrenton@Trenton). For more info contact [tracy.blair@forces.gc.ca](mailto:tracy.blair@forces.gc.ca) You must arrive 30 minutes prior to your scheduled time in PT gear.



**Programme de conditionnement physique des FC – Projet FORCE et EXPRES**

Références : DOAD 5023-2 et OP Ere 3.04  
Les membres des FC doivent faire l'objet d'une évaluation tous les ans à moins d'en être exemptés conformément aux références. Les résultats d'une évaluation de la condition physique sont valides pour une période de 365 jours. Les résultats de 2013 doivent être entrés d'ici le 31 mars 2014. Par conséquent, le 31 mars est le dernier jour d'évaluation pour 2013. Les évaluations ont lieu les lundis, mercredis et vendredis à 9 h et à 13 h 30. Les unités peuvent demander que leurs membres soient évalués en groupe. Veuillez communiquer avec le BPR de votre unité afin de vous inscrire à l'évaluation FORCE à l'adresse +8 Wing PSP EXPRES [Booking@CFBTrenton@Trenton](mailto:Booking@CFBTrenton@Trenton). Pour plus des renseignements contacter [tracy.blair@forces.gc.ca](mailto:tracy.blair@forces.gc.ca) Vous devez vous présenter 30 minutes avant l'heure prévue en tenue d'entraînement.

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# Sports & Recreation



## Family Day Monday, Feb. 17

Family swim - From 1 p.m. to 3:15 p.m. Free for military personnel and CRA members with a PSP facility membership. Military community non-members pay \$1 (for ages six months to five years); \$2 (for ages six to 17 years); and \$3 (for ages 18 years-plus). And general public pay \$2 (six months to four years); \$3 (six to 17 years); and \$4 (18 years plus).

## General Public Family Skate - From 3 p.m. to 5 p.m. at the RCAF

Flyers Arena. Free for military personnel and CRA members with a PSP facility membership. Military community non-members pay \$1.50. And general public pays \$2.

## Video Dance - Ages nine to 14 years of age

At the RecPlex gym. A canteen is available. Friday, Feb. 7 from 7 p.m. to 10 p.m. Military community pays \$6 and general public pay \$7.

## Valentines Day Event

For ages six to 12 years at the RecPlex gym on Friday, Feb. 14, from 6 p.m. to 8:30 p.m. Military community pays \$10, general public pays \$12.

## Aquatics

Morning Aquafit - Mondays, Wednesdays, Fridays, starting Jan. 6 until Mar. 21 (33 classes), from 8:30 a.m. to 9:20 a.m.

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

## Advanced Aquatics

**Junior Lifeguard Club for Youth** - Eight to 15 years of age, Mondays, Jan. 6 to Mar. 17, 6 p.m. to 7 p.m. (No classes over March Break)

**Youth Aquatic Club for Youth** - Six to 16 years of age, Mondays, Wednesdays and Fridays from Jan. 6 to Mar. 28 (11 weeks), 4:45 p.m. to 6 p.m. (No classes over March Break)

**Red Cross Babysitter's Course** - Friday, Mar. 7, from 10 a.m. to 5 p.m.

**High Five Principles of Healthy Child Development (PHCD)** - Saturday, Feb. 8 and Friday, Mar. 7, 10 a.m. to 5 p.m. at the RecPlex.

**Bronze Star with Basic First-Aid and CPR "A"** - Mondays, Jan. 6 to Mar. 17, 7 p.m. to 8 p.m.

**Bronze Medallion and Emergency First-Aid with CPR "C" and AED (Crash Course)** - Feb. 8, 9, 22, and 23, Saturdays from 9 a.m. to 5 p.m. and Sundays from 12 noon to 4:30 p.m.

**National Lifeguard Course (NLS 2012 Standards)** - Feb. 7, 8, 9, 21, 22, 23, on Fridays from 4:30 p.m. to

8:30 p.m. and on Saturdays and Sundays from 9 a.m. to 5 p.m.

**NLS Re-certification (2012 Standards)** - Sunday, Feb. 23, 10 a.m. to 5 p.m.

**Red Cross Assistant Water Safety Instructor** - Mar. 22, 23, 29, and 30, from 10 a.m. to 5 p.m.

**Red Cross Water Safety Instructor Re-Certification** - Sunday, Mar. 16, from 10 a.m. to 4 p.m.

## Fitness Programs

**Pilates/Core Fitness** - Wednesdays, Jan. 15 to Mar. 26, 4:20 p.m. to 5:20 p.m.

**NEW Spin-Fashion** - Tuesdays from Jan. 14 to Mar. 25, 5:30 p.m. to 6:30 p.m.

**Zumba** - Wednesdays from Jan. 15 to Mar. 26, 5:30 p.m. to 6:30 p.m.

**Core Fitness** - Mondays from Jan. 13 to Mar. 24, 4:30 p.m. to 5 p.m.

**Boot Camp Fitness** - Mondays from Jan. 13 to Mar. 24, 5 p.m. to 6 p.m.

**Squat Challenge** - Mondays from Jan. 13 to Mar. 3, 6 p.m. to 6:15 p.m.

**Gentle Boot Camp** - Mondays from Jan. 13 to Mar. 24, 6:20 p.m. to 7:20 p.m.

**Tai Chi** - Tuesdays from Jan. 14 to Mar. 25, 5:35 p.m. to 6:35 p.m.

**Learn to Skate for Adults** - Fridays from Jan. 10 to Mar. 7 from 6 p.m. to 7 p.m.

## Skating and Hockey Skills programs

**Family Skate** - Saturdays and Sundays from Jan. 11 to Mar. 30 from 1 p.m. to 3 p.m.

**Learn to Skate for Youngsters** - Ages four to seven years, at the RCAF Flyers Arena on Fridays from Jan. 10 to Feb. 28, 4 p.m. to 5 p.m.

