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Logistics Branch was formulated in 1968 with the Canadian Forces Reorganization Act

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ACCS Transfer of Command Authority from 8 Wing to 2 Wing

Air Task Forces evolve and continue to get more efficient and responsive



1 Canadian Air Division Commander, Major General David Wheeler, centre, presided over the Transfer of Command Authority at 8 ACCS in Trenton on Feb. 5. Command was transferred from 8 Wing's Commander Col. David Lowthian (left) to 2 Wing's Commander Col. Erick Simoneau (right). Photos by Ross Lees

By Ross Lees

8 Air Communication and Control Squadron (8 ACCS) technically moved from 8 Wing to 2 Wing on Feb. 5, although it is really not moving anywhere.

Still based at 8 Wing/CFB Trenton, 8 ACCS is now a lodger unit on Canada's largest and most active Air Force base.

The Feb. 5 ceremony was presided over by 1 Canadian Air Division Commander, Major General David Wheel-

er, who noted that the reason for the transfer of command was to create the right framework to ensure effective command control of the unit.

The evolution of Air Task Forces (ATFs) in today's military continues to evolve and get better, he said.

Continued on page 8

Co-operation between France and Canada continues to escalate

By Ross Lees

Co-operation which began between Canada and France in 2013 with an airlift in Mali and which was enhanced in May of last year with exchange visits between Commander of the Royal Canadian Air Force Lieutenant-General Yvan Blondin and French Air Force Chief of Staff, General Denis Mercier have blossomed into a defence co-operation council this year, according to a recent press release from former Minister of Defence, Robert Nicholson.

Mr. Nicholson and his French counterpart Jean-Yves Le Drain, signed the technical agreement establishing the council on Feb. 4.

Already being drawn closer together by the Canada-France enhanced Co-operation Agenda signed in November 2014 by Prime Minister Stephen Harper and French President Francois Hollande, the new agreement allows for official dialogue between the two militaries and perhaps joint operations in the future.

This increased cooperation between France and Canada led to the Commander of the RCAF, Lieutenant-General Yvan Blondin, visiting France last year as a guest of the French Air Force Chief of Staff, General Denis Mercier. As a gesture of mutual respect and in the spirit of cooperation, Lt.-Gen. Blondin invited Gen. Mercier to visit Canada at the end of May last year.

Gen. Mercier's first stop was in Ottawa, where he was welcomed onto Canadian soil by The Governor General of Canada, His Excellency the Right Honourable David Johnston. His second stop was at 8 Wing/Canadian Forces Base Trenton where he caught a glimpse of the RCAF's hub of air mobility.

Continued on page 7



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8 Wing Food Services showcases Logistics Branch birthday cake



By Cpl. Ryan Murphy

The Wing Logistics Branch celebrated their 47th birthday this year at the Astra Lounge, on Jan. 30. This cake was prepared and decorated by Cpl. Elizabeth Shoemaker, Pte. Shonia McMullin and Mrs. Shauna Kester of 8 Wing Food Services to celebrate the Logistics Branch's birthday. It took them roughly 50 hours of labour to complete this culinary work of art.

The Logistics Branch of the Canadian Armed Forces was formed on Feb. 1, 1968, the date that the Canadian Forces Reorganization Act was proclaimed. The

Logistics branch is comprised of a broad range of support occupations across all three environments. Logistics is made up of seven separate occupations and include the following: Cook, Resource Management Support Clerk, Postal Clerk, Supply Tech, Ammunition Tech, Traffic Tech and Mobile Support Equipment Operator. The ultimate goal of the Logistics Branch is to ensure the provision of members who are capable of effectively supporting naval, army and air force operations at home and abroad.

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David and his family were recently featured in Canada's Real Estate Magazine (REM).

David Weir can be reached by phone or text at 613.392.7777.

Pictured from left to right are Kyle Weir, David Weir, Jeff Nelles, and Chelsea Weir.

PHOTO: JEFF NELLES



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The evolution of the smart gun

More firepower, improved accuracy and smart integrated accessories that connect to command and control networks are the headline features of the new integrated assault rifle concept that Defence Research and Development Canada (DRDC) and Colt Canada have developed for the Canadian Armed Forces (CAF).

The prototype, in development since 2009 through the Soldier Integrated Precision Effects Systems (SIPES) project, includes a firing mechanism to shoot lightweight cased telescoped ammunition, a secondary effects module for increased firepower and a NATO standard power and data rail to integrate accessories like electro-optical sights and position sensors.

In order to support the multi-role nature of the weapon, the prototype's secondary effects module features the ability to install either a three round 40 mm grenade launcher, or a 12-gauge shotgun. When optimized, the integrated weapon prototype could weigh less than a C7 equipped with a M203 grenade launcher, reducing the burden on soldiers.

"In the medium term, this weapon concept represents a lethal, flexible general-purpose platform," said Lieutenant-Colonel Serge Lapointe, from the Soldier Systems group in Director Land Requirements – Soldier Systems (DLR 5) of the Canadian Army. "It will be able to operate in all theatres of operations in the most complex terrain including urban areas, mountains, jungles, deserts and the Arctic."

