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>> This Tim Hortons' elf delivers exceptional service

Pynch boys discover a real live elf at the RCAF Road Tim Hortons outlet

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>> Deployment Support Centre brings support to 8 Wing/CFB Trenton families

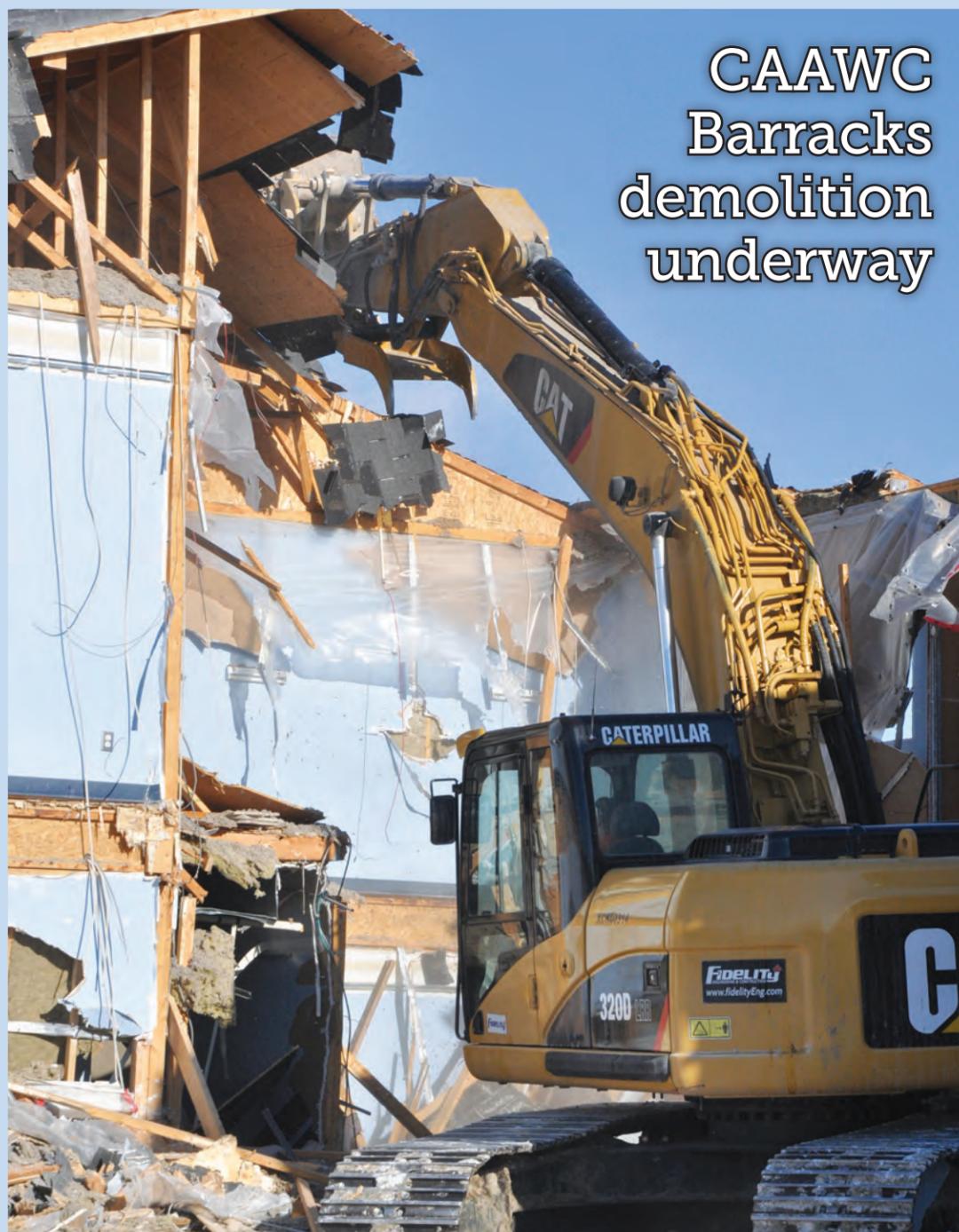
Coordinates assistance to CAF members and their families during deployments, courses, exercises, domestic operations, incremental taskings, temporary duties

4

>> CFB Trenton Pond Hockey Classic looks to grow again in 2015

Organizers hope to grow the event to its maximum 32 teams and raise \$40,000 for Soldier On and Trenton Memorial Hospital Foundation

8



CAAWC Barracks demolition underway

Early in the demolition process, the excavator operator pulls down a portion of the roof of the Canadian Army Advanced Warfare Centre (CAAWC) barracks at 15 Canso Ave., CFB Trenton. See story and more pix on pages 3 and 5. Photo by Ross Lees

Governor General and Commander-in-Chief of Canada visits CFS Alert

His Excellency marvels at the accomplishments of CFS alert personnel in a 'challenging physical environment'

By Ross Lees

His Excellency the Right Honourable David Johnston, Governor General and Commander-in-Chief of Canada, visited Canadian Armed Forces members and civilians at Canadian Forces Station (CFS) Alert, Canada's most northerly military installation, on Monday and Tuesday of this week.

His Excellency was a special guest at CFS Alert for the Station's semi-annual Change of Command (CoC) parade presided over this time by Col. David Lowthian, 8 Wing/CFB Trenton Commander.

During the two-day visit, His Excellency met the personnel at the station, toured the facility, presented Special Service Medals (SSM) during the CoC parade, and laid wreaths at the Boxtop 22 Memorial, where a C-130 Hercules, part of Operation Boxtop 22, crashed on October 30, 1991, and

at Lancaster Memorial, where a 405 Squadron Lancaster (#965) crashed during a resupply mission on July 31, 1950.

In his speech during the CoC, His Excellency indicated he was very pleased to be visiting CFS Alert, calling it the "true north." He said he was glad to be present to show his support and gratitude for the station's important work, performed in a very challenging physical environment.

"And I am especially pleased to be here during the total darkness of winter," His Excellency noted. "That may sound surprising, but I mean it! Writing about Canada, Samuel de Champlain once remarked: 'It's difficult to know this country without wintering there,' and I think the same can be said of the Arctic. It is difficult to know Canada without visiting the Arctic, and it is difficult to truly know the Arctic without visiting in winter."

Continued on page 10

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Our elf story

This Tim Horton's elf delivers exceptional service

By Ross Lees

It's a story which brought the mother of two young local boys to tears.

And while we might be slightly past the season, it's a story we could not ignore.

This past holiday season, a local elf established herself in the minds of Trenton boys Leland Pynch, nine, in Grade 4 at Breadner Elementry School, and Stephen Pynch, four, in Junior Kindergarten at Breadner Elementry School.

To begin at the beginning, the story really began five years ago just after the Pynch family, Amber and Rick Pynch and their son Leland were transferred to Trenton from Borden. Quickly, the Tim Hortons at 221 RCAF Road became a daily stop for Amber and Leland.

On one of those early visits, a woman served them at the drive-through wearing elf ears. Leland, then four, told his mother she was a real elf because of the ears and because she was so small.

"So now I have two boys and both boys think this lady (Isabel Cormier) is a real elf," noted Amber in a recent interview. "Isabel is just amazing!"

Just prior to Christmas, the boys decided to test Isabel to see if she was a real elf, according to Amber.

"The boys gave her letters for Santa to test her and see if she was a real elf. Today, she had two bags at the window for them with their own letter from Santa and they were awesome letters directed right from the letters they sent. In the bags were pencils, gum, books, candy, candy canes, chocolates, Mini Eggs and a Kinder Egg. I just can't get over it and wanted to let everyone know! She is so sweet and the faces on the boys were awesome. My oldest son lost it," she said.

"She's real, Mom! She's real," he said all the way to school that morning.

Her four-year-old son went to school and told his teacher he had met a real elf that morning at Tim Hortons. He was also apparently very excited to get home and open the gift package.

Amber readily admits she shed a few tears of her own over the kindness shown to her two boys by this wonderful person working at Tim Hortons. She can't get over the generosity of this good-humoured woman who only knows Amber and her boys because

they are regular customers at Tim Hortons.

"This is all out of her love for the kids and her very kind heart. You cannot get any better service than this and I would love for her to be recognized," Amber noted.

Isabel says it is no big deal, just her grandmotherly instincts kicking in.

"I love the boys and they made my Christmas more magical," she said.

She has been working at the local Tim Hortons store for just over nine years now and this is the first time she admits to this kind of thing happening.

Originally from Spain, Isabel married Newfoundlander Sgt. (Ret.) Andrew Evans, a Canadian Armed Forces Postal employee who retired in Trenton two years ago. In one of those early visits to the Tim Hortons, Leland waved and smiled at Isabel from the back seat and Isabel's heart was captured.

The boys tried to return the favour by giving Isabel a gift, but she told the boys elves can't accept gifts.

"I told them they had given me the best gift possible when I saw their happy faces," she said. "They gave me far more than I gave them."



Tim Hortons elf Isabel Cormier poses for a picture inside the RCAF Road Tim Hortons with Leland, Stephen and Amber Pynch of Trenton. Isabel established her bona fides as an elf when she responded to requests by the two Pynch boys just prior to Christmas. Photo by Ross Lees



Stephen and Leland Pynch display the letters and gifts they received from Isabel. Submitted photo



Stephen and Leland Pynch are shown in this recently submitted portrait.

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CAAWC Barracks demolition underway

Barrack made obsolete by new accommodation buildings at CFB Trenton



Salvageable materials were pulled out of the building by the excavator operator as demolition continued.

By Ross Lees

Demolition began this past week on the Canadian Army Advanced Warfare Centre (CAAWC) barracks, Building 350, at 15 Canso Ave. 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.

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 recently.

The actual demolition of the structure was completed on Tuesday, but some cleanup of the site still had to take place.

Photos continued on page 5



Where possible, material was separated as demolition continued and materials were carried away by trucks.

Photos by Ross Lees



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Deployment Support Centre brings support to 8 Wing/CFB Trenton families

By Captain Jane Schuell

Sometimes, being part of a team means doing it alone. The spouse of a military member knows this all too well when their significant other has to be away from home on military duty. Suddenly, simple life decisions and routines have to be carried out alone. To meet the personal and family needs of deploying personnel, 8 Wing/CFB Trenton has created a Deployment Support Centre (DSC).

The role of the 8 Wing/CFB Trenton Deployment Support Centre is to coordinate assistance to Canadian Armed Forces (CAF) members and their families during duty-related absences such as deployments, courses, exercises, domestic operations, incremental taskings, temporary duty away from the home unit, and posting transfers with Imposed Restrictions (IR).

In the Canadian Army and the Royal Canadian Navy, entire units deploy en masse and provide a rear party which assists the families of soldiers and sailors. However, at 8 Wing/CFB Trenton, with its high tempo deployment posture, family support must be delivered in a different fashion. A network, composed of the deploying member's chain of command (CoC), a named Unit Sponsor, the 8 Wing/CFB Trenton Deployment Support Centre, the Military Family Resource Centre (MFRC), and helping professionals at the Wing - Padres, the Operational Stress Injury team, a Mental Health Officer, just to name a few - are available to help families cope.

The DSC delivers pre- and post-deployment briefings (DAG) to CAF members, which can include families upon request. These



Barry Dougherty, MFRC Family Separation and Reunion Services holds an MFRC family services package and a parcel for shipment to a deployed military member, while Capt. Jane Schuell, Deployment Support Centre Officer makes a Warm Line telephone call to the family. *Submitted photo*

briefings provide information on what to expect during the CAF member's absence.

The Centre will also provide sponsorship guidelines and training to units. Unit Sponsors are integral to the concept of providing support to the families of members who are away from home for duty reasons. The concept is that all CAF members who are deployed for longer than 30 days

have a sponsor assigned to them. This sponsor will assist the family with challenges that might arise during the member's absence and serve as the family's link with the various sections on base as well as the chain of command.

Another key aspect is communication throughout the deployment. The Centre will initiate contact with the family via e-mail, telephone call, or written

correspondence at least once and determine if ongoing support is required and determine special needs of individuals or families, and provide information concerning programs and services.

The welfare of the member and member's family is of utmost importance to the CAF. When military members are away, those left behind can often feel isolated and overwhelmed with respon-

sibilities. The Deployment Support Centre is hoping to assist families by reaching out to them, giving them the information they need, putting them in touch with resources, and thus increasing their resilience. If you'd like more information about the Deployment Support Centre, please call 613-392-2811, extension 7917, 4582 or 3575. Supporting families is what we do.

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.

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CAAWC Barrack made obsolete

Continued from page 3



The building was pulled down in sections over basically a three-day period. Photos by Ross Lees



The excavator operator just kept wading into the building, tearing another section down and cleaning up the mess until the entire building was finished.



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Fitness & Health

10 tips to shaping up the smart way

1. Take some time to warm-up before exercising

This should involve some walking or jogging just to get your tissues ready to work. A progressive movement-based warm-up should be done prior to all sports/physical training as this does prevent injuries. You can add some stretching but please note that stretching hasn't been proven to prevent injuries. Discuss this with your fitness staff to ensure you are using proper warm-up techniques.

2. Walk your body and mind to a happy place!

While walking may not appear to be as macho as running, it does help to improve your aerobic fitness and this will increase your energy levels. Walking also promotes the release of the body's natural happy drugs - endorphins. The higher the intensity of your walks, the more likely you will notice an improvement in your mood. Feel energized and happier!

3. Use the "Talking Rule"

If you are able to maintain a continuous conversation, you are training at low intensity. At moderate intensity, you may not be able to speak in full sentences without taking one or more breaths. At high intensity, you will not be able to maintain a conversation. Try exploring these levels of intensity during your physical training as this will allow you to challenge yourself on some days and enjoy the social aspect of training on others.

4. Cross train!

Cross training varies the stress and strain on various body tissues and can reduce the incidence of injuries. It is also a lot more fun to do a variety of fitness activities rather than the same workout every day. Try alternating activities such as: walking, cycling, skating, skipping rope, snow shoeing, cross-country skiing and swimming.

5. Try using a pedometer

Explore wearing a pedometer for a day and you may be surprised at how little you actually move during a typical day. For health and fitness maintenance, it is recommended that you aim for a minimum of 10,000 steps/day. Some people can achieve 10,000 steps/day without ever going to the gym. Walking to work, taking the stairs, walking the dog and walking to the mailbox all add up. If you don't have easy access to a pedometer, try accumulating 60 minutes of physical activity a day. It doesn't matter if you do 60 continuous minutes of activity or you do 6 times 10-minute bouts.

6. Strength training and core stability exercises for optimum performance

During weight workouts start by limiting yourself to 2 sets of 10-12 repetitions of 8 different exercises. This approach will give you approximately 80% of the benefit of these exercises without the increased risk of injury that comes with doing more than this. Ask your fitness staff if you are using good technique during these exercises.

7. Sweat loss doesn't mean fat loss

Working out with plastic bags under your clothing will cause you

to temporarily lose some body water but it will not promote the fat loss that you desire. What over heating during exercise will do is increase your risk of becoming dehydrated, electrolyte depleted and excessively fatigued. Excessive sweating also increases your risk of developing a heat-related injury such as heat exhaustion or heat stroke.

8. Become an exercise thief!

Many people incorrectly believe that they are not exercising unless they are working out in the gym. Your body doesn't know the difference between walking to your boss's office and walking on a treadmill. Using the stairs, riding your bike to the post office, walking to work, shoveling the driveway and mowing the lawn are just a few examples of opportunities you have to steal some exercise in your day.

9. No Pain No Gain!

... is a motto that applies to elite athletes in exceptional circumstances and not someone who is training to improve their fitness. If you are suffering throughout your workouts, you are training too hard or using poor technique. You can be uncomfortable in your training but if you have pain, try backing off on the intensity of your training and verifying that you are using the correct technique. The chances are you will enjoy exercising a lot more, will be motivated to train more often and will reduce your risk of becoming injured.

10. Remember - there is no fast track to becoming fit

Despite what the advertising media often tells you, there truly are no short cuts to becoming healthy and fit. While it doesn't sound sexy or high tech - the formula for success can be as simple as walking

Continued on page 7



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A Health Promotion Message from Strengthening the Forces

Maintaining a 'health' routine in the winter months can often be a challenge. It's no surprise that we sometimes lose motivation with shorter days and freezing cold temperatures. However, Strengthening the Forces has some great news for you! There are many seasonal activities available to keep you active and in a positive frame of mind when the forecast is for more snow! In fact, Strengthening the Forces has a feature web page called Operation SNOWSTORM. It provides healthful tips and highlights the importance of health and wellness during the winter months.

We invite you to discover something new!
<http://cmp-cpm.forces.mil.ca/health-sante/ps/hpp-pps/winter-hiver/index-eng.asp>

RD03087418

Fitness & Health

10 tips to shaping up the smart way

Continued from page 6

45-60 minutes 5 days a week and eating a healthy diet. The secret is to "get moving" and make it a regular part of your daily life-style.

8 Wing Health Promotion is offering the Weight Wellness Lifestyle Program starting on 6 February 2015. This program does

not receive the credit it is worthy of. So many people hear the title Weight Wellness and automatically perceive it as a weight loss program. In reality, it is a lifestyle program we can all benefit from. During the 6 week course you will participate in interactive workshops on nutrition, physical activity and behaviour modification. You'll receive

tools to get you on the right track to support your goals. You'll complete assignments such as recording your eating and activity to identify, understand and manage problem areas. Most importantly you'll develop a realistic action plan that will move you towards a healthier lifestyle. We all have areas that we can improve on!



For more information please visit <http://healthpromotion.cfbtrenton.com>
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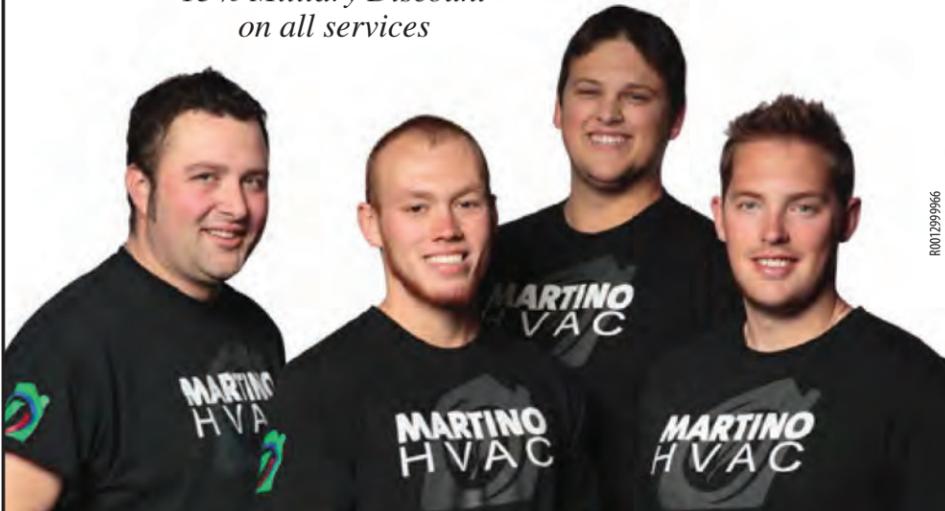
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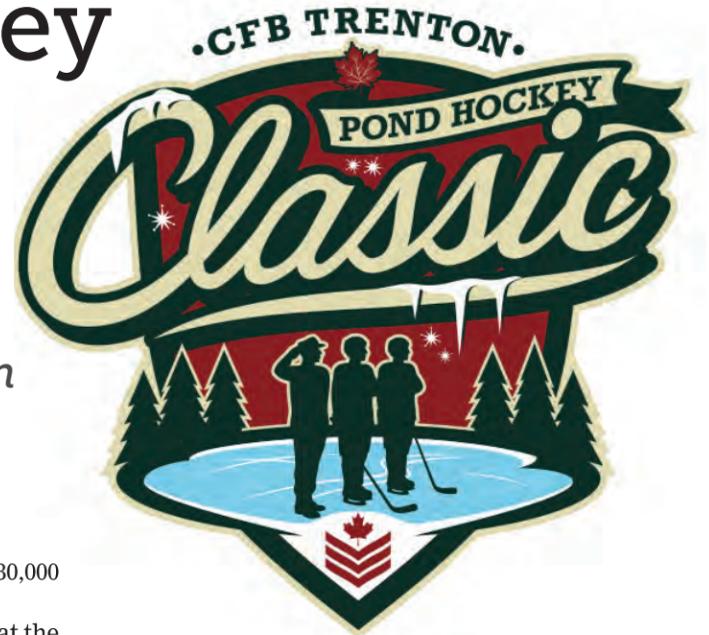


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CFB Trenton Pond Hockey Classic looks to grow again in 2015

Organizers hope to grow the event to its maximum 32 teams and raise \$40,000 for Soldier On and Trenton Memorial Hospital Foundation



By Ross Lees

Capt. Jeff Moorhouse is looking to grow the CFB Trenton Pond Hockey Classic on Jan. 23 to 25 once again.

Never ready to rest on his laurels, Capt. Moorhouse wants to see the annual fundraising tournament progress from three rinks and 26 teams participating last year to the current team maximum of 32 teams with a

fundraising goal of \$40,000 this year. Last year, \$30,000 was raised.

As of Monday when a press conference was held at the Batawa Community Centre, 24 teams were signed up already for this Scotiabank and ScotiaMcLeod-sponsored annual four-on-four Canadian Pond Hockey rules tournament which raises funds for Soldier On and the Trenton Memorial Hospital Foundation.

"It's a chance for us as military personnel to raise

money for our fellow soldiers injured in the line of duty, but it's also a way to give back to the community which is also important to us because the community is great to us," Capt. Moorhouse stated. "It's a reciprocal relationship that goes back and forth plus it's hockey. You're hard

Continued on page 9



4th Annual CFB Trenton Pond Hockey Classic January 23 - 25, 2015

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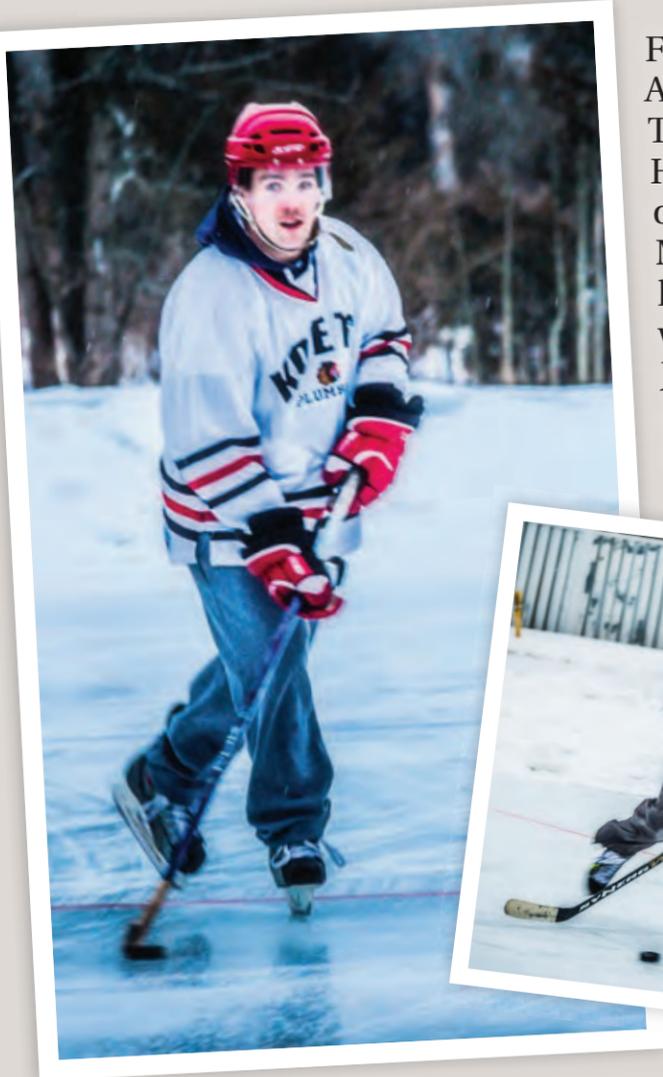
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From January 23-25, 2015, Canadian Armed Forces Members from CFB Trenton will be hosting the Pond Hockey Classic and dinner in support of Soldier On and the Trenton Memorial Hospital Foundation. A hockey themed fundraising dinner will headline the weekend on Friday, January 23, accompanied by an exciting 32 team outdoor pond hockey tournament from January, 24-25.

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Fundraiser event in support of Soldier On and Trenton Memorial Hospital Foundation

Continued from page 8

pressed to find a military person who doesn't enjoy hockey."

In the previous three years of its existence, the CFB Trenton Pond Hockey Classic has grown existentially. In its first year in 2012, the tournament featured one rink, 11 military and one civilian team which raised \$6,200. That original tournament grew from a 436 Squadron sports day designed to raise funds for the Military Families Fund.

The first growth spurt occurred in 2013, when the rinks were doubled to two and 14 military and four civilian teams took part and raised \$26,000. The Roots of Hockey Dinner held that year featured Toronto Maple Leaf legend Ron Ellis as guest speaker and attracted 150 people.

Last year, in only its third year, the Pond Hockey Classic in 2014 featured three rinks, 12 military and 16 civilian teams, 180 people came out to the Roots of Hockey Dinner to hear famous hockey father Walter Gretzky

speak and a total of \$30,000 was raised.

Forged on the Batawa Lions Community Rinks in Batawa, this year's 24 teams consist of only six military teams at the moment, Capt. Moorhouse indicated.

"That's the biggest change I've seen," he said. "In year one, it was virtually all military teams. By year two, we had four civilian teams and by year three that had grown to a 16 civilian teams. The tournament has always traditionally been on a week day but we've moved it to a weekend because it's easier for a civilian team obviously on a Saturday and Sunday and if we want it to be a true volunteer experience for us (military), everything is being done on our personal time."

But growth of the tournament also came about with growth in sponsorship, according to Capt. Moorhouse, especially when Scotiabank and ScotiaMcLeod came on board.

"Scotiabank and ScotiaMcLeod have been great," he said. "They really allowed us to grow. Their sponsorship helps substantially."

This truly has become a reciprocal event, as many

local businesses pitch in where they can by donating materials or products which help decrease costs for the organizing committee. Pilot concepts designed the tournament log and the NHL-calibre hockey jerseys that were sold last year and are being sold again this year to raise funds to be split equally between Soldier On and the Trenton Memorial Hospital Foundation. Only 40 jerseys will be available this year, selling at \$90 per jersey.

As popular as this unique military tournament has become, people are advised to register their teams early and buy their tickets for the Roots of Hockey Dinner featuring guest speaker Sgt. Chris Downey, a soldier wounded in Afghanistan in 2010 and one of two Canadians who participated in the Trek to the Antarctic with Prince Harry in 2013. Country singer Francine Leclair of Tweed will be performing "I Soldier On" at the dinner and comedian Dave Hemstad will once again be the emcee for the event.

For more information and registration details, visit www.hockeyfortroops.com



4th Annual CFB Trenton Pond Hockey Classic

January 23 - 25, 2015

32 Team Outdoor Pond Hockey Tournament

The pond hockey tournament will take place on Saturday, January 24th and Sunday, January 25th at the Batawa Community Centre on 4 outdoor rinks.



Hockey Themed Fundraising Dinner

The fundraising dinner, held on Friday, January 23rd, 2015 at the Batawa Community Center, will be an exciting evening including a three course meal, live music and celebrity guests.

Sean Scally photography

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Governor General and Commander-in-Chief of Canada visits CFS Alert

Continued from page 1

“Besides comprising a significant part of our geography and being home to many Canadians, the Arctic is an important element of our history and shared identity,” he told the gathering.

His Excellency said the personnel of

CFS Alert know the north in a way that few others can or will ever know it.

“Together, you are making truly unique and important contributions to Canada’s and to the world’s understanding of this region. You are enhancing our knowledge of climate, the atmosphere and the



His Excellency the Right Honourable David Johnston, Governor General and Commander-in-Chief of Canada and his entourage pose for this picture in front of the famous signs at CFS Alert.

Photo by Sgt Ronald Duchesne, Rideau Hall

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natural environment. You are reinforcing our sovereignty and standing guard for our national security. You are at the ready for search and rescue operations. In the last 24 hours, I have witnessed how these matters are far from theoretical, and that the challenges of working in the Arctic are real,” he stated.

Laying wreaths at the two memorial sites held special significance for His Excellency, he indicated.

“Some of you may know that my wife, Sharon, and I were in the community of Resolute Bay, Nunavut, on Aug. 20, 2011, the day of the terrible plane crash in which 12 people tragically died. I will

never forget the scenes of sadness and devastation I witnessed that day. Nor will I forget the remarkable response by Canadian Armed Forces (CAF) members who were present.”

As have others in the past, His Excellency observed a special atmosphere at CFS Alert.

“The sense of community, camaraderie and professionalism at CFS Alert is palpable, and something of which Canadians can be very proud. Thank you all for your remarkable dedication and service to our country,” he said to all of the personnel in this northernmost military establishment.

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KIM BARTHEL

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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 to 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

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 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

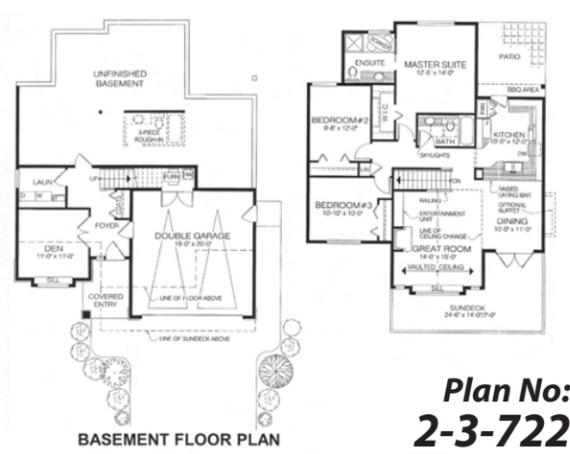
Begins Jan. 20 and runs for eight weeks from 5:30 p.m. to 7:30 p.m. (children ages eight to 12). Support group for siblings of a child with Autism Spectrum Disorder. This is to provide a fun and supportive environment for siblings to share the joys and struggles of being a sibling of an individual on 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 en-

Continued on page 12

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This design makes the most of every square foot of space. All of the main living areas, as well as three bedrooms, are contained in just under 1,300 square feet on the home's upper level. This space is expanded further in summer, thanks to a patio off the kitchen, while a den on the main floor provides additional options year-round as a potential playroom, fitness area or home office. Large windows and an L-shaped sundeck give the front of the home immediate street appeal. One can imagine a summertime party spilling out on to the front deck, the double doors from the dining room open and a refreshing breeze flowing through the adjoining kitchen. An optional buffet in the dining room provides extra storage space for fine china. A raised bar between the kitchen and dining room makes an inviting spot for guests to linger. The great room features a vaulted ceiling, a gas fireplace and a built-in

entertainment unit. A partially open railing reveals the staircase leading to the foyer below. The master bedroom is situated at the back of the house and includes a walk-in closet. The four-piece ensuite is separated from the sleeping area by a sliding pocket door. The two children's rooms are side by side just down the hall from the main three-piece bathroom. Much of the basement level is unfinished. However, roughed-in plumbing offers the possibility of building more bedrooms, or even an in-law suite. The laundry room is also on the ground floor, directly across from the stairs. A door from the foyer reveals the two-car garage where a utility closet houses the hot-water tank and furnace. This home has 1,279 square feet of finished space on the main (upper) floor. This level also features nine-foot ceilings for an added feeling of openness. The house measures 41 feet wide by 53 feet, 10 inches deep.

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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. 5 - Knights of Columbus Roast Beef Dinner

A Knights of Columbus Roast Beef Dinner with all fixings, desert, tea and coffee will be served at the Knights of Columbus Hall, 57 Stella Cresc., Trenton, from 5 p.m. to 7 p.m. Cost is \$12. Take out is available and everyone is welcome.

Feb. 9 - Trenton Blood Donor Clinic

A Trenton Blood Donor Clinic will be held Feb. 9 at the Trenton Knights of Columbus Hall, 57 Stella Crescent, Trenton, from 1 p.m. to 7 p.m. All regular and new blood donors are encouraged to come out and help replenish depleted blood supplies

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.

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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MFRC continued from page 11

MFRC continued

fants 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. Commencant 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

Autocollants "Highway of Heroes"

4.00\$ - En vente à la réception du CRFM

Songwriter, Lyricist, Musician

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 composé 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.

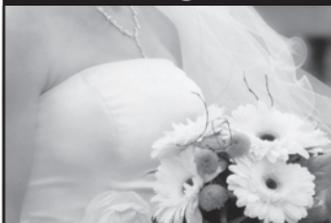
Monthly E-News/Facebook

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

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. 20 to March 24 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 4:40 p.m. to 5:40 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 - 6:40 p.m. to 7:40 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.

Employee Assistance Program
Referral agents: Drew Craig (Chairperson) 3930 • Karen Brake 7911
Nathalie Serre 7413 • Rhonda Loomes 7588 • James Leblanc 3053

Wing Logistics and Engineering Picture of the Week



Cpl Dwayne Marshall, WTISS Line Section, ascended an antenna to an elevation of 200 feet to repair and gather information. The RADAR system for Instrument Flight Rule Control Center (IFRCC) is located at the Military Aeronautical Communications System (MACS) in Carrying Place and serves to support 8 Wing's flying operations.

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 Messe bilingue CR: 09h30
 Protestant Service: 11 a.m.
 Service protestant: 11h00
 RC Weekday Masses at noon
 (usually on Tuesday, Wednesday & 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
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Safety

Don't take your hands for granted

Could you imagine doing your job without your hands? We tend to take it too much for granted that we have two hands at our command, immediately ready to do what we want them to. They not only perform amazing manual tasks and provide us with sensation, but they also make us money.
 Just ask anyone who has lost the use of their hands. They may have had to learn to use other parts of their body or an artificial limb to do what hands normally do.
 The workplace may be one of the most valuable places we can use our hands, but it is also one of the most likely places you can injure them. That's why it is im-

portant to take proper precautions to protect them.
 To wear or not to wear gloves on the job? It depends. There are times to wear gloves on the job when they will protect you from scratches and scrapes, cuts, shock, infection, chemicals and temperature extremes of hot and cold. Many different kinds of gloves are available with different designs, made from different materials ranging from metal mesh to leather.
 Ask your supervisor for the right kind of glove for your job. In some situations, gloves can cause a risk of entanglement in moving machinery.
 Other than wearing gloves, you can follow common-sense proce-

dures to protect your hands at work.

- Handle tools the right way.
- Use the right tool and carry it properly so you do not injure yourself.
- Know the right operating movements when using tools. For example, too much force, vibration or repetitive movement might cause serious hand strain. Try not to twist your hands in extreme positions. Take hand breaks.
- Clean and protect your hands. Always wash your hands after you handle chemicals and materials so you don't become infected or receive a bad skin reaction.
- Don't clean your hands with solvents or fuels; they cause

their own skin disorders and strip your hands of natural oils. Barrier creams help to protect your hands against many substances. They are not substitutes for gloves, however.
 Watch your hands around equipment. Anything with a blade might cut you...or cut off your fingers or hands. You can also crush your hands in machinery, under boxes, or in drawers or cabinets. These are called pinch points...avoid them. Respect machine guards. They are there to protect you from being injured by moving machinery. Never tamper with them or alter them.
 Immediately treat wounds and injuries, even minor cuts and scrapes. Wash wounds and cover

them with a bandage and wear gloves to continue your tasks. If the wound or injury is serious, immediately seek the help of a first aid attendant or doctor.
 Treat your hands like a favorite person or a valued employee. Protect and respect them, don't undervalue them. Otherwise you might lose two of your best friends!





Governor General visits CFS Alert

The entire CFS Alert crew gather together alongside The Governor General of Canada, His Excellency the Right Honourable David Johnston, braving the cold and darkness in order to be a part of this special photo opportunity. His Excellency and a group of VIP's from across Canada spent Jan. 19-20 in CFS Alert; touring the station, meeting the personnel and sending a farewell to the outgoing CO Major Scott Marshall while welcoming the new CO Major Brian Tang.

Photo by Sgt Ronald Duchesne, Rideau Hall, Governor General Photographer

Employee Assistance Program

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- Karen Brake 7911 • Nathalie Serre 7413
- Rhonda Loomes 7588
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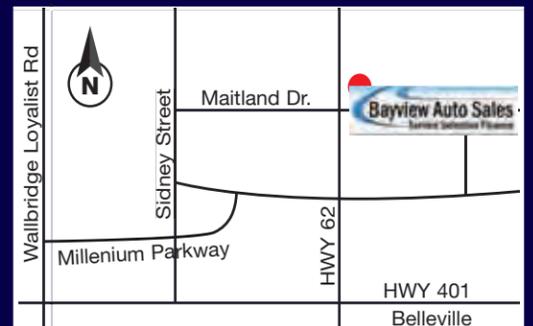
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