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>> 8 Wing recognizes work to be done for disabled

Exposure to Wheelchair rugby 'transformative' for Champion and his sons

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>> ATESS annual Food drive hits huge numbers in 20th year

Over the 20 years it has been conducted, the food drive has raised \$35,886 and collected 23,980 pounds of food

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>> Quadzillas National Wheelchair Rugby team seeking sponsors, donations

Costly team start-up has so far been sponsored by WFSI Wheelchair Friendly Solutions Inc.

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16 new Airbus C-295s purchased to fulfill future RCAF search and rescue role

By Ross Lees

Sixteen new Airbus C295W aircraft have been purchased by the Government of Canada to fulfill the Canadian military's search and rescue (SAR) role.

The announcement was made Thursday morning at 9 Hangar at 8 Wing/Canadian Forces Base (CFB) Trenton, the home of 424 (Tiger) Transport and Rescue Squadron (TRS) by the Minister of Public Services and Procurement Judy Foote, Minister of Defence Harjit Sajjan and the Royal Canadian Air Force (RCAF) Commander Lieutenant-General (Lt.-Gen.) Michael Hood.

The \$2.4 billion contract includes the supply of the 16 aircraft for the four SAR bases in Canada at Comox, BC, Winnipeg, Manitoba, Trenton, Ontario and Greenwood, Nova Scotia but includes maintenance and support programs, according to Minister Foote.

She called the SAR effort "an essential life-saving service for Canadians Coast-to-coast-to-coast," tasked to cover 18 million square kilometres over one of the most diverse and challenging environments in the world.

Mr. Sajjan called the new aircraft "a game changer," noting it represents a great technological improvement of our SAR capabilities for the future.

"This aircraft's advanced integrated sensors and



Minister of Public Services and Procurement Judy Foote announces the purchase of 16 new SAR C295W aircraft from Airbus Defence and Space at an announcement in Trenton Thursday morning. Photo by Ross Lees

Continued on page 15

Sixth annual CFB Trenton Pond Hockey Classic hoping to attract 32 teams

Ottawa Senators owner Eugene Melnyk will be one of the guest speakers at the Puck Drop dinner

By Ross Lees

Ottawa Senators owner and Honorary Colonel (Hon. Col.)

Eugene Melnyk will be the special guest speaker at the CFB Trenton Pond Hockey Classic "Puck Drop" dinner on Feb. 3, the launch of the

annual edition of the pond hockey regulation pond hockey rinks in Batawa is hoping to attract 32 teams to play Canadian Pond Hockey rules on five

Trent River just north of Trenton. Continued on page 8

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8 Wing/CFB Trenton recognizes work to be done at International Day for People with Disabilities event

Disability is part of the human condition, according to 8 Wing/Canadian Forces Base (CFB) Trenton champion for Persons with Disabilities Lieutenant-Colonel (Lt.-Col.) Brent Hoddinott, the Commanding Officer (CO) of 426 Transport Training Squadron (TTS)

"All of us either are or will become disabled to one degree during the course of our lives," he noted at a special gathering at the Yukon Galley to recognize the International Day of People with Disabilities event at CFB Trenton on Dec. 3.

"Which is a key reason everyone should take an interest in and support all efforts to make every place more accessible to those with disabilities," he added.

World-wide, over one billion people live with some form of disability and they face physical, social, economic and attitudinal barriers that exclude them from participating fully and effectively as equal members of society, he told the small gathering.

"They are disproportionately represented among the world's poorest and lack equal access to basic resources such as education, employment, health care, social and legal support," he said in a well-prepared assess-

ment of the current world-wide and Canadian situation involving those with disabilities.

"The right to participate in public life is essential to create stable democracies, active citizenship and reduce inequalities in society," he told the gathering.

"Persons with disabilities must be able to fulfil their roles in society and participate on an equal basis with others," he said.

Lt.-Col. Hoddinott had been given a chance to experience some of the challenges facing disabled people when he was given a wheelchair and asked to take part in a wheelchair rugby practice the night before at the Gymnasium on the south side of the base along with his two sons, Noah and Ben.

He called the exposure to the event "transformative" for himself and his sons.

"They couldn't wait to go to school and talk about what they did," he said of the practice with the Quadzillas National Rugby team stationed at CFB Trenton.

The International Day of People with Disabilities, which has been celebrated world-wide since 1992, aims to promote an understanding of disability issues and mobilize support for the dignity, rights, and well-being of persons with disabilities, he said. It also aims to increase

awareness of gains to be derived from the integration of persons with disabilities in every aspect of political, social, economic and cultural life.

According to Lt.-Col. Hoddinott, the theme for 2016's International Day of People with Disabilities is achieving the 17 sustainable development goals for the future set by the United Nations and support the role these goals have in building a more inclusive and equitable world for persons with disabilities.

Closer to home, the Government of Canada is in the midst of consultation with citizens as they work to enact legislation to ensure greater accessibility and opportunity for Canadians with disabilities. As of Nov. 15, the government has launched a breaking barriers campaign to identify accessibility barriers and highlight innovative practices being used to overcome accessibility.

As the champion of people with disabilities on the base, Lt.-Col. Hoddinott encouraged people with accessibility issues to contact him, something he also encouraged them to do if there were successes to be reported on the base.

8 Wing/CFB Trenton Commander Colonel (Col.) Colin Keiver said he didn't view the day as time for celebration so much as a time to acknowledge



Wade Watts, an access consultant and organizing member of the Quadzillas national wheelchair rugby team at CFB Trenton, cuts the cake at the International Day of People with Disabilities event at CFB Trenton while 8 Wing Commander Col. Colin Keiver (right) and 8 Wing/CFB Trenton champion for Persons with Disabilities Lt.-Col. Brent Hoddinott, the CO of 426 TTS look on. Photos by Ross Lees

the work which still needs to be done in terms of doing what military members are supposed to do - respect the dignity of all persons.

"What we've got here is an opportunity to reflect upon that which we've done in the past in terms of ensuring accessibility for persons with disabilities, but more importantly, recognizing that we still have work to do and pledge ourselves to get that work done because it is the right thing to do," he stated.

Col. Keiver especially wanted to recognize the people of 412 Transport Squadron (TS) who developed an air-transportable, wheelchair accessible ramp for the CC-144 Challenger fleet to allow the Minister of Veteran Affairs Kent Hehr to travel on the Challengers.

"It's an excellent example of what you can do when you put your head to it and decide to do it. At the end of the day, it's really not about much more than deciding to do it,

so make it happen folks," he said in his closing remarks.

Lt.-Col. Hoddinott's civilian counterpart, the civilian co-chair for the 8 Wing Defence Advisory Group for Persons with Disabilities, Dee LeRoy, also attended both the Wednesday night wheelchair rugby practice and the International Day for Persons with Disabilities event Thursday. She thanked Wade Watts and the rest of the Quadzillas wheelchair rugby team for inviting the two champions to the practice.

"I for one was impressed with the speed, agility and aggression (all in good fun, of course!) that each team member brought with them to the game," she said. "As I left the gym, I thought to myself there was no disability in the game tonight, but there was certainly lots of ability."

She encouraged everyone to attend at least one of the team's practices to garner a whole new appreciation for those living with disabilities.

Dee was also encouraged by the attendance at the event Thursday.

"Each and every one of us plays a part in transforming the world and your attendance at this event shows you are committed to making those goals attainable," she said.

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Holiday Message from the RCAF Command Team

From Lieutenant-General Mike Hood, Commander Royal Canadian Air Force and Chief Warrant Officer Gérard Poitras, Royal Canadian Air Force CWO

As we pause at this special time of year, we offer our best wishes to you and extend our deep appreciation to the Royal Canadian Air Force family: our veterans, our airmen and airwomen, our civilian colleagues, and our families.

As we look back on all that the RCAF has accomplished in 2016, we are filled with pride. You continue to strive towards our vision of AIRPower In Formation: an Air Force that is Agile and Integrated with the Reach and Power to achieve its missions, flying in formation with our partners within in the CAF and other Defence and government organizations.

We see steady progress towards the evolution of our culture – but one that must be more inclusive, respectful, and one that recognizes that an innovative mindset is

welcome – and essential all rank levels.

You delivered excellence in operations including significant

contributions to the fight against Daesh and supporting France's operations in Africa. At home you have been fully engaged

in search and rescue missions, helping fellow Canadians prevail against forest fires, fulfilling our NORAD role, guarding Canadian

sovereignty, and more.

We are also going through a time of great renewal, as several of our fleets are undergoing or have just completed upgrades and modernizations while others continue to build their operational capability. Projects to acquire new platforms continue to make progress.

During this holiday season we hope that you will be able to enjoy some well-deserved rest and time with your family and friends, whose love and support is essential to our ability to do great things in the service of Canada. And for those of you who must be on duty during the holidays you have a special place in our thoughts.

No matter what your belief or faith, we hope you will draw strength from the message of peace and joy that the Christmas season brings. We wish each and every one of you a Merry Christmas, happy holidays and all the very best in 2017.



Lieutenant-General Mike Hood, Commander Royal Canadian Air Force and Chief Warrant Officer Gérard Poitras, Royal Canadian Air Force CWO. Photo by Corporal Alana Morin, RCAF Public Affairs. *Le lieutenant-général Mike Hood, commandant de l'Aviation royale canadienne, et l'adjutant-chef Gérard Poitras, adjutant-chef de l'Aviation royale canadienne. PHOTO : Caporal Alana Morin, Affaires publiques de l'ARC*

Un message de l'équipe de commandement de l'ARC à l'occasion du temps des Fêtes

Du lieutenant-général Mike Hood, commandant de l'Aviation royale canadienne, et de l'adjutant-chef Gérard Poitras, adjutant-chef de l'Aviation royale canadienne

Nous voici arrivés à une période spéciale de l'année, où nous marquons une pause. Nous profitons donc de l'occasion pour vous exprimer nos meilleurs souhaits, mais aussi pour témoigner notre sincère gratitude à la famille de l'Aviation royale canadienne, c'est-à-dire nos anciens combattants, nos aviateurs et aviatrices, nos collègues civils et nos proches.

Nous ressentons une grande fierté lorsque nous réfléchissons à tout ce qu'a accompli l'ARC en 2016. Vous continuez à travailler en vue de réaliser

notre vision de Puissance aérienne – En formation, qui consiste à disposer d'une force aérienne qui est agile et intégrée et qui a la portée et la puissance nécessaires pour mener à bien ses missions, collaborant avec ses partenaires des FAC, ainsi qu'avec d'autres organisations de la Défense et du gouvernement.

Nous observons des progrès constants dans l'évolution de notre culture, qui doit néanmoins devenir plus accueillante, favoriser le respect, embrasser l'innovation et s'appliquer à tous les grades.

Vous avez fait preuve d'excellence dans les opérations, notamment en contribuant grandement à la lutte contre Daech et en soutenant

les opérations de la France en Afrique. Au pays, vous êtes employés à exécuter des missions de recherche et de sauvetage, à aider vos concitoyens canadiens à combattre des incendies de forêt, à remplir notre rôle dans le cadre du NORAD, à protéger la souveraineté du Canada, et bien plus encore.

Nous traversons aussi une période de grand renouvellement, au cours de laquelle bon nombre de nos flottes ont fait ou feront l'objet de mises à niveau et d'améliorations, pendant que leur capacité opérationnelle. Par ailleurs, les projets visant à faire l'acquisition de nouveaux avions vont bon train.

Nous espérons que, pendant le temps des Fêtes, vous pour-

rez profiter de ce que vous méritez bien : du repos et du temps en compagnie de vos proches et amis, dont l'amour et le soutien sont essentiels à notre capacité d'accomplir de grandes choses pour le Canada. Nous aurons une pensée toute spéciale pour ceux d'entre vous qui seront de service pendant le temps des Fêtes.

Peu importe vos croyances ou votre religion, nous espérons que vous saurez puiser de la

force dans le message de paix et de joie du temps des Fêtes. Nous souhaitons à chacun de vous un joyeux Noël, de belles Fêtes et une bonne et heureuse année 2017.

CORRECTION NOTICE:

Due to a Metroland Media production error, a Loyalist College ad (Loyalist. We Put You to Work) ran in this publication last week with words cut off. Metroland Media sincerely regrets its error and a correct version of the ad is running in our publication this week.

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CFS Alert personnel do some Christmas decorating

By Aviator Cody Sharron

Christmas came early this year for members at Canadian Forces Station (CFS) Alert when they received a large package containing a new nine-foot Christmas tree.

This generous gift from the Personal Insurance Company helped station members come together to celebrate the beginning of the holiday period by spending the afternoon on Saturday, Dec. 3 decorating the Station's messes and entrance way

with numerous smaller Christmas trees, lights, and inflatable Santas.

Common rooms and lounges were also decorated, making the station look like Santa's workshop itself.

During the decorating, hot chocolate with marshmallows and snacks were enjoyed by all who participated.

CFS Alert would like to send a special thanks to The Personal Insurance Company for providing us with the new tree and decorations, as well as the hot chocolate and other treats.



Jeremy McQuarrie relaxes at the North Pole Beach following the afternoon of decorating. Photo by Lieutenant Ellie Johnston



Master Corporal (MCpl.) Adam Kieley (left) and Corporal (Cpl.) Mike Barrett assist in the decorating by attaching hooks onto the new ornaments. Photo by Aviator Cody Sharron



Warrant Officer (WO) Denise Snow puts the finishing touches on the station's new Christmas tree. Photo by Master Warrant Officer Dan Flamand



Aviator Jonathan Guay (left) and Cpl. Naganthan Jeganathan string Christmas lights around the windows of the Trading Post. Photo by Aviator Cody Sharron



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 Col. Colin Keiver, 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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Happy Holidays from 1 Canadian Air Division/Canadian NORAD Region

One of the best things about this time of year is that it



Maj.-Gen. Christian Drouin



CWO Mike Scarcella

gives us an opportunity to connect with all of you as we reflect over the past year and all we have accomplished as a team.

It has been a very busy year: Overseas operations like IMPACT, REASSURANCE and others; aerospace security for the North American Leaders Summit through NORAD; Exercise RIMPAC; the NORAD air defence artillery exercise at 22 Wing; National SAREX in Yellowknife; and Exercise VIGILANT SHIELD. These are just some of the major initiatives we supported, not to mention our ongoing SAR and NORAD missions. In short, we have much to be proud of.

Everything you do on a daily basis has a profound effect on our collective mission. Whether you are actively participating in one of our many operations and exercises, acting in a support role

to our day-to-day activities, or working to inspire and motivate our future leaders, your accomplishments are noteworthy. Rest assured, your hard work is something we notice and recognize every day. We are truly fortunate to have a team as strong as we do, and for this we are extremely thankful.

The coming year promises to be even busier. Major events include the 150th Anniversary of Confederation, 100th Anniversary of Vimy Ridge and the Invictus Games in Toronto, to name a few. On top of all that, we will continue to support operations, deployments and exercises. It will be demanding, but there is no doubt in our minds that our men and women will meet these challenges head-on, as always.

Let's also remember that, while overcoming challenges is re-

warding, it can also be stressful. We all go through periods in our lives when we struggle, personally and professionally. We need to make sure we are watching out for our colleagues, and supporting them when they need it. Over the last year, we have all heard the Chief of the Defence Staff speaking about Operation HONOUR. It is absolutely critical that we treat all our teammates with respect. Only a strong, cohesive team, bound by mutual respect and support, will succeed in meeting the challenges ahead.

Take this time to relax, recharge and enjoy time with your friends, families and

loved ones. We know many of you will be spending the holidays away from home. Please know that you are in our thoughts and we are extremely grateful for your commitment and dedication to our mission, and to Canada.

On behalf of all of us at 1 CAD/CANR HQ, we wish you a safe and happy holiday season, and we look forward to working together again in the New Year.

Maj.-Gen. Christian Drouin
CWO Mike Scarcella

Joyeuses Fêtes de la part de la 1re Division aérienne du Canada/ Région canadienne du NORAD

L'un des aspects les plus agréables de ce temps-ci de l'année, c'est d'avoir la chance de nous adresser à vous tous pour dresser le bilan de la dernière année, de tout ce que nous avons accompli ensemble, en tant qu'équipe.

L'année 2016 a été très chargée : les missions à l'étranger, comme, entre autres, les opérations IMPACT et REASSURANCE, la sécurité aérospatiale lors du Sommet des leaders nord-américains par l'entremise du NORAD, l'exercice RIMPAC, l'exercice de l'artillerie antiaérienne du NORAD à la 22e Escadre, l'exercice de recherche et sauvetage (SAREX) national à Yellowknife et l'exercice VIGILANT SHIELD. Ce n'est qu'un aperçu des grandes initiatives que nous soutenons, sans oublier nos missions continues de recherche et sauvetage et du NORAD. Bref, nous avons de bonnes raisons d'être fiers.

Le travail que vous accomplissez chaque jour a une réelle incidence sur notre mission collective. Que vous participiez activement à l'une de nos opérations ou à l'un de nos exercices, que vous assumiez un rôle de soutien à nos activités quotidiennes ou que vous œuvriez dans le but d'inspirer

et de motiver nos leaders de demain, tous vos accomplissements sont importants et utiles. Soyez assurés que vos efforts ne passent pas inaperçus, que nous sommes conscients et reconnaissants du travail que vous faites chaque jour. Nous sommes vraiment privilégiés d'avoir une équipe aussi solide que la nôtre, et nous vous en sommes infiniment reconnaissants.

L'année qui vient promet d'être encore plus chargée. Au nombre des grands événements, mentionnons entre autres le 150e anniversaire de la Confédération, le centenaire de la bataille de la crête de Vimy et les Jeux Invictus qui se tiendront à Toronto. En outre, nous continuerons à appuyer des opérations, des déploiements et des exercices. La tâche sera exigeante, mais nous savons que nos hommes et nos femmes seront à la hauteur et sauront relever les défis, comme toujours.

Il faut aussi rappeler que s'il est gratifiant de surmonter les difficultés, cela peut parfois provoquer un certain stress. Nous vivons tous des périodes difficiles au cours de notre vie, tant sur le plan personnel que sur le plan professionnel. Il est important de porter attention à nos collègues et de leur offrir de l'aide lorsqu'ils en ont besoin. Au

cours de la dernière année, nous avons tous entendu le chef d'état-major de la défense parler de l'opération HONOUR. Il est absolument primordial de traiter tous nos collègues avec respect. Seule une équipe solide et unie dont les membres se soutiennent et se respectent mutuellement réussira à relever les défis à venir.

Profitez de la période des Fêtes pour vous reposer, refaire le plein d'énergie et passer de bons moments en famille, avec vos proches et entre amis. Nous savons qu'un grand nombre d'entre vous ne sera pas à la maison durant le temps des Fêtes. Sachez que nous pensons à vous et que nous sommes extrêmement reconnaissants de votre engagement et de votre dévouement envers notre mission, et envers le Canada.

Au nom de tout le personnel du quartier général de la 1re Division aérienne du Canada/Région canadienne du NORAD, nous vous souhaitons un joyeux temps des Fêtes en toute sécurité. Nous nous réjouissons déjà à l'idée de travailler de nouveau avec vous durant la prochaine année.

Mgén Christian Drouin
Adjuc Mike Scarcella

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- 3 Mesurez bien – Servez des verres standard
- 4 Directives de consommation d'alcool à faible risque
- 5 Proposez des boissons sans alcool – il n'est pas absolument obligatoire de boire de l'alcool
- 6 En prévision du retour – La prudence recommande que des conducteurs sobres soient désignés pour ramener les autres.
- 7 Les jeux à boire n'ont pas leur place – Ils favorisent une consommation excessivement rapide et peuvent entraîner une intoxication qui peut être mortelle
- 8 Pas de précipitation – Attendez que les verres d'alcool se vident et prenez votre temps avant de proposer à vos invités de les remplir
- 9 De l'eau, encore de l'eau – Pour éviter la déshydratation
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Wing Logistics and Engineering Picture of the Week



Sergeant Paul Hunt and Corporal Rene Unruh, members of 8 Wing Telecommunications and Information Services Squadron (WTISS), perform Remembrance Day duties as flag bearers at the Remembrance Day Service in Hastings, Ontario. 8 WTISS supports this community each year, maintaining the relationship between the former and present day veterans of our Canadian Armed Forces. Photo by Corporal William Tripp

Getting Headquarters in the Holiday Spirit



The Christmas Tree in the Headquarters foyer was decorated on Dec. 1 by, from left to right, Cpl. Bédard, Cpl. Trimboli, Avr. Bennett and Sgt. Briggs from Wing Administration. Submitted photo

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TRENTON SANTA CLAUS PARADE FREE EVENT
Sunday, November 27th - departing from Centennial Park at 4:30pm
Lighting of Doug Whitney Fantasy of Lights at Fraser Park following the Santa Claus Parade

JINGLE BELL WALK FREE EVENT
Wednesday, November 30th
Starts at City Hall at 6:00pm, with a visit to the Fantasy of Lights before ending at City Hall for a performance by Joyful Noise at 7:00pm.

HORSE DRAWN WAGON RIDES WITH SANTA FREE EVENT
From December 2nd to 23rd
Friday, December 2nd 6:30pm - 8:30pm
Saturday, December 3rd 12:00pm - 3pm
Thursday, December 8th 6:30pm - 8:30pm
December 9th to 23rd - Weekdays from 6:30pm to 8:30pm, Saturdays 4:00pm to 7:00pm, Sundays from 12:00pm - 3:00pm
Join Santa at the Trent Port Historical Society 1861, 55 King St., Trenton

DOWNTOWN WITH DICKENS SOME FEES MAY APPLY
Saturday, December 3rd
Join the merchants of Downtown Trenton as they celebrate a day with Dickens. Come out for free samples at participating merchants as you shop the downtown core, drop into the Trenton Town Hall 1861 (55 King St.) for a look at a Victorian Christmas while you enjoy free roasted chestnuts, and a visit with father Christmas or a story read by Mrs. Cratchit. Visit www.facebook.com/trentontownhall for a full list of Dickens events.

PICTURES WITH SANTA FREE EVENT
Saturday, December 17th
At the Trent Port Marina 1:00pm - 3:00pm

LIGHTING OF THE MENORAH FREE EVENT
Saturday, December 24th
At Fraser Park at 5:00pm



For more info, visit www.downtowntrenton.ca, Trenton DBIA on Facebook, or call 613-394-4318

Sixth annual CFB Trenton Pond Hockey Classic hoping to attract 32 teams

Ottawa Senators owner Eugene Melnyk will be one of the guest speakers at the Puck Drop dinner

Continued from page 1

As in the past couple of years, the recipients of the funds raised at this annual event will be the Trenton Memorial Hospital Foundation and Wounded Warriors Canada (WWC).

“The CFB Trenton Pond Hockey Classic has quickly become a wonderful annual community hockey tradition in Quinte region,” said Mr. Melnyk, who also owns the newly minted Belleville Senators. “As an Honorary Colonel of the Royal Canadian Air Force, I am exceptionally hon-

oured to be part of an event that brings together our military and our community to help improve the lives of local residents and injured soldiers.”

Mr. Melnyk is the Honorary Colonel at 414 Electronic Warfare Support Squadron in Ottawa.

A second guest speaker will be

featured at the dinner this year. In addition to Mr. Melnyk, Linda Blanchette will also speak about being the spouse of a veteran with PTSD.

Captain (Capt.) Jeff Moorhouse of 436 Transport Squadron (TS) noted at a press conference Tuesday morning at the Batawa Recreation Centre that the event has raised \$140,000 in five years. While they are aiming for 32 rinks this year, they could accommodate more with the five rinks in play if the interest was there.

Capt. Moorhouse was described by 8 Wing Commander Col. Colin Keiver as “Mr. Pond Hockey” and as the “King of Batawa” during the press conference.

“Six years ago, Jeff came to me (Col. Keiver was then the Commanding Officer of 436 TS) with the idea to have this pond hockey tournament. It was a great idea and very easy to say yes to because Jeff does everything and has done everything for six years,” he said, noting it was great to have the Ottawa Senators on board this year.

“To use hockey as the means by which we bring all these people together for these great causes, I

think it’s classic Canadiana and it’s the right thing to do,” he added. Dave MacDonald of WWC feels the direction the

event is taking in bringing in a spouse to talk about her family’s fight with PTSD meshes well with the aims of the organization.

“The messaging this year is very important to us as a charity because we have been focusing a lot of our programming on not just helping the veteran’s with PTSD but also the spouses, and one of the guest speakers at the dinner is going to be the wife of a member who has PTSD, which is often the forgotten about portion of the equation,” he said.

“No one really wants to talk about the stigma of PTSD, no one really wants to talk about all the impacts on the families, so having that component being involved this year is a huge thing for us.”

The “Puck Drop” dinner takes place at the Batawa Community Centre beginning with cocktail hour at 5:30 p.m. and dinner at 6:30 p.m. Tickets for the evening and dinner are \$100 (including a \$25 tax receipt), includes live auction and entertainment. The dinner is catered by Occasions by the Bay. Tickets are available at www.hockeyfortroops.com or www.tmhfoundation.com

Only 180 tickets are being sold and they are expected to go fast, so buy early.

Roger Lajoie, Vice President of the Belleville Senators, made it very clear Mr. Melnyk and the Senators were very glad to now be part of this community and this event.

“He’s excited to be here as part of this function. I know he’s really looking forward to speaking and we’re very, very happy as an organization to be a part of it,” Mr. Lajoie said.

Mr. Melnyk has been an owner at all three levels of hockey – the Ontario Hockey League, the American Hockey League and the NHL, according to Mr. Lajoie.

“He’s been a very successful businessman, but when he was named an Honorary Colonel, that brought him to tears,” Mr. Lajoie stated.



Organizers, sponsors and community members gathered to launch the sixth annual CFB Trenton Pond Hockey Classic Tuesday morning at the Batawa Community Centre. Photo by Ross Lees

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ATESS annual Food drive hits huge numbers in 20th year

Over the 20 years it has been conducted, the food drive has raised \$35,886 and collected 23,980 pounds of food

By Ross Lees

Twenty years in, the Aerospace and Telecommunications Engineering Support Squadron (ATESS) just keeps adding to its totals.

In much warmer conditions than normal this year, 946 pounds of food were collected and \$2,160 was donated as ATESS conducted its annual food drive for Trenton Care and Share Food Bank.

Organized this year by Captain (Capt.) Patrick Guzik, Air Maintenance Training Officer at ATESS, this year's contributions pushed the overall totals for the event over 20 years to 23,980 pounds of food and \$35,886 donated.

Capt. Guzik took over the

event from Karen Brake, who has been the main coordinator for eight years, the past three as a "behind the scenes advisor," according to Mrs. Brake, who is retiring in May of 2017.

"I'm really going to miss it," she said. "It is near and dear to my heart, so I'm sure you will see me around."

Capt. Guzik has stepped right in and is preparing to put his own stamp on the event.

"This year we wanted to extent our collection efforts to traffic heading south on RCAF Rd. In the past, our collection points were set up within ATESS' lines and we felt that we were missing out on potential contributions from those who commuted south along RCAF Rd. to work on the south side of

the base and Trenton," he said of this year's efforts.

Knowing what they wanted to do and putting it into practice safely without impacting the morning commute in a negative way became the issue, but one quickly solved by the fertile ATESS minds working on the problem.

"The only real solution to this was to set up a diverted drive-through that would steer contributors off the main road to a safe and controlled collection area," he explained. "Not only did this tactic maintain the flow of traffic, most importantly it provided a safe area for the volunteers to collect donations."

Capt. Guzik

believes his people were in a good mood during the collection not just because the weather was much warmer than usual, but also because they were performing a good deed for a worthy cause during a season of giving.

"I was extremely satisfied with this year's efforts and the amount of contributions received," he stated. "They will certainly make a difference in our community. As for next year, I would like to see the food drive expand collection areas to the south side entrance and potentially a few store-front locations in town."



Cpl. Cat Mason and MCpl. Dave Lowerison greeted those coming through the north gate with a big smile and a wave during the 20th annual ATESS food drive for the Trenton Care and Share Food Bank. Photo by Ross Lees



Corporal (Cpl.) Cat Mason and Master Corporal (MCpl.) Dave Lowerison prepare to collect yet another donation Friday morning at the annual ATESS Trenton Care and Share Food Bank food drive. Photo by Ross Lees



The well-organized event was handed off to Capt. Guzik this year from former coordinator Karen Brake, both of whom are shown above as the annual food drive takes place. Photo by Ross Lees



It was easy to spot the ATESS annual food drive coordinator Capt. Pat Guzik, who was all decked out in his finest and cheeriest apparel for the occasion. Photo by Ross Lees



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Major General Drouin visits 8 Wing/CFB Trenton

By Ross Lees

Major-General (Maj.-Gen.) Christian Drouin, Commander of 1 Canadian Air Division (1 CAD) paid a brief visit to 8 Wing/Canadian Forces Base (CFB) Trenton Wednesday. Maj.-Gen. Drouin visited the control tower on the base before arriving at the Air Mobility Train-

ing Centre (AMTC) to be welcomed by Lieutenant-Colonel (Lt.-Col.) Brent Hodinott, Commanding Officer (CO) of 426 Training Squadron (TS). After a quick photo opportunity at the 426 TS mascot, Maj.-Gen. Drouin and his entourage were ushered into a Squadron Commanding Officers' meeting for an information ses-



Photos by Ross Lees

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New Programs at the Trenton MFRC

Visit our website - www.trentonmfr.ca - or our Facebook page to find new and returning programs or events for adults, children, and the whole family!

Nouveaux programmes pour l'automne au CRFM de Trenton

Visitez notre site internet - www.trentonmfr.ca - ou notre page Facebook pour trouver les nouveaux programmes et événements en plus de ceux qui nous reviennent, pour les adultes, les enfants et toute la famille!

Al Anon meeting

Al Anon meetings at the Trenton MFRC are open to the general public, offering strength and hope for friends and families of problem drinkers. On Sundays from 6:30 p.m. to 7:30 p.m. For more information, please contact Linda Reade 613-392-2811 ext 4583.

Rencontre Al Anon

Des rencontres Al Anon ont lieu au CRFM de Trenton offre de l'espoir et de la force aux familles de la communauté dont un membre souffre de problème de consommation d'alcool. Les dimanches de 18h30 à 19h30. Pour information, contactez Linda Reade 613-392-2811 poste 4583 ou linda.r@trentonmfr.ca.

Afternoon Chatter - Monthly Social Gathering

Potluck and energy healing. Bring some snacks to share while discovering the benefits of energy healing with Melanie - natural medium, certified reiki practitioner, certified fairyologist and certified realm reader. Everyone is welcome! Date: Sunday, Dec. 11 from 1 p.m. to 4 p.m. at the Trenton MFRC. Onsite subsidized childcare (0-12 years old) is available, must be registered and paid at the MFRC reception, no later than Wednesday, Dec. 7 at 4 p.m. Information and registration at 613-965-3575.

Jasette de l'après midi - Rencontre sociale mensuelle

Repas-Partage et Guérison par énergie. Bienvenue à tous! Apportez une collation à partager et découvrez les bénéfices de la Guérison par énergie. Avec Melanie médium naturelle, praticienne certifiée en Reiki, certifiée dans l'étude des fées, liseuse certifiée de l'univers. Date : dimanche 11 décembre, de 13h00 à 16h00: CRFM de Trenton. Du gardiennage sur place subventionné (0 à 12 ans) est offert, les inscriptions et paiements doivent être faits à la réception du CRFM au plus tard, le mercredi 7 décembre à 16h. Information et inscription - 613-965-3575.

PALS - Peers Assisting with Life Skills

This program favorite is being extended to the children of medically released veterans, ages 6 to 11. Children learn resiliency and life skills

such as dealing with stress, emotional regulation and communication skills. Dinner is provided. Membership: \$50 for first child, \$80 for two children, \$110 for three or more children. Please note this program is open to children from military and veteran families. Dec. 9 from 5:30 p.m. to 7:30 p.m. Holiday fun! Register by email by Dec. 7 with Kendra at kendra.b@trentonmfr.ca.

AMIS (PALS)

Aide sur les compétences de vie par les pairs. Ce programme vedette se prolonge pour les enfants d'anciens combattants libérés pour raison médicale âgés de 6 à 11 ans. Les enfants apprennent sur la résilience et les compétences essentielles comme la gestion du stress, l'équilibre émotionnel et les aptitudes à la communication. Le souper est fourni. Adhésion : 50 \$/premier enfant, 80 \$/deux enfants, 110 \$/trois enfants et plus. Notez que ce programme est ouvert aux familles de militaires et d'anciens combattants. 9 décembre, 17 h 30 à 19 h 30 : Plaisir du temps des fêtes. Apprenez à avoir de la compassion pour les autres et les bienfaits que cela vous rapporte. Inscrivez-vous par courriel à kendra.b@trentonmfr.ca par le 7 décembre.

Limitless Youth Night

Every third Monday of the month from 6 p.m. to 8 p.m. Do you want to meet new people, play games

and have some fun? Then this group is for you! Inclusive youth social night for children with special needs, their siblings and friends ages six to 11. For information, contact Orlanda 613-392-2811 ext. 3953 or orlanda.b@trentonmfr.ca

Possibilités Infinies

Une soirée pour les jeunes chaque 3me lundi du mois de 18h à 20h. Veux-tu te faire de nouveaux amis, jouer et avoir du plaisir? Alors ce groupe est pour toi! Un groupe social inclusif pour les jeunes ayant des besoins particuliers, leurs frères et soeurs et les amis de 6 à 11 ans sont les bienvenus. Pour information communiquer avec Orlanda Bourgoin 613-392-2811 poste 3953 ou orlanda.b@trentonmfr.ca

Trenton MFRC Special needs parent support group

Every second Thursday of the month from 6 p.m. to 7:30 p.m. Connect with other families in your community and discuss topics that effect and interest you. Gain support and insight from local families. This support group is for parents, grandparents, caregivers of children with all special needs. Next meeting will be Oct. 13. Contact Orlanda if you require childcare a week prior to the meeting 613-392-2811 ext. 3953 or orlanda.b@trentonmfr.ca

Continued on page 12

Home of the Week

Your Building Renovation Experts



One-level living is the idea with this compact bungalow, which easily compensates for its lack of a basement with a clever main-floor plan that makes use of every inch of space.

The covered entry leads into a foyer with a den (or third bedroom) to the left and a coat closet to the right. Beyond the foyer and past a display case/wine rack are the kitchen and dining area, with the great room overlooking the back garden.

French doors in the great room open onto a terrace, and natural light will flood through windows in the dining area and over the kitchen sink.

The kitchen includes a handy prep island with a three-seat eating bar, as well as a pantry and generous counter space.

The master suite also overlooks the back garden, and includes an en-suite bathroom with an oval soaker tub, as well as a walk-in closet.

The second bedroom, tucked in betwixt the master suite, the laundry room and the double garage, will share a three-piece bath with the third bedroom or den, which features closet space as well as a built-in desk that would make it ideal for a home office.

The laundry room features a bench and a wall of

coat hooks, as well as access to the double garage. The linen closet is located nearby.

Should a basement be desired, included are plans for an optional stairway.

Exterior finishes include horizontal siding with decorative accents in the three

gables, as well as partly mullioned windows and an ornamental garage door. Brick accents and a wooden pilaster near the front door lend this home the charm of a cottage.

This home measures 35 feet wide and 52 feet deep, for a total of 1,298 square feet.

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

Your PMQ Community Council is looking for you!

Your PMQ Community Council is looking for you, especially if you have a great sense of community and want to see it become a better place. The PMQ Community Council is looking for creative and motivated persons who would like to join the PMQ Community Council, including your spouse if they are interested. They welcome maximum representation from friendly and dedicated volunteers. For more information or to put your name forward, please email PMQ Council President Cpl. Art Mason at Art.Mason@forces.gc.ca or PMQ Council Vice-President MCpl. Cabezas at Sacha.Cabezas@forces.gc.ca

Dec. 11 – Skate with Santa

The PMQ Community Council is sponsoring a Skate with Santa event at the RCAF Arena on Dec. 11 from 1:30 p.m. to 3 p.m. Free hot chocolate, tea or coffee will be available, along with door prizes and kids' colouring contest. The fee is a non-perishable food donation for the Trenton Care and Share Food Bank.

Dec. 18 – Carols by Candlelight

The Choirs of St. Thomas' Anglican Church, Belleville, will be presenting "Carols by Candlelight," a festival of lessons and carols at 4:30 p.m. on Dec. 18. The event will be presented in the traditional style. The audience is also invited to join in singing some all-time favourites. A reception will follow. Admission: Pay what you can.

Dec. 31 – Legion Branch 110 New Year's Eve Dinner and Dance

The Royal Canadian Legion Branch 110 is having their annual New Year's Eve dinner and dance on Dec. 31. Advance tickets must be purchased at the Legion office. Call 613-392-0331 or visit rcl110.ca for more information.

Jan. 28 – Legion Branch 110 Winter Dance

The Royal Canadian Legion Branch 110 is having a Winter Dance with Live Band "The Shadows" on Jan. 28 at 8 p.m. Advance tickets can be purchased at the Legion office. Call 613-392-0331 or visit rcl110.ca for more information.

Feb. 11 – Legion Branch 110 Valentine's Dinner and Dance

The Royal Canadian Legion Branch 110 is having their Annual Valentine's Day dinner and dance featuring live band "The Reasons" on Feb. 11 at 6 p.m. Advance tickets must be purchased at the Legion office. Call 613-392-0331 or visit rcl110.ca for more information.

Feb. 25 – Legion Branch 110 Concert and Dance

The Royal Canadian Legion Branch 110 is having a Concert and Dance with Nashville Recording Artist Dean James on Feb. 25 at 8 p.m. Advance tickets can be purchased at the Legion office. Call 613-392-0331 or visit rcl110.ca for more information.

MFRC continued from page 11

Groupe de soutien pour les parents de personnes ayant des besoins particuliers

Venez rencontrer d'autres familles de la communauté pour discuter, échanger, obtenir du soutien et des ressources. Ce groupe d'entraide est pour les aidants naturels de personnes avec des besoins particuliers. Ces rencontres ont lieu le deuxième jeudi du mois de 18h à 19h30. La prochaine rencontre sera le 13 octobre. Pour information contactez Orлана Bourgoïn 613-392-2811 poste 3953 ou orlana.b@trentonmfrc.ca.

The Puzzle Project

For children ages 8 to 12. Support group for siblings of a child with Special Needs. This is to provide a fun and supportive environment for siblings to share the joys and struggles of being a sibling of an individual with special needs. 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. \$16 per child for eight weeks. To register contact Kendra Bickford 613-392-2811 (7917) Kendra.b@trentonmfrc.ca.

Le projet casse-tête

Pour les enfants de 8 à 12 ans. Ce programme a pour but de partager les joies et les défis d'avoir un frère ou une sœur ayant des besoins particuliers. A travers des jeux, des bricolages, des discussions et des invités spéciaux, les participants apprendront de nouvelles habiletés personnelles. Le coût est de \$16.00 par enfant. Pour inscription on contact Kendra Bickford 613-392-2811 poste 7917 ou kendra.b@trentonmfrc.ca.

Building Block Club

Trenton MFRC and Autism Ontario - An evidence based social skills program using Legos to assist in the development of communication. This six-week free program is for children with special needs and their siblings ages six to 10. For information, contact Orлана : 613-392-2811 ext. 3953 or orlana.b@trentonmfrc.ca.

Club des blocs de construction

Le CRFM de Trenton et Autism Ontario - Un programme éprouvé pour le développement des aptitudes sociales qui utilise des "Légos" pour améliorer la communication. Pour une durée de 6 semaines, cette activité gratuite est spécialement conçu pour les enfants ayant des besoins particuliers et aussi pour leurs frères et sœurs

âgés de 6 à 10 ans. Pour information contactez Orлана au 613-392-2811 poste 3953 ou orlana.b@trentonmfrc.ca.

Painting with Suso

Sunday, Dec. 11, join us in the Youth Centre and paint a masterpiece with Suso Bach. \$5 per person. Register in the Youth Centre or email Rabia: rabia.s@trentonmfrc.ca.

Peinturez avec Suso

Le dimanche 11 décembre, venez peindre un chef-d'oeuvre au Centre des jeunes avec Suso Bach. 5,00\$ par personne. Inscrivez-vous au Centre des jeunes ou contactez Rabia: rabia.s@trentonmfrc.ca.

Trenton MFRC & Autism Ontario Present: Brighton's Special Needs Parent Support Group

Every last Thursday of the month from 6:30 to 8:00pm at the East Northumberland Secondary School in Brighton. This support group is for parents/grandparents/caregivers of children. Connect with other families in your community and discuss topics that effect and interest you. Gain support and insight from local families. This support group is for parents/grandparents/caregivers of children with all special needs. For information contact Orлана Bourgoïn 613-392-2811 ext. 3953.

Autisme Ontario et le CRFM de Trenton présentent:

Groupe de soutien pour les parents de personnes ayant des besoins particuliers à Brighton. Ce groupe de soutien et d'entraide est dédié aux aidants familiaux ou aux gardiens d'enfants ayant des besoins particuliers. Venez discuter de sujets qui vous intéressent. Le dernier jeudi du mois de 18h30 à 20h00 à la polyvalente East Northumberland à Brighton. Pour de plus amples informations contactez Orлана Bourgoïn 613-392-2811 poste 3953.

Babies and Beyond

The place for teen parents and 'mommas-to-be'! Offered by the Trenton MFRC and Children's Mental Health, supported by the Hastings and Prince Edward County Healthy Unit, Babies and Beyond offers lunch, parenting tips, school strategies, crafts, financial advice, cooking tips, and more. Lunch is provided. Childcare and transportation are available. When: Tuesdays from 11:30 a.m. to 2:30 p.m., Sept. until June. Where: Trenton MFRC, 50 Rivers Drive, East. For more information contact Debbie at 613-392-4331 ext. 274.

MFRC continued on page 14



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Quadzillas National Wheelchair Rugby team seeking sponsors, donations

Costly team start-up has so far been sponsored by WFSI Wheelchair Friendly Solutions Inc.

By Ross Lees

It's a tough sport to be in, for a number of reasons.

Wheelchair rugby is played by disabled persons but is highly competitive and played at a high tempo. Because competitors are in wheelchairs often travelling at relatively high speeds, there are often collisions. Those collisions can result in damage to the chairs and equipment, which can be costly.

Which is why starting and supporting a national team like the Quadzillas is a very costly proposition and why team organizer Wade Watts and his company WFSI Wheelchair Friendly Solutions Inc. are looking for additional sponsors or supporters wherever they can find them.

Mr. Watts and his company have footed the bill for the team since its inception earlier in the year but it has become so costly he is looking for additional support. Backed by the Ontario Wheelchair Sports Association (OWSA), the team is a national team, which also results in travel expenses to places like Ottawa and Montreal for games.

"My company has put up all the money to get chairs, equipment, a trailer and to pay costs for games in Ottawa and Montreal and other incidentals like tires, tubes gloves, straps, tape etc.," Mr. Watts stated. "But we need sponsors, donations and help with everything from welders to supplies," he noted following a recent public practice at the Southside Gymnasium at Canadian Forces Base (CFB) Trenton in conjunction with the International Day of the Disabled on Dec. 3.

Mr. Watts said the cost of playing at the Southside Gymnasium for one month for a practice from 6 p.m. to 9 p.m. costs \$400 to \$500 per month, and they would like to be able to increase that to two practices a month, once on

Sundays as well.

"It's very expensive sport to start and maintain and any help would be wonderful," he said. "We are always looking for more players and even if not able to be on team, it's about ability and we would never turn away anyone with a disability."

It is part of the reason they would like to establish the practice day on Sunday afternoons, so they could have more people attend and take part in the practices, both abled and dis-



abled.

Mr. Watts breaks down the costs just for the chairs to provide some insight into team costs.

"Each rugby chair costs in the range of \$5,000 to \$10,000 and the club currently has 12 chairs," he noted. "These chairs are usually customized for each player and their degree of disability. Just a pair of new wheels will cost over \$1000. "While there are two potential sponsors talking with the team, nothing has been finalized at this point and any help would be welcome.

If you are interested in helping in any way, please contact Mr. Watts at wwatts0940@gmail.com

At their most recent practice, Lieutenant-Colonel (Lt.-Col.) Brent Hoddinott, the Commanding Officer (CO) of 426 Transport Training Squadron (TTS), the 8 Wing Champion for Persons with

Disabilities and his sons Ben and Noah came out to take part in the practice, an event he spoke about the next day at a gathering for the International Day of People's with Disabilities.

"The right to participate in public life is essential to create stable democracies, active citizenship and reduce inequalities in society. Persons with disabilities must be able to fulfil their roles in society and participate on an equal basis with others. When empowered to do so, they become agents of transformative change and, I must say after last night's wheelchair rugby with the Quadzillas and the reaction of my kids, it was absolutely transformative. They couldn't wait to go to school and talk about what they did and the photos we got with them. The smiles on their faces will last a lifetime and should encourage everybody else," he said.

Lt.-Col. Hoddinott's civilian counterpart, the civilian co-chair for the 8 Wing Defence Advisory Group for Persons with Disabilities, Dee LeRoy, also attended both the Wednesday night wheelchair rugby practice and the International Day for Persons with Disabilities event Thursday. She thanked Wade Watts and the rest of the Quadzillas wheelchair rugby team for inviting the two champions to the practice.

"I for one was impressed with the speed, agility and aggression (all in good fun, of course!) that each team member brought with them to the game," she said. "As I left the gym, I thought to myself there was no disability in the game tonight, but there was certainly lots of ability."

She encouraged everyone to attend at least one of the team's practices to garner a whole new appreciation for those living with disabilities.



Lieutenant-Colonel (Lt.-Col.) Brent Hoddinott, the Commanding Officer (CO) of 426 Transport Training Squadron (TTS), the 8 Wing Champion for Persons with Disabilities (left) and Quinte West Mayor Jim Harrison, right, flank Wade Watts in this picture taken at a recent 8 Wing Quadzillas National Rugby team practice at the Southside Gymnasium at CFB Trenton. Photo by Brad DeNoon



Noah and Ben Hoddinott got checked out in the wheelchairs and took part in the Quadzillas practice at the Southside Gymnasium. Photo by Ross Lees



Lt.-Col. Hoddinott gets a pass away to a teammate during this practice session last week. Photo by Ross Lees

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 Protestant Service: 1115 hrs
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RC Sunday Mass (English) at 0900 hrs
 RC Sunday Mass (French) at 1010 hrs
 RC Sunday Mass (Bilingual every 4th Sunday of the month) at 0900 hrs

Messe CR du dimanche en anglais à 9h00
 Messe CR du dimanche en français à 10h10
 Messe CR du dimanche bilingue le 4ième dimanche du mois à 9h00

RC Weekday Masses at noon
 Messes CR quotidiennes à 12h00

Quinte West Jewish Community at 8 Wing, various services, call for details
 Communauté juive de Quinte West à la 8e Escadre, divers services, appelez pur plus de détails

Wing Chaplain/Aumônier de la 8e Escadre:
 Maj. (Rev/Rév) Roy Laudenorio



Unit Chaplains/Aumôniers des unités:

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 Capt (the Rev./Rév.) Eric Davis
 Capt (the Rev./Rév.) John Funelas
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 Administrative Assistant/ Adjointe administrative
 Brigitte Gamache, (613) 392-2811 ext/poste 2490/4593

Safety

Take safety home with you

Safety doesn't punch a time clock, so when you leave work, take your safety attitude home with you. We'd like to see you back at work - safe and sound - on your next shift.

Use the following suggestions to increase your off-the-job safety:

- Have your local fire department conduct a home fire inspection for you. They can point out areas that could be a fire hazard.
- Install smoke detectors in the recommended locations. Make sure you test them regularly and put in fresh batteries when needed.
- Keep the correct type of fire extinguisher in your kitchen and other high-risk areas. Learn how to operate the extinguisher and teach everyone in the family.
- Organize a fire escape plan and practice your family fire drills often.

- Keep all traffic pathways, inside and outside, clear of obstacles. Clean up spills immediately to prevent falls.
- Place inexpensive night lights in hallways and bathrooms to prevent tripping accidents. Even pets sleeping in hallways can be a hazard.
- Install non-slip surfaces in bathtubs, showers and on bathroom floors. Grab bars should be installed to prevent falls in tubs and showers.
- Keep stairways clean and clear. Don't store items you want to take upstairs later. Surprise obstacles cause many falls!
- Store all toxic substances, cleaning products, paints or car products in a locked storage area and in their original containers. This will not only reduce accidental poisonings, but if one does occur, the container will



have first aid instructions on the label.

- Keep flammable liquids stored in a well-ventilated area away from sources of ignition such as furnace pilot lights. Flammable liquids are best stored out-of-doors.
- Keep sharp or electrically powered tools out of the reach of children.
- Always use the correct tool for the job. Makeshift replacements,

such as using a kitchen knife as a screwdriver, can cause injuries.

- Practice good ladder safety habits. Never use the top few rungs. For straight ladders, use the one-to-four rule. Place the ladder at an angle so that the bottom is one foot away from the wall for every four feet of height.
- Have a Ground Fault Circuit Interrupter installed for electrical outlet locations that are near moisture. This includes bathroom, kitchen and outdoor electrical outlets.
- Keep plugs and electrical cords in good condition. Don't forget that extension cords should only be used as a temporary source of power. Don't use them as a permanent replacement for wiring.
- When you participate in sports on your days off, make sure you use the correct PPE (Personal Protective Equipment) for the



activity. Eye goggles, helmets, life jackets, shin-pads or gloves may be necessary.

- Keep your sports equipment in good condition. Well-maintained equipment will last longer, save you money and reduce your risk of injury.
- Avoid using drugs and alcohol when you have to concentrate or be alert. You wouldn't drink at work, so why do it when you are using a powered tool at home?
- Buckle up before starting your car. Keep your car in good mechanical repair to avoid accidents. Observe all road warning signs and speed limits.

Safety awareness is a 24-hour-a-day job. Don't leave your safety attitude at work when you punch the time clock at the end of your shift.

MFRC continued from page 12

Bébés et au-delà

Le centre de ressources pour les familles des militaires de Trenton et Children's Mental Health vous présente Bébés et au-delà. La place pour les futures mamans et parents adolescents! Supporter par Hastings and Prince Edward County Health Unit. Dîner compris, halte-jeu, et transport disponible! Les mardis de 11h30 à 14h30. CRFM, 50 Rivers Drive Est, Trenton. Pour plus d'information contactez Debbie au 613-392-4331 poste 274.

Mindfulness Group

This group will help you develop mindfulness practices as a way to reduce stress and anxiety, and im-

prove choice when responding to difficult situations. Experience is not required. The Mindfulness Group will take place on Dec. 15 from 12 noon until 1 p.m. or 1 p.m. until 2 p.m. at the Trenton MFRC. Please register at least one week prior to the workshop. You can register and learn more by contacting Rabia: 613-392-2811 ext. 3265 or rabia.s@trentonmfr.ca.

Groupe de pleine conscience

Intéressés à développer pleine conscience pour réduire le stress et l'anxiété et pour aider à faire face situations difficiles? Le dernier jeudi du mois de midi à 13h00 ou de 13h00 à 14h00 (15 décembre) au CRFM de Trenton. Veuillez vous inscrire au moins une semaine avant l'atelier auquel vous désirez assister. Pour information ou pour vous inscrire : Rabia 613-392-2811 poste 3265 ou rabia.s@trentonmfr.ca.

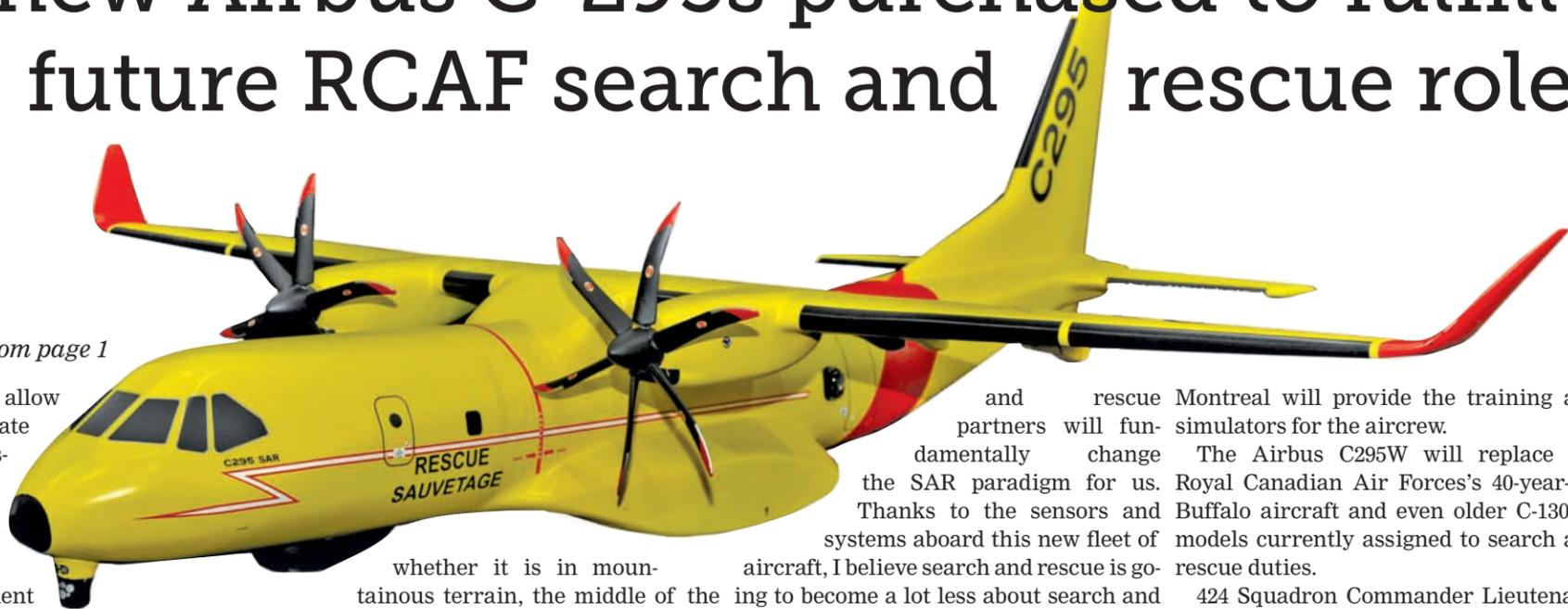
Royal Ontario Museum

The Trenton MFRC is pleased to announce that, on a trial basis, we are selling Royal Ontario Museum (ROM) tickets at a discount rate. Adults - \$13.50; students with ID - \$12.50; children (4-14) - \$9.50. Information: 613-965-3575

Royal Ontario Museum

Le CRFM de Trenton est fier d'annoncer que, à titre d'essai, nous vendons des billets pour le 'Royal Ontario Museum' (ROM) in Toronto à un coût réduit. Adultes - \$13.50; Étudiants avec pièce d'identité - \$12.50; Enfants (4-14) - \$9.50. Information: 613-965-3575.

16 new Airbus C-295s purchased to fulfill future RCAF search and rescue role



Continued from page 1

radar will allow crews to locate people in distress more easily, even in low-light conditions and in inclement weather. Its new mission management system will allow them to track up to 200 search objects at the same time," he said during the announcement.

"Its cutting edge communication sweep will enable SAR crews to share real-time information with other aircraft, ships, ground search crews and the Joint Rescue Coordination Centres,

whether it is in mountainous terrain, the middle of the Atlantic or over the Arctic. The C295 is the modern and versatile aircraft we need to continue to conduct search and rescue missions day and night and in all weather conditions," he noted.

Lt-Gen. Hood was effusive with his praise of this new aircraft.

"I believe this new fleet with the capability to fully integrate with our search

and rescue partners will fundamentally change the SAR paradigm for us. Thanks to the sensors and systems aboard this new fleet of aircraft, I believe search and rescue is going to become a lot less about search and a lot more about rescue, and that is very good news," he said.

Delivery of the new aircraft will begin in 2019 and is scheduled to conclude in 2022 as phase one of the 11 years of the contract. At the same time, a new simulator-equipped training centre is going to be built in Comox BC, which will use state-of-the-art technology to deliver a comprehensive training program, according to Minister Foote.

A second phase of the contract covers the first five years of maintenance and support. The contract also includes options to support search and rescue aircraft and operations for an additional 15 years, which could extend the contract until 2042, and bring total value of the contract to \$4.7 billion, she announced.

The aircraft are equipped with Pratt and Whitney Canada engines. CAE of

Montreal will provide the training and simulators for the aircrew.

The Airbus C295W will replace the Royal Canadian Air Forces's 40-year-old Buffalo aircraft and even older C-130 H-models currently assigned to search and rescue duties.

424 Squadron Commander Lieutenant-Colonel (Lt.-Col.) Leighton James said he and his squadron members were looking forward to the future with this new SAR platform.

"We in the SAR community are looking forward to the many capabilities that come with this new platform! Canadians have a lot to look forward to when we master this new aircraft," he said.

He acknowledged though, that with the change will come a steep learning curve.

"Change can be tough and I expect no different when we get this platform, but as a SAR CO, I'm definitely looking forward to the future!" he noted.

As part of this proposal, Airbus Defence and Space committed to undertake business activities equal to the value of the contract in Canada, maximizing the economic benefits for Canadians, according to Ms. Foote.



424 Transport and Rescue Squadron Commander Lt.-Col. Leighton James, Sar Techs MCpl. Chris Auger and Sgt. Gord Hynes, and Chief Warrant Officer Brian Wilson gather around the model of the Airbus C295W displayed during the announcement of the purchase of the new aircraft at 9 Hangar on CFB Trenton Thursday morning. Photos by Ross Lees

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14 CHEVY CRUZE LT
 29088 Auto, 1.4 4cyl turbo ecotec, fact remote start, tract ctrl, bucket seats, AC, CD, MP3, sat radio, OnStar, compass, ext temp gauge, cruise, steer ctrl. 26,131 km

\$13,495
\$91
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 84 mths @ 5.9%
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12 CHEVY CRUZE LT
 29113 Manual 6spd, 1.4 4cyl turbo ecotec, keyless entry, tract ctrl, bucket seats, AC, CD, MP3, OnStar, compass, ext temp gauge, pwr windows/locks/mirrors, cruise, tilt steer. 91,769 km

\$7,995
\$71
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 60 mths @ 5.9%
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16 CHEVY TRAX LT
 29218 Auto, 1.4 4cyl turbo ecotec, AWD, fact remote start, alloys, pwr roof, tact ctrl, leather trim seats, pwr seats, AC, rev cam, park aid. 23,560 km
PREVIOUS DAILY RENTAL

\$20,995
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16 CHEVY TRAX LT
 29212 Auto, 1.4 4cyl turbo ecotec, AWD, fact remote start, alloys, pwr roof, leather trim seats, pwr seats, AC, rev cam, park aid, cruise. 20,706 km
PREVIOUS DAILY RENTAL

\$20,995
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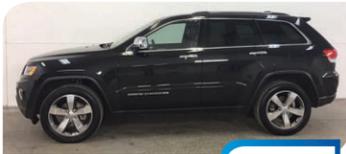
13 NISSAN ROGUE
 29207 Auto, 2.5 4cyl, AWD, roof rack, alloys, fog lights, pwr roof, tract ctrl, AC, CD, MP3, park aid, Bluetooth, compass, ext temp gauge, cruise, steer ctrl. 81,631 km

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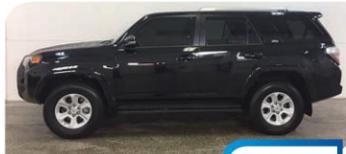
16 JEEP CHEROKEE LTD
 29170 Auto, 3.2 V6, FWD, fact remote start, alloys, push bin start, leather, pwr seats, heat seats, MP3, sat radio, nav, rev cam, park aid, U-connect. 11,062 km

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15 JEEP GRAND CHEROKEE LTD
 29198 Auto, 3.6 V6, 4x4, fact remote start, flex fuel, alloys, pwr roof, push bin start, pwr seats, memory seat, heat seats/rear seats/mirrors. 11,731 km
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16 TOYOTA 4 RUNNER SR5
 29146 Auto, 4.0 6cyl, 7 pass, 4x4, roof rack, alloys, pwr roof, leather, pwr seats, heat seats, AC, nav, rev cam, park aid, cruise, steer ctrl, touch screen. 16,359 km

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15 DODGE DURANGO LTD
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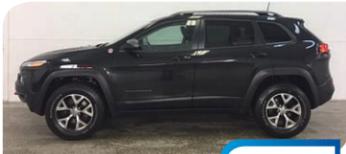
17 FORD ESCAPE SE
 29225 Auto, 1.5L 4cyl, 4WD, eco boost, roof rack, alloys, tint windows, pwr seats, heat seats, dual climate, CD, MP3, sat radio, rev cam. 13,670 km
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16 CHEVY TRAVERSE LT
 29215 Auto, 3.6 V6, 7 pass, AWD, fact remote start, alloys, pwr roof, pwr seats, heat seats, rear air ctrl, CD, MP3, sat radio, rev cam, park aid. 19,071 km
PREVIOUS DAILY RENTAL

\$34,995
\$211
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



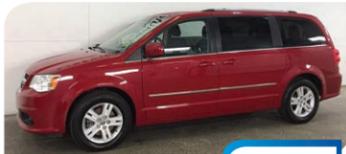
16 JEEP CHEROKEE TRAIL HAWK
 29201 Auto, 3.2L V6, 4x4, fact remote start, flex fuel, alloys, pwr roof, leather, heat seats, nav, rev cam, park aid, U-connect, heat mirrors. 33,629 km
PREVIOUS DAILY RENTAL

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 96 mths @ 5.9%
 0 DOWN + HST



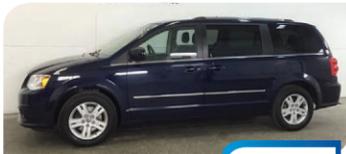
16 CHRYSLER T&C TOURING
 29200 Auto, 3.6 V6, fact remote start, flex fuel, alloys, pwr roof, push bin start, leather, sto n'go, pwr seats, heat seats/steer/mirrors, dual climate. 15,409 km
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 0 DOWN + HST



15 DODGE GRAND CARAVAN CREW
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16 DODGE GRAND CARAVAN CREW
 28391 Stow'n'go, heated seats/mirrors/steering, rev camera, U-connect, cruise, auto, 6cyl, FWD, flex fuel, alloys, pwr seats. 27,365 km
PREVIOUS DAILY RENTAL

\$24,495
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 96 mths @ 5.9%
 0 DOWN + HST



16 KIA SEDONA LX
 28370E Auto, 6cyl GDI, FWD, alloys, heated seats, rev camera, park aid, Bluetooth, cruise, rear air ctrs. 37,135 km
PREVIOUS DAILY RENTAL

\$21,995
\$133
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 96 mths @ 5.9%
 0 DOWN + HST



16 KIA SEDONA LX
 28909E Auto, 6cyl GDI, alloys, heated seats, dual climate, rear air ctrs, rev camera, park aid, Bluetooth, cruise. 50,249 km
PREVIOUS DAILY RENTAL

\$21,995
\$133
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



16 NISSAN TITAN XD PLATINUM RESERVE
 29141 Auto, 5.0 V8 cummins turbo, diesel, 4x4, fact remote start, crew cab, chrome step bars, chrome wheels, push bin start, leather, memory seat, heat seat/rear seats/mirrors. 10,017 km

\$54,995
\$332
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



16 NISSAN TITAN XD PLATINUM RESERVE
 29136 Auto, 5.0 V8 cummins turbo, diesel, 4x4, fact remote start, crew cab, short box, push bin start, leather, pwr seats, memory seat, heat seats, Rockford Fosgate stereo. 10,699 km

\$54,995
\$332
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



16 TOYOTA TACOMA TRD OFF ROAD
 29116A Manual 6spd, 3.5 V6, 4x4, extended cab, short box, tonneau cover, box liner, alloys, bucket seats, heat seats, AC, dual climate, CD, MP3, sat radio, nav, rev cam. 23,282 km

\$33,995
\$205
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



15 FORD F350 LARIAT FX4 OFF ROAD
 26830 Auto, 6.7 power stroke, V8 turbo, Diesel, 4x4, fact remote start, crew cab, chrome wheels, pwr roof, leather, pwr seats, memory seat, heat seat/rear seats/mirrors, Sony stereo. 57,502 km

\$59,995
\$363
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



15 FORD F250 SD
 28962 Auto, 6.2 8cyl, 4x4, crew cab, long box, flex fuel, trailer hitch, box liner, tract ctrl, vinyl floor, leatherette, AC, AM-FM, crank windows, steer ctrl, trailer sway. 42,866 km

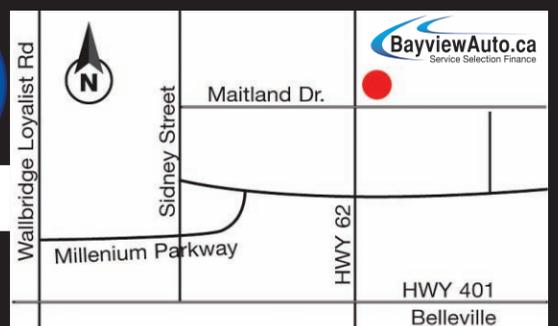
\$30,495
\$184
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST

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Deferred payments subject to financing. All payments are based on bi-weekly payments. All 2010-2012 - 60 mths: 2013 - 72 mths, 2014 - 84 mths, 2015 - 2017 - 96 mths: P.P.S.A, License and taxes extra. EG: \$10,000 + Taxes \$1,300 + P.P.S.A. \$65 = \$11,365 financed over 60 mths at 5.9% = \$117.34 Bi-Weekly with a cost of borrowing of \$1,962.47 on approved credit. All cash deals are price of vehicle + taxes. Terms & rates are current at time of print. 0 Down + HST. Most 2016 & 2017 vehicles are former daily rentals. Bayview Auto is not responsible for pricing, vehicle option or mileage errors printed in this flyer. Contact dealership for more information.