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8 Wing Winter Carnival exhibits a premium on fun

21 teams involved 150 personnel in the games promoting fun and physical activity

By Ross Lees

It's designed to bring people out of their winter blahs, and that's exactly what the 8 Wing Winter Carnival did on the second last day of February.

The bright sun throughout the day helped alleviate the cold temperatures and make the day almost perfect for the approximately 150 base personnel who turned out to enjoy the competition of the Personnel Support Programs (PSP) competitions.

Officer of Primary Interest (OPI) Anthony Marsh, PSP Fitness and Sports Instructor was ecstatic to see the day turn out as well as it did, considering there had been wind warnings floating around the day prior to the event.

Fun was at a premium at this year's Winter Carnival as 21 teams featuring 150 contestants enjoyed the series of games promoting fun and physical activity. See more photos on pages 8 and 9. Photo by Ross Lees

Continued on page 9



MFRC Invisible Ribbon gala progressing nicely

Community support still very necessary for this vital MFRC fundraising event

By Ross Lees

An early start this year has the Military Family Resource

Centre (MFRC) well on track for its May 9 fundraising gala, but as always, they need the community's help to achieve their goals.

One of their primary goals this year is to achieve a sellout crowd of 300, and they are providing a little incentive to make that happen. If they sell all 300 tickets, the MFRC will hold a special draw at the gala and the ticket drawn will see its owner reimbursed the cost of the ticket.

"We're progressing really well," noted event planner Stefanie Wolfe. "We are on target

for all our major items. We have been quite successful this year, so far, with sponsorship and auction items coming in and we just really need to keep up the momentum as we move forward."

Ticket sales were to begin Wednesday of this week (March 4) and they could be picked up at the MFRC office.

"They can call or come in and pay by cash, credit card or cheque," Mrs. Wolfe stated.

As we said before, one of the key elements of this important fundraiser for the MFRC is local

community support, and businesses and companies have been generous so far in donating items for auction at this 11th annual fundraiser. But it is important that support continues as the event nears, according to Mrs. Wolfe.

"Even if the gifts are only for small amounts or items of \$100, they are important," she indicated. "Those small amounts do add up and make a really big difference at the end of the day. Every little amount counts and it's appreciated and it makes a difference."

Another aspect of this event the committee is very excited about is a song being composed about the MFRC by T.W. Crossen, a Canadian-born musician presently living in the United States. The song will be heard first by the public at the gala on May 9, but most of the committee has heard the first draft of the song and they are impressed with it.

"It's bang on what we hoped for," said Wendy Synott, Volunteer Services Coordinator with the MFRC. "It knocked my socks off!"

Continued on page 2



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Community support key element for gala

Continued from page 1

"We're excited for the public to hear it," noted Devon Taylor, the Communications and Development Coordinator for the MFRC.

Reasons to attend and support this valuable military community resource are many and varied. This year's guest speaker will be Capt. (retired) Jane Foster, one of the first women to achieve "Combat Ready" status in the Royal Canadian Air Force (RCAF).

Another highlight of the evening are the silent and live auctions of the many and varied items donated by local businesses and the many units of 8 Wing/CFB Trenton. These items often include some very unique items supplied by military members who have returned from deployments with unusual items which the public often would not otherwise have access to. The stories behind these items are often worth much more than the item themselves.

But there are also many more community-ori-

ented items up for auction, including a family pass to the Batawa Ski Hill, a premium, one-night package for the Waring House in Prince Edward County, a Delgado Estates wine tasting experience for 10 people, plus restaurant certificates, Stirling Theatre tickets, plus jewelry.

"There is something for everyone," said Mrs. Wolfe. "We have a wide variety of stuff to make it interesting for everyone."

This year, the organization wants to run an on-line auction for those who wish to donate but cannot attend. To donate or to find out more about his event, visit www.InvisibleRibbon.ca or call Stefanie Wolfe at 613-661-3431.

Mrs. Wolfe said the MFRC has a really strong team this year and that is helping to keep things on track for the May 9th event at the National Air Force Museum of Canada.

"We got started with the planning earlier this year and it seems to be making a big difference," she said. "The support from the community is more apparent this year. I think the military is more in the news, more public than last year, so the community is much more aware of the operational needs and stresses, resulting in stronger support this year. Overall, we're very happy with the support, but we need to maintain the momentum which has built up so far."

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More Canadian soldiers depart for Operation REASSURANCE in Eastern and Central Europe

MP Rick Norlock said these troops would demonstrate to our allies that 'our support does not waiver'

By Ross Lees

Another 125 Canadian Army soldiers from the 3rd Battalion, The Royal Canadian Regiment (3 RCR), departed CFB Trenton for Eastern Europe as part of military activities undertaken by the Canadian Armed Forces (CAF) to support NATO assurance measures in Eastern and Central Europe on March 2.

The 3 RCR contingent, part of 2 Canadian Mechanized Brigade Group (2 CMBG) based in Garrison Petawawa, would complement the advance party who are currently deployed under Operation REASSURANCE.

Member of Parliament for Northumberland-Quinte West Rick Norlock said in a prepared speech prior to the departure that the troops departing Trenton "...would participate in several exercises and multilateral activities in the coming months alongside our North Atlantic Treaty Organization (NATO) allies." He added that the departure of additional troops would demonstrate that "...our support does not waiver."

Mr. Norlock, when asked questions about why these troops would be departing for the European theatre at this time, replied, "It has been my experience and I think of those in the west, that whatever Mr. Putin (Vladimir) says, he does the opposite. We're aware of that and will be there with our

allies to support them."