The development of the weapon prototype posed a considerable challenge. DRDC scientists analyzed advanced material technologies that could replace the metal used in heavy components. The lightweight case telescoped ammunition was tested extensively with the support of the Munitions Experimental Test Centre in Valcartier, Quebec to assess its long-term aging behaviour.

Scientists also studied how to increase the rifle's accuracy using technology that can automatically detect targets and assist with engaging them. Questions related to the sensors needed to accurately geo-locate targets for target data sharing were also investigated.

How the soldier interacts with the weapon was also the subject of numerous human factor trials. Ergonomic and weapon prototype handling tests were performed by Human Systems Inc., under the supervision of DRDC scientists, with CAF soldiers from military bases in



Prototype designed to be more powerful, accurate and integrated with networked add-ons for situational awareness. Photos by Jocelyn Tessier, DRDC.

shown that DRDC expertise can be used to provide the Canadian Armed Forces with solid scientific data so they can make more informed decisions for their major acquisition projects," said Dr. Guy Vézina, the Director General for S&T Army, DRDC.

The new weapon prototype is a promising development for the soldier of the future. The integration of electronic components will allow soldiers to generate or receive data from the command and control network.

In the next phase of development, automated target detection and assisted target engagement will be the subject of an in-depth study in the Future Small Arms Research (FSAR) project.

Finally, the development of the integrated weapon proto-

type and the continuing analysis of promising technologies should facilitate the acquisition of the next generation of small arms by the CAF. The data collected and the analyses documented so far by DRDC scientists will be used in conjunction with the data and analyses that will be generated in the FSAR project to develop the technical criteria that will form part of the statement of operational requirement documentation for the CAF Small Arms Modernization project.

Petawawa and Edmonton. The testing was crucial to developing optimal design criteria to meet the CAF's needs for the Small Arms Modernization project.

In addition, lessons learned by both DRDC personnel and the CAF during their deployment in Afghanistan revealed critical elements that informed the prototype weapon development process with respect to its design and functionality.

"The results of the first phase of the project have



Canadian Army soldiers test an early prototype of the next generation rifle. Photos by Jocelyn Tessier, DRDC.

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On the job at CFS Alert



Photos by Cpl Dave Bancroft



(Top left) Civilian Contractor James Anderson gives the thumbs up from inside the incinerator, as he works on repairing the garbage incinerator.

(Above) Cpl. Graeme Fotheringham and Cpl. Jocelyn Kurz participate in a quick exercise using the newly sent up sandbags from Personnel Support Programs (PSP) in Trenton.

(Left) Pte. Michael Tom gives the thumbs up as he is dressed up to assist in fixing the CFS Alert incinerator, which is responsible for elimination of all waste.

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.

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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:

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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L'évolution de l'arme intelligente

Plus de puissance de feu, une précision améliorée et des accessoires intelligents intégrés qui se connectent aux réseaux de commandement et contrôle sont les caractéristiques vedettes du nouveau concept de fusil d'assaut intégré que Recherche et développement pour la défense Canada (RDDC) et Colt Canada ont conçu pour les Forces armées canadiennes (FAC).

Le prototype, en préparation depuis 2009, dans le cadre du projet des systèmes intégrés à effets ciblés du soldat (SIECS) comporte un mécanisme de mise à feu pour tirer des munitions télescopées légères, un module à effets secondaires pour une puissance de feu améliorée, une barre d'alimentation de l'OTAN et un rail de données permettant l'intégration d'accessoires tels que les viseurs électro optiques et les capteurs de position.

Afin de rendre l'arme plus polyvalente, le module à effets secondaires du prototype offre la possibilité d'installer un lance grenade trois coups de 40 mm ou un fusil de calibre 12. Lorsqu'il sera optimisé, le prototype d'arme intégrée pourrait s'avérer plus léger qu'une C7 équipée d'un lance grenade M203, réduisant ainsi le fardeau pour les soldats.

« À moyen terme, ce concept d'arme représente un outil létal, agile et polyvalent », déclarait le lieutenant colonel Serge Lapointe, du groupe Systèmes du soldat de la Direction des besoins en ressources terrestres (DBRT 5) de l'Armée canadienne. Il sera en mesure de fonctionner sur tous les théâtres d'opérations et sur les terrains les plus complexes incluant les zones urbaines, les montagnes, la jungle, les déserts et l'Arctique. »

La conception de ce prototype d'arme posait un défi considérable. Les scientifiques de RDDC ont analysé des technologies de matériaux de pointe qui pourraient remplacer le métal utilisé dans les composantes



armes légères. De plus, les leçons apprises tant par le personnel de RDDC que par les FAC lors de leur déploiement en Afghanistan ont fait ressortir des éléments déterminants qui ont guidé le processus de conception du prototype d'arme quant au design et aux fonctionnalités.