**Learn to Skate for Youth** - Eight years and up at the RCAF Flyers Arena from Friday, Jan. 10 to Feb. 28., 5 p.m. to 6 p.m.

**Skills and Drills** - Seven years old and plus on Mondays, Jan. 13 to Mar. 3, 5 p.m. to 6 p.m.

**Shinny Hockey** - Jan. 6 to Mar. 31: Tyke/Novice on Fridays from 7 p.m. to 8 p.m.; Atom on Wednesdays from 4 p.m. to 5 p.m.; PeeWee on Tuesdays from 4 p.m. to 5 p.m.; Bantam/Midget on Mondays from 4 p.m. to 5 p.m.

**March Break Goalie Development** - Monday, Mar. 10 to Friday, Mar. 14 from 8 a.m. to 9:30 a.m.

**March Break Hockey Training and Conditioning** - Monday, Mar. 10 to Friday, Mar. 14, from 9:45 a.m. 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's 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 .

## Kookin with Kidz

Tuesdays, Jan. 21 to Mar. 18, six to 12 years old, 6:15 p.m. to 7:15 p.m. at the Chapel Kitchen or Baker Island.

## 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.

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 on Jan. 31 at the CFB Trenton RecPlex, 21 Namao Drive, Astra gymnasium, from 10 a.m. to 2 p.m.

## 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 by calling 1-888-2-DONATE (1-888-236-6283) or book online at [www.blood.ca](http://www.blood.ca) to book an appointment at on Jan. 31 at the CFB Trenton RecPlex, 21 Namao Drive, Astra gymnasium, from 10 a.m. to 2 p.m.

## 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 by calling 1-888-2-DONATE (1-888-236-6283) or book online at [www.blood.ca](http://www.blood.ca) to book an appointment on Jan. 31 at the CFB Trenton RecPlex, 21 Namao Drive, Astra gymnasium, from 10 a.m. to 2 p.m. Please call 1-888-2-DONATE (1-888-236-6283) to make an appointment or book online at [www.blood.ca](http://www.blood.ca)

## Inspiring others to give blood

The next blood donor clinic is on Jan. 31 at the CFB Trenton RecPlex, 21 Namao Drive, Astra gymnasium, from 10 a.m. to 2 p.m. Please call 1-888-2-DONATE (1-888-236-6283) to make an appointment or book online at [www.blood.ca](http://www.blood.ca)

• **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 on Jan. 31 at the CFB Trenton RecPlex, 21 Namao Drive, Astra gymnasium, from 10 a.m. to 2 p.m.

# Classifieds

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## 8 Wing Chapel



**Location:** 91 Namao Dr. E  
**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



## Master the art of snow shovelling – especially this year

Many things require a technique - fly-fishing, golfing, bowling, snow shovelling. Snow shovelling?

Yes, according to the Canadian Physiotherapy Association, poor shovelling technique has nothing to do with looking good or bad while clearing company sidewalks and loading areas; it places severe strain on the heart and back.

**Question:** How much does one shovel load of wet snow weigh?  
 A) 13 pounds (6 kilograms)  
 B) 10 pounds (4.5 kilograms)  
 C) 25 pounds (11.3 kilograms)  
 D) 20 pounds (9 kilograms)

**The answer is C: 25 pounds**  
 "Shovelling snow requires as much energy as running 15 kilometres an hour (nine miles an hour)," according to the Association. "Although 15 minutes of snow shovelling benefits a healthy heart by maintaining or increasing cardiovascular fitness, most people don't realize that shovelling snow is like picking up heavy weights."  
 Repetitive twisting, improper lifting and overexertion are com-

mon injuries among people who overdo it on the shovel, whether at work or home. But the Association says many such injuries are preventable by taking the time to prepare and think about how to move properly.

To avoid injury follow the techniques for shovelling snow below:

- Choose the right shovel. The handle length is right for you if you can slightly bend your knees, bend forward less than 10 degrees and hold the shovel comfortably at the start of the shovel stroke. Don't use too large a shovel. Ergonomic shovels with bent shafts are recommended to ease strain on the heart and spine.
- Tackle heavy snow in two stages. First, skim it off the top and then remove the bottom layer. Don't overload the shovel.
- Place your hands at least 12 inches (30 centimetres) apart when gripping the shovel, to increase leverage and reduce strain. Always keep one hand close to the base of the shovel when lifting to balance the weight of the lift and reduce lower back strain.