8 Wing Commander Col. David Lowthian said these troops would not only promote security and stability in central and eastern Europe, they would also enhance the ability to interoperate with our NATO partners.

The Land Task Force will participate in a series of multinational training opportunities that allow the Canadian Army to showcase its capabilities and further demonstrate its leadership capacity.

Canadian soldiers have been training with our NATO allies as part of Operation REASSURANCE since early May of 2014.

Operation REASSURANCE refers to the military activities undertaken by the CAF to support NATO assurance measures, in response to Russian aggression and provocation against Ukraine, through the provision of military capabilities for training, exercises, demonstrations and assigned NATO tasks. The CAF's response in support of NATO's request promotes security and stability in Central and Eastern Europe, and demonstrates Canada's steadfast commitment to our allies in the region.



8 Wing Commander Col. David Lowthian and MP for Northumberland-Quinte Rick Norlock (background) deliver messages to the departing soldiers at CFB Trenton on March 2 as they prepare to depart.

Photo by Ross Lees



One hundred and twenty-five Canadian Army soldiers from the 3rd Battalion, The Royal Canadian Regiment (3 RCR), departed CFB Trenton for Eastern Europe as part of military activities undertaken by the Canadian Armed Forces (CAF) to support NATO assurance measures in Eastern and Central Europe on March 2. Photo by Ross Lees

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CFS Alert starting to see sunlight again



(Above) Lt. Katie Osborne excitedly stands in front of the Welcome to CFS Alert sign, as the first bit of sunlight peaks over the sky for the first time in months.

Photo by PO1 Colleen Aitken

(Left) Mr. Darryl Bryden (right) explains the new changes and updates to fix the water pumps at the Lower Water Pump House to Mr. Richard Dykins of Nasittuq. Ms Kathleen Burke, Mr. Bill Haddock and Mr. Darryl Bryden from Wing Construction and Engineering (WCE) Squadron arrived at CFS Alert, Feb. 26, to repair the pumps and associated systems. After one week of hard work, the crew was able to repair the systems and all three pumps are now fully operational.

Photo by Lt. Katie Osborne

The Contact Newspaper

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

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

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

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

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The CONTACT produces news and information about 8 Wing/CFB Trenton at home and around the world. We depend on our military community for articles, personal stories and photos.

- Articles should be typed in upper and lower case (not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.
- Do not include clip art, graphics or photos within typed pages. Additional graphics, logos and photos must be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) unit and phone number.
- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in a jpeg format at a high resolution for quality reproduction.
- Articles must be received by Monday at noon prior to print date.

Letters to the Editor:

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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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MFRC Ball Hockey tournament dispels winter blahs

Youth Centre personnel get competitive juices flowing in parking lot competition

By Ross Lees

Military Family Resource Centre (MFRC) Youth Services and Personal Development Coordinator Amy LeGresley wanted to put together an event that would help Youth Centre personnel get past a rough month of snow and extreme cold weather.

To do that, she felt everyone needed to get outdoors, so she organized a three-on-three Ball Hockey Tournament to be played in the MFRC parking lot on Feb. 28.

"In addition to our weekly activities four nights a week, the Trenton MFRC

Youth Centre hosts a special Saturday event once a month and this month was our three-on-three Ball Hockey Tournament," she said. "We had eight teams participate in the tournament and everyone had fun."

And they had fun in more ways than one. Winners of the competitive tournament were Team Buffalo, followed by King's Court and Team Perfect. Despite not placing in the top three, one other team obviously also had some fun during the tournament - The Skunky Funk, who came away with the sweet smelling best team name category.



All ages and sizes participated in the event, including this young fellow who is rifling the puck to the front of the net to a teammate.

Photos by Ross Lees



This competitor scores a five-hole goal during the wide-open action at the MFRC three-on-three Ball Hockey Tournament.



This player tries to break around a defender to get a shot on net in Saturday's MFRC three-on-three Ball Hockey Tournament action.



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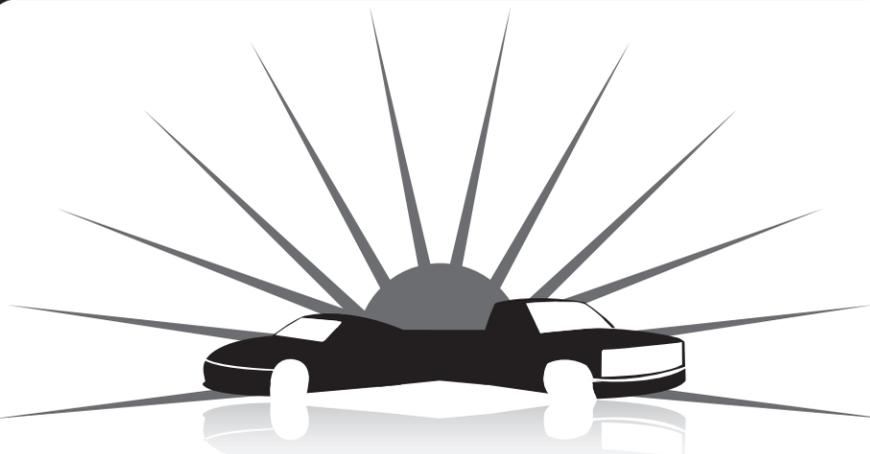


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Fitness & Health

Health Promotions: Who are we and what do we do?

