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CFB Trenton Pond Hockey Classic keeps increasing the challenge



This Trenton memorial Hospital Foundation hockey player makes a good move to go around a defender in a game at the CFB Trenton Pond Hockey Classic tournament on the weekend. Over \$30,000 was raised to exceed last year's total. Photo by Ross Lees

The number of teams increase, entertainment and emotions continue to run high, and the fundraising goal is raised each year

By Ross Lees

There's no better way to say Canada than meld hockey and the Canadian Armed Forces (CAF) together, according to CFB Trenton Pond Hockey Classic tournament organizer Capt. Jeff Moorhouse.

And after watching the BCR Rangers defeat KOETS 18-13 in this year's final match, winning the championship for the second year in a row over the same team, Capt. Moorhouse was very pleased with the event, even though they still had no real firm idea how much money they had raised.

"I'm very happy," he stated. How could you not be?"

Indeed, it would be hard to imagine not being happy with a weekend of outdoor hockey featuring good, competitive fun on the four outdoor rinks surrounding the Batawa Community Centre. The weather

was basically ideal, a very interesting and emotional Roots of Hockey dinner at the Batawa Community Centre kicked off the weekend, and hockey raising funds for Soldier On and the Trenton Memorial Hospital Fund carried the remainder of the weekend.

Proceeds will eventually be split evenly between those two charities, but it will take a few days to arrive at the final figure, Capt. Moorhouse noted. The goal for this year's tournament had been \$40,000. Thirty teams competed this year, up from 26 teams last year.

The Friday night dinner drew rave reviews from those who attended, including Wing Commander Col. David Lowthian.

"It was an amazing night," he said. "to hear Sgt. Chris Downey speak about his ordeal, but often in a lighthearted manner, was tremendous and to hear the bagpipes

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United Way of Quinte campaign achieves new campaign high

By Ross Lees

This year's United Way of Quinte fundraising campaign went right to the wire before it finally achieved and surpassed its goal, according to executive director Judi Gilbert at the

achievement celebration Thursday, Jan. 22 at Capers restaurant in downtown Belleville.

Topping their goal by a mere \$3,630, the campaign nonetheless continued with the momentum it established last year when it topped \$2 million for the first

time ever by raising \$2,093,630 this year after a last-minute push.

Mrs. Gilbert said the way they achieved the goal this year was different from recent past campaigns in that with two weeks to go, the team had no

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United Way of Quinte campaign chair Martin DeRome and executive director Judi Gilbert look on proudly as the campaign total of \$2,093,630 is flashed up on a screen at Capers restaurant during the campaign celebration evening last week. Photo by Ross Lees



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Sgt. Chris Downey has survived the worst the world could throw at him

Now his life is all about helping others through Soldier On and advocating on their behalf wherever possible

By Ross Lees

“It took one millisecond of a horrible day to change my entire life and look where I am now?”

It’s how Sgt. Chris Downey describes his journey from the day he nearly died when he and his buddy were blown up by an Improvised Explosive Device (IED) in Afghanistan in early May in 2010. Life changed drastically for then MCpl. Chris Downey in that millisecond.

He and his partner, a disposable ordnance team, had just diffused an IED and were heading back to the lab when they struck another IED and his buddy, Petty officer Second Class Douglas Craig Blake,

was killed. Sgt Downey remembers lying there at that moment and seeing the sand with his blood on it. He flat lined several times before they finally got him stabilized and his body had been severely ravaged by the blast to the point he lost his right eye and he still bears many scars.

Today, Sgt. Downey is still in the military, teaching other young military types to do the job which nearly killed him. He’s an instructor in Gagetown, New Brunswick and he’s trying to make life safer for those people who might be exposed to similar dangers.

And he’s determined not to let that bomber win!

Approaching five years after that inci-

dent, Sgt. Downey recalled it very vividly Friday night at the Batawa Community Centre during the CFB Trenton Pond Hockey Classic Roots of Hockey dinner. That night, for the first time, he met Francine Leclair in person, a songwriter originally from Tweed but now living in Leamington, who wrote a song called Soldier On about that incident.

When the song began with bagpipes be-

ing played by Sgt. Josh Macfarlane, Sgt. Downey zoned out because he didn’t want to break up and cause Mrs. Leclair to do the same.

“I literally remember that moment,” he told the Contact the next morning. “When she sang ‘the blood’s on the ground,’ that took me right back to when I was lying there. I wasn’t looking at her because I

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Sgt. Chris Downey, sporting a CFB Trenton Pond Hockey Classic sweater, and songwriter Francine Leclair, originally from Tweed, gives the thumbs-up sign that was so important early in Sgt. Downey’s recovery. His medical people use to make the thumbs up with his hand, since it was the only thing he could do. They would then take a picture of him with the thumb up and send it home to his family. Photo by Ross Lees

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This recently taken photograph of Hangar 6 shows how the project has advanced and also shows the new CAAWC building in the background.
Photo by 8 Wing Imaging

The changing face of 8 Wing/CFB Trenton

New projects continue to take shape as others begin at 8 Wing/CFB Trenton as part of ACP

By Ross Lees

The Airlift Capability Project (ACP) which began as a result of the acquisition by the Department of National Defence of the CC177 Globemaster (C-17) and the CC130J Hercules, (C-130J) is proceeding pretty much as planned, although a new man will soon begin overseeing this project.

Maj. Renald Nelson, 8 Wing's current Construction Engineering Officer (CEO) has been in charge of the facelift for four years now and expects to move on this summer, although he moves on with reluctance.

"This has definitely been the best job I've had so far," he noted in a recent interview. "It would have been nice to see a lot of these projects finish up, but at least I got to see Hangar 6 started. It was good to oversee the demolition of some of the 1930s hangars, but it has also been good to see the new ones go up."

The ACP program is resulting in \$550 million investment in 8 Wing infrastructure over a 10-year period (or longer) as facilities and utilities up to 80 years of age are upgraded or expanded to support these new airlift

capabilities. Over half of the program has been completed so far, with another \$150 million in projects under way.

The two largest and most visible projects currently under way are Hangar 6 and the Canadian Army Advance Warfare Centre (CAAWC)

Hangar 6, under construction by Bondfield Construction with a completion date of late 2016, will allow for light maintenance on aircraft up to the size of C-17. Started in November of 2012, cost of this project is \$76 million.

The CAAWC building is scheduled for completion in the summer 2015 and will allow this Army school (which provides parachute training, among other skills) to move out of two 1940s-era hangars. Some of the existing ramp space is to be replaced over the next couple of years. Additional petroleum, oil and lubricants (POL) storage will also be added as will in-ramp refueling points to accommodate the increase in 8 Wing's airlift capability.

The new fire hall has been completed, but Maj. Nelson indicated there were some issues holding up the occupation of that building.

"Our 9-1-1 system is being upgraded on the base and we've also tried to account for the fact the City is also plan-

ning to do Highway 2 this summer," he said. "They've asked us to make some changes at the gate. We've actually got two gates and two sets of lights up there and the city has asked us to get down to one gate. We'll hold off on operating the fire hall for right now."

The construction of the \$6 million Hazardous Material Facility began in May of 2014 and is expected to be completed in May or June of this year, according to Maj. Nelson.

Still to come Even as these projects continue, new projects are in the wind.

A \$46 million reconstruction of the west apron is scheduled to begin in 2016 with completion set for 2017.

The Airfield Lighting Power Centre (ALPC) is scheduled for relocation in 2016 at a cost of \$6.5 million and is scheduled to be completed in 2017.

Maj. Nelson noted the base is still waiting for approval on some projects which could see the deadline for termination of the ACP pushed up to perhaps 2025.

One of those projects is Hangar 10, which was originally scheduled for reconstruction but will now likely experience a major retro-fit.

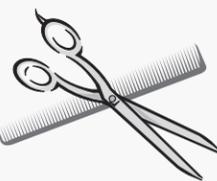
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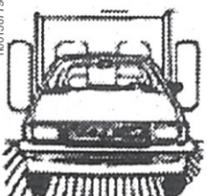
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Governor General's visit to CFS Alert



The Governor General of Canada, His Excellency the Right Honourable David Johnston, with the CFS Alert kitchen staff; the ones responsible for an amazing four course meal after the CoC parade. From left to right: Alan Mott, Fred Watts, Fred Cave, His Excellency David Johnston, Madonna Kennedy, Sheldon Frampton, Leslie Sinclair, Sandra Dixie and Jamila Gordon all of Nasittuq. (Missing from photo is Jeremy McQuarrie)

Photos by Sgt. Duschene



Lt. Katie Osborne poses with The Governor General of Canada, His Excellency the Right Honourable David Johnston, and the 8 Wing Command Team after having received an 8 WCWO coin. From left to right: Col. Lowthian, Lt. Katie Osborne, CWO. Darcy Elder, His Excellency David Johnston.

(Left) WO. Hollie Butticci salutes The Governor General of Canada, His Excellency the Right Honourable David Johnston, in front of the Honour Guard for the Change of Command (CoC) parade Jan. 20. From left to right: MCpl. Alex Townes, Cpl. Daniel Sommerfeld, His Excellency David Johnston, WO. Hollie Butticci.

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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8 Wing Commander Col. David Lowthian, second from right, receives a cheque of \$109,121 from SISIP financial counsellors Denise Reid and Troy Brown, CANEX Trenton SuperMart Manager Andy Moreau while Wing chief Warrant Officer (WCWO) Darcy Elder looks on.

Photo by Ross Lees

CANEX/SISIP present \$109,121 cheque to Wing Fund

Funds demonstrate the popularity of commodities supplied by these two vital base services

By Ross Lees

The Wing Fund got a substantial boost last week when CANEX and SISIP presented a cheque of \$109,121 to it.

Gratefully accepted by Wing Commander Col. David Lowthian, he noted that this fund is highly beneficial to base

members and the cheque served as a visible indication of that support.

“This is a great announcement,” he noted at the time of the presentation. “CANEX and SISIP are active sources of services and items for all our members and this demonstrates they are services they can rely on and which are growing.”

While this was the first of such visual presentations of the money, it is something that has been on-going over the years, according to Denise Read, a Financial Counsellor for SISIP.

“Every year we donate money to the base, but we’ve never done a cheque presentation,” she said. “The donation is a little higher this year because SISIP and

CANEX are working together to be more competitive on the market.”

Col. Lowthian encouraged both Mrs. Read and Andy Moreau, Manager of Trenton SuperMart, to continue the cheque presentation tradition in future years as it helps highlight the services supplied by these two high-profile base organizations.



Wing Logistics and Engineering Picture of the Week

MCpl. Steven Denman, a technician rigger - qualified Aerospace Telecommunications and Information Systems (ATIS) Technician with Wing Telecommunications and Information Services Squadron (WTISS), is hoisted by a crane to the top of the 8 Wing/CFB Trenton’s water tower to activate several base station radios.

Photo by MCpl. Maria Toone

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Source: *Strengthening the Forces*

Anger is an emotion just like happiness, sadness and fear. The average person experiences one angry incident per day and will become annoyed 20 times per week.

Anger is natural, normal, and is a signal that there is a problem to solve. The real problem may not be the situation, but how you respond. To solve a problem without becoming angry, it is useful to adopt a problem-solving attitude with a few key steps.

Recognize a problem exists (or is begin-

ning). Become aware of negative thinking patterns, emotions or sensations.

Reduce the stress of the situation. Scan your body for tension and release stress through deep breathing, muscle relaxation, or visualization techniques.

Challenge your thinking. Reframe the situation in a more positive way and re-focus on the problem, not the person(s) involved.

Make a problem statement. State specifically what the problem is that needs to be solved and be comprehensive in considering all of the facts.

Brainstorm solutions. Come up with as many as you can. Consider how you responded in the past and realize that a different response is required to achieve a different outcome.

Weigh the consequences and choose the solution that will provide the best outcome. Consider the costs and benefits for now and in the long term. The deliberate action of making a list and eliminating one item at a time may help to take the emotion out of the situation.

After considering the alternatives, act on the solution that makes the most sense.

Finally, evaluate the outcome. If the problem was solved, determine what worked in finding the solution. If the problem was not solved, consider what did not work and what could be done differently next time to improve the process.

Over time, the steps to problem solving will become easier and allow for constructive solutions to problem solving while avoiding negative consequences of angry behaviour.

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Reconnaissez l'existence d'un problème (ou son début). Portez une attention spéciale aux émotions, aux sensations ou aux schémas de pensée négatifs.

Réduisez le stress associé à cette situation. Recherchez dans votre corps les symptômes de tension et détendez-vous

en ayant recours à des techniques de visualisation, de relaxation musculaire et de respiration profonde.

Réfléchissez. Recadrez la situation d'une manière plus positive et recentrez-vous sur le problème uniquement, et non sur la ou les personnes impliquées.

Énoncez le problème. Déterminez précisément ce qui doit être réglé, selon une approche globale et en considérant tous les faits.

Réfléchissez aux différentes solutions. Proposez autant de solutions que vous le pouvez. Réfléchissez à vos réactions par le passé et rendez-vous compte que vous devez aborder le problème différemment pour en arriver à une solution différente.

Réfléchissez aux conséquences et choisissez la solution qui fournira le meilleur résultat. Évaluez les coûts et les avantages immédiats et à long terme. L'action dé-

Continuer à la page 13

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CFB Trenton Pond Hockey Classic keeps increasing the challenge



Sgt. Chris Downey and Francine Leclair dropped the puck to officially start the tournament Saturday morning. *Photo by Sean Scally*



There are no cheap seats at the CFB Trenton Pond Hockey Classic tournament as can be witnessed by these players on the bench. Action literally takes place all around them. *Photo by Ross Lees*



Competition was furious in the final game and the occasional chance was missed simply because a player had taken an eye off the puck. *Photo by Ross Lees*

riding, fishing, mountaineering and Taekwondo) give you a small piece back every time so eventually, maybe, you'll be close to the same person who said goodbye. You'll never be there, but hopefully close enough."

Of the pond hockey tournament, Sgt. Downey has nothing but praise.

"I think it's awesome," he stated enthusiastically. "I wish I had brought my gear. I'm a huge hockey fan and player, so there was no way I was going to say no to this. What better combination than military and hockey? If that doesn't say Canada, then I don't know what does!"

However much Capt. Moorhouse enjoyed the event, he had little time to bask in the rosy glow of success.

"I have by annual flight exam tomorrow so I have to switch gears pretty quickly," he noted as he prepared to address the final details of the tournament.

While a final total had not been arrived at prior to press time, Capt. Moorhouse did indicate that they had exceeded last year's total of \$30,000.

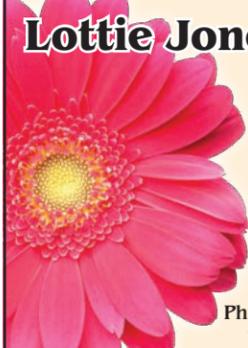
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introduce the song by Francine Leclair was very emotional. It was a fantastic evening!"
Sgt. Downey was privileged to represent Soldier On at the event, noting they had helped him throughout his four-year struggle to get back to the person he was prior to leaving for Afghanistan.

Blown up by an improvised explosive device while returning from disarming another, Sgt. Downey suffered extensive major inju-

ries from the blast, and he was the lucky one. His partner, Petty Officer Second Class Douglas Craig Blake, was killed by the explosion. Soldier On was created in 2006 by the Canadian Paralympic committee's Greg Legace and Andrew McLean, a former Trenton search and rescue technician and now a retired Warrant Officer. The organization provides sports and recreational programs for wounded or ill military members. The assistance received

by Soldier On has benefited Sgt. Downey and other like him tremendously as they battle back to becoming the person they were before. Simple things like balance and snowboarding had to be relearned by this wounded soldier because of the loss of his right eye and an inner ear problem. But those were the superficial wounds, he acknowledges.
"I wasn't Chris anymore," he said. "My mom and everybody saw that and these programs (like horseback



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The number of teams increase, entertainment and emotions continue to run high, and the fundraising goal is raised each year

Continued from page 7



When the competition was over, teams demonstrated good fellowship nonetheless.



What did you say your name was? Fun was at a premium in this tournament and this team featured all number 68s and the same last name – although a very recognizable name.



Photos by
Ross Lees

(right) Competition was fast and furious during the tournament as 30 teams competed for the trophy at the end of this competitively fun event.

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The BCR Rangers skated away with the trophy for the second straight year, defeating KOETS (also for the second year) 18-13 in the final game of the tournament. Photo by Ross Lees

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Helping others through the Soldier On program

Continued from page 2

didn't want to break apart and I didn't want her to break apart, as well, because the first time she performed it, she couldn't actually finish the song. I listened to the song and the words, and it was just replaying those events."

The story behind this song and the bond between these two people is a remarkable one.

Mrs. Leclair remembers coming out of her music room in Leamington on Remembrance Day evening of 2013 and seeing Sgt. Downey on the television talking about the incident and about how he was going to go to Antarctic with Prince Harry to support a program called Soldier On.

"I was literally just mesmerized about how open he was about his injuries and what he had gone through," she recalls. "I didn't even sit down. I immediately went into my music room and the words for the song just came, you know? I wrote that song in, I don't know, 10, 15 or 20 minutes, maybe. It was like, 'I've been dragged through the dirt, ravaged by war, shot and hated, beaten and scarred along this dirty road. I've been sweeping the mines..' the words just came out.

"The chorus was 'Soldier On, My war's been fought and won,

stumbling through the fire and haze, thankful I survived today."

It took months for her to finally come up with the melody which suited the song and, after testing it in a coffee house in Leamington, she figured she had something special.

"Even men and women were crying and I got a standing ovation," she said.

Eventually, Mrs. Leclair's sister Rachel Hughes of Cannifton played a rough version of the song for Mr. Downey when he was in Trenton doing a Soldier On relay from Trenton to Ottawa in May of 2014.

The two eventually met through Skype and modified three small things in the song before Mrs. Leclair sent it to her agent in Nashville and a demo was completed.

Friday night, the two met for the first time in person at the CFB Trenton Pond Hockey Classic Roots of Hockey, the beginning of a pond hockey weekend tournament now in its fourth year and which raises funds for Soldier On and the Trenton Memorial Hospital Foundation.

Four years after the ordeal, Mr. Downey is now recovered and finds it hard to describe the feeling of being able to help other troops by speaking about his ordeal.

"It's a huge part of my re-

covery," he said. "I'm trying to change the fear of going to a mental health specialist."

Soldier On has helped him and many other wounded soldiers find the help they need to help get them back to the people they were when they went off to Afghanistan or whatever combat they were wounded in. He openly believes there is no shame in visiting mental health experts and he pushes that notion every chance he gets.

Getting the pieces back is what Sgt. Downey is all about. Somewhat embarrassed by having a song written about himself, he eventually came to realize the words and the imagination for the song came from his story but the message is for all wounded soldiers.

"It's using my story to relay the message to help others," he acknowledges. But he remembers thinking when he first heard someone had written a song about him, "Yeah, okay, nobody writes a song about me. I'm just some soldier that had a bad day."

For Mrs. Leclair, it's a dream come true.

"As a songwriter, to have a song that's going to help people, wow, that's a dream!" she noted.

The 33-year-old soldier regained his speech quickly after the accident thanks to encouragement from his father, a former soldier who served in the

1970s and 80s. He's used it to help others since.

"My mom will tell you I never shut up, I like to talk a lot. My father, when I was in Germany in the hospital, I couldn't talk and they use to put the phone to my ear and I could hear him talking. One of the things he said to me was as soon as you can, start talking and don't stop."

His father's greatest fear was that his son would come out of it briefly but then go silent as so many other veterans have in the past and then relapse into a sullen soldier too ready to forget his problems through drinking.

Sgt. Downey said he has received the kind of support and medical assistance he needed from the military, although he admits that's not always the case with others.

"My experience is good," he stated. "I've got all the help I need, but I think one of the differences is that you always need to be part of that help. Does the military have every resource available? No, but no system is perfect. Nobody can kid themselves and say my employer has the best medical system. There's no perfect system. It doesn't exist. So are there guys who fall through the cracks? Of course, it happens. But the person themselves has to be responsible for some of it. You need to actively look for it."

The experience of trekking to the Antarctic is one Sgt. Downey remembers fondly on several levels. First, being able to sometimes lead the trek and be making the first footprints in that particular snow was remarkable, he said.

"Just the environment there is unbelievable. You can see the curvature of the earth and the 24-hour sunlight is unbelievable. I loved it!" he said.

His description of Prince Harry is quickly boiled down into several succinct statements.

"My best description of him is he's like every soldier I know. He's just one of the guys. If I didn't know who he was, I could've never guessed the stature he has. They were there for us, they kept deflecting the questions back to us. It was pretty amazing. We still communicate all the time. They genuinely want to know where we're at and encouraging us. It's pretty wild. I never thought I'd have them on my contact list," he laughs.

Where is he now? He's at a place where he's pretty content with his life, despite the challenges he faces daily, and he has no regrets.

"I don't regret that day," he states with conviction. "I just regret the loss of my friend. I'd go through the rest of it again...not my mom being in pain, but for myself, I'd go through it again."

The changing face of 8 Wing/CFB Trenton



The new \$37.6 million CAAWC building is expected to be completed in May of this year. Construction began on this project in October of 2012. Photo by Ross Lees

Continued from page 3

"There had been talk that eventually we might build a new hangar, but we're going to go with a retrofit," he said. "It is our major maintenance hangar and it may be five to 10 years to the start of the work. We really need to define what we're doing with that hangar and what we need to fix up inside that hangar."

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Despite a final struggle, this year's campaign achieved its goal and hit \$2,093,630

Continued from page 1

idea how they would reach the goal.

"The majority of existing donors and workplaces had donated and donated generously," she said. "With a week to go and still facing a shortfall, new donors and donors who had already given began to appear in our office. Large corporations and small businesses rallied to help our cause. The selflessness and incredible spirit my team and I have witnessed is awe-inspiring. You did not leave our fate to the next person. This achievement has been hard-earned by all."

Campaign chair Martin DeRome of Proctor and Gamble perhaps put the success of the campaign into words, noting that he believed "actions speak louder than words." He said the whole concept of the United Way of Quinte is that "change starts

here" and the United Way of Quinte team was there to apply the force.

The importance of the support of the United Way of Quinte was outlined by Mrs. Gilbert when she noted that there are seniors in the Quinte area between the ages of 70 and 80 years of age living in their vehicles in the parking lots of some of the larger retail outlets.

"We are an organization that can invoke lasting change in the communities we serve," she said. "We can rally community partners to fund innovative, long-term solutions and make investments where they will have the most lasting impact."

She said the united effort within the community is the only solution as they focus their work on issues that matter today, adding that last year 50,000 people were touched by United



Campaign chair Martin DeRome, an ardent Montreal Canadiens fan, experiences an "Oh no" moment as he is presented with an Bobby Hull autographed Chicago Black Hawks sweater by United Way of Quinte staff member Lyndsey Harker while Curt Flewelling and executive director Judi Gilbert enjoy the moment.

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Way-funded agencies.

"That's an astounding number," she added.

Bonnie Lawrence, the guest speaker for the event, has been one of those people touched by the United Way of Quinte

generosity of donors in the past. As a 12-year-old girl from a dysfunctional and abusive family, she was able to join the Navy League of Belleville and use the

Photos by Ross Lees

cadets to help her through some very trying times. "I felt wanted and appreciated and learned to respect myself and others," she stated. "It gave me a place to go while I worked out family crisis after family crisis." As a mother of four with two teenage daughters now also in the cadet movement, she learned that with a little hard work, anything is possible in life. "Please know that you are making a difference in the lives of others and your support is greatly appreciated," she told the people attending the celebration. This year's campaign was a real struggle in many ways for the United Way of Quinte team, as traditional strong supporters saw their donations decrease because they did not have as many people to support the cause this year and the economic situation



Bonnie Lawrence, the guest speaker for the campaign celebration, has been one of the people touched by the United Way of Quinte campaign generosity in the past.

and work-related stressors affected others. Others, however, picked up the slack punched above their weight class.

Maurice Rollins increased his Leadership Fund donation and Proctor and Gamble set a new company record for giving by donating \$512,000, virtually one quarter of the campaign funds raised.

Mrs. Gilbert said that donations of all sizes were appreciated and the generous support of everyone was appreciated.

"This achievement was hard-earned by all involved," she said.

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Birth Smarts

Éducation de pointe pour les soins prénataux et pour le nouveau-né (offert en anglais seulement). Les sujets incluent : la nutrition et les exercices prénataux, la préparation au travail, les mesures de confort, les types de soins et soutien, les procédures médicales, préparer un plan de naissance, l'allaitement, les soins au nouveau-né, les pères, conseils pour les relations et beaucoup plus. Les collations et breuvages sont fournis. Chaque couple recevra un manuel de ressources, un sac surprise, un abonnement de six mois à 'Momstown', et une visite optionnelle à la maison après la naissance du bébé. Dates : les samedis, 7, 14, 21 et 28 février. De 13h30 à 16h au CRFM de Trenton. Pour plus d'information ou pour vous inscrire, contactez Veronica au 613-967-9773 ou mindful_doula@hotmail.com

Monthly 'Afternoon Chatter' Social Gathering

Unwind, chat and share, Sunday, Feb. 8 from 1 p.m. to 4 p.m. at the Trenton MFRC. Everyone is welcome! An afternoon for you to unwind, socialize, share ideas and enjoy yummy treats. Do you have fun crafts, activities or décor ideas for Valentines 'Day you would like to share? Bring them with you! Door Prizes! Childcare is available on-site at a low cost, but you must register at the MFRC reception, no later than Wednesday, Feb. 4. For more information please contact the reception at 613-965-3575.

'Jasette de l'après-midi' Rencontre sociale mensuelle

Détendez-vous, jasez et partagez le dimanche 8 février de 13h à 16h au CRFM de Trenton. Vous êtes tous invités à vous joindre au groupe. Un après-midi juste pour vous, pour vous détendre, socialiser, partager des idées et savourer de délicieuses gourmandises. Avez-vous du bricolage amusant, des idées de décoration pour la St. Valentin que vous aimeriez partager? Apportez-les avec vous! Des prix de présence! Du gardiennage est disponible à coût réduit au CRFM, svp réservez par le mercredi 4 février. Au plaisir de faire votre connaissance! Pour plus d'information, téléphoner le 613-965-3575.

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. Commencant le 20 janvier de 17h30 à 19h30. Les places sont limitées. Pour inscription, communiquez avec Kelly Briggs au 613-392-2811 poste 7917.

Sweet Valentine's Day Cupcakes!

Come join 'Cakes by Amy' at the Trenton MFRC and together we will learn how to create awesome one-of-a-kind cupcakes to celebrate Valentine's Day! Wednesday, Feb. 11 from 6:00 p.m. to 8:30 p.m. \$20 per person includes 12 cupcakes and six different fondant figurines. **Children ages 10-15 must be accompanied by an adult! For more information or to register please call the MFRC reception at 613-965-3575 or email amyL1@cogeco.net

Petits gâteaux pour la St.Valentin!!

Venez joindre 'Cakes by Amy' au CRFM de Trenton pour apprendre à créer des petits gâteaux uniques pour célébrer la St. Valentin! Le mercredi 11 février de 18h à 20h30. 20,00\$ par personne incluant 12 petits gâteaux et 6 figurines différentes en fondants. **Les enfants âgés de 10 à 15 ans doivent être accompagnés d'un adulte. Pour plus d'information ou pour vous inscrire, téléphonez à la réception au 613-965-3575 ou contactez Amy à amyL1@cogeco.ca

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.

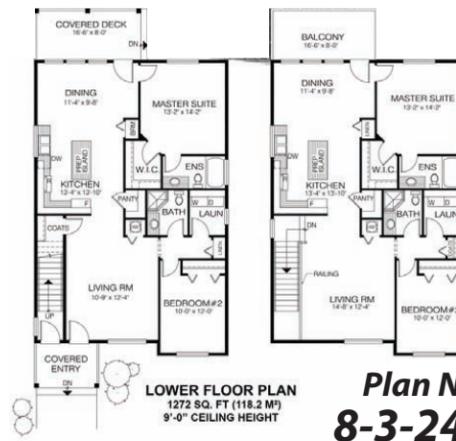
Laissez-passer pour le Centre de science de Toronto

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

Continued on page 12

Home of the Week

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Board-and-batten cladding and shingled gables lend this two-storey duplex a traditional air, but inside, the two identical plans boast all the amenities that a contemporary family desires.

The homes are stacked, one upstairs and one down, and the entry to both is through a covered porch. One front door leads to a stairway up to the second floor, while the second door opens into the living room that overlooks the front garden.

Upstairs, the living room is open to the stairwell, protected by a railing. The kitchen and dining room are located at the back of the home, with access to a balcony. Downstairs, the living room opens onto the kitchen, with a dining area beyond that opens to a covered deck.

Both kitchens enjoy step-saving U-shaped counter configurations and a prep island, as well as natural light from a window over the double sink. A spacious pantry will provide

extra storage space, and a handy closet is designed to accommodate cleaning materials.

The master suite overlooks the back garden and includes a roomy walk-in closet as well as a three-piece en-suite. The second bedroom looks out to the front. A bathroom with a shower stall is nearby, next to the laundry room and linen cupboard. Nearby is a closet for the hot-water tank.

The upper floor is slightly larger than the lower

floor, at 1,320 square feet. On the lower floor, ceilings rise to nine feet throughout.

As well as vertical board-and-batten siding, exterior finishes include wood shingles and painted woodwork. Wooden pilasters with brick bases flank the two front doors, and the brick is echoed on the lower part of the facade.

The duplex's footprint measures 30 feet wide by 59 feet deep, for a total of 2,592 square feet of living space.

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

Feb. 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

Feb. 11 - 8 Wing Officers' Mess Ladies Club Tai Chi Workshop

The 8 Wing Officers' Mess Ladies Club is holding a tai chi workshop instructed by Jocelyn Grainger at 6:30 p.m. in the Mess. Members are free, invited guests of members are \$10. Light refreshments will be served. For more information, contact chambersj@live.ca

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.



MFRC continued from page 11

MFRC continued

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

ASD support group

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

Trouble du spectre Autistique (TSA)

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

Bus tour to Vintage and Unique Shops

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

Children aged 10 to 17 years of age must be accompanied by an adult.

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

Découvrez votre voisinage avec le CRFM de Trenton le samedi, 21 février. Coût: 15,00\$ chacun. Départ du CRFM à 9h15 et de retour vers 17h. Vous visiterez des boutiques à Trenton, Belleville, Stirling,

Campbellford, Warkworth et Brighton. Vous y trouverez une variété éclectique de produits de plus, vous recevrez de l'information pour les endroits que nous n'aurons pas le temps de visiter durant ce voyage. Venez à la réception du CRFM pour vous inscrire et payer. Pas d'enfants de moins de 10 ans. Les enfants âgés de 10 à 17 ans doivent être accompagnés d'un adulte.

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

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Want to learn how to pursue your financial dreams and achieve a comfortable retirement while balancing the challenging demands of the military lifestyle? Join Darran Leaker, a retired military member and current accounts manager as he shares financial tips on savvy investments for your tax returns, posting allowances etc., on Feb. 17 from 9:30 a.m. to 11 a.m. or Feb. 24 from 6:30 p.m. to 8 p.m. at the Trenton MFRC at no cost. For more information or to register please call the MFRC reception at 613-965-3575 or email amyL1@cogeco.net

Un aperçu du monde de l'investissement

(En anglais seulement) Voulez-vous apprendre à réaliser vos rêves financiers et obtenir une retraite confortable tout en balançant le défi des demandes du style de vie militaire? Joignez-vous à Darren Leaker, un militaire retraité et gérant des comptes courants, il partagera des conseils financiers concernant vos retours d'impôt, les allocations pour vos affectations, etc., le 17 février, de 9h30 à 11h ou, le 24 février, de 18h30 à 20h au CRFM de Trenton, aucun frais. Pour plus d'information ou pour vous inscrire, téléphonez à la réception au 613-965-3575 ou contactez Amy à amyL1@cogeco.ca



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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. 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 March 30 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.

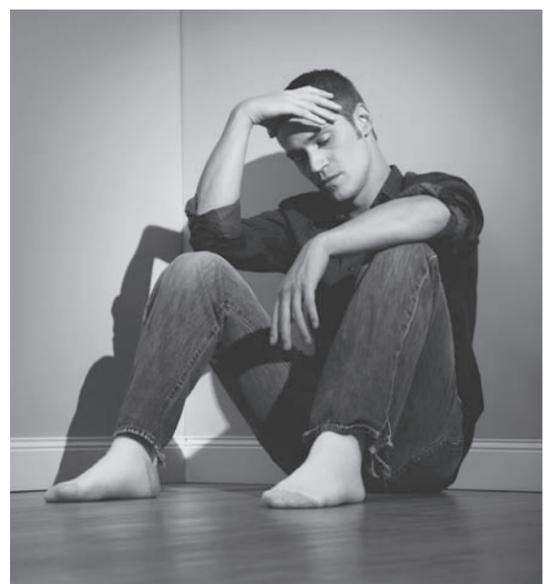
March Break Shinny Hockey - Mondays, March 16 to Friday, March 20, Tyke/Novice from 4 p.m. to 5 p.m.; Bantam/Midget from 5 p.m. to 6 p.m.

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.



Apprendre à régler ses problèmes calmement

Continuer de la page 6

libérée de dresser une liste et d'éliminer les points un à la fois peut vous aider à évacuer les émotions liées à la situation.

Après avoir évalué les options, agissez de la façon qui vous semble la plus sensée.

Enfin, évaluez les résultats. Si le problème a été réglé, déterminez les facteurs qui ont fonctionné dans la recherche de la solution. Si le problème n'a pas été résolu, réfléchissez à ce qui n'a pas fonctionné et à ce qui pourrait être fait différemment la prochaine fois afin d'améliorer le processus.

Avec l'expérience, les étapes de résolution de problème deviendront plus faciles et vous permettront de trouver des solutions constructives à la résolution de problèmes tout en évitant les conséquences négatives et les comportements colériques.

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Safety

Lockout at home a key safety step to keep in mind



At work we are often reminded of the importance of "locking out" before making repairs or adjustments to equipment. We are instructed to isolate the equipment from sources of energy, such as electricity, air pressure or fluid pressure. We are told to make sure the equipment cannot shift because of gravity or loaded springs before we start fiddling with it. But do we always remember to do this in similar situations off the job?

Electrical power should always be disconnected before attempting work on any electrically powered equipment. Failure to do so can result in electric shock or injury from equipment such as power tools or kitchen appliances. Neglecting to disconnect equipment before changing a power saw blade or drill bit could result in painful or disabling cuts and injuries.

There are classic examples of failure to isolate equipment at home. One example is trying to spear a piece of bread in a toaster, which is still plugged in. Death by electrocution can result.

Make sure no one can accidentally plug in and start electrical

equipment while you are working on it. Follow these steps:

- Disconnect the machine or tool from its power source.
- Push the 'off' button, or turn the switch to the 'off' position. Make sure the equipment has completely stopped moving.
- Unplug the machine. Place the male end of the plug on the machine where it can be seen by the person doing the repairs or adjustments. Do not leave the plug on the floor.
- Push the 'start' button to make sure the machine cannot run. Then push the 'stop' button again.
- Go ahead with the work, and plug in the machine again only when the work is complete.

Rewiring jobs, such as changing a light fixture, call for shutting the power off at the breaker box. Placing a padlock and a note on the main breaker will help ensure someone does not accidentally turn on the power while you are working.

Sometimes electrical power cannot be locked out just by unplugging a device. For example,

computers and televisions may continue to have live components even after they are turned off and disconnected. Heed all warnings on electronic equipment.

Equipment may have a power source other than electricity. An example is the gasoline-powered lawnmower. When attempting any adjustment - such as cleaning away grass stuck in the blades - be sure to shut it off and wait for the blades to stop moving. Before you tip it up and do any work under the mower, it's a good idea to remove the spark plug.

Some machines may have more than one source of power. For example, natural gas furnaces and clothes dryers are powered by both gas and electricity.

At work we are reminded to lock out and tag out equipment before doing any repairs or adjustments. Use similar guidelines in your home workshop, kitchen and other places away from the job.

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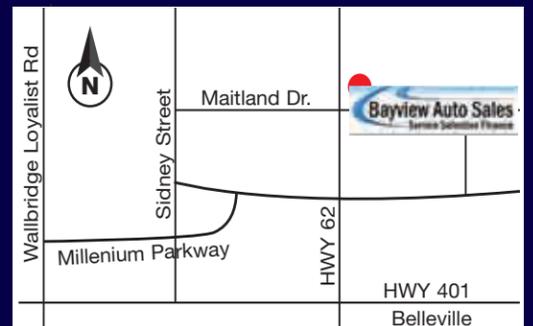
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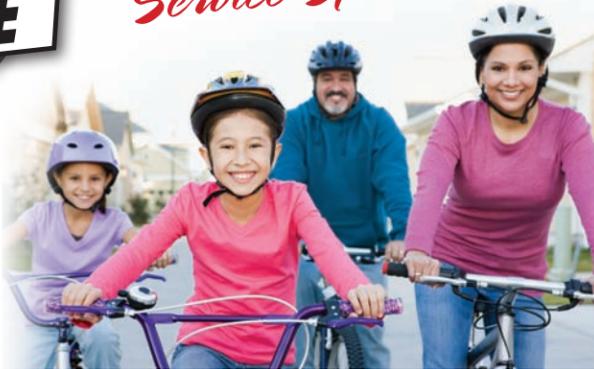
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