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Photo by
Cpl. Gabrielle
DesRochers,
ATF
Lithuania
Imagery
Technician



ATF Lithuania PAO receives commendation from Lithuanian Air Force Commander

The Commander of the Lithuanian Air Force, Colonel Audronis Navickas, awarded on Dec. 31, 2014, at Siauliai Air Base, Lithuania to Captain Christopher Daniel, Public Affairs Officer of the Canadian Air Task Force (ATF) Lithuania, the Lithuanian Air Force Medal of Memento for his outstanding performance and professionalism demonstrated in the conducting of the NATO Baltic Air Policing (BAP) mission in the airspace of the three Baltic States. Capt. Daniel also received the NATO BAP Mission Medal by mutual decision of the Commander of Estonian Defence Forces, the Com-

mander of National Armed Forces of the Republic of Latvia, and the Chief of Defence of the Republic of Lithuania. He was deployed to Romania on June 27, 2014 in support of the air component of Operation REASSURANCE and then to Lithuania in support of the 36th rotation of NATO BAP mission from the last week of August 2014 to the second week of January 2015. ATF Lithuania is the air component of Operation REASSURANCE, Canada's contribution to NATO assurance measures to promote security and stability in Central and Eastern Europe.

Invisible Ribbon Gala raises important funds for Military Families

By Ross Lees

It is perhaps the most important annual event which takes place at 8 Wing/CFB Trenton – the annual Invisible Ribbon Gala.

This year's 11th annual gala takes place May 9 at the National Air Force Museum of Canada (NAFMC) and is this year themed "Families First."

Support for the Military Family Resource Centre (MFRC) can never be stressed enough, according to Maj. Leo Phillips, co-chair and Military representative on the 2015 Gala committee.

"On this base, there are always a lot of military people out the door (deployed) and we need to support them and their families," he said in a recent interview. "The gala allows the community to connect and engage with the military community. It's a great venue to communicate on a personal level so that when that hockey coach disappears and there is a void in that program, people in the community will understand why that happens. It's also an opportunity for businesses in the community to give back."

Wendy Synnott, Volunteer Services Coordinator with the MFRC, added, "People don't really realize what military personnel are going through to be military. They face some very unique challenges."

Understanding those challenges is an underlying factor in bringing the military and civilian communities together at this annual fundraising event for this critical non-profit organization which exists to support the well-being of local military members and their families. The Invisible Ribbon campaign raises awareness about the military family, as they support our troops by "wearing the invisible uniform." While family members may not have CADPAT in their wardrobe, each wears

Continued on page 2



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Local event celebrates 11th anniversary with special guests Capt. Jane Foster and musician T.W. Crossen

Continued from page 1

the invisible uniform daily. It's worn by loved ones who continue to juggle daily life whenever duty calls away a serving family member.

Ultimately, though, this event is all about raising funds to support the many important support programs and professional resources offered by the Trenton MFRC towards assisting and enhancing military members and their families' well-being.

Wing Command Col. David Lowthian regularly emphasizes the importance of the MFRC and its



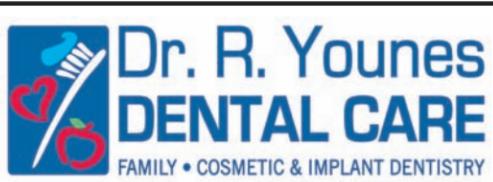


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Members of the 2015 11th annual Invisible Ribbon Gala committee pictured here are, front row, left to right, Andrea Turner, Community Integration Director, Stefanie Wolf, Event Planner, Maj. Leo Phillips, Co-chair and Military representative. Back row, left to right: Devon Taylor, Communications and Development Coordinator, Wendy Synnott, Volunteer Services Coordinator, and Tamara Kleinschmidt, Executive Director of the Military Family Resource Centre. Missing from the photo are: Maj. Christine Bannerman, Board Chair, and Joanne Cronk, Board director. *Photo by Ross Lees*



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programs to the military community. He acknowledges that the MFRC and its support initiatives mean deployed personal have less to worry about while performing their duties when away from home.

Volunteers are an important part of the MFRC and are always needed, noted Mrs. Synnott, and it is certainly a way for both military and civilian personnel to contribute to the MFRC programs and resources. Those wishing to volunteer at the MFRC can make contact by calling 613-965-3575 or emailing www.familyforce.ca. Those wishing to volunteer, donate items, sponsor or attend the Invisible Ribbon Gala can do so by visiting www.InvisibleRibbon.ca or by calling event planner Stefanie Wolf at 613-661-3431.

Contributions can be made in several ways to the gala, according to Maj. Phillips and Mrs. Wolf.

"People can show their support by donating unique and wonderful items to the live and silent auctions, they can help sponsor the event or they can show support by attending the gala dinner," both stated.

Tickets go on sale in March by contact-

ing the MFRC and this event often sells out its supply of dinner tickets, so those interested in attending are encouraged to purchase their tickets quickly once they go on sale. The event begins with a meet and greet, a silent auction, dinner and guest speakers and is followed up by DJ music at the end of the event.