Strengthening the Forces (StF) is the SCAF's Health Promotion program which is designed to enable Canadian Armed Forces (CAF) members to increase control over and to improve their overall health and well-being. Good health is essential to the wellbeing of CAF members and to the operational effectiveness of the CAF. Maintaining a high level of health improves one's ability to perform effectively and safely on CAF operations, and to enjoy a high quality of life. StF programs are available, free of charge to all CAF members, DND employees, NPF employees, CAF spouses and dependants.

Mental Fitness and Suicide Awareness – Supervisor Training (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.

April 21
8:30 a.m. to 4 p.m.
Mite Coded

Stress: Take Charge (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.

March 31

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

Managing Angry Moments (MAM) is an interactive program designed to help increase personal performance by identifying successful coping strategies that participants already use in anger-generating situations and by providing opportunities to learn and practice new skills. Discussions focus on understanding anger; identifying personal triggers; managing conflict with others; identifying and practicing strategies that work for you, and learning how to manage your responses for the long-term.

May 13
8:30 a.m. to 4 p.m.

Butt Out is designed to help participants overcome their addiction to nicotine by providing education and support. This program focuses on smoking/chewing cessation medications; problem solving and coping strategies; relaxation and stress management; physical activity; minimizing weight gain; preparing for high-risk situations, and developing a plan for remaining tobacco-free. The Butt Out Self Help program is widely used. It is self directed and supported via a client workbook over a 12 week time period. Health Promotion maintains a regular link with each client to ensure a support network is in place.

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Weight Wellness Lifestyle Program (WWLP) takes a realistic and positive view to achieving a healthy lifestyle with a self-management approach to behaviour change. Throughout the program, par-

ticipants will develop personalized goals and learn skills to manage eating habits and physical activity for a lifetime. This course is interactive, combining light physical activity and nutrition information.

April 16 to June 4 (Thursday evenings)
6:30 p.m. to 8:30 p.m.

Top Fuel for Top Performance (TFTP) is designed for those with an active lifestyle. It presents the latest information on nutrition and how it applies to daily energy requirements. Four workshops are discussed; Top Fuel 101; Fine Tuning Eating; Fuel for Training and Recovery; Body Composition and Sport Supplements. Discussion topics include determining your daily energy needs; reading food labels; body composition; planning and preparing for training and competition; myths and facts about supplements and sport foods; and fine tuning your eating and activity habits.

April 16-17
8:30 a.m. to 4 p.m. (both days)

Air Force 101 Healthy Lifestyles (AF101) was designed to help leadership encourage and facilitate healthy lifestyles in order to sustain operational readiness. Topics include Addiction Free Living, Stress Management Injury Prevention and Active Living and Nutritional Wellness. This program is spread out over six hours in the classroom with an emphasis placed on application of knowledge. The course requires pre- and post-materials study.

Improve Communication in Personal Relationships (Inter-COMM) is an innovative program providing participants instruction on conflict management concepts as well as strategies that may help when facing difficult situations or conver-

sations with family and friends. Through experience learning, exercises and coaching, participants will learn skills in conflict management, effective communication, and how to nurture collaboration, both at home and in the community.

Alcohol, Other Drugs and Gambling Awareness – Supervisor Training (AODGA) programming is available on a variety of topics such as substance use 101, staying with in the guidelines, understanding risks, responsible hosting, gambling, policy, harm reduction, and talking about alcohol and other drugs among other areas of interest. This program also includes a Supervisor Training which aims to educate CAF members in leadership positions of key factors required in creating an addiction free work environment.

March 26-27 (1.5 days)
8:30 a.m. to 4 p.m. and 8:30 a.m. to 12 noon
Mite Coded

Injury Reduction Strategies in Sport and Physical Training (IR) was designed to provide information on injuries in the CAF. As 50 per cent of injuries in the CAF are preventable, this program uses the latest scientific evidence concerning injury prevention in sports and physical training. Two programs are available; a 30 minute briefing for leaders and a one hour general awareness brief.

May 19
9 a.m. to 11 a.m.

All Strengthening the Forces programs are designed for awareness, education and prevention; they are not designed for treatment or counselling. For those interested in receiving additional support for treatment, Health Promotion Services can provide information on local CAF and civilian resources.

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Traditional Chinese food and recipes prove popular

Grace's cooking courses at MFRC produce tasty and popular traditional Chinese fare

By Ross Lees

Grace ling yi Liu not only brought the great tastes of Chinese food to her demonstration at the Military Family Resource Centre (MFRC) on Saturday, she incorporated the traditions as well.

The demonstration featured traditional Chinese New Year recipes with hands-on instruction in preparation of these recipes plus the chance to taste them individually and with participants' families, as Grace prepared enough food to take home for those taking part in the demonstration.

"Grace is an amazing volunteer and has hosted several cooking class series with the Trenton MFRC over the last few years. She brings incredible experience, professional instruction and delicious recipes to each class," noted MFRC Youth Services and Personal Development Coordinator Amy LeGresley. "In celebra-

tion of the Chinese New Year and its rich culture and history, Grace welcomed the opportunity to share with our class not only the yummy food but the tradition of Chinese New Year."

Nine people turned out for the event and each enjoyed a different aspect of the demonstration or the food, with all enjoying the unique flavours of traditional Chinese food prepared by an exceptional and experienced Chinese cook.

Photos by Ross Lees



Grace ling yi Liu's demonstration featured traditional Chinese New Year recipes steeped in their culture and history, which proved very popular with those taking part.



After sampling the cooking during the demonstration, these students are shown here preparing dishes to take home to their families for the evening meal.