Prototype designed to be more powerful, accurate and integrated with networked add-ons for situational awareness. Photos by Jocelyn Tessier, DRDC.

« L'aboutissement de cette première phase de projet a démontré que l'expertise de RDDC peut servir à fournir des données scientifiques solides aux Forces armées canadiennes pour qu'elles puissent faire des choix éclairés pour leurs projets d'acquisition majeurs », a déclaré M. Guy Vézina, Ph. D., directeur général (S & T) Armée de terre, de RDDC.

Le nouveau prototype d'arme est prometteur pour le soldat du futur.

lourdes. La munition télescopée légère a été testée de manière intensive, avec la collaboration du Centre d'essais et d'expérimentation des munitions (CEEM) à Valcartier, afin de déterminer sa durée de vie utile.

Des études fondamentales ont été entreprises à l'aide des technologies de détection de cibles automatique et d'engagement de cibles assisté pour améliorer la précision du tir. Les aspects liés aux capteurs nécessaires pour géolocaliser les cibles avec précision et partager les données sur ces dernières ont également fait l'objet d'analyses.

L'interaction du soldat avec l'arme a aussi fait l'objet de nombreux essais pour mesurer l'effet du facteur humain. Des tests d'ergonomie et de maniabilité de l'arme ont été réalisés avec des militaires des bases de Petawawa et d'Edmonton par Human Systems Inc sous la supervision de scientifiques de RDDC.

Les essais se sont avérés déterminants pour élaborer les critères du design optimal qui répondaient aux besoins des FAC en vue du projet de modernisation des

L'intégration de composantes électroniques permettra au soldat de générer ou de recevoir des données du réseau de commandement et contrôle. Au cours des prochaines phases de développement, la détection automatique de cibles et l'engagement automatique (lorsque la mire de l'arme est alignée sur la cible) feront l'objet d'une étude approfondie dans le projet de recherche sur les armes légères du futur (FSAR) et pourraient s'avérer des éléments clés pour la nouvelle plateforme des armes légères.

Enfin, le développement de ce prototype d'arme intégrée et l'analyse constante de technologies prometteuses devraient permettre de faciliter l'acquisition de la prochaine génération d'armes légères par les FAC. Les données recueillies et les analyses documentées jusqu'à ce jour par les scientifiques de RDDC seront utilisées de concert avec les données et les analyses produites par le projet FSAR lors de la définition des critères techniques de l'énoncé des besoins pour le projet de modernisation des armes légères des FAC.



A Canadian Army soldier tests an early prototype of the next generation rifle.

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SPEECH is it slurred or jumbled?

TIME to call 9-1-1 right away.



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If you or someone with you experiences any of these signs, call 9-1-1 or your local emergency number immediately. Acting quickly can improve your survival and recovery.

Do not drive yourself or the person having a stroke to the hospital – an ambulance will get you to the best hospital for stroke care.

What to expect at the hospital

The paramedics will take you to the closest hospital with a specialized program for stroke care. They can call ahead so hospital staff are prepared for your arrival. You should receive medical attention soon after you arrive. If you don't, let the emergency department staff know.

Provide detailed medical history and information about past medical conditions if possible. Knowing the exact time that the stroke signs began is helpful.

A brain scan should be done soon after you arrive, to find out the kind of stroke you experienced. If the stroke was caused by a blood clot, you may benefit from a drug called tPA. It can reopen blocked arteries, which reduces the severity of the stroke, helping you recover more fully. tPA must be given as soon as possible and within four and a half hours from the start of symptoms.

What a stroke looks like

The first time Stacey Yepes had a stroke, she immediately went

to the emergency department. Having no visible symptoms and being in good health, she was told it was stress. Within a few days, she had two more strokes. The third time, when she felt her left side going numb, she grabbed her phone and hit record, so that she could show doctors exactly what she was experiencing.

What you need to know about "mini-stroke" or TIA (transient ischemic attack)

Transient ischemic attack (TIA), or "mini-stroke" happens when a clot stops blood from flowing to the brain for a short time. TIA is a medical emergency. Call 9-1-1 or your local emergency immediately. If you are not admitted to a hospital, ask when you will be seen at a stroke clinic and how that is arranged.

Everyone needs to know the signs of stroke. You never know when you, a parent, a spouse or a friend, might experience the signs and it will be up to you to act. Help your community learn the signs

of stroke. Print this page, and post it to your refrigerator, or put it up at work.

Why a new campaign?

Despite the effectiveness of earlier stroke signs campaigns which resulted in stroke patients getting to hospital in time, there are still too many Canadians who don't recognize the signs, nor know what to do when they see them.

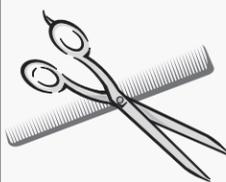
The adoption of "FAST" is the result of a comprehensive process that included a review of international best practices for signs of stroke campaigns, and the help of experts in from the fields of neurology, psychology and marketing. In addition, many countries around the world who have been using FAST are seeing positive outcomes.