Guest speaker this year is Capt. (Ret.) Jane Foster, the first woman to achieve "Combat Ready" status in the Royal Canadian Air Force (RCAF).

Another guest at this year's gala will be T.W. Crossen, a Canadian-born musician presently living in the United States who is committed to writing a song for the gala and performing it at the May 9 event. A CD of his music can be purchased through the MFRC.

The foundation of the Invisible Ribbon Gala, according to Executive Director Tamara Kleinschmidt, is "Together we are Stronger. With the support of the community, we are stronger," she said.

With that strength and funds raised comes the critical support the MFRC supplies to military personnel and their families at 8 Wing/CFB Trenton.

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Invisible Ribbon Gala guests full of inspirational promise

Capt. (Ret.) Jane Foster will speak of her groundbreaking career in the CAF, Canadian-born musician T.W. Crossen will sing song written for gala



By Ross Lees

Inspiration should not be an issue at the 11th Annual Military Family Resource Centre (MFRC) Invisible Ribbon Gala dinner at the National Air Force Museum of Canada on May 9.

Beyond the fact this event raises badly needed funds to allow the MFRC to implement and support its crucial programs and services for military families, the guests for the evening will supply as much inspiration as could ever be required.

Captain (Retired) Jane Foster, one of the first two women in the world to qualify as "Combat Ready" and fly the CF-18 fighter jet, has certainly experienced the apogee in a Canadian Armed

Forces (CAF) member's career.

T.W. Crossen, a Canadian-born musician now living the United States, is writing a song especially for the gala and he will appear in person to sing that song May 9.

Capt. (Ret.) Foster joined the CAF in 1982 and became one of the first female pilot candidates to take part in the Service Women in Non-Traditional Environment Roles (SWINTER) trials. She completed pilot training and graduated with her wings in 1983, remaining in Moose Jaw to instruct at 2 Canadian Forces flight Training School where she flew the CT-114 Tutor.

For generations, women aspiring for a career in Canada's Air Force were limited to non-combat roles. That all changed in 1988 when Captains Jane Foster and Dee Brasseur were selected to participate in another military trial, the Combat Related employment of Women (CREW) trial. They both completed the Basic Fighter Pilot Course on the CF-5 aircraft at 419 Squadron, and the CF-18 OTU at 410 Squadron. On June 9, 1989, Capt. (Ret.) Foster became one of the first two female pilots in the

world since World War II. To put this in historical context, the United States did not allow female fighter pilots until 1991 and their first female fighter pilots graduated in 1993.

Following fighter training, Capt. (Ret.) Foster joined 441 Tactical Fighter Squadron and, after six months of further in-house training, she was deemed "Combat Ready", again leading the way by being the first woman to ever achieve this status. She spent a spectacular and eventful time in 441 Sqn. flying the CF-18, but welcomed a break, moving over to work at cold Lake Wing Operations. While employed there, she maintained her flying qualifications earning the opportunity to fly the venerable T-33 Silver Star.

Capt. (Ret.) Foster retired from the regular forces in 1992.

In 1999, while living in Bagotville with her husband and two children, she joined the reserve force and returned to work, this time at 3 Wing Operations. A move to Toronto brought about a second retirement, but she joined the reserves a year later and subsequently worked part-time again in Bagotville, fol-

lowed by a year in Winnipeg's Information Operations cell.

Upon returning to Moose Jaw in 2006, she was offered the opportunity to return to being a full-time member of the CAF and become a flying instructor once again after a 15-year hiatus. In 2008, she left Moose Jaw and the CAF after a pioneering career accumulating over 2,500 hours on the CT-114 tutor, Cf-5 Freedom Fighter, C T-33 Silver Star, CT-156 Harvard, and the CF-18 Hornet.

Subsequent to military life, Mrs. Foster went back to school and became a Registered Holistic Nutritionist. She is now en-

joying her permanent retreat from work, studying and volunteer taxi-driving and keeping busy with her hobbies and numerous sports.

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ampionship. When submitting an application, all the following information must be included: Full name, rank, unit, base, work phone number, list of all hockey related qualifications, list of officiating experience (military and civilian (all levels), list of related experience as a Chief Official/Referee-in-Chief, letter(s) of recommendation and/or list of references, and any other information that is pertinent or the applicant would like to share.

If you have any questions relating to the position or the application process or submitting your application, please contact the Military Sports and Recreation Coordinator Cormier DG@CFB Trenton PSP@Trenton no later than Jan. 23. See more sports page 13.

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The remainder of the 12 Days of Christmas in CFS Alert



Top reigning champions of the CFS Alert Capture the Flag Tournament pose to show off their weapons. From left to right: Pte. Sebastien Fiset, Padre Poley, Cpl. Dave Gregory, MCpl. Rodney Osmond, MWO. Didier Pignatel (in front). *Photo by Cpl. Dave Bancroft*



Lt. Katie Osborne poses beside Cpl. Dave Bancroft; the detective, writer and director of the very first CFS Alert Masquerade and Murder Mystery, which took place New Year's Eve. *Photo by Padre Gordon Poley*

Day #9

Team rivals check out the competition from above, watching green team take on the blue team, as the CFS Alert Capture the Flag Tournament plays on. From left to right: Cpl. Daniel Sommerfeld, Cpl. Nancy Hill, Cpl. George Balderston and LS. Brendan Dooley.