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Wing Logistics and Engineering Picture of the Week



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8 Wing Winter Carnival fun

Continued from page 1

"It's just beautiful, a crisp Canadian winter morning for a Winter Carnival," he told crowd early in the event.

8 Wing Administration Officer Lt.-Col. Elizabeth Cameron was happy to be able to open the Winter Carnival on behalf of Wing Commander Col. David Lowthian.

"It is outstanding that we have over 20 teams taking part today and I am so happy with that representation," she noted, advising everyone should be careful during the competitions to warm up well, protect themselves from the cold and compete with some care to avoiding falls on the ice and snow-covered surfaces.

Wing Chief Warrant Officer Darcy Elder also liked the turnout, but said he hoped to go bigger next year and involve base families in the fun.

The 21 teams who participated in the series of games promoting fun and physical activity put the hammer down on having fun throughout the competition. While they searched for rubber chickens, competed in toboggan races, snowshoe team train competitions, hockey and football skills challenges and a snow sculpture building event, they enjoyed the camaraderie and competitive spirit of all those involved.

Between the two slates of competitions, the competitors enjoyed hot chocolate served up by PSP.

Ultimately, it was 424 Squadron who captured the winning trophy for the 2015 Winter Carnival, but everyone had a lot of fun throughout the morning and during the pizza lunch, again supplied and served by PSP. Placing second was the team called "Short Stock" and running away with the team spir-

it award was the ever precocious "the Amazing Super Optimistic Super Noodle Squad."

At the end of the awards ceremony, Lt.-Col. Cameron thanked all of the PSP staff and volunteers for organizing the event.

"It was a great, fantastic day and, from our perspective, there were enough people, there was enough water, there was enough hot chocolate and there were no injuries, so overall, it was a fantastic day!"

And Anthony Marsh achieved his main goal for the day.

"I'm pretty sure everybody got a good workout," he concluded with a smile.

Photos by Ross Lees
Continued on page 10



But when all was said and done, every team had left their mark on the 2015 winter Carnival.



Everyone also came dressed for the cold weather.



Some teams just knew they were good!

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This contestant just used the occasion to get all dressed up for some fun.

Other teams had to work at it..



While some couldn't compete for obvious reasons, that didn't stop them from coming out and cheering their team on to at least a good showing.

Photos by Ross Lees



424 Squadron won the competitive side of the 2015 Winter Carnival but the Amazing Super Optimistic Super Noodle Squad copped the team spirit award.



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Passes for the Toronto Science Centre

We have received new community passes for the Science Centre, valid until June 30. With these passes, adults pay only two dollars for their admission and children, youth and seniors get free entrance. Please come the MFRC reception to pick them up.

Laissez-passer pour le Centre de science de Toronto

Nous avons reçu de nouveaux laissez-passer pour le Centre de science (Science Centre), valide jusqu'au 30 juin. Avec ces laissez-passer, les adultes paient seulement deux dollars pour l'admission et les enfants, les jeunes et les personnes âgées entrent gratuitement. Ces laissez-passer vous sont offerts à la réception du CRFM.

"What about me"

Is a deployment support group for children ages five to 12 that runs every Wednesday night. This program offers support to children who are or who will be experiencing separation from a loved one due to the military lifestyle providing them with fun hands on activities to develop coping skills. It is not mandatory for children to attend every session but they must pre-register by calling Kelly the week of by 12 p.m. on Monday at 613-392-2811 ext. 4527.

Et moi alors

(What About Me)- Mercredi de 18h00 à 19:30 (de 5 à 12 ans). Ce programme offre un appui aux enfants qui vivent ou vivront une séparation avec un être cher dû au mode de vie militaire. Il n'est pas obligatoire d'assister à chaque rencontre mais vous devez inscrire votre enfant. Pour inscription et information pour ce programme contactez Kelly: kbriggs@cogeco.net ou le poste 4527

Trenton MFRC Home Alone Program

The Home Alone program prepares children ages 10 and above on how to be more responsible when home alone for short periods of time. Saturday, March 7 from 9 a.m. to 4 p.m. at the MFRC. \$25.00/child **To register or for more information please call the MFRC reception at 613-965-3575 or email AmyL1@cogeco.net

Programme 'Seul à la maison' du CRFM de Trenton

Cette session est offerte en anglais. Le programme 'Seul à la maison' prépare les enfants âgés de 10 ans et plus à être responsable lorsqu'ils sont seuls à la maison pour une courte période de temps. Le samedi 7 mars de 9h à 16h. 25,00\$ par enfant. Pour plus d'information ou pour vous inscrire, téléphonez à la réception au 613-965-3575 ou contactez Amy à amyL1@cogeco.ca

Spring is Coming, Think of Gardening

Even with all that snow, it is time to think about your vegetable garden and flowers' beds. Where to start? Come and join Wendy Phillips who will demonstrate the steps to get beautiful vegetables and blooming flowers on Sunday, March 8 at 1 p.m. to 4 p.m. at the Trenton MFRC. Everyone is welcome! There will be door prizes and childcare is available onsite at a low cost, but you must register at the MFRC reception, no later than Wednesday, March 4.

For more information, call MFRC reception at 613-965-3575

'Jasette de l'après-midi' Rencontre sociale mensuelle. Le printemps s'en vient,

Même avec toute cette neige, c'est le temps de penser aux jardins de fleurs et de légumes. Mais où commencez? Venez rejoindre Wendy Phillips, qui expliquera les étapes pour récolter de délicieux légumes et avoir de belles fleurs a le dimanche, 8 mars de 13h à 16h au CRFM de Trenton. Vous êtes tous invités à vous joindre au groupe. Des prix de présence! Du gardiennage est disponible à coût réduit au CRFM, svp réservez par le mercredi 4 février. Au plaisir de faire votre connaissance! Pour plus d'information, téléphoner le 613-965-3575.