- Lift the snow properly. Stand with your legs apart, knees bent and back straight. Lift with your legs. Don't bend at the waist. Scoop small amounts of snow and walk to where you want to place it.
- Step in the direction you are throwing the snow.
- If you can't say a long sentence in one breath, you're working too hard. Slow down.
- Take frequent breaks. Stand up straight and walk around to extend the lower back. Place your hands on your hips and bend backward slightly for several seconds.
- Dress warmly to conserve your body temperature. Wear wind-proof, water-resistant, multi-layered clothing that will take perspiration away from the body. Also wear a hat, scarf, appropriate footwear and two pairs of socks if it's really cold.
- If you have a health problem or are out of shape, don't shovel snow yourself.

Remember that safe snow shovelling requires proper preparation, the right tools, good technique and knowledge.

# Upcoming Health Promotion Programs

**Stress: Take Charge! (STC)**  
STC offers a self-directed approach to stress management through self-awareness, behaviour change and skill building. Participants will learn to recognize stress at its earliest onset; learn the ACT approach to creating change; discuss a stress management lifestyle involving time management and work/life balance; explore stress management tools, including building resilience; and create a lifestyle action plan.  
Date: Feb. 12  
Timings: 8:30 a.m. to 4 p.m.

**Weight Wellness Lifestyle Program (WWLP)**  
Improve your health and well-being! Weight Wellness takes a realistic and positive view to achieving a healthy lifestyle with a self-management approach to behaviour change. Throughout the 8-week program, you will develop personalized goals and learn skills to manage your eating habits

and physical activity for a lifetime.  
Dates: Every Friday for eight weeks starting Feb. 14 to April 4  
Timings: 8:30 a.m. to 10:30 a.m.

**Alcohol, Other Drugs and Gambling Awareness: Supervisor Training (AODGST)**

This course is essential for anyone in a supervisory position. Topics include: low risk drinking guidelines; recognizing the early warning signs; developing effective interviewing skills; understanding and changing the culture of an organization; and personal testimonial from a military member in recovery from addictions.  
Date: Feb. 19  
Timings: 8:30 a.m. to 4 p.m.

**Mental Fitness and Suicide Awareness: Supervisor Training (MFSAST)**

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.

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

Online <http://healthpromotion.cfbtrenton.com>  
Call 613-392-2811 Ext3768  
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.



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## Programmes de promotion de la santé à venir

**Le stress : ça se combat**  
Le programme « Le stress : ça se combat » offre une démarche autonome pour gérer le stress au moyen de la connaissance de soi, du changement de comportements et du perfectionnement des acquis. Les participants apprendront à reconnaître le stress à ses débuts, découvriront l'approche de la thérapie d'acceptation et d'engagement pour créer un changement, aborderont l'intégration de la gestion du stress dans leur mode de vie au moyen de la gestion du temps et de l'équilibre travail-vie personnelle, exploreront les outils de gestion du stress, ce qui comprend le développement de la résilience, et créeront un plan d'action quant à leur mode de vie.  
Date: le 12 février 2014  
Heure: De 8 h 30 à 16 h 00

**Programme poids-santé et style de vie**  
Le programme montre aux participants comment adopter un mode de vie sain au moyen d'une approche réaliste et positive d'autogestion du changement de comportement. Tout au long du programme de huit semaines, les participants se fixeront des

objectifs personnels et acquerront des compétences qui leur permettront de gérer leurs habitudes alimentaires et leur niveau d'activité physique pour le reste de leur vie.  
Dates : Tous les vendredis pendant 8 semaines, du 14 février au 4 avril  
Heure : De 08 h 30 à 10 h 30

**Sensibilisation à l'alcool, aux drogues et au jeu excessif : Formation pour superviseur**

Il s'agit d'un cours essentiel pour quiconque occupe un poste de supervision.  
Les sujets abordés sont notamment : lignes directrices pour une consommation d'alcool à faible risque, reconnaissance des signes précurseurs, acquisition de techniques d'entrevues efficaces, compréhension et changement de la culture d'une organisation. De plus, un membre des FC ayant entrepris de se libérer de ses dépendances offrira un témoignage de son expérience personnelle.  
Date : le 19 février 2014  
Heure : De 8 h 30 à 16 h 00

**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 des-

tinées 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

**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 EF est offert gratuitement à tous les membres des FC, aux employés du MDN, aux employés 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 [listedevostraprogramme](http://listedevostraprogramme) préféré au poste 3768 ou en ligne. Vous recevrez un courriel lorsque la date du cours est fixée et l'inscription est ouverte.

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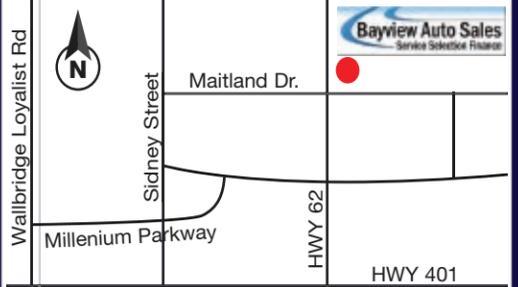
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