Please share the new campaign as widely as possible with family, friends, colleagues and coworkers, and help anyone experiencing or witnessing a stroke to recognize the signs and

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Thursday, Feb. 19 – Stress Management
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Four former and present 8 Wing Commanders benefit from flurry of promotions

By Ross Lees

Three former and the present Wing Commander of 8 Wing/CFB Trenton benefitted from this year's list of Canadian Armed Forces (CAF) General and Flag Officer senior appointments, promotions and retirements announced on Feb. 11 by General Tom Lawson, Chief of the Defence Staff.

The announced retirement of Lieutenant-General J.A.J.Y. Blondin, Commander Royal Canadian Air Force, set the flurry of promotions into motion.

Major-General Mike Hood, a former Wing Commander at 8 Wing/CFB Trenton, will be promoted to the rank of Lieutenant-General and appointed Commander Royal Canadian Air Force, in Ottawa, replacing Lieutenant-General J.A.J.Y. Blondin.

Brigadier-General Sean Friday, a former Wing Commander at 8 Wing/CFB Trenton, will be appointed Commandant of the Royal Military College of Canada, in Kingston, replacing Brigadier-General A.D. Meininger.

Colonel David Lowthian, the present Wing Commander at 8 Wing/CFB

Trenton, will be promoted to the rank of Brigadier-General and appointed Deputy Commander (Force Generation), at 1 Canadian Air Division Headquarters, in Winnipeg, Man., replacing Brigadier-General J.H.C. Drouin.

Colonel David Cochrane will be promoted to the rank of Brigadier-General and appointed Commander 2 Canadian Air Division, in Winnipeg, Man., replacing Brigadier-General J.B. Ploughman.

The complete announcement of promotions and appointments is available on the Air Force website.



An 8 Wing visit in June of 2014 discussed some of the elements of the most recent agreement between France and Canada



8 Wing Commanding Officer Col. David Lowthian (centre) presents one of his RCAF 90th Annivesary limited edition prints of a coloured pencil drawing he did of "the Herd" when he was the Commanding Officer of 429 "Bison" Squadron in 2009, to French Air Force Chief of Staff Gen. Denis Mercier (right) while Lt.-Gen. Yvan Blondin, Commander of the Royal Canadian Air Force, looks on during a visit to 8 Wing last June. *Contact file photo by Ross Lees*

Continued from page 1

Themes for the visit to Canada included mutual support for operations and course, training

and professional development manders at 8 Wing concerning of personnel. While in Trenton, their functions.

Gen. Mercier and his support This latest arrangement comda staff heard from the various mits the two defence ministries integral and lodger unit com- to work together on development

of new capabilities and leverag- ing of procurement opportuni- ties.

According to a recent Canadian Press (CP) report, the French company DCNS, a leader in ship- building and naval designs, has been angling to be part of the Harper government's plan to construct replacements for the navy's destroyers and frigates.

Recent terrorist attacks in the two countries who are also mem- bers of the U.S.-led coalition bat- tling the Islamic State in Iraq and Syria, underscore the neces- sity of signing security arrange- ments, Nicholson said in the CP release.

"Our two countries have re- cently seen the extent to which

security threats can become global. This technical arrange- ment will not only strengthen high-level defence dialogue be- tween our two countries, it will also enhance defence and secu- rity co-operation on a range of priorities."

Part of the agreement in- cludes reciprocal exchanges be- tween the two countries for the purpose of military education. By facilitating an exchange of the experience, professional knowledge, operational posture, doctrine and traditions of their respective armed forces, the pro- gramme serves as an important ellement of institutional con- nectedness, a release about the recent announcement stated.

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ACCS Transfer of Command Authority from 8 Wing to 2 Wing

Photos by Ross Lees



Col. David Lowthian passes 8 ACCS colours to Maj.-Gen. David Wheeler, who then passed the colours to Col. Simoneau.

Continued from page 1

"We're often asked to deploy all over Canada and the rest of the world and we don't do so in two or three months, we do so immediately. We are much more expeditionary than we've ever been before.

"As a result, there is definitely a need to do so more efficiently and to conduct operations from any type of air field, whether it is built up or austere. From this requirement comes the concept to develop the Air Expeditionary Wing (AEW) and the ATF that we have today. This is how we are set up to conduct operations right now and we've had tremendous success in this. 2 Wing has done a great job in building this over the past couple of years and we've implemented it pretty much on every operation we do today. What we saw even a few months on how

we manned and operated ATFs is much different than how we operate them right now," he explained.

He said 8 ACCS has always had this type of mandate and they have always done the job.

"You've got a tremendous history of deploying all over Canada and throughout the world and you form an integral part of any and all Royal Canadian Air Force (RCAF) ATFs," he stated. "You guys are always bringing the product to the fight."

8 Wing Commander Col. David Lowthian expressed pride in the fact that 8 Wing was the home of Air Mobility and the centre of excellence for global operations.