Youth Resume Clinic

Get your resume on track for that great summer job at the Trenton MFRC Youth centre on Wednesday, March 18, from 3:30 p.m. to 5 p.m. To register, email Gwenaelle.Chabert@forces.gc.ca Deadline to register is March 16. Can't make the session? Email for a one-on-one appointment with Liz

at Elizabeth.nicholas@forces.gc.ca

Clinique de C.V. pour les jeunes

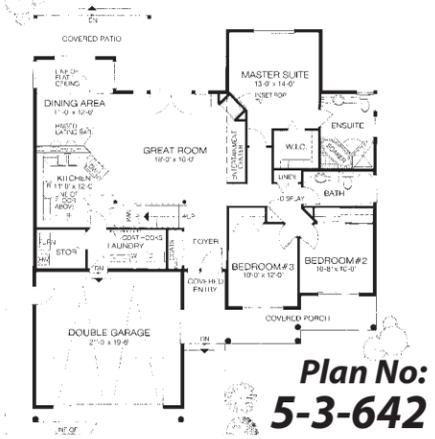
Prépare ton C.V. pour cet emploi estival génial! Où: Le Centre des jeunes du CRFM de Trenton. Quand: le mercredi 18 mars 2015 de 15h30 à 17 h. Envoie un courriel à Gwenaelle.Chabert@forces.gc.ca pour vous inscrire. La date limite d'inscription est le 16 mars. Impossible pour toi à cette date? Envoie un courriel à Liz pour un rendez-vous un-à-un à elizabeth.nicholas@forces.gc.ca

Easter Baskets by Naneens

Learn how to make one-of-a-kind handmade baskets with 'Baskets by Naneen.' The creations will be perfect for Easter, for a special gift or to display in your home! Date: Saturday, March 21. Time: 9:30 a.m. to 3:30 p.m. Cost: \$50 per person and includes: all material and supply, hands on instruction and lunch. Registration deadline: Wednesday, March 1. Call MFRC reception at 613-965-3575 or email AmyL1@cogeco.net

Continued on page 14

Home of the Week
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Rustic exterior details lend this contemporary rancher the air of a charming country cottage. Solid logs support the gabled roof over the front porch, and are repeated on both sides of the double garage. Shingles fill the three gables, one of which boasts an attractive arched window. Even the panelled garage door, with its narrow arched windows, exudes character. Inside, this three-bedroom rancher boasts a practical floor plan with a bonus: a 398-square-foot games room

over the garage. The covered front entry opens to a compact foyer that leads directly into the multi-purpose great room. This open living space has a stylish gas fireplace in one corner, as well as space for either a free-standing or built-in entertainment unit. French doors open onto a covered porch, ideal for year-round grilling. The adjacent kitchen includes everything the contemporary cook might desire, including a raised eating bar, a full complement of modern appliances and a convenient pantry.

While simple meals for one or two people are likely to be served at the eating bar, the dining area next to the kitchen has plenty of room for more formal dinners with family and friends. Natural light will stream into the dining area through windows on three sides. From the kitchen, a door leads to the double garage, passing a storage room, and the laundry on the way. A staircase from the foyer climbs to the games room over the garage. This space could serve as a home office, for storage or for playing games such as billiards

or table tennis. The bedroom wing is located to the right of the main entry. Two smaller bedrooms face the street, while the master bedroom suite overlooks the back garden. The master suite has a walk-in closet, a niche for a television and an elegant corner en-suite bathroom with a soaker tub. Another three-piece bathroom serves the secondary bedrooms. This home measures 50 feet wide by 59 feet, 6 inches deep, for a total living area of 1,610 square feet.

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Welcome to The Contact newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. The Contact is always interested in what is going on in and around CFB Trenton. Please send your coming events (from blood donor clinics to tea parties) to us at cfbcontactnewspaper@gmail.com. Please include the date, time, and location of the event along with a brief description. Please do not send posters.

March 12 - Knights of Columbus roast Beef Dinner

Complimentary, no pressure information session. Guests include lawyer, home inspector, builder, and a realtor. At the MFRC (behind Timmies) at 7 p.m.

March 13 - CFB Trenton Blood Donor Clinic

The next CFB Trenton blood donor clinic takes place on March 13 at the RecPlex at 21 Namao Dr., in the gymnasium from 10 a.m. to 2 p.m. All regular and new blood donors are encouraged to come out and help replenish depleted blood supplies.

Ladies Club Off the Hook Fashions and Accessories

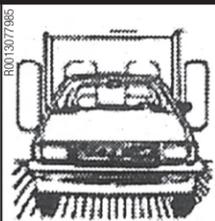
The 8 Wing Officers' Mess Ladies Club is presenting fashions and accessories by Off the Hook on Wednesday, March 18 at 6:30 p.m. in the Mess. Members are free and invited guests of members are \$10. Light refreshments will be served. For more information, please contact chambersj@live.ca

March 21- Quinte Branch of Ontario Genealogical Society Meeting

Quinte Branch of Ontario Genealogical Society will feature author Bill Kennedy's recent book "At the Call of King and Country," the stories of WW I soldiers and the Canadian Army Medical Corp nurses, some from Hastings County. The event takes place at the Quinte West Public Library, 7 Creswell Drive, Trenton from 1 p.m. to 3 p.m. Everyone is welcome. For more information, visit www.rootsweb.ancestry.com/~canqbogs/