Photo by Lt. Katie Osborne



Members of CFS Alert get creative as they sport their unique, home-made masks for the Masquerade and Murder Mystery celebration on New Year's Eve. From left to right: Sgt. John Shorter, Cpl. Brandon Terry, Pte. Erica Thomson, Leanne Cormier of Environment Canada and Cpl. Derek Franzen. *Photo by Padre Gordon Poley*

Continued on page 5

The Contact Newspaper

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

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

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

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

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

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

Letters to the Editor:

All letters must be signed and include the name of the author, which will be published. Include a phone number for verification. We reserve the right to edit the text while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. E-mail letters to: cfbcontactnewspaper@gmail.com



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The CONTACT newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.

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12 Days of Christmas in CFS Alert continued

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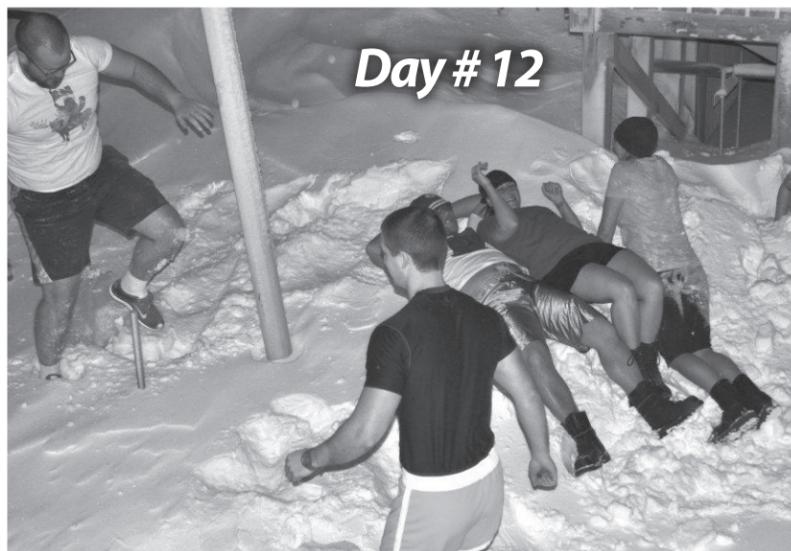
Day # 10
Everyone is all smiles as the Masquerade and Murder Mystery spins a web of intricate stories, all as a means of confusing the ultimate decision of "Who dunnit." From left to right: Jeff Dominix of Nasittuq, Cpl. Derek Bristol, Jane Fonger of Environment Canada, Jamila Gordon and Peter Gilhuly both of Nasittuq.
Photo by Padre Gordon Poley



Day # 11
Personnel smile and laugh at the joy of the New Year, while gathered together for the CO's New Year's Eve Levee. From left to right: WO. Connie Stevens, Sgt. Georges Thenor-Louis, Thomas Williamson of Nasittuq and MWO. Didier Pignatel.
Photo by Cpl. Dave Bancroft



Day # 10
Members of CFS Alert celebrate the New Year together, attentively watching the ball drop, while a pile of colourful balloons hang ready to drop from the ceiling - as the year turns to 2015.
Photo by Padre Gordon Poley



Day # 12
The New Year brings snow in Alert, with a few brave people willing to cover themselves from head to toe in the glorious white stuff for the Annual Polar Roll. From left to right: Cpl. Dave Bancroft, Pte. Phillip Haggerty, MCpl. Nickolas Rivest-Muir, Pte. Erica Thomson, Lt. Katie Osborne and Leanne Cormier of Environment Canada.
Photo by WO Hollie Buttici

The New Year brings snow in Alert, with a few brave people willing to cover themselves from head to toe in the glorious white stuff for the Annual Polar Roll. From left to right: Cpl. Dave Bancroft, Pte. Phillip Haggerty, MCpl. Nickolas Rivest-Muir, Pte. Erica Thomson, Lt. Katie Osborne and Leanne Cormier of Environment Canada.

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1. Serving size

The serving size tells you how much food you need to eat to get the amount of calories and nutrients shown on the nutrition facts table. Always compare the serving size on the package to the amount that you eat. If you eat less than the serving size shown on the nutrition facts table, you will get less of the calories and nutrients listed. If you eat more than the serving size shown, you will get more of the calories and nutrients listed.

2. Calories

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3. Per cent daily value (% daily value)

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4. Get less of these nutrients

Fat, saturated fat and trans fat, cholesterol, and sodium. Choose packaged foods with a low % Daily Value of fat and sodium, especially if you are at risk for heart disease or diabetes.

5. Get more of these nutrients

Fibre, Vitamin A and Vitamin C,

calcium, and iron. Choose packaged foods with a high % Daily Value of these nutrients. If you have diabetes, watch how much carbohydrate you eat as this will affect your blood glucose levels.

The ingredients list can also help you make informed food choices. It is important to know that the ingredients are always listed in descending order by weight with the item in the greatest amount listed first. This can help you choose between products as well as provide information for people with allergies or health concerns

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sure that they are consistent and not misleading. Because nutrition claims are optional and highlight a characteristic of a healthy diet, you may still need to refer to the Nutrition Facts table to make informed food choices.

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CAAWC Barracks demolition to begin soon

Barrack made obsolete by new accommodation buildings at CFB Trenton

By Ross Lees

Demolition is about to begin on the Canadian Army Advanced Warfare Centre (CAAWC) barracks, Building 350, at 15 Canso Ave. by the end of this week or the beginning of next week. This building was constructed in 1996 when the Canadian Parachute Centre was relocated to CFB Trenton from CFB Edmonton.

The building was constructed as a two-story, hundred-man barrack block. The initial cost of construction was \$1.1 million. The gross floor area of the building is 1,180 square metres (12,701 square feet). The demolition of this building will save Payments in Lieu of Taxes in the amount of \$7,717 per year.



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*BRING THIS COUPON IN

New accommodation structures at CFB Trenton have rendered this barracks obsolete. No hazardous material is in the stick-frame building, according to Coralee Bain, Coordinator, Construction Services, Defence Construction Canada.

“Project completion is scheduled for March, but it should only take a few weeks to complete,” she said Tuesday. “There should be no traffic restrictions caused by the project.”

Continued on page 10

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Wing Logistics and Engineering Picture of the Week

Newly installed tank



This newly installed 15,000-litre tank in four bay of 10 Hangar holds wastewater generated by the washing of aircraft. It has replaced the old tank which had become unserviceable.
Submitted photo



Cpl. G.A.W. Osborne from Tn/RCEME Refuelling Section delivered F-34 to one of our CC-177 Globemaster III. Cpl. Osborne showed the knowledge and professionalism to Wing Operations by following proper refuelling safety procedures.

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CAAWC Barracks demolition to begin soon

Continued from page 8



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History of the 100-Person Barrack Block

As part of the move of the Canadian Parachute Centre to 8 Wing Trenton, accommodation was required to house up to 100 persons at any one time. With 8 Wing's facilities unable to accommodate that number of persons at the time, a new barrack was constructed just west of the Junior Ranks kitchen.

This two-storey barracks was designed to provide quarters for 100 persons in 25 four-person rooms and included wash-room and laundry facilities, lounges and a duty office. It was been designed in such

a way that the building could accommodate both male and female occupants.

Overall project management was provided by the Project Management Office, Infrastructure Reduction Project at NDHQ. A concept design was prepared by Shoalts and Zaback Architects Limited of Kingston, tendered in the fall of 1995, and the project awarded by Defence Construction Canada to Geertsma Construction Limited of Belleville. Other members of the team were Ernest A. Cromarty Architects Incorporated, Roney Engineering Limited

Consulting Structural Engineers, and Zagrodny Engineering Limited. Construction started in late December of 1995 and was completed in June of 1996.

Note: The history of this building was supplied by Capt. Hassan Malik, Wing Construction Engineering Deputy Engineering Officer and the Wing Construction Engineering Properties Section.

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MFRC Day at Batawa Ski Hill

Sunday, Jan. 18. Only \$35, includes; lift ticket, rental equipment and one hour beginner lesson, plus a free BBQ with your voucher! Get your vouchers at the MFRC reception. This makes a great for Christmas gift!

Journée CRFM à Batawa Ski Hill

Le dimanche 18 janvier. Seulement 35\$, ce qui inclut; le remonte-pente, la location d'équipement et une heure de leçon de débutant. De plus, avec votre coupon, du barbecue gratuit! Achetez vos coupons à la réception du CRFM. Fantastique idée pour un cadeau de Noël!

Passes for the Toronto Science Centre

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

Laissez-passer pour le Centre de science de Toronto

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

"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

Belly Dancing with Amara

When: Monday evenings beginning Monday, Jan. 12. Time: 7 p.m. to 8:30 p.m. Where: Trenton MFRC
Cost: \$55 includes eight classes. Come enjoy a fun evening of dancing and laughing, learning techniques, drill, veils and zills! Perfect for any ladies wanting to try something new or for the already experienced belly dancer! Did you know? Belly dancing tones muscles, increases strength and coordination, brings vitality, relieves stress, boosts self-esteem and is empowering! For more information or to register please call 613-965-3575 or email AmyL1@cogeco.net

Baladi avec Amara

Quand: les lundis en soirée débutant le 12 janvier. Heure : de 19h à 20h30. Où : CRFM de Trenton. Coût : 55,00\$ pour 8 classes. Venez apprendre à danser tout en vous amusant, exercices, voiles et zills! Parfait pour les dames qui veulent essayer

quelque chose de nouveau et pour les expérimentées en baladi! Savez-vous que? Le baladi donne du tonus aux muscles, accroît la force et la coordination, apporte de la vitalité, réduit le stress, augmente la confiance en soi et la stimulation! Pour plus d'information ou pour vous inscrire, contacter le 613-965-3575 ou AmyL1@cogeco.net

Dance with France

Ballroom Dancing. Dates: Wednesdays starting Jan 21 to April 15. Times: Beginners 6 p.m. to 7:15 p.m. Cost: \$112.50 per couple/10 class session. Intermediate 7:30 p.m. to 9 p.m. Cost: \$125 per couple/10 class session. To register or for more information please contact the MFRC reception at 613-965-3575. Payment will be accepted via cash or cheque at the first class; please arrive 15 minutes early. To avoid cancellations of classes, early registration is required.

Danse avec France

Danses sociales. Dates: les mercredis du 21 janvier au 15 avril. Heures: Débutants, de 18h à 19h15. Coût: 112,50\$ par couple/ session de 10 classes. Intermédiaires, de 19h30 à 21h. Coût: 125,00 par couple/session de 10 classes. Pouez vous inscrire ou de l'information, téléphonez à la réception du CRFM au 613-965-3575. Les paiements acceptés sont argent comptant ou chèque au premier cours ; svp

arrivez 15 minutes à l'avance. Pour éviter la cancellation des classes, inscrivez-vous tôt.

Monthly Mindfulness Group

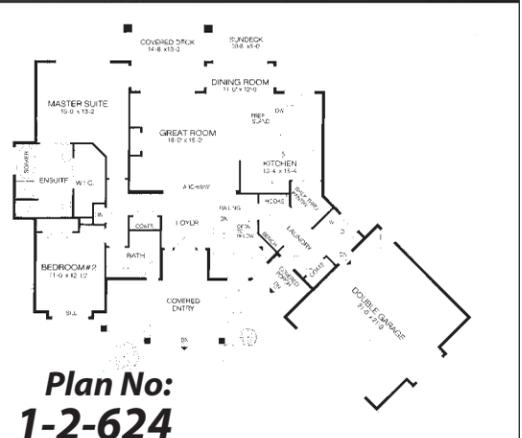
"Mindfulness is 'paying attention, on purpose, in the present moment, and without judgment.' (Kabat-Zinn, 1990)" Open to those (military community and general public) who are interested in developing their mindfulness practices as a way to reduce stress and anxiety, increase awareness of thoughts, emotions and behaviours, and improve choice when responding to difficult situations. Jan. 28, Feb. 25, and March 25 from 12 p.m. to 1p.m. or 1 p.m. to 2p.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

Continued on page 12

Home of the Week
Your Building Renovation Experts



This attractive two-bedroom home is designed for a lot that slopes to the back. The unusual lay-out means the garage, along with the extra-large laundry room/mud room, extends at an angle from the main part of the home, creating a V-shaped stairway to the unfinished basement included with the plans. The spacious covered porch at the entryway is large enough to accommodate potted plants and some outdoor furniture, perfect for summertime evenings. The foyer, with stairs to the basement on the right and a coat closet to the left, leads directly through an archway into the great room. A built-in fireplace will make the open-plan great room/dining room/kitchen especially welcoming during cooler months, while sliding doors to a covered deck, with its adjacent sun-deck, will ensure the space is equally appealing during the summer. The roomy kitchen boasts

a central prep island, and the G-shaped counter configuration promises to save steps for the cook. A walk-through pantry leads into the laundry room/mud room and from there into the double garage, which features a bay window on one side. The master suite overlooks the back garden for privacy, and includes a spacious en-suite with a soaker tub with a window, as well as a separate shower stall. Access to the walk-in closet is through the en-suite. The second bedroom boasts a window with an extra-deep sill. There is a four-piece bathroom next door. The home's exterior includes partly-mullioned windows, shingled gables, decorative wood and stone accents, and painted trim. The garage has handsome barn-style doors, topped by a narrow strip of windows. This home measures 75 feet, 11 inches wide and 64 feet deep, for a total of 1,773 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.

Jan. 16 – Blood Donor Clinic

The next blood donor clinic takes place Jan. 16 at CFB Trenton RecPlex, 21 Namao Drive, 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.

Jan. 17 - Quinte Branch of Ontario Genealogical Society Crouse-Wannamaker Lecture

Will feature Bill Hunt discussing his book "Dancing in the Sky" on the Royal Flying Corps training program in Canada during World War I. Takes place 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/~canqbogs/

Be an Air Cadet



Want to be an Air Cadet. Youths between the age of 12 and 18 are encouraged to join one of the premier youth programs in Canada. Today, in Ontario, there are more than 8,000 girls and boys involved in all levels of Air Cadets. Air Cadets appreciate many of the experiences and skills they garner during their career. Learning new skills, becoming a leader of others, helping their community,

and learning self-discipline are some of the hallmark results that help to develop our leaders of tomorrow. If you are interested in joining the Air Cadets, 173 Squadron "Royal Tigers" is interested in you. They parade on Wednesdays from 6 p.m. to 9 p.m. at the Trenton High School. For more information, phone 613-966-3723 or visit Air Cadets at www.aircadetleague.on.ca or visit them on facebook.



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Please call us today...Sharon at 613-475-5994.

Continued from page 11

MFRC continued

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

Puzzle Project

Begins Jan. 20 and runs for eight weeks from 5:30 p.m. to 7:30 p.m. (children ages eight to 12). Support group for siblings of a child with Autism Spectrum Disorder. This is to provide a fun and supportive environment for siblings to share the joys and struggles of being a sibling of an individual on the spectrum. This is done through discussion, activities, games (designed to be unique, upbeat and appealing to a wide ability range, craft activities, and special guests who may teach participants new skills. Register by calling Kelly Briggs at 613 392 2811 ext. 7917.

Le projet Casse-Tête

Grandir avec un frère ou une sœur atteint de TSA. Es-tu un enfant de 8 à 12 ans avec un frère ou une sœur atteint de troubles du spectre autistique? Aimerais-tu prendre part à des activités stimulantes et rencontrer d'autres enfants qui ont aussi un frère ou une sœur atteint de TSA? Le groupe d'une durée de 8 semaines est ouvert aux enfants de militaire et aux enfants civils. Commençant le 20 janvier de 17h30 à 19h30. Les places sont limitées. Pour inscription, communiquez avec Kelly Briggs au 613-392-2811 poste 7917.

Highway of Heroes Vehicle Decal

Support our Troops on sale for \$4 at the Trenton MFRC reception

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CD on Sale at the MFRC reception \$7.00 Including the song: *A Child Struggle* (This song was written to bring awareness to a child's perspective of their parent going off to war to help civilian population better understand personal impact that it can have. For more information visit : www.twcrossenmusic.com

Auteur, compositeur et interprète

CD en vente à la réception du CRFM 7.00\$, incluant la chanson : A Child Struggle. (Cette chanson a été composée pour décrire la perspective d'un enfant qui a un parent partant pour la guerre dans le but d'aider la population à comprendre le défi personnel.) Pour plus d'information visitez le : www.twcrossenmusic.com

Canadian Institute for Military and Veteran Health Research (CIMVHR)

CIMVHR, along with Queen's and RMCC, is doing a research project on new research on the potential benefits of Yoga for people who have been exposed to a traumatic operational experience. The study itself provides weekly yoga classes for 12 weeks and involves completing a series of questionnaires before and after the classes. The more people we can get to participate the more information we will have to see how yoga effects symptoms associated with exposure to a traumatic operational experience. Drs. Groll, Charbonneau and Belanger are the three researchers in charge of the project and can be reached at Etude.yoga.study@rmc-cmr.ca or grolld@queensu.ca if you are interested or if you would simply like more information. The next yoga sessions will start the week of Jan. 5, 2015.

Same Day Counselling

Belleville and Quinte West Community Health Centre is now offering free, immediate one-to-one counseling on Wednesday evenings. We address issues such as anxiety, depression, relationship issues, trauma, abuse, gender, sexual orientation, grief, loss, and stress. Wednesdays from 3:30 p.m. to 6:30 p.m. at 70 Murphy St, Trenton. Just drop in or call for availability of one-to-one appointments or for information 613-965-0698.

Monthly E-News/Facebook

Get the latest news from the MFRC and community at large. Sign-up through our website www.familyforce.ca for the monthly E-News and to follow us on Facebook.

Nouvelles mensuelles et Facebook

Ne manquez pas les dernières nouvelles du CRFM et les communautés avoisinantes. Inscrivez-vous par notre site internet www.forcedelafamille.ca pour les nouvelles mensuelles par courriel et suivez-nous sur Facebook.



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Sports & Recreation



Red Cross Swim Lesson for Children – Winter 2015

Registration for Military Community and General Public online and in-person starts from 1:30 p.m. at the RecPlex Reception

NEW

All inclusive memberships that will include use of the facility as well as access to certain programs. One fee = all access. For one year memberships there is an option to make preauthorized payments.

Aquatics

Morning Aquafit - Mondays, Wednesdays, Fridays from Jan. 5 to March 27 (35 classes), from 8:30 a.m. to 9:20 a.m.

Senior Lane Swim - Mondays, Wednesdays, Fridays from Jan. 5 to March 27 (35 swims), from 7:30 a.m. to 8:20 a.m. or 8:30 a.m. to 9:20 a.m.

Evening Aquafit/Jogging - Tuesday, Jan. 6 to Feb. 24 (eight classes), from 6:15 p.m. to 7:05 p.m.

Fitness Programs

*Boot Camp Fitness (45 minutes) - Mondays from Jan. 12 to March 23 from 4:30 p.m. to 5:15 p.m. at the South Side Gym.

*TRX (45 minutes) - Mondays, Jan. 12 to March 23 from 5:30 p.m. to 6:15 p.m.

*Kickboxing (60 minutes) - Mondays, Jan. 12 to March 23 from 6:30 p.m. to 7:30 p.m. at the South Side Gym.

*Yoga - Tuesdays from Jan. 12 to March 17 from 4:30 p.m. to 5:30 p.m.

*Spin-Fusion - Tuesdays from Jan. 13 to March 17 from 5:40 p.m. to 6:40 p.m. at the South Side Gym.

Tai Chi - Tuesdays from Jan. 13 to March from 5:35 p.m. to 6:35 p.m. at the RecPlex Gym.

Spin Class - Wednesdays from Jan. 14 to March 18 from 5:40 p.m. to 6:40 p.m.

CrossFit - Wednesdays from Jan. 14 to March 18 from 6:50 p.m. to 7:50 p.m.

*Pilates/Core Fitness - Wednesdays from Jan. 14 to March 18 from 4:30 p.m. to 5:30 p.m. at the South Side Gym.

TRX - Thursdays from Jan. 15 to March 19 from 4:30 p.m. to 5:30 p.m.

High Intensity Interval Training - Thursdays from Jan. 13 to March 19 from 5:40 p.m. to 6:40 p.m.

Butt, Abs and Thighs - Thursday from Jan. 15 to March 19 from 6:50 p.m. to 7:50 p.m.

Noon Hour - Monday - Spin/Bosu; Tuesdays - Strength Conditioning; Wednesdays - Spin; Thursdays - Yoga; Fridays - Suspension Training/Spin.

Intro to Squash - Wednesdays from Jan. 14 to March 18 from 6:45 p.m. to 7:45 p.m.

Pickup Squash games - Fridays from Jan. 16 to March 20 from 7 a.m. to 8 p.m.

Advanced Aquatics

Youth Aquatic Club - Monday, Wednesday, Friday from Jan. 5 to March 27 from 4:45 p.m. to 6 p.m.

Child, Youth and Teens Programs

Learn to Skate for youngsters ages four to seven years of age - Fridays TBA

Skills and Drills - Mondays from Jan. 12 to May 1 from 5 p.m. to 6 p.m.

Shinny Hockey - Starts Friday, Jan. 12 to May 1. Tyke/Novice - Fridays from 6 p.m. to 7 p.m.; Atom - Mondays from 4 p.m. to 5 p.m.; PeeWee - Tuesdays from 4:30 p.m. to 5:30 p.m.; Bantam/Midget - Wednesdays from 4 p.m. to 5 p.m.; Adult (18 years and up) TBA.

Family Skate - Saturday and Sunday, Jan. 17 to May 2 from 1 p.m. to 3 p.m. at RCAF Flyers Arena.

Mix it up Sports - Wednesdays, Jan. 14 to March 18 from 5 p.m. to 6 p.m.

Drop-in Youth Basketball - Mondays, Jan. 12 to March 23 from 7 p.m. to 8 p.m.

Basketball for Kids - Monday, Jan. 12 to March 23 for children from six to eight years of age from 5 p.m. to 6 p.m. and nine to 12 years of age from 6 p.m. to 7 p.m.

Drop-in Youth Badminton - Thursdays, Jan. 15 to March 19 from 7 p.m. to 8 p.m.

Badminton for Kids - Thursdays, Jan. 15 to March 19 for children from six to eight years from 5 p.m. to 6 p.m. and from nine years to 12 years from 6 p.m. to 7 p.m.

Artistic Hour - Tuesdays, Jan. 13 to March 17 for children from six to eight years from 5:15 p.m. to 6:15 p.m. and nine to 12 years from 6:15 p.m. to 7:15 p.m.

Tyke Terrain - Tuesdays and Thursdays from Jan. 13 to March 19 from 9 a.m. to 11 a.m.

March Break Full day Hockey Camp - Mondays, from March 16 to Friday, March 20 from 8 a.m. to 4 p.m.

March Break Family Skate - Mondays, March 16 to Friday March 20 from 6 p.m. to 8 p.m.

March Break Shinny Hockey - Mondays, March 16 to Friday, March 20, Tyke/Novice from 4 p.m. to 5 p.m.; Bantam/Midget from 5 p.m. to 6 p.m.

Speciality Events for Youth and Families

PA Day Program from 8 a.m. to 4 p.m. Jan. 30; March 13; May 22; June 5 and June 26 at the RecPlex

Hawaiian Party - Family Event - Friday, Jan. 23 from 5 p.m. to 8 p.m.

Valentine's Day Event - Friday, Feb. 13 from 6 p.m. to 8:30 p.m.

2015 8 Wing/CFB Trenton Squash Playdowns qualifying information



CFB North Bay will be hosting the Ontario Region Squash Championship held March 6 - 9. Playdowns will be held at South Side Squash Courts from Monday, Jan. 26 to Feb. 6. Registered players will play a round-robin draw. Players will get a list of all registered players and play competitors on their own time. Competition is open to all CF, Class B and C Reserves Members. For registration or information, contact the Military Sports and Recreation Coordinator Cormier DG@CFB Trenton PSP@Trenton or DANIEL.CORMIER@forces.gc.ca with the following information: Serial number, first and surname, unit, local telephone number, date of birth, and age no later than Jan. 23.



Call for nominations for CAF National chief Official for swimming

The position for Canadian Armed Forces (CAF) Chief Official (Referee-in-chief) for swimming is currently open. The Chief Official position for swimming will include the 2016-2019 National Championships (four-year position). As per the Canadian Forces National Sports Rulebook, the Chief Official is appointed by Director Sports, Recreation and Messes. The RIC is responsible for advising Canadian Forces Sports Manager (CAFSM), the jury of appeal, the host base, teams and competitors regarding the rules of play, advising CAFSM concerning the selection criteria for officials attending CAF National Sports Championships, and acting as the Chief Official at the designated CAF National Sport Championship.

When submitting an application, all the following information must be included: Full name, rank, unit, base, work phone number, list of all hockey related qualifications, list of officiating experience (military and civilian, all levels), list of related experience as a Chief Official/Referee-in-Chief, letter(s) of recommendation and/or list of references, and any other information that is pertinent or the applicant would like to share.

If you have any questions relating to the position or the application process or submitting your application, please contact the Military Sports and Recreation Coordinator Cormier DG@CFB Trenton PSP@Trenton no later than Jan. 23.

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N Death Notice

VINCER, William Francis
 Passed away peacefully at the Trenton Memorial Hospital on Sunday, January 11th, 2015, at the age of 87. Beloved husband of the late Verlyn Vincer. Dear father of Paul Vincer and his wife Tammy, and William Vincer (deceased). Proud gramps cherished by his grandchildren Jessica, Ashley (Nate), Jodi, and Jordan (Stephanie), and great-grandchildren Amelia, Owen, and Oliver. Survived by his sister Mary Hutchison (Doug). Predeceased by brother Richard. The family will receive friends at the RUSHNELL FUNERAL CENTRE 60 Division St., Trenton (613-392-2111) on Saturday, January 17th, 2015 from 11a.m. - 1p.m. with a memorial service to follow in the chapel at 1p.m. In lieu of flowers, donations to the Heart & Stroke Foundation or the BGH Oncology Dept. would be appreciated. On-line condolences at www.rushnellfamilyservices.com

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8 Wing Chapel / Chapelle de la 8e Escadre



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Office hours/Heures de bureau:
 Monday to Friday - 8 a.m. to 4 p.m.
 Du lundi au vendredi - 08h00 à 16h00
Services Times/ Heures des services religieux
 Bilingual RC Sunday Mass: 9:30 a.m.
 Messe bilingue CR: 09h30
 Protestant Service: 11 a.m.
 Service protestant: 11h00
 RC Weekday Masses at noon (usually on Tuesday, Wednesday and Thursday)
 Messes CR quotidiennes à midi (du mardi au jeudi habituellement)
Wing Chaplain/Aumônier de la 8e Escadre:
 Maj (Rev./Rév.) Timothy Nelligan
Unit Chaplains/Aumôniers des unités:
 Capt (Rabbi/Rabbin) Bryan Bowley
 Capt (the Rev./Rév.) Eric Davis
 Capt (Padre) Eric Doiron
 Capt (the Rev./Rév.) Gerson Flor
 Capt (the Rev./Rév.) Blair Ross
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 Gillian Federico



Safety

Get your mitts on the right kind of gloves



There is a particular type of glove available to protect you against just about every kind of hazard to your hands. Ask your safety supervisor about the right gloves for your job.

Here is a sampling of the many kinds of hand protection available:

- Rubber and rubber-like synthetic materials are made to protect against corrosive chemicals and other chemical hazards. When working around chemicals, it is extremely important to choose exactly the right material to match the hazard; materials, which appear to be similar, may prove to be ineffective.
- Cloth gloves are intended to be used for minor hazards like scratches and scrapes.
- Leather gloves provide more protection against cuts and bruises. Leather gloves are also worn over the rubber gloves, which provide some protection against electrical hazards.
- Gloves containing metal mesh protect against severe cutting hazards, such as those encountered in food processing.
- Gloves and mittens made of insulating material protect against extreme hot and cold and prevent burns and frostbite.
- Thin gloves made of synthetic and natural substances are used in a variety of occupations because they provide protection while still allowing finger dexterity. They are used to protect against infection in health care and food handling, and to protect against static electricity and contamination in electronics and other industries.
- Barrier creams are used in conjunction with gloves to prevent irritating substances from contacting the skin.

It's important to know when not to wear gloves. Never wear gloves or other loose-fitting clothing around rotating machinery because you could become entangled and pulled into the equipment.

8 Wing Commander visits Air Task Force Lithuania



8 Wing Commander, Colonel David Lowthian, and Wing Chief Warrant Officer Darcy Elder posed for a photo on Dec. 30, 2014 in front of a CF-188 Hornet with CFB Trenton personnel, who were deployed at Operation REASSURANCE in support of NATO Baltic Air Policing in Siauliai, Lithuania.

Photo by Cpl. Gabrielle DesRochers, ATF Lithuania Imagery Technician



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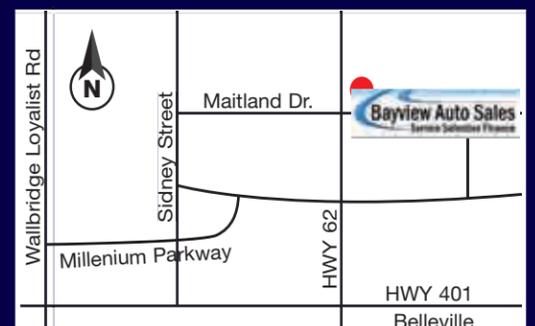
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