"8 Wing is also very proud of the many operating missions and exercises that see personnel deploy and redeploy through

our own air terminal. Often times, these personnel are first in and last out of the operational theatre," he said.

He gave some startling statistics about 8 ACCS and their busy personnel, noting they had deployed squadron personnel over 330 times on 61 separate missions over the last two years.

"Our ATFs require immediate connectivity within the task force, among the detachments within the theatre of op-

erations and among coalition partners. Often times, we arrive in a very austere location and have to build an air field and its services from the ground up," he said, adding that the RCAF has committed 5 ATFs in the last six months.

"8 ACCS has been a key component to these ATFs, whether we sent two individuals or two teams, they were among the first in and the last out," he noted.

Continued on page 9



1 Canadian Air Division Commander, Major General David Wheeler, inspects the troops of 8 ACCS at their Transfer of Command authority parade on Feb. 5 in 1 Hangar at CFB Trenton.



Col. Simoneau addresses the Gypsies, the men and women of 8 ACCS with Maj. Allan Ferriss in command of the parade in the background.

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Continued from page 8

Col. Lowthian stated that it was 2 Wing under the leadership of his good friend Col. Erick Simoneau which had been tasked with the responsibility of perfecting ATFs and its deployed doctrine. Col. Simoneau was the man he was now passing command of 8 ACCS to and he felt they would be managed well.

Col. Simoneau said he was a very happy man on this occasion, realizing a vision which began almost a year prior. His most heartfelt message went out to the Gypsies, the men and women who make up 8 ACCS.

"Thank you for your leadership, devotion and sacrifices that you do daily," he said. "You guys are always deploying and I commit to take good care of your families, along with your leadership, because I get that it is not easy to always be on the road and to deploy for 60 days at a time all the time. I get that."

But he also told them life will not get easier under 2 wing's



MWO S. Haus received a Certificate of Service from 1 Canadian Air Division Commander Maj.-Gen. David Wheeler in recognition of 36 years of service to Canada on Feb. 5.

command.

"We are 2 Wing, we are the vanguard of the RCAF, we're agile, integrated and always ready," he noted.

At the same time, Col. Simoneau was given strong advice by

Maj. Gen. Wheeler.

"Take very good care of them (8 ACCS). They are one of my tactical units that provides an operational and strategic impact. Use me if you need to for support," he stated.



Photos by Ross Lees

Major General David Wheeler takes the salute from 8 ACCS Commanding Officer Maj. Allan Ferriss.



(above) MCpl. J. Gallant received a Commander's commendation from 1 Canadian Air Division Commander Maj.-Gen. David Wheeler on Feb. 5 for exceptional service.

(left) WO W. Dominie received a Commander's Commendation from 1 Canadian Air Division Commander Maj.-Gen. David Wheeler on Feb. 5 for exceptional service.

New Minister of Defence announced

By Ross Lees

The recent departure of Minister of Foreign Affairs John Baird resulted in a new Minister of National Defence this week.

To fill the void left by Mr. Baird, Prime Minister Stephen Harper moved Rob Nicholson from Minister of Defence to the Department of Foreign Affairs and increased Jason Kenney's responsibilities from Minister of Multiculturalism to include the Minister of Defence portfolio.

In the same cabinet shuffle, Pierre Poilievre was promoted to succeed Mr. Kenney as minister of employment and social development while at

the same time retaining his role as minister of state for democratic reform and taking over Mr. Baird's responsibility for the National Capital Commission.

Mr. Kenney confirmed the news on Twitter, saying he was "deeply honoured to be appointed minister of national defence."

Prime Minister Harper, in a statement issued by his office, said, "The changes to the ministry announced today (Feb. 9) will help ensure that key portfolios continue to have the strong leadership required to advance Canadian priorities."

A federal election is scheduled to take place in the latter part of this year.

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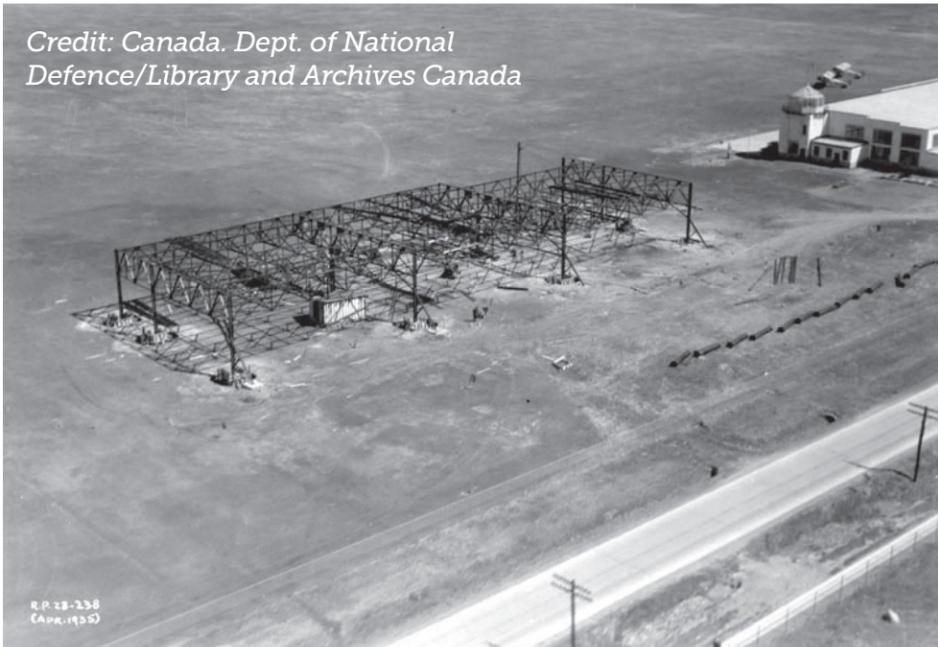
Alert Change of Command ceremony



The outgoing Commanding Officer of CFS Alert, Major Scott Marshall (left), the Presiding Officer, Colonel David Lowthian (middle) and the incoming Commanding Officer of CFS Alert, Major Brian Tang (right) signed the scroll in the recent Change of Command ceremony at CFS Alert.

Photo by Sgt. Ronald Duchesne, Rideau Hall

Trenton's Nostalgic Trivia



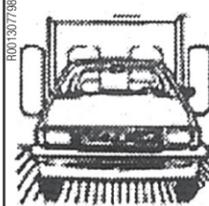
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Passes for the Toronto Science Centre

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

Savvy Insight into the World of Investments

Want to learn how to pursue your financial dreams and achieve a comfortable retirement while balancing the challenging demands of the military lifestyle? Join Darran Leaker, a retired military member and current accounts manager as he shares financial tips on savvy investments for your tax returns, posting allowances etc., on Feb. 17 from 9:30 a.m. to 11 a.m. or Feb. 24 from 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

Un aperçu du monde de l'investissement

(En anglais seulement) Voulez-vous apprendre à réaliser vos rêves financiers et obtenir une retraite confortable tout en balançant le défi des demandes du style de vie militaire? Joignez-vous à Darren Leaker, un militaire retraité et gérant des comptes courants, il partagera des conseils financiers concernant vos retours d'impôt, les allocations pour vos affec-

tations, etc., le 17 février, de 9h30 à 11h ou, le 24 février, 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

Helping entrepreneurs reach complete success

Let HERCS be your Gateway to Entrepreneurship! This two-day program offers information sessions on a variety of topics including: Small Business Ownership; marketing; social media; financing options; resources and more. Open to all family members of the military community on Tuesday, Feb. 17 and Thursday, Feb. 19, from 9 a.m. to 3 p.m. at the Trenton MFRC. Fee is \$40 for manual, handouts etc., and lunch is provided. Registration is required, limited space is available. For more information or to register, please contact: Joanne Senger, HERCS Project manager at HERCS@enactusloyalistcollege.com or Liz Nicholas, Elizabeth.

nicholas@forces.gc.ca or 613-392-2811 ext. 3852

Aider les entrepreneurs à atteindre le succès

Le programme HERCS est votre porte d'entrée à l'entreprenariat. Ce programme (en anglais) de deux-jours offre de l'information portant sur différents sujets: Les formes d'entreprise; marketing; médias sociaux; options de financement; ressources et plus. Ouvert aux membres de la communauté militaire les mardi 17 février et jeudi 19 février, de 9h à 15h au CRFM de Trenton. Coût est 40\$ pour le manuel et documents, etc., le dîner est inclusive. Les inscriptions sont requises, l'espace est limité. Pour de l'information ou vous inscrire, contactez :

Joanne Senger, HERCS Project manager à HERCS@enactusloyalistcollege.com ou Liz Nicholas, Elizabeth. nicholas@forces.gc.ca ou 613-392-2811 poste 3852.

Continued on page 12

Home of the Week
Your Building Renovation Experts



Active families will enjoy the style and amenities of this informal two-level home.

A small veranda shelters the front door, offering a preview of the easy-living style within. The foyer opens to reveal a den to the left, ideally located for a home office. The spacious great room can be seen through a dramatic archway and, to the right, are a powder room and laundry room.

Nine-foot ceilings throughout the main floor add to the airy atmosphere of this home's casual living space. The den

could make a truly luxurious home office, with double doors that open to a covered rear patio and views of a two-sided gas fireplace that can also be enjoyed from the great room. The large laundry room, with access to the double garage as well as to a cloak room and kitchen pantry can double as a mud room.

The kitchen features a square work island with an eating bar. Double sinks are set into a corner with good counter space for growing herbs and a view overlooking the side garden.

From the bayed-out dining area, sliding doors open to a backyard patio. The dining-room roof could be made from glass, for the extra brightness of solarium styling.

At the top of the stairs to the second level, a short hall leads to the sleeping area. The master suite features the luxury of a gas fireplace, as well as a large window overlooking the back yard. The roomy walk-in clothes closet and a four-piece ensuite bathroom complete the layout.

The three secondary bedrooms share a three-

piece bathroom. Bedroom No. 3 enjoys a large window with a deep sill that could be made into a window seat.

Exterior trims include river-rock facings on each side of the garage and on the bases of the veranda pillars. Shingle siding accents the large front-facing bedroom window while Tudor-style vertical boards set in stucco highlight the gables.

This home measures 37 feet, 6 inches wide by 56 feet, 6 inches deep, for a total of 2,217 square feet of living space.

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

Feb. 21 - Quinte Branch of Ontario Genealogical Society presentation

The Quinte Branch of Ontario Genealogical Society will feature a digital presentation by Thomas MacEntee on the topic of "Backing Up Your Genealogy Data" at the Quinte West Public Library, 7 Creswell Drive, Trenton, from 1 p.m. to 3 p.m. Everyone is welcome and bring a friend. For more information visit www.rootsweb.ancestry.com/~canqboqs/

Feb. 27 - 2015 Winter Carnival

The 2015 Winter Carnival will begin at 8:30 a.m. at the South Side Gym. Join us for fun and games in the snow. Games are designed to include all skill levels. Pre-register before Feb. 23. Be sure to dress appropriately for the weather! Hot chocolate will be provided at the intermission and the event will conclude with a pizza lunch. Contact Amy Dawson at local 2825.

CARNAVAL D'HIVER 2015

27 FÉVRIER, 8h 30 Gymnase côté sud. Venez passer un avant midi de plaisir et de jeux dans la neige avec nous. Tous peuvent participer aux jeux, peu importe leur niveau. La préinscription se termine le 23 Février. Habillez vous adéquatement en fonction de la température. Du chocolat chaud sera offert à la mi temps, et un dîner de pizza conclura l'activité.

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.

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.

MFRC continued from page 11

MFRC continued

ASD support group

For caregivers of a person on the Autism Spectrum. Next meeting is Feb. 19 from 6 p.m. to 7:30 p.m. Childcare is available. Contact Kelly Briggs 613-392-2811 ext. 7917.

Trouble du spectre Autistique (TSA)

Groupe de soutien pour les aidants naturels d'une personne atteinte du spectre de l'Autisme. Prochaine rencontre le 19 février, 2015 de 18h00 à 19h30. Contactez Kelly Briggs 613-392-2811 poste 7917

Bus tour to Vintage and Unique Shops

Discover your neighbourhood with the Trenton MFRC on Sunday, Feb. 21. Cost is \$15/person. Departure from the MFRC at 9:15 a.m., return at approximately 5 p.m. You will visit stores in Trenton, Belleville, Stirling, Campbellford, Warkworth and Brighton. You will find an eclectic mix of products and receive information regarding places to visit which we won't have time to see on this trip. Come to the MFRC reception to register and pay. No children under the age of 10. Children aged 10 to 17 years of age must be accompanied by an adult.

Tournée, en autobus, des boutiques uniques et d'époque

Découvrez votre voisinage avec le CRFM de Trenton le samedi, 21 février. Coût: 15,00\$ chacun. Départ du CRFM à 9h15 et de retour vers 17h. Vous visiterez des boutiques à Trenton, Belleville, Stirling, Campbellford, Warkworth et Brighton. Vous y trouverez une variété éclectique de produits de plus, vous recevrez de l'information pour les endroits que nous n'aurons pas le temps de visiter durant ce voyage. Venez à la réception du CRFM pour vous inscrire et payer. Pas d'enfants de moins de 10 ans. Les enfants âgés de 10 à 17 ans doivent être accompagnés d'un adulte.

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

Cooking with Grace

Celebrate the Chinese New Year Saturday, Feb. 28 from 2 p.m. to 5 p.m. at the MFRC. \$25 per person; includes:

- Skilled cooking demonstration of traditional Chinese New Year recipes
- Hands on preparation
- A delicious five-course meal of all the dishes you have created!

Register by Friday, Feb. 13. **To register or for more information, please call the MFRC reception at 613-965-3575 or email AmyL1@cogeco.net

Cuisinez avec Grace

Célébrez le Nouvel An chinois le samedi 28 février de 14 h à 17 h au CRFM. 25\$.00 par personne, ceci comprend:

- Grace, une chef professionnelle, fera une démonstration de recettes de cuisines traditionnelle pour le Nouvel An chinois
- Vous aussi mettez la main à la pâte
- Un repas délicieux de cinq plats que vous aurez créés!

Date limite d'inscription est le vendredi 13 février. Pour plus d'information ou pour vous inscrire, téléphonez à la réception au 613-965-3575 ou contactez Amy à amyL1@cogeco.ca

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

Monthly 'Afternoon Chatter' Social Gathering

Spring is coming, think of gardening on Sunday, March 8, from 1 p.m. to 4 p.m. at the Trenton MFRC.

Everyone is welcome! Even with all that snow, it is time to think about your vegetable garden and flower beds. Where to start? Come and join Wendy Phillips, who will demonstrate the steps to get beautiful vegetables and blooming flowers. Door prizes! Childcare is available on-site at a low cost, but you must register at the MFRC reception, no later than Wednesday, March 4. For more information, please call the reception desk at 613-965-3575.



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Sports & Recreation

NEW – Aqua Zumba

Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise program to their fitness routine. Aqua Zumba takes place Monday, Feb. 23 from 5 p.m. to 5:50 p.m. and Thursday, Feb. 26 from 6 p.m. to 6:50 p.m. Affordable introductory rates are available; all-inclusive members are free otherwise, it is \$4 per class while spaces are available! Join us at the Rec Plex for a fun, active evening.

Child, Youth and Teens Programs

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.

Valentine's Day Event

Get a jump on the Valentine's Day crowds tonight and leave the children with us from 6 p.m. to 8 p.m. for an evening of fun including themed games in the gym, swimming and possibly even crafts and movies for ages six to 12 at the Rec Plex.

Snowball Olympics momentum snowballing



“Gather your team and register now for the 2015 Winter Carnival to be held on Feb. 27 from 8:30 a.m. to 2 p.m. The event promises to include fun-filled, team building activities that promote physical fitness. The event will conclude with a pizza lunch and awards ceremony. Contact Amy Dawson at local 2825 to register your team of six to eight people today!”



"Rassemblez votre équipe et inscrivez-vous dès maintenant pour le carnaval d'hiver de 2015. Équipes de 6 à 8 personnes. Une matinée d'esprit d'équipe favorisant le plaisir et forme physique. 27 fév. 0830 – 1400hrs. Événement se terminera par une cérémonie et un dîner pizza Contactez Amy Dawson, local 2825 pour vous inscrire dès aujourd'hui!"

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Safety



Watch your footing around vehicles



When you think of accidents involving motor vehicles, you probably think of collisions. However, there is another leading type of injury accident, falls. Drivers, passengers and cargo handlers, among others, can be seriously injured in falls from vehicles and around vehicles.
 There are several common situations where slips, trips and falls occur on vehicles:

- When climbing in or out of the cab.
- When hooking up or unhooking the trailer.
- When standing on the front bumper to do maintenance such as checking the oil or cleaning the windshield.
- When entering or exiting

the cargo area of a vehicle.

- When walking on or stepping down from a loading dock.

Here are some reminders about preventing falls around trucks and other vehicles:

- Use the step plates and hand-holds provided on a vehicle. Make sure these safety aids are in place, clear of grease or ice, and in good condition. If they are missing or if the non-skid surface has worn away, have them attended to.
- Check your footwear for oil, snow and ice before stepping up or down from a vehicle.
- Maintain "three-point contact" when entering or exiting the cab, or climbing up or down any part of the vehicle. This means you should have two

hands and one foot or one hand and two feet, in contact with the vehicle.

- Do not jump down from the back cargo door of a vehicle. Instead, use the step bar or mobile steps.
- A particularly dangerous practice is pulling down the overhead door as you jump down from the vehicle. Instead, maintain firm footing as you close the door.
- Check the ground or pavement before stepping off the vehicle. Look for debris, ice or loose gravel that could cause you to fall.

Even in a low vehicle such as a passenger car, falls can occur on entering or exiting. Be sure of your footing before you step

out of a vehicle, especially in icy winter conditions.

Operators of passenger vehicles must be constantly on the alert for fall hazards such as torn floor coverings and non-skid surfaces, which have been worn down by traffic. You can help prevent passenger falls by stopping as close to the curb as possible, waiting until passengers are seated before starting out and driving smoothly.

Falls can also occur around vehicles and in areas where cargo is being loaded or unloaded. Here are some safety reminders:

- Never jump down from a loading dock to the level below - take the stairs.

- Watch, where you are going, particularly if you are working near the edge of a dock.
 - If you are carrying materials, be sure you can see around the load.
 - Beware of slipping hazards such as icy steps and docks, clutter in traffic areas and rough pavement. Correct or report any such hazards to protect others from falls.
 - Wear well-fitting work shoes in good condition with non-skid soles.
 - Maintain good lighting in work areas. Report any problems such as burned out light fixtures.
 - Have your vision checked regularly and wear the required prescription eyewear. Keep your glasses clean.
- Falls around vehicles can cause serious injuries. Watch where your feet are going to prevent slips, trips and falls.

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Outlets:

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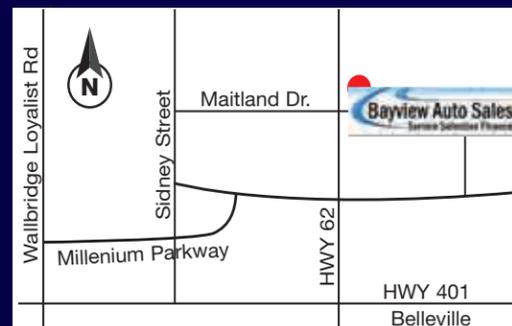
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