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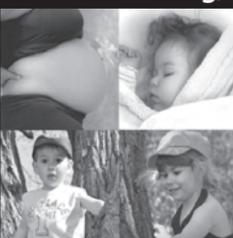
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March 27 - National Air Force Museum of Canada Family Fun Night

History is not boring and the National Air Force Museum of Canada is setting out to prove that to you. On March 27, they are holding a Family Fun Night and everyone is invited to experience tours like never before, have a snack at the Youth Centre canteen and get your boogie on and dance the night away. Tours take place from 5:30 p.m. until 7:30 p.m., when the dance begins. Admission is a donation of \$5 per family and the event is brought to you by the National Air Force Museum of Canada, A & W Trenton and the Trenton Military Family Resource Centre. For more information, contact Amy at 613-392-3575 of AmyL1@cogeco.net

April 14-16 - General SCAN and Medical Transition Seminars

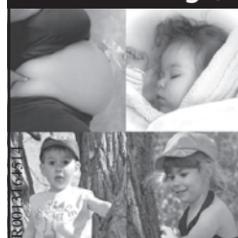
Considering retirement in the near future? Exploring your options? Unsure about pension, financial or education benefits after release? SCAN seminars are designed for military members with 10 or more years of service who may be contemplating transitions to civilian life, though they are open to all interested personnel. Spouses are strongly encouraged to attend. Seating is limited. Reservations may be made by completing the online registration form found on the Wing Splash page ad no later than April 3. Sign-in begins at 8 a.m.. each day at the Astra Lounge, Junior Ranks Mess 8 Wing/CFB Trenton.

May 9 - 11th Annual MFRC Invisible Ribbon Gala

The 11th Annual Invisible ribbon Gala, hosted by the Trenton Military Family Resource Centre (MFRC) will take place at the National Air Force Museum of Canada. This year's theme is "Families First." Guest speaker is Capt. (Ret.) Jane Foster, one of the first two female fighter pilots in the world since World War II. Those wishing to support the MFRC and military families can do so by donating an auction item, sponsoring the event, or attending the gala dinner. For more information about the Invisible Ribbon Gala, please visit www.InvisibleRibbon.ca or call event planner Stefanie Wolf at 613-661-3431.

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Women's volleyball team places fourth at Ontario Regional Championship



The 8 Wing/CFB Trenton Women's Volleyball team, front row, left to right: Lt. Jen Wotherspoon, Cpl. Tami Bolduc, MCpl. Sabrina Lessard, LS. Maria Kim, MCpl. Maria Toone. Back row, left to right: Pte. Stephanie William, Capt. Myrian Lafrance, Pte. Ali Devlin, MCpl. Mel Beland, Lt. Eve Lambert-Beaulieu, Capt. Brenda Niemi, coach.

By Capt. Brenda Niemi

The 8 Wing/CFB Trenton Women's Volleyball team took part in the Ontario Regional Women's Volleyball Championship, hosted by CFB Kingston from Feb. 20-22. The 8 Wing/CFB Trenton team has been dedicated since early September practicing twice a week after work to bring the best possible team to the championship.

The tournament started with opening ceremonies on Friday followed by the first game in which Trenton competed against North Bay. The Trenton women easily defeated North Bay in two sets in a best of three. The second game was against the fresh Petawawa team where, despite a closely fought first set, the team was unable to pull out a victory.

The second day of the tournament proved tougher than the first. Again playing the first game of the day, the Trenton women rallied hard against the Borden team but were a bit sluggish and allowed Borden to narrowly emerge on top. Their second game was against the undefeated Kingston team where the women fought hard, creating two close sets, but they were incapable of overpowering the challenging Kingston team.

The semi-final match on day three pitted the Trenton women's team against the first-place Kingston team. The 8 Wing/CFB Trenton women started out a little slow, but bounced back and led for most of the second set. Unfortunately, they came up just short at the end. After a tough semi-final loss, the Trenton team placed fourth.

The passion and commitment of each athlete exhibited throughout the season is inspiring and we're looking forward to next season.



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Sports & Recreation

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Shinny Hockey – Register today for an age-grouped shinny hockey night running from now until May 1 at the RCAF Flyers Arena.
 Tyke/Novice: Fridays – 6 p.m. to 7 p.m.
 Atom: Mondays – 4 p.m. to 5 p.m.
 Pee Wee: Tuesdays – 4:30 p.m. to 5:30 p.m.
 Bantam/Midget: Wednesdays – 4 p.m. to 5 p.m.

Family Skate

Join us every Saturday and Sunday from now until May 2 from 1 p.m. to 3 p.m. at RCAF Flyers Arena.

Drop-in Youth Basketball

Youth can play and practice their skills in a supervised environment where youth can get some practice and receive instruction. Each week will start with a few drills followed by organized games for ages 13-17 every Monday until March 23 from 7 p.m. to 8 p.m. at the Rec Plex.

Drop-in Youth Badminton

Youth can play and practice their skills in a supervised environment where youth can get some practice and receive instruction. Each week will start with a few drills followed by organized games for ages 13-17 every Thursday until March 19 from 7 p.m. to 8 p.m. at the Rec Plex.

Tyke Terrain

Come out and let your toddlers explore our Tyke Terrain every Tuesday and Thursday until March 19 from 9 a.m. to 11 a.m. Make use of our indoor toys and slides. This is a great opportunity to get your little ones out of the house and to meet other people. You are responsible for supervising your own children ages two to five years at the Rec Plex.

March Break Activities:

Family Skate daily March 16 to 20 from 6 p.m. to 8 p.m.
 Shinny Hockey daily for Tyke/Novice from 4 p.m. to 5 p.m. and for Bantam/Midget from 5 p.m. to 6 p.m.

PA Day Program:

All of our PA Day programs include a variety of age appropriate games. Children will make use of the pool and participate in games, crafts and more from 8 a.m. to 4 p.m. Before and after care is available from 7 a.m. to 8 a.m. and 4 p.m. to 5 p.m. on March 13, May 22, June 5 and June 26.

Welcome Back Meghan

Children ages six to 12 years of age can join us at the Rec Plex on Friday, March 27 as we welcome back our Recreation Coordinator Meghan. Games and activities will run from 6 p.m. to 9 p.m.

2015 Men's Volleyball team battled hard at Regional Championship



Back row, left to right: Tony Richard, Pete Desrochers, Bryan Choi, John Bush, Tyler Vivian (Coach). Front row, left to right: Steve Lamarche, Conor Murphy, Doug Godden. Missing from photo: Ben Simonsen, Ian Wright and John Lucas.

By Tyler Vivian

The 8 Wing/CFB Trenton Men's Flyer's Volleyball Team had a well-organized 2014-15 season with new coaching staff, and participated in a few exhibition games against the local club team.

The Men's Flyers returned from the Canadian Forces Ontario Region Men's Volleyball Championship hosted by CFB Kingston Feb. 20-22. The team won two matches in the round-robin, but lost to rivals CFB Kingston's Knights in the semi-finals.

Round Robin vs Petawawa - Loss 22:25, Loss 16:25

In the first match of the tournament, the Flyers got their bearings playing for the first time completely as a team with all its members. Ian Wright had some great blocks and attacks in the match. Petawawa played a very solid match, not letting the Flyers get much momentum.

Round Robin vs North Bay - Win 25:13, Loss 22:25, Win 18:16

The second match of the day was a thriller. Down 14 to 11 in the 3rd set facing game point, the team came up with an incredible side out with a

great dig by Conor Murphy. Serving from Doug Godden and key points by Conor Murphy and Bryan Choi led us to the exciting victory. Steve Lamarche set an excellent game allowing the hitters to take advantage of the weaker North Bay block.

Round Robin vs. Kingston - Loss 22:25, Loss 18:25

With a few new players for Saturday, the Flyers men's volleyball team came out on a mission. The adding of setter John Lucas and right side Ben Simonsen helped the flyers against Kingston but in the end, it wasn't enough to overcome the Kingston Knights. Passing was the main concern in the match for the Flyers.

Round Robin vs. Borden - Win 25:18, Win 25:18

The winner of this match would take the third place position and face Kingston in the semifinals. The Flyers came out of the gates playing well with great setting by John Lucas and some timely blocks by Doug Godden and Tony Richard in the middle. The second set started similar to the first with the Flyers jumping out to an early lead with

kills by Simonsen and Murphy on the outside. John Bush had some excellent attack to give the Flyers an edge. A setter change to Steve Lamarche and right side Pete Desrochers invigorated the Flyers and allowed them to secure the win on the set and match.

Semi-Final vs. Kingston - Loss 25:22, Loss 28:26, Loss 25:18

The Trenton Flyers started off the match a little timid and got down five points early on. They battled back to try and keep it close, but Kingston played very solid to keep their lead and take the first set.

The second set the Flyers jumped out to an early 10-2 lead with kills by Simonsen and Richard coming at will, but the relentless play of the Knights brought them back within a couple. The Flyers had a chance to take the set but a few errors allowed Kingston to come back and steal the second set.

In the third set, the flyers came out a bit deflated and could not regain the intensity that they had in the previous set.

Excellent work gentleman, it was a pleasure!

Classifieds

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MFRC continued from page 11

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Financial Spring Tune Up

Are your finances ready for this Spring? Are you ready for your next major purchase, posting season, to sell your house, to buy new or to complete a home renovation? Join Darran Leaker, a retired military member and current accounts manager as he shares practical advice and effective tools to reduce debt, increase cash flow and build net worth to rev up your financial situation and prepare for the next step. March 24, 9:30 a.m. to 11 a.m. or March 31, 6:30 p.m. to 8 p.m. at the Trenton MFRC at no cost. For more information or to register, please call the MFRC reception at 613-965-3575 or email amyL1@cogeco.net

Mise au point printanière de vos finances (En anglais seulement)

Êtes-vous prêt financièrement pour le printemps ? Êtes-vous prêt for votre prochain achat majeur, la saison d'affectation, pour vendre votre maison, en acheter une nouvelle ou pour des rénovations ? Joignez-vous à Darren Leaker, un militaire retraité et gérant des comptes courants, il partagera des conseils et des outils pour réduire les dettes, accroître le flux monétaire et construire un avoir net pour raviver votre situation financière et préparer la prochaine étape. Le 24 mars, de 9h30 à 11h ou le 31 mars, de 18h30 à 20h au CRFM de Trenton, aucun frais. Pour plus d'information ou pour vous inscrire, téléphonez à la réception au 613-965-3575 ou contactez Amy à amyL1@cogeco.ca

Monthly Mindfulness Group

"Mindfulness is 'paying attention, on purpose, in the present moment, and without judgment.'" (Kabat-Zinn, 1990) Open to those (military community and general public) who are interested in developing their mindfulness practices as a way to reduce stress and anxiety, increase awareness of thoughts, emotions and behaviours, and improve choice when responding to difficult situations. Feb. 25 and March 25 from 12 p.m. to 1 p.m. or 1 p.m. to 2 p.m. (Please

register one week prior to workshop). Information and registration: Ashlee Allen Trenton MFRC 613-392-2811 ext. 5541 or aallen3@cogeco.net

Groupe Mensuel de Pleine Conscience

« Pleine conscience signifie : Porter intentionnellement attention aux expériences internes (sensations, émotions, pensées, états d'esprit) ou externes du moment présent, sans porter de jugement de valeur. (Kabat-Zinn, 1990) Offert à ceux (communauté militaire et grand public) qui sont intéressés à développer leur pleine conscience pour réduire le stress et l'anxiété, accroître la sensibilisation aux pensées, aux émotions et aux comportements, pour aider à faire face aux situations difficiles. Le dernier mercredi du mois de midi à 13h00 ou de 13h00 à 14h00, le 28 janvier, le 25 février, le 25 mars. S'inscrire au moins une semaine avant l'atelier. Pour information ou pour vous inscrire: Ashlee Allen CRFM de Trenton 613-392-2811 poste 5541 ou aallen3@cogeco.net

Employment Café & What's Next Session on...

Extreme Makeover Employment Edition. The resume and cover letters have been updated, the directories and search engines have been checked, job postings have been replied to, now what about you? Your interviewer may have only seconds to form that "first impression." Join us for an incredible morning comprised of multi-sessions like some new, exciting, uplifting and reenergizing hair designs specifically tailored for a great interview. Cosmetic application/education, discuss ideas on wardrobe and where to find it. Our morning of fun is topped with lunch and a fabulous guest speaker. Draw prizes and surprises! Thursday, March 26, from 8:30 a.m. to 1:30 p.m. at the Trenton MFRC. Fee: \$10 includes sessions, lunch and more. Register by Wednesday, March 11. Participants will be accepted on a first come, first served basis as space is limited! Registration required at the MFRC reception. For more information contact Gwen Chabert at Gwenaelle.Chabert@forces.gc.ca or 613-392-2811 ext. 3852 or Hélène Thibeault at Helene.thibeault@forces.gc.ca or 613-392-2811 ext. 4532. Subsidized childcare may be available and must be requested and registered for in advance.

Café-rencontre et tout sur la prochaine séance...

Transformation extrême - édition emploi. Vous avez mis à jour votre c.v., votre lettre de présentation, avez consulté les annuaires et les moteurs de recherche et répondu aux offres d'emploi. Et vous maintenant? Il ne faudra que quelques secondes à votre intervieweur pour se faire une « première impression » de vous. Joignez-vous à nous pour une matinée incroyable remplie de sessions telles

que styles nouveaux de coiffure énergisants spécialement désigné pour des entrevues, les notions et l'application du maquillage, des idées de tenues vestimentaires et où les trouver. La matinée sera de plus agrémentée d'un repas et une conférencière spéciale. Prix de présence et surprises ! Le jeudi 26 mars 2015 de 8h30 à 13h30 au CRFM de Trenton. Coût : 10\$ ce qui comprend les sessions, le repas et plus encore. Inscriptions requises pour le mercredi 11 mars à la réception du CRFM. Pour plus d'information, contactez Gwen Chabert à Gwenaelle.chabert@forces.gc.ca ou 613-392-2811 poste 3852 ou Hélène Thibeault à Helene.thibeault@forces.gc.ca ou 613-392-2811 poste 4532. Un service de garde à coût réduit est disponible, les inscriptions sont requises en avance.

Family Fun Night

Think museums are boring? Think again! The National Air Force Museum of Canada will be rocking at our first ever Family Fun Night and you're invited! Experience tours like never before, have a snack at our Youth Centre canteen and get your boogie on as we dance the night away! When: Friday March 27. Time: 5:30 to 7:30 p.m. (Tours) 7:30 to 9 p.m. (Dance). Who: Everyone! Perfect for the whole family! Where: National Air Force Museum of Canada, 220 RCAF Rd. Admission: \$5/per family. For more information please contact Amy at 613-965-3575 or AmyL1@cogeco.net

Soirée de plaisir en famille

Pensez-vous que les musées sont ennuyants ? Pensez-y de nouveau ! Le Musée national de la force aérienne du Canada animera la toute première SOIRÉE DE PLAISIR EN FAMILLE et vous êtes invité! Faites l'expérience d'une tournée comme jamais auparavant, ayez une collation à notre cantine du Centre des jeunes et sortez vos mouvements pour danser toute la soirée ! Quand : le vendredi 27 mars. Heures : de 17h30 à 19h30 (Tournées), de 19h30 à 21h (Danse). Pour qui : Tous ! Parfait pour toute la famille ! Où : au Musée national de la force aérienne du Canada, 220 route RCAF. Admission : Un don de 5\$/famille. Pour plus d'information, contactez Amy au 613-965-3575 ou AmyL1@cogeco.net

Hippity Hoppity Easter Cupcakes

Come and learn with 'Cakes by Amy' how to create awesome, one-of-a-kind cupcakes to celebrate Easter! When: Tuesday March 31. Time: 6 p.m. to 8:30 p.m. Where: Trenton MFRC. Cost: \$20 per person includes: 12 cupcakes and six different fondant figurines. **Children ages 10-15 must be accompanied by an adult! For more information or to register, please call the MFRC reception at 613-965-3575 or email AmyL1@cogeco.